



Introducing our new Norfolk and Waveney

Legacy Mentors



Legacy Nurse: Julie Meddings

I qualified at the Whittington hospital in London in 1991, initially working in cardiothoracic HDU and then general adult critical care.

I had an interest in cardiopulmonary resuscitation and then adult critical care outreach where I was a nurse consultant. Following a number of years in that role, I went on to be a medical matron. I then progressed to divisional leadership roles in private practice, surgery and medical specialities.

In the last 3 years, I relocated to Norfolk and worked most recently at the QEH Kings Lynn.

If you are an educational lead, a learner or if you feel that your area would benefit from the support of the legacy mentors:

Feel free to contact myself at:

Or another member of the team at:

j.meddings1@nhs.net

nwicb.legacymentors@nhs.net