PMO & Project Support

Career Intelligence Report · January to March 2026

94	0%	68	Band 4
Q1 ROLES	BAND 8+	EMPLOYERS	MODAL BAND

WHAT'S INSIDE

- Band Distribution
- Employer Intelligence
- Geography & Location
- Role Landscape & Job Titles
- Career Intelligence

Share freely and credit Career Co-Pilot

Overview

PMO & Project Support — Q1 2026 Snapshot

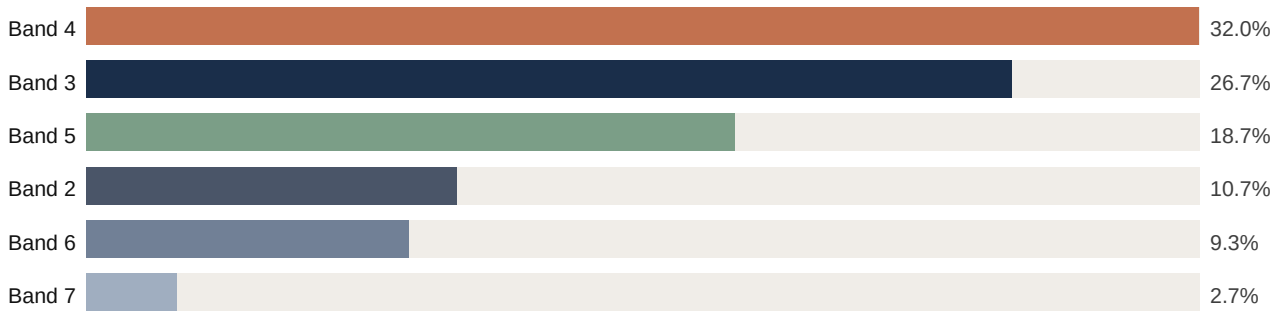
We tracked 94 roles in PMO & Project Support with closing dates in Q1 2026 (January to March 2026). With 0% of roles at Band 8 or above, this domain continues to offer strong senior pathways for professionals with the right experience. The Band 5 to 6 ratio stands at N/A.

94 Roles tracked Q1 2026	**0 (0%)** Senior roles Band 8+
Band 4 Modal band	**N/A** Band 5 to 6 ratio

Band Distribution

Grade Profile — Q1 2026

The band distribution below shows how 94 tracked roles in PMO & Project Support were distributed across AfC grades in Q1 2026. Higher proportions at Band 7 and above indicate a domain with strong senior representation.



Employer Intelligence

Top Hiring Organisations — Q1 2026

East Sussex Healthcare NHS Trust was the most active organisation in PMO & Project Support during Q1 2026, accounting for 4% of the roles we tracked. Across the quarter, 68 unique organisations were recruiting in this domain.

Organisation	Roles
East Sussex Healthcare NHS Trust	4
Aneurin Bevan University Health Board	4
Royal Berkshire NHS Foundation Trust	3
Liverpool University Hospitals NHS Foundation Trust	3
Birmingham Women's and Children's NHS Foundation Trust	3
University Hospital of North Midlands NHS Trust	1
North Cumbria Integrated Care NHS Foundation Trust	1
Manchester University NHS Foundation Trust	1

Geography

Top Hiring Locations — Q1 2026

London was the primary location for PMO & Project Support roles in Q1 2026, accounting for 5% of tracked roles. Roles were distributed across 62 locations.

Location	Roles
London	5
Eastbourne	4
Cwmbran	4
Devon	3
Cardiff	3
Berkshire	3
Liverpool	3
Birmingham	3

Role Landscape

Most Common Job Titles — Q1 2026

The title landscape in PMO & Project Support reflects the range of entry points and seniority levels active in Q1 2026. Understanding which titles recur most frequently helps professionals identify the right keywords for job searching and CV positioning.

Job Title	Count
Project Support Officer	8
Service Administrator	5
Digital Health Records Administration Assistant	4
Project Administrator	2
Digital Project Support Officer	2
Programme Administrator	2
Project Support Manager	2
Digital Customer Services	2

Career Intelligence

What This Means for Your Career

ENTRY PATHWAY

PMO and Project Support is the entry gateway into NHS project delivery careers. Band 4 is the modal grade at 32%, with Band 3 close behind at 27%. Together Bands 2 to 5 account for 88% of all roles — this domain provides the clearest pathway into project and programme careers for early-stage professionals or those transitioning from clinical or administrative backgrounds.

WHERE TO TARGET

Roles in this domain are highly dispersed geographically with 62 unique locations — one of the highest ratios of locations to jobs across all domains. No single employer dominates, making this accessible from most NHS trusts. East Sussex Healthcare and Aneurin Bevan University Health Board were the most active recruiters in Q1 2026 with 4 roles each.

Q1 2026 VS Q4 2025

Q1 2026 recorded 94 PMO and Project Support roles, up significantly from Q4 2025's 31 roles tracked in this domain — a 203% increase quarter on quarter. This may reflect improved pipeline coverage and tagging accuracy rather than a genuine demand spike, but confirms this domain's consistent presence in NHS non-clinical hiring throughout the year.

Methodology

This report covers roles with closing dates between 1 January and 31 March 2026 (Q1 2026), tracked through Career Co-Pilot's jobs monitoring pipeline. Our pipeline tracks digital and non-clinical health roles across organisations in England and Wales — it does not represent the complete universe of NHS jobs. Band data is sourced directly from job postings; non-standard or missing bands are excluded from band analysis but included in volume counts.

PMO & Project Support · Domain Deep Dive · Q1 2026

Explore this domain: careercopilot.academy/insights/pmo_project_support

Career Co-Pilot · careercopilot.academy · Share freely and credit Career Co-Pilot