

# Rachel Mayne

Expert Witness  
Occupational Therapist

Merthyr Tydfil



## Professional Background

Rachel Mayne is a highly experienced Occupational Therapist with over a decade of comprehensive clinical expertise. She currently holds the position of Director at MeadoWell Therapies, where she delivers specialist assessments, functional rehabilitation, and trauma-informed care. Prior to this, Rachel was a Lead Occupational Therapist within a specialist eating disorder service and previously served as a Highly Specialist Occupational Therapist in a Huntington's Disease team for the NHS. Her extensive clinical background also includes roles in Community Physical Reablement, Hospital Complex Care Discharge Planning, Trauma and Orthopaedics, Vascular Care, including amputee and Cardiac Rehabilitation, and Mental Health Liaison. Her profound understanding of both physical and mental health challenges enables her to deliver expert care and support to individuals with complex needs, enabling her to provide expert opinion and support in complex medico-legal cases.

Her clinical proficiency extends to managing a wide array of conditions such as traumatic injuries, gastroenterology, amputations, brain injuries, Parkinson's disease, stroke, and functional neurological disorders. Rachel also specialises in genetic disorders, dementia, complex mental health disorders and progressive neurological conditions, applying her extensive knowledge to optimise care plans and therapeutic interventions.

Rachel is particularly adept in managing tetraplegia, orthopaedic injuries, and amputations, incorporating a holistic approach to maximising functional abilities and using advanced techniques in chronic and neuropathic pain management. She enhances her therapeutic approaches with specialised skills in environmental and housing adaptations, specialist equipment provision, and seating and posture management to ensure comprehensive patient support and increased independence.

In her leadership roles, Rachel effectively coordinates multidisciplinary teams to create integrated care pathways for her patients. She also contributes to the training and development of healthcare professionals, ensuring high standards of care across the board. Her dedication and solution focussed approach make her a valuable asset in any clinical setting.

As an Expert Witness, Rachel integrates her clinical insights with meticulous legal understanding, consistently producing clear, detailed, and evidence-based reports. She maintains her expertise through continuous professional development, attending seminars and training that keep her at the cutting edge of her field. Rachel is fully trained in the Civil Procedure Rules, including relevant revisions as they arise.

## Specialisms

- Neurological conditions
- Sensory impairments
- Respiratory conditions
- Pain conditions
- Amputations
- Burns
- Specialist equipment provision
- Orthopaedic & MSK injuries, conditions
- Anxiety and mood disorders
- Palliative and end of life care
- General medical & surgical conditions
- Frailty & emergency medicine

## Age group

- Adults



## Career history

- Director of MeadoWell Therapies Ltd 2026 - Present
  - Co-founded and led the strategic development of an integrated therapy service specialising in occupational therapy, psychological well-being, neurodiversity assessments, trauma-informed care and rehabilitation support.
  - Oversee service delivery, clinical governance, business development, partnership working, and the design of community-focused pathways to improve access to high-quality mental health and functional rehabilitation services.
  - Provide holistic occupational therapy assessment and intervention to support individuals experiencing mental health difficulties, neurodiversity, trauma, injury, and functional challenges impacting everyday life.
- Elysium Healthcare - Lead Occupational Therapist 2023 - 2026
  - Lead and develop the Occupational Therapy provision within a specialist inpatient eating disorder service, ensuring evidence-based, recovery-focused, and trauma-informed practice.
  - Provide clinical leadership, supervision, and support to Occupational Therapy staff and wider MDT colleagues, promoting high standards of patient-centred care.
  - Complete comprehensive occupational assessments and develop individualised intervention plans to support engagement in meaningful occupations, independence, emotional regulation, and recovery.
  - Deliver specialist interventions relating to routine development, sensory processing, meal support, activity balance, identity, social participation, and healthy engagement in exercise and daily living skills.
  - Contribute to service development, governance, audit, and quality improvement initiatives to enhance patient outcomes and therapeutic provision.
  - Work collaboratively with multidisciplinary teams, families, and external agencies to support safe discharge planning and continuity of care.
  - Develop and facilitate therapeutic groups focused on wellbeing, coping strategies, self-care, vocational skills, mindfulness, and recovery-oriented practice.
- Senior Occupational Therapist 2021 - 2023  
Aneurin Bevan University Health Board
  - Lead the assessment and treatment of patients as a member of a Highly Specialist Community Huntington's Disease Team.
  - Developed evidence-based interventions in alignment with the individual's unique occupational and functional needs.
  - Complete home visits to assess individuals' environments and provide advice, guidance and equipment. Deliver support groups and training for care staff regarding the complex needs of service users. Build positive and productive working relationships with primary, secondary and tertiary care providers.



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- Band 6 Occupational Therapist 2017 - 2021  
Cwm Taf Morgannwg University Health Board
    - Completed rotations across Mental Health Liaison, Community Physical Reablement, Hospital Complex Care, Trauma & Orthopaedics and Vascular Care.
  - Band 5 Occupational Therapist 2016 - 2017  
Cardiff and Vale University Health Board
    - Covered mental health and physical rotations, managing an inpatient and community mental health caseload and conducting complex physical rehabilitation and discharge planning.
    - Conducted assessments and issued equipment as necessary.
    - Completed home visits with patients and environmental visits with carers.
  - Occupational Therapist 2014 - 2016  
Partnerships in Care (Llanarth Court Hospital)
    - Supported clients experiencing substance abuse issues, including liaising with medical, welfare, educational and other agencies regarding referrals and service provision. Documented discovered behaviour patterns and relationship dynamics to inform accurate and effective treatment planning.
    - Assisted clients in accessing relevant community services, including education, training and employment services.
    - Operated as a Specialist Personality Disorder Occupational Therapist on a medium security male ward.
    - Produced accurate and holistic reports for MDT and CPA meetings.
  - Bank Occupational Therapist 2014 - 2014  
Cygnet Health Care (Kowstoke Hospital)

## Qualifications

- BSC Occupational Therapy 2016
- BA Hons Criminology 2004

## Registrations & Memberships

- HCPC
- BAOT

