



## **IFI Education Programme 2008-2009** **Sponsored by Cybex**

### **Speaker Biographies**

Below are details of some of the speakers who presented at the 2008-2009 IFI Education Programme. For further details on the presentations, please contact Claire Robson [Claire@inclusivefitness.org](mailto:Claire@inclusivefitness.org) or 0114 257 2060.

#### **Brian Carlin**

##### **Chief Executive Aspire National Training Centre**

After serving with the Royal Marines, Brian did his MBA at Anglia Polytechnic University before moving into the private Health and Fitness sector. Having worked as a contract manager, Brian then became the Deputy Chief Executive of Aspire with responsibility for managing the new Aspire National Training Centre.

In 2001, Brian was appointed to Chief Executive of Aspire where he has combined his experience in the Fitness Sector and his business pedigree to lead the charity through a period of massive expansion. Brian is also a part-time lecturer in Post Graduate Business and maintains his interest in personal fitness as a keen cyclist and triathlete.

#### **Steve Mason**

##### **Project Director, A4e**

Steve has been working in the field of employment and personal development for over 20 years. In his current role Steve is leading on A4e's contracts within Pathways to Work and New Deal for Disabled People. He also works internationally on projects in India, Slovakia and Poland. Steve has worked full time successfully whilst managing three mental health conditions due to illness as a child.

#### **Andrée Deane**

##### **Chief Executive Officer, Fitness Industry Association**

Andrée is Chief Executive Officer of the Fitness Industry Association (FIA), public affairs advisor to SkillsActive and board director of Sport England (London Region). After a seven year career as a Physical Education teacher, Andrée launched her career in the health and fitness industry sector. She has now worked in this sector for over 20 years. She is an author of the first Exercise and Fitness NVQs and more recently, has represented the industry's interests at Whitehall and Westminster including contributing to the Department of Health's National Quality Assurance Framework and the recently published White Paper on Public Health. Andrée has





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been a major driver in the establishment of the Register of Exercise Professionals. In 1987 Andrée established an instructor training company, Shape Fitness Education, which trained and qualified over 10,000 exercise instructors and personal trainers. She sold the company to Central YMCA (CYMCA) and was retained as a director at the CYMCA for a further six years. Andrée was part of the team which secured Government accreditation for the YMCA awarding body, Central YMCA Qualifications. It awards certificates for exercise qualifications to over 20,000 candidates per year. Andrée was an accomplished 10,000 meter runner before injury and ex-county hockey player. Cycling is now Andrée's passion. A committed Chelsea FC season ticket holder Andrée has supported the team for over 20 years.

Andrée joined the FIA in 1999. She is responsible for developing the FIA's public affairs strategy which is widely recognised as one of the industry's most compelling ambassadors.

### **Andrew Billington NHS Health Trainers**

Andrew Billington is a consultant and trainer working mainly in health promotion, public health and community and voluntary sector development. After working as a social worker he moved into the NHS as a health adviser then service manager. He then joined the senior management team at a healthcare charity before becoming Director of National Services at Terrence Higgins Trust, leaving four years ago to set up his own consultancy company. He has an MA (Cambs), an MSc (Oxon) and is an qualified groupworker. He has volunteered for many years, including being a charity trustee and Lay Inspector for the Crown Prosecution Service Inspectorate.

### **Janet Andelin NHS Health Trainers**

Janet is an independent consultant in strategic planning and partnership development. Currently she is commissioned by the Department of Health to work as a member of the Health Trainer Central Team, which supports the national development of the Health Trainer programme. Janet has been involved with Health Trainers at local, regional and national levels since the early implement phase in 2005, and until recently, coordinated Health Trainer activity across West and South Yorkshire. In the past Janet worked as a senior policy manager in local government working with local partners on health improvement and health inequalities. She has extensive experience of working with the voluntary and community sector, having spent a number of years as a chief officer





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of a local council for voluntary service (CVS) and she has done a lot of work, both professionally and voluntarily, with disabled people and children, aimed at ensuring service users and carers have a strong voice in service development and delivery. Janet originally qualified as a teacher and has a B.Ed honours and an MA in Managing Change in Community Settings.

**Lesley Lockwood**  
**NHS Health Trainers**

Lesley works for Rotherham Primary Care Trust as the Health Trainer Programme Co-ordinator. She has been involved in the development and implementation of the programme for the last 2 years and is the link with the regional hub. In the past Lesley has worked on a Local Public Area Agreement for Coronary Heart Disease and Diabetic patients in an exercise referral setting, these were designed as voluntary agreements between upper-tier local authorities and government. She has extensive experience of working with the voluntary and community sector based around health improvement and health inequalities.

Prior to this Lesley worked for a local GP in Sheffield, developing partnership links with the Statutory, voluntary and community sector in relation to the development of a healthy living centre. Lesley is a qualified British Cardiac Rehabilitation Instructor and is currently at Hallam University studying for her MA in Public Health, she is also a Director for Darnall Well Being, which is a local voluntary organisation in Sheffield.

**Ben Wilde**  
**Sales Director, Cybex UK International**

Ben has over 15 years experience working within the fitness industry. Prior to this, he spent 6 years as Cybex's Master Trainer. With a background in Club Operations, including Group Fitness Manager at Esporta, Ben set up an industry educational consultancy, Fitness Training Solutions, in 2002. The company researched, developed and delivered a range of relevant industry seminars, systems and workshops for operators in the health and fitness industry.

**Sue Catton, National Director, Inclusive Fitness Initiative and Director Montgomery Leisure Services**

Since graduating from Loughborough University in PE & Sports Science, Sue has been involved in the sport and leisure industry including teaching, event and project management and consultancy services. Sue has managed two of the largest nationally networked





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projects supported by the Sport England Lottery Fund, the Outdoor Basketball Initiative and the Inclusive Fitness Initiative, representing over £23 million of investment and impacting every local authority area throughout England. Sue is a Director of Montgomery Leisure Services, the company that conducted the initial research proving the need for the IFI, submitting associated Lottery applications and subsequently appointed as the Project Management Agency to deliver the IFI programme since 2001. In her spare time Sue is a keen and active hockey player and is a current member of the England Lady Masters team. She is also a Non-Executive Director of the Sports Governing Body, England Hockey and during 2010 will take up the role of Competition Manager for Hockey and Wheelchair Rugby for the 2012 Olympics in London.

### **Howard Davies** **Health and Safety Fitness Consultant**

Howard has over 30 years experience in the fitness industry both in the UK and overseas, during which time he has worked for Powersport, Tectrix and Cybex International. He has an extensive technical and practical knowledge of the design and operation of both Cardiovascular and Strength Training equipment. His designs of both strength training and CV fitness products included a range of innovative exercise machines for inclusive use which won best new Fitness Product Award at the LIW in 1993 and were the forerunner of some of the IFI equipment we see today. Since 2001 he has been an Associate Consultant to the IFI and closely involved in the development of their Inclusive Fitness Equipment Standards. In addition he is Chairman of the BSI Committee on Stationary Training Equipment and represents BSI as their principal expert on European Safety Standards (CEN) Technical Committee. A graduate of Swansea University with a post graduate diploma in Physical Education from Loughborough Colleges, he had taught physical education and lectured on Fitness training to Local Authorities, Schools, Military and Sports Clubs. A former Olympic and Commonwealth Games athlete at 200/400 metres, he has also coached fitness training to international level in Athletics, Rugby and Swimming.

### **Emma Peachey** **National Sports Foundation Programme Manager**

Emma is the Manager of the National Sports Foundation funding programme and of the IFI Mark. Her role has included developing the IFI Mark into the nationally recognised standard of inclusion





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within the fitness industry. Having also worked with over 50 leisure centres both in England and Northern Ireland over the last three years, she has extensive experience of how to make a fitness facility more inclusive. Prior to joining the IFI, Emma worked as Healthy Living Advisor for Deafblind People in Scotland, and has also experience of working within one of the largest GP referral schemes in the country.

### **Chris Easton**

#### **IFI Marketing Manager**

Following the completion of a Physical Education degree at the University College of Ripon and York Saint John, Chris began his career with the Federation of Disability Sports Organisations, leading the development of a programme getting people with a learning difficulty involved in sports development. Chris has now worked for the IFI for the last seven years, leading the development of the programme's marketing strategy, developing a national programme of outreach, The Inclusive Activator Programme and supporting the wider development of the programme.

### **Dawn Hughes**

#### **IFI Equipment Research Project Manager**

Following completion of a MEng in Mathematical Engineering and an MSc in Medical Physics & Clinical Engineering, Dawn was recruited by the NHS, working in the areas of Rehabilitation Engineering and Assistive Technology. Dawn joined the IFI in 2002 to undertake a PhD in Inclusive Equipment Design. Dawn has extensive experience of working with a range of disabled people, health and fitness professionals, fitness equipment suppliers and other industry experts to research and provide technical advice on what design features make commercial fitness equipment accessible. In her current role with the IFI Dawn is responsible for ensuring products awarded IFI Accreditation successfully meet all the requirements of the IFI Equipment Standards – Stage 2, providing design support to equipment designers to ensure the needs of disabled people are considered. Dawn is heavily involved in partnership development and collaboration with international standards bodies to encourage the adoption of the IFI Equipment Standards – Stage 2 as a global standard for inclusive fitness equipment design. She also oversees the IFI's Audio Research Project and the IFI's R&D Programme. In her role as Research Fellow in Inclusive Design at Sheffield Hallam University she also lectures on the Sports Equipment Development undergraduate degree course.





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**Sara Wicebloom**  
**YMCAfit**

Sara has an MSC in Sports and Exercise Science and over 15 years' experience in the fitness industry. She helps develop new courses for a variety of teacher training providers, new qualifications for an awarding body and writes regularly for a range of fitness industry publications. She is lead IFI trainer for YMCAfit and is author of the book 'Training Disabled People'. Sara is also a partner in Yoga Professionals, which delivers REPs recognised yoga teacher training.

**Sarah Cohen**  
**Project Manager, English Federation of Disability Sport**

Sarah has been working for the EFDS for 2 years from a background in business analysis. The AABS project is a 3 year project, running until the end of March 2010. Her role involves resource development, delivering workshops and presentations, and supporting the needs of the organisations taking up the scheme. Sarah is also involved in the volunteer development for the EFDS.

**Aimee Stokes**  
**IFI Regional Inclusive Activator (South East)**

Aimee is the Regional Inclusive Activator for the South East and is also responsible for developing the IFI's volunteering process. As an Activator her responsibilities include increasing participation in physical activity amongst disabled people within the South East and to raise both the awareness and profile of the Inclusive Fitness Initiative. In developing the IFI's volunteering process Aimee shall be supporting and empowering accredited IFI sites to develop and deliver volunteer programmes with a specific focus upon the inclusion of disabled people in fitness provision. Before joining the IFI in 2007 Aimee completed a BA in Sports Management and Leadership and has experience of working as a Membership Consultant for Fitness First.

**Julia Dalglish**  
**Master Trainer, Cybex UK International**

Julia has spent over 15 years working within the private and corporate sectors of the Fitness Industry, instructing, educating, coaching and consulting. Her joint honours degree in Physiology and Psychology led the way to advanced studies in health & fitness, Pilates and becoming an NLP practitioner. In her role as Director of Training for one of the UK's largest training providers, she spent 6 years training the trainers and assisting the development of the National Operating Standards in Coaching, Teaching & Instructing. She authored The Health & Fitness Handbook, the supportive text to





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the NVQ 2. Julia is currently an Associate and Coach for K2 Performance Systems, a Facilitator on the 10 Minute Gym Programme and delivers foundation and advanced seminars for Everyone Active, SLM. She runs obesity clinics based in Bristol and Cornwall and specialises in the coaching of seniors, GP referral and ante & postnatal clients and groups. Previously a member of the Welsh rugby squad, she is now a keen and active mountain walker having summited all of the Wainwright peaks and Mount Blanc with current focus on the Matterhorn.

### **Nick Heyworth**

#### **National Parasport Manager, Parasport.**

Nick started his career with M&S as one of their Graduate Trainees and was part of the team that rolled out the Simply Foods stores. He then followed his passion for sport with a move to Sport England and worked as part of the National Sports Development Team developing community programmes and national strategies. He worked with the Major Projects team and ran the National Safer Sports Grounds Programme. After nearly 4 years with Sport England and the London 2012 Olympic and Paralympic Games secured, he then took up his role at Paralympics GB as National Parasport Manager. Nick is a qualified tennis coach but has an interest in most sports.

### **Chris Holmes**

#### **Director, Northamptonshire Sport**

Chris is currently the interim Director of Northamptonshire Sport with the responsibility to lead the core team and wider partnership of organisations towards achieving their target of getting more people participating in sport and physical activity. The team of the Sports Partnership is made up of twenty-four specialist staff with expertise in work areas such as coaching, volunteer development, National Governing Body programmes, physical activity campaigns, facility development and activities around equity. Having started out as a Summer Holiday Sports Camp leader straight after graduating from the University of Northampton with a degree in Biology and Sports Studies, Chris has fulfilled a number of different sports development roles over the last thirteen years – including County Sports Development Officer, Sports Development and Centre Manager for Roade Specialist Sports College, Facilities Project Manager and most recently Senior Sports Manager (Growth & Infrastructure) for Northamptonshire Sport. Nowadays a keen triathlete in his spare time, Chris has played all sorts of sports at a club and, in certain cases, county level and has a good understanding of sport from both the professional and amateur





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sides. His ambition is for Northamptonshire to be well known outside of its borders as a county that has participation in a sport or physical activity as an inherent part of people's lives – all ages, abilities and desires.

### **Jay Popat**

#### **Sport Development Manager, Northamptonshire Sport**

After spending several years as a Youth Development Worker in Leicestershire, using sport as a tool to address issues such as exclusion, Jay began working for Leicester City Council and NACRO as a Sports Coach/Youth Support Worker.

In 2004, Jay completed a Diploma in Youth/Community and a Diploma in Sport and Exercise. Soon after, he was employed as the Sport Action Zone Assistant Manager in Leicester which is where his transition from youth/community to sport was confirmed. After 18 successful months with the Sport Action Zone tackling issues and barriers to sport for a disadvantaged community, developing pathways to sport and carrying out consultations and needs assessment, Jay was employed as the Sports Development Manager – Equity at Northamptonshire Sport. His current role allows him the opportunity to develop and create pathways to sport, gain experience of working at a county and regional level and play a more strategic role in the development of sport and physical activity for people. It is a role where partnership work is paramount and building relationships with many sport and non-sport organisations are key to the delivery of the role. Jay enjoys all sports but primarily boxing, and has recently made a return to the ring.

### **Roger Lovesay**

#### **Head of Policy and Development, Cultural Community Partnerships**

Roger has a background in leisure as a Physical Education teacher, multi sport coach & activity coordinator and manager in leisure centres. Following this Roger became the Client Officer for the Local Authority and also encompassed Sports Development and Grants. In his current role, Roger has responsibility as Head of Strategy and Business Development for increasing the profile and development of the company with an overarching role of policy, development and operations. Although very much a desk jockey these days developing partnerships in both a commissioning and procurement role Roger enjoys seeing others engage in sport and reap the benefits.



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### **Julie Simmons**

#### **Local Support Development Officer (Herts and Essex), MS Society**

Julie has worked for the MS Society for the past fourteen months and has responsibility for overseeing and co-ordination of the activities of sixteen branches of volunteers and a regional committee across Herts, Essex and Bedfordshire, as well as volunteer recruitment, development and training. Prior to her current role, Julie worked for ten years managing a team of community engagement and development officers in a local authority in Essex.

### **Tony Johnson**

#### **Community Development Officer, Mencap**

Tony has worked for the Mencap for seventeen years the last nine as a community development officer. Previously he spent seventeen years working in the mining industry. He has worked on projects for the Mencap National Assembly looking at the barriers that obstruct people with a learning disability when they try and access mainstream leisure and sporting services and how they can be overcome. Along with a number of his colleagues he sees the partnership with the IFI as vital in the battle to ensure that people with a learning disability are given the same access to services as other members of our society. He served for fourteen years as an elected member of Cannock Chase Council. During which he spent 7 years as the portfolio holder for leisure sport and culture. And has an honours degree from the Open University in Social Science and Modern History. His interests include reading politics sport (mainly watching now) trying to keep fit and helping to run his oldest son's football team. He has three children and often remarks that his son Thomas has more trophies already than he won in over 25 years of playing competitive sport.

### **Dawn Line**

#### **Community Development Officer Coventry & Warwickshire, Mencap**

Dawn has been working for Mencap for 7 years; however before joining Mencap as an employee she was a Volunteer worker for 21 years. Dawn has a son with a learning disability who is now 28. Dawn's role in Northamptonshire, covers all leisure and social activities, with three projects one of which is art and performance based. This is called 'It's my Life' the other two projects support people with learning disabilities to enjoy a social life of their own. Her role as Community Development is in Coventry and Warwickshire where she works with local groups to keep them



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updated on policies and procedures. Mencap campaigns for people with learning disabilities to enable them to have a better life. They also work in partnership with other organisations like Inclusive Fitness making sport accessible for all. Mencap works closely with people with learning disabilities to make sure what they are doing is what they want.

## **Nick Lowe**

### **IFI Regional Inclusive Activator (North West)**

Nick first got involved in disability sport and leisure over ten years ago, whilst coaching multi-sports clubs during his time at College. He then progressed to work in the fitness industry whilst studying a degree in Physical Education and Psychology. On completion of his degree he took up a management post within a fitness centre. This saw him becoming more involved in health as the facility looked to create a community focus and an inclusive environment. Nick first became involved with the IFI back in 2004 as his facility worked towards IFI accreditation. Once accredited his work with disability groups and disabled people became more and more of his everyday work as he looked to build partnerships and relationships. In April 2007 Nick became a member of the IFI team as the Northwest Regional Inclusive Activator.

## **Carol Townsend**

### **Project Coordinator, Speak Up For Action (SUFA)**

Carol is currently a project coordinator and has worked for SUFA for five years. In that time she's seen the project grow in strength and the members she works for grow in confidence. She helps support the members to run the project, produce newsletters, develop fundraising and the 'people's parliament' and deliver training and consultation work. She's very proud of all that the members have achieved. It shows with the right support and encouragement, people with a learning disability can lead independent and fulfilling lives. SUFA is a great project and she's proud to work for it. Their 'speak up' group allows people with a learning disability to have a voice and take some control over their lives. Members support others to make a difference. Carol hopes the project can continue and she can continue to be a part of it.

## **Phil Wagstaff**

### **Sports Development Officer (Northwest), Action for Blind People**

After coaching various sports and spending some time in America Phil decided he wanted to progress in a career where he could work





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with disabled children. He first became involved with Action for Blind People whilst studying a social work degree. He volunteered at the "Manchester Actionnaires" club as he wanted to gain experience of working with children with disabilities in sport, before progressing to a part-time role as club co-ordinator, On successful completion of his degree Phil accepted the role of Northwest Sports Development Officer. The Actionnaires clubs aim to develop children's self-confidence, social interaction and physical skills through participating in sporting activities. Since then the organisation has gone from strength to strength, the project has grown from three Actionnaires Clubs to twenty-nine.

**Christina Shipley,  
Community Participation Development Manager, Sheffield  
Physical Disability Community Support Services**

After a few years working as a commercial recruitment consultant, Christina got a job supporting people with learning disabilities and mental health problems into paid work with Bridge Employment. From there she progressed into her current post of Community Participation Development Worker, working in Physical Disabilities Community Support Service with Sheffield Council. In this service they support people into employment, leisure and learning. Her role also focuses on service user involvement. The satisfaction from this kind of work is that you support people to improve their quality of life through providing choices, opportunities and independence.

**Shelley Parker  
Louder Than Words Coordinator, RNID**

Shelley has been working for RNID for almost four years. In her previous role as an Employment Adviser she supported deaf and hard of hearing people to access employment and educational opportunities. In her current role she coordinate's RNID's national Louder Than Words charter mark, which aims to improve access to services for deaf and hard of hearing people. The organisation does this by working closely with other organisations and promoting their charter mark as a way to raise awareness of the access needs of deaf and hard of hearing people.

**Paul Jarvis  
Regional Physical Activity Coordinator, South East**

Paul ran a Brighton-based outdoor education charity for 20 years, working with disadvantaged children and unemployed adults. He now works jointly for the Department of Health in South East England, promoting physical activity in all its forms, and for StreetGames, the only national charity bringing doorstep sport into





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the most deprived communities. He has experience working at a strategic level in the public, community and voluntary sectors. Paul is also Vice Chair of the Brighton & Hove Healthy City Partnership and advises the University of Brighton on community partnership projects. In his Department of Health role, Paul manages a cross-sector, regional network of partners who promote, support and deliver physical activity. Inclusive activity is a top priority for the network, alongside work with children and families, green exercises and workplace activity. Paul is a keen sailer, climber and ski mountaineer.

### **Gideon Feldman**

#### **IFI Regional Inclusive Activator (London)**

Gideon is the Regional Inclusive Activator the London. As an Activator his responsibilities include increasing participation in physical activity amongst disabled people within London and to raise both the awareness and profile of the Inclusive Fitness Initiative. Before joining the IFI in 2008 Gideon spent 12 years working as a production and tour manager in disability theatre and dance as well as a the Celebrations Coordinator for the Doha Asian Games Torch Relay 2006. He is also Director of Disability Action in Islington and for the past year has been chairperson of the charity.

### **Ken Black**

#### **Independent Adviser, Inclusive Physical Activity & Sport**

Ken Black has worked in the field of disability sport and inclusive physical activity as a practitioner for the past 30 years, including the roles of teacher, coach, development officer, consultant, and volunteer. He has also produced numerous educational resource and workshop material on inclusive physical activity for organisations such as the Youth Sport Trust, the British Council, the Australian Sports Commission, the English Federation of Disability Sport, the Sports Council for Wales, the Football Association, the Rugby Football Union and many others.

Ken's first involvement in research around health-related exercise was whilst working for Leeds Leisure Services Sports Development Unit as their Disability Sport Officer. This interest continued when he became Director of the Peter Harrison Centre for Disability Sport based at Loughborough University, a development and research centre dedicated to projects on disability sport and inclusive physical activity. He acts as advisor on disability issues to the British Heart Foundation National Physical Activity and Health Centre, based on the Loughborough campus, and on inclusive





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physical activity and sport to the university's Sports Development Centre and other agencies, including the Youth Sport Trust.

He is the UK representative on the THENAPA 2 European APA network, and coordinated the development of activity cards, with a group of colleagues from around Europe, for practitioners working with older disabled people. Ken delivers lectures and interactive workshops to undergraduate modules at Loughborough and other higher and further education institutes. He has also delivered inclusive activity workshops and contributed to seminars and conferences at home and worldwide, including work in South America, the Caribbean, Southern Africa, South East Asia, Australia and the Pacific Region.

His current role is coordinator of the ICES (the International Coach Education Standards) which is a coach education project within the wider International Inspirations London 2012 legacy programme, managed jointly by UK Sport, The British Council and UNICEF UK. His post is hosted by Right to Play UK. In this context he recently ran interactive seminars with partner agencies in Zambia and India. Ken is a Scot, originally from Clydebank, but now lives near Loughborough.

**Suzanne Gardner**  
**Regional Physical Activity and Sport Coordinator – West Midlands PAN WM**

Suzanne took up the original role of the Regional Health and Physical Activity Co-ordinator for the West Midlands hosted by the Department of Health West Midlands in partnership with Sport England in February 2005. In summer 2008 this post was reviewed and became the Regional Physical Activity & Sport Co-ordinator hosted by PAN-WM on behalf of the original funding partners. The role is responsible for strategically driving forward the physical activity agenda at a regional level, supporting regional, sub regional and local partners regarding this agenda and working to forward the aims of the Physical Activity Network for the West Midlands (PAN-WM).

Following the completion of a BSc (hons) in Sports Science at Portsmouth University in 1999, Suzanne started her career as a fitness instructor specialising in exercise referral and sports therapy before moving into the sport and physical activity development arena, initially taking up a position at Cambridge City Council heading up the innovative "Health Inequalities" and "Staying Active in Later Life" programmes. In 2002 she moved to Herefordshire Council to take up the role of Exercise Referral and Physical Activity



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Development Officer before being seconded into the initial Regional Health and Physical Activity Co-ordinator role. Suzanne is currently taking a lead role in developing the Regions health and physical activity legacy plans for 2012 and supporting organisations on the delivery of the Be Active, Be Healthy Plan.

### **Steven Ward**

#### **Public Affairs and Policy Manager, Fitness Industry Association**

Having graduated with a first class degree in International History and Politics, Steven completed a Masters degree in research methodology and started working for the FIA in 2006 as a researcher. Focused on helping the industry become a recognised part of the health service, Steven is networked throughout the industry's political stakeholders.

### **Elaine Varley**

#### **East Midlands Health Trainer Hub Partnership Manager**

Elaine has several years experience working for the NHS and with every level of the Public Health Workforce. Elaine began working on the Health Trainer programme in 2007, managing the East Midlands Hub part time and co Project Managing the start up of the Northamptonshire Teaching PCT Health Trainer Service. Elaine now works full time for the Hub to support all aspects of Health Trainer development and expansion into new settings across the region.

### **Ann Toy**

#### **Locality Public Health Specialist, Public Health Directorate, Barnsley PCT**

Ann has been a Neighbourhood Public Health Specialist with NHS Barnsley for about 5 ½ years and is also a qualified nurse by profession with approximately 12 years experience of Community Development and Health in Barnsley. When starting work in Barnsley Ann did not know what Community Development was, that it actually existed or that she was doing it - its only on reflection that she can now say she was and still is a Community Development and Health Worker. Ann's current role is Community Engagement Lead within Public Health helping to develop the capacity of the public health workforce and the local communities in Barnsley.

### **Harriett Murrell**

#### **Physical Activity for Health Co-ordinator (South), Regional Public Health Team London, Working on behalf of NHS London & Sport England London Region**





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Harriet is a one of a team of Physical Activity for Health Co-ordinators based within the London Regional Public Health Team. Alongside pan-London responsibilities she works closely with partners across the South of London. The London team are working to develop new initiatives, spread best practice, consistency and raise the public health profile of physical activity across the capital and particularly within the NHS. The teams posts are currently joint funded by NHS London and Sport England London Region with project funding confirmed until March 2010. An interest in the wider determinants of health and their impact upon physical activity. She has worked on a range of physical activity interventions and strategy development and comes to the RPHG from the Public Health Department at Surrey Primary Care Trust. Harriet has a background in Sports Science, recently completing an MSc in Physical Activity, Nutrition and Public Health. She is a keen hill walker and also enjoys diving.

### **Richard Brine**

#### **London Health Trainer Hub Business Manager**

Richard Brine is a freelance consultant specialising in the health and not-for-profit sectors. He is currently working with RBE Consultancy Ltd helping to deliver the London Health Trainer Hub which provides support, information and training to Health Trainer programme leads in London. This includes organising regular meetings and a providing a web site. RBE provides a broad spectrum of services to its clients, including the evaluation of projects, services and agencies, the development of strategies and service plans and the provision of training to meet operational demands. Richard has previously worked with a diverse range of clients including The National Trust, Age Concern, Terrence Higgins Trust and Health First health promotion agency.

