

# **Nursing and Midwifery Council**

## **Agreed Removal Decision**

**Registrant:** Helen Elizabeth Ralston

**PIN:** 87Y0131S

**Part(s) of the register:** Registered Nurse - Mental Health Nursing

**Relevant Location:** Greater Manchester

On 16 October 2025 we received a referral raising a concern about Helen Elizabeth Ralston's fitness to practise. It's alleged that Helen Elizabeth Ralston stole medication from her place of employment. The referral also gave rise to a concern that Helen Elizabeth Ralston's fitness to practise may be impaired by reason of health.

We referred the matter to the case examiners and we're in the process of investigating the concerns. No allegation against Helen Elizabeth Ralston has yet been found substantively proved by one of our statutory committees.

On 4 February 2026 we received an application from Helen Elizabeth Ralston for agreed removal from the NMC register.

### **ASSISTANT REGISTRAR'S DECISION**

As an Assistant Registrar, I have delegated authority to make decisions about agreed removal and have agreed to removal from the NMC register in this case.

In accordance with Rule 14 of the Nursing and Midwifery Council (Education, Registration and Registration Appeals) Rules 2004, in considering Helen Elizabeth Ralston's application for agreed removal, I've taken into account:

- agreed removal application and supporting documents
- information obtained in the investigation of the case
- the interests of Helen Elizabeth Ralston
- the public interest.

We invited the person who made the allegation against Helen Elizabeth Ralston to comment on the application for agreed removal. No comments were received by the time the application was considered.

I'm satisfied that:

- there's enough information to make a decision about the seriousness of the concerns and the public interest in agreed removal prior to completing our investigation

- Helen Elizabeth Ralston no longer intends to work as a registered nurse
- the allegations against Helen Elizabeth Ralston aren't likely to result in a striking-off order
- there are no other good reasons requiring us to consider the allegations further at this time
- the public interest is best served by agreeing the application for removal and enabling Helen Elizabeth Ralston to leave the NMC register.

We'll publish a record of this decision for twelve months from the date of the decision, 1 September 2026. In the event that Helen Elizabeth Ralston seeks readmission to the register, we may consider the matters that led to this agreed removal further.