

Roz Blackboro



I began my training in 1991 as one of those fairly new Project 2000 nurses. It was always such a joy being referred to as 'project' when out training on the wards. Whilst I was fiercely defensive of my training in my earlier career, I came to realise that you learn so much more post PIN and your style of training is not really relevant.

When I qualified, I started in general medicine, but after 3 years disaster struck and I was injured sufficiently back then not to be able to continue on that pathway. I moved across into Neonates and worked my way through the ranks and had 10+ fantastic years clinically. Nothing like seeing a prem return a year down the line looking bouncy and full of life. In 2008 there was nowhere to go in leadership and management at senior levels in paediatrics without a paediatric qualification. I stepped out and back to adults to do practice development, whilst I waited for matron opportunity to come along. Since that time, I have been fortunate to be asked to lead several teams; some in difficulty for cultural reasons and in need of turnaround, some because we had to respond to COVID (Critical Care across Mid and South Essex). In April 2022 I was appointed as the site Director of Nursing for Southend Hospital, whilst undertaking the Aspiring Directors programme run in conjunction with the East of England. In my personal life, I am married (28 years) with 2 children both at University. The oldest studying medicine and the younger studying Sports science. I have 2 Golden retrievers, Zac, an old boy, and Flash, a lockdown puppy, and I love walking with them out on the Blackwater sea wall. I run to support my mental health and balance the stressors of life inside and outside of work.