



Julie Bray

Service
Improvement and
Governance Lead
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What does your job entail?

I work with all the Occupational Therapy (OT) staff and management team, to lead, develop and deliver service improvement activities, when staff have new ideas, innovations and ways to improve how they work to benefit the service and the patients. My role involves providing support, advice, and mentorship to the OT staff. I lead with the governance aspects – looking at our professional, clinical, and corporate policies and procedures.

How did you get into this line of work?

My schools career advisor told me about OT – I'd never heard of it before that.

Outline your career to date

I completed my BSc (Hons) in OT at the University of Ulster. OT is a career that has so many opportunities for work and travel. I began my career in Glasgow, but also worked in London and Bournemouth before returning to Northern Ireland. Here I worked in Antrim Area Hospital and the Ulster Hospital before joining the Belfast Trust. I worked in general medical, surgery, elective and trauma orthopaedics, stroke, care of the elderly, and plastics before becoming an accredited Hand Therapist. In more recent times, I worked on the Covid wards, before moving to my current post.

Tell us about your qualifications and training

- I completed a BSc (Hons) in OT at the University of Ulster
- I completed a post grad Diploma in Advancing Health Care at the University of Ulster
- I was a registered Accredited Hand Therapist with BAHT for 10 years

What qualities are required for your job – personal and professional?

OTs need a lot of common sense and problem-solving skills. They need to be empathetic, realistic, and be able to work and relate to a diverse range of people. They need to be a team player and include their patient/client as an integral part of their team.

What is the best advice you have ever received?

Always focus on the positive, even in the midst of what seems like a disaster – take from it and learn from it.

What do you like to do in your spare time

Family time!

Tell us an interesting fact about yourself

Working as an OT has provided many unexpected opportunities – including volunteering in Peru.

Who has inspired you most in your life?

In my working career – there have been a few significant mentors – people who encouraged and inspired me to do and try more, to support me to move outside my comfort zone. OT is a profession where you will meet many people who will inspire you – especially the patients!

What advice would you give your 16-year-old self?

Worry less, travel more.