



Apprentice Case Study: Ashley

Ashley joined the Trust in June 2023 as an Apprentice Physiotherapy Assistant, working within Respiratory. Ashley is now reaching the end of her Apprenticeship and will be starting her Physiotherapy BSc at UEA in September.

What does your role as ‘Apprentice Physiotherapy Assistant’ entail?

As part of working within the Respiratory Physiotherapy team, my job allows me to assist the Physiotherapist with patients who might require the help of two people. I also can help the Physiotherapist with chest physio if needed. I have my own caseload as well to help maintain patients’ mobility while they are in hospital to prevent deconditioning.

Why did you decide to undertake an apprenticeship?

I decided to undertake an apprenticeship because it has given me the opportunity to earn and gain a qualification simultaneously. I always knew I didn’t want to go to university when I left college as I didn’t really know what I wanted to study. After some thinking I knew an apprenticeship was the right pathway for me, as it gave me the opportunity to gain hands on experience every day.



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How do you feel completing an Apprenticeship has benefited you?

Completing the apprenticeship has benefited me massively as it has given me confirmation on what career I want to undertake as I was very uncertain about what I wanted to do. It has also given an abundance of experience in different specialties of Physiotherapy, even in things which I thought a physio would not do! Gaining hands on experience has helped me secure a place at the University of East Anglia to study Physiotherapy in September, which is something I thought I never wanted to do once I left college.

What is your advice to someone considering an apprenticeship at the NNUH?

My advice for someone thinking of doing an apprenticeship at the NNUH is, go for it! Completing my apprenticeship is the best thing I have ever done. It has allowed me to achieve things I never thought was possible, it has also allowed me to push myself out of my comfort zone. Everyone at the NNUH is incredibly supportive and lovely and they genuinely want the best for you and your career. The possibilities and opportunities are endless.

What are your short term and long-term career plans now you have completed your apprenticeship?

My short-term goal after completing my apprenticeship is going to University and becoming a qualified Physiotherapist. My long-term career plan is becoming a Rotational Physiotherapist at the NNUH and gain as much experience and help as many patients as possible!



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