

## London Physical Activity & Mental Wellbeing Conference

### Speakers' Biographies

#### **Wendy Wallace**

Chief Executive  
Camden and Islington NHS Foundation Trust

Wendy Wallace is Chief Executive of Camden and Islington NHS Foundation Trust. Camden and Islington provides mental health and social care services in the heart of London, the area is very diverse with high levels of mental health need.

Wendy began her career as a clinical psychologist, working in mental health and substance misuse. She then went onto become the Service Director at Bromley Primary Care Trust and Assistant Director at NHS Executive London. Wendy developed the groundbreaking Lewisham Partnership, a commissioning agency for learning disability services across NHS and social services. Wendy has spoken on health and social partnerships for many years and is a strong advocate for recovery, social inclusion and user led services.

#### **Dr. Sandy Whitelaw**

Lecturer in Health & Social Policy  
University of Glasgow in Dumfries

Dr. Sandy Whitelaw has worked in both academic and practice based public health for the past 20 years. His initial background was in sports science and he has subsequently worked in various public health contexts, including drug misuse prevention, health improvement in primary care, developing healthy settings and accident prevention. He has acted as physical activity lead for *Health Scotland* and has undertaken a range of research associated with physical activity promotion.

#### **Kathryn Hill**

Deputy Chief Executive  
Mental Health Foundation

Kathryn Hill is Deputy Chief Executive at the Mental Health Foundation. She took up this post in January 2006. Kathryn has responsibility for Research, Policy, Service Improvement and Workforce Development, patient and Public Involvement and Scotland. Kathryn oversees and extensive portfolio of projects

Prior to this, Kathryn was Head of Safer Practice/Mental Health Lead at the National Patient Safety Agency where she was responsible for developing and sustaining a programme of work to improve patient safety within mental health services in England and Wales. Kathryn has a long history of working in Mental Health services most recently as a Service Director. Kathryn has also been a Research Fellow with the Institute for Applied Health and Social Policy, King's College London.

Kathryn has published widely and most recently jointly edited *Mental Health Today*, which was published by Pavilion.

## **Rachel Hine**

Assistant director  
Centre for Environment and Society

Rachel Hine is the assistant director of the Centre for Environment and Society in the Department of Biological Sciences at the University of Essex. Research and expertise include:

- Nature and human health
- Green exercise and green care
- Care farming
- Sustainable and ecological agriculture
- Agricultural policies and the real costs of agriculture
- Social capital and conservation of natural resources
- Participatory research methods
- Fieldwork and questionnaire design

Rachel is on the Management Committee for EU COST Action 866 Green Care in Agriculture and also a member of the steering group for The National Care Farming Initiative (UK). Recent publication titles include: 'Green Exercise: The Benefits to Health of Activities in Green Places', 'Care farming: Bringing together agriculture and health'. 'Green Spaces: Measuring the Benefits', 'Social, Psychological and Cultural Benefits of Large Natural Habitat & Wilderness Experiences'.

Rachel has designed and facilitated over 30 Community Assessments and Participatory Appraisals nationwide in a variety of different contexts including health needs assessments, countryside management, Market Town Initiatives, local authority planning, urban regeneration and community development.

## **Nerys Edmonds**

South London & Maudsley NHS Foundation Trust

Nerys Edmonds has worked in mental health for over 12 years. She worked as a mental health nurse in the voluntary and housing sectors with clients with severe and enduring mental health problems and homeless people with mental health problems and drug and alcohol issues. Since 2000, she has worked in mental health promotion in both the voluntary and statutory sectors. She has developed mental health promotion strategies in Lewisham and Surrey and developed and managed a range of mental health promotion programmes and also initiatives to tackle the stigma and discrimination associated with mental health problems. She was the National Manager for the Foyer Health programme until April last year; this programme was to improve well-being for disadvantaged 16-25 year olds living in Foyers across England. She now works for South London and Maudsley Trust leading on Mental Well-being Impact Assessment.

## **Janette Hynes**

Chief Executive  
Positive Mental Attitude Sports Foundation Trust

Janette Hynes founder and chief executive of the PMA Sports Foundation Trust, occupational therapist, clinical specialist, specialises in the area of mental health for the East London NHS Foundation Trust, and is an ex-professional women's footballer, personal fitness trainer and Level 3 FA football coach.

She observed a significant gap between hospital and community living services, and observed that sport, in this case football, as a normalising tool that helped clients in hospital acquire the life skills required to cope with discharge needs and community living. But after discharge there was a distinct lack of relevant services and in particular the players did not fit in with mainstream sporting activities. Following the mental health awareness workshops Janette ran in 2004 and her own research linking community football clubs with NHS health services, she found there were lots of likeminded activities around the country, but an obvious lack of structure and framework.

Later in 2004, Janette therefore, took it upon herself to create a framework to regularise activities and initially pilot a formal league in the London region.

The Positive Mental Attitude Sports Foundation Trust as a community interest organisation was born. The aim is to use football as a tool to overcome the stigma and exclusion that exists for those suffering mental illness, through engaging in meaningful activity and with a positive mental attitude.

The PMA SFT is based in London and is the central organizing body for all PMA Sports Programmes. The PMA SFT works with allied healthcare services, partnering to deliver award winning best practice models for mental health sports provision regionally and nationally.

## **Sue Baker**

Director - Time to Change

Sue is leading England's new 'Time to Change' programme aimed at ending mental health stigma and discrimination as well as improving wellbeing.

Time to Change is an ambitious £18million programme being delivered by Mind, Rethink and the Institute of Psychiatry.

She is responsible for the co-ordination and delivery of this exciting social movement in England with 35 projects across England, including a £7.5m social marketing campaign that will reach 75% of all adults in England.

Sue worked for a charity in New Zealand on the world's largest campaign to address the discrimination experienced by people with mental health problems, using human rights and mental health promotion models. She also worked for nine years as Head of Media at Mind, in particular carrying out the UK's first survey of the extent and impact of discrimination (in the mid 90s).

She has also been a Director of a leading substance misuse charity where she was responsible for marketing treatment services, delivering business growth and developing marketing and fundraising.

She lives in East Dulwich, London with her partner and enjoys photography, relaxing with nature, and the occasional game of tennis (weather permitting) and trips to the gym (not so enjoyable but essential for wellbeing!).

Recent article

<http://www.guardian.co.uk/society/2007/oct/31/guardiansocietysupplement.mentalhealth>

## **Stewart Lucas**

Chief Executive

London Sports Forum for Disabled People

Stewart Lucas is the Chief Executive of London Sports Forum for Disabled People. Under his leadership the organisation has become the recognised strategic development body for sport and physical activity for disabled people in London. Stewart prides himself on his ability to influence and shape opinion. His drive for inclusive activity, has been adopted by the whole organisation, which now focuses on ensuring that mainstream sport and physical activity providers understand and deliver on their responsibility to include disabled people across London.

## **John Warden**

Occupational Therapist – Woodlands Unit

Oxleas NHS Foundation Trust

John is an occupational therapist based at the Woodlands Unit on the Queen Mary's Hospital Site, managed by Oxleas NHS Foundation Trust. He has a keen interest in sport and since moving to his current post took the opportunity to introduce physical health and well being to the unit supporting patients to help maintain their mental health with sustainable activity.

## **Michael Thizy & Duke McKenzie**

Croydon Boxercise Programme – MIND

**Michael Thizy** has been working in the mental health field for the past 10 years, first for Croydon Social Services and for the last 6 years for Mind In Croydon as an Advocate/Welfare Benefits Adviser.

He is a keen sportsman (football, cycling, motorcycling, boxing) and strongly believes that sport can benefit anyone both physically and mentally regardless of age, gender, disability, ethnicity.

**Duke McKenzie** - was born in 1963 in Croydon, South London, the youngest of five brothers including the former British & Commonwealth Light Welterweight Champion, Clinton.

During an illustrious amateur career, he represented his country on many occasions and won the highly prestigious London ABA flyweight title. Duke turned professional and in 1982 won his debut fight at Wembley, which was the beginning of a distinguished boxing career.

Duke went on to win World titles at three different weights, an achievement matched by only a handful of fighters in the long history of the sport.

**Please see Boxercise article in Downloads Link**