

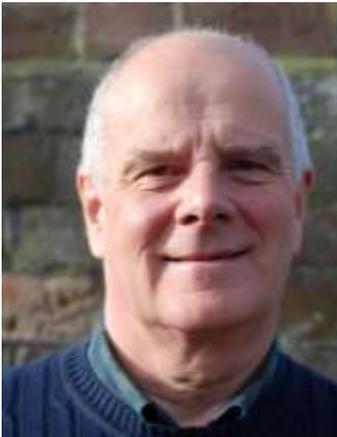
# Solent Mind Trustees



## **John Wilderspin** Chair

John is a leadership coach and independent consultant working in the health and care sector. He previously worked in the NHS running hospitals, community services and commissioning organisations, and leading a number of national programmes. He has a particular interest in partnership working; ensuring that different organisations work together to provide excellent, integrated services for the people they serve. He is a member of the Governing Board of Treloars, a Hampshire charity which runs a school and college for profoundly disabled young people.

“I know the impact that mental ill-health can have, from my professional life, but also from personal experience. I am looking forward to working with colleagues in Solent Mind to make a positive difference to people with mental health issues. I really like the way that Solent Mind uses the skills and insights of people with experience of mental ill-health to deliver services and provide practical support, and how it works with other organisations to deliver a personalised, integrated service”



## **Robin Goater** Treasurer (&Trustee Mayfield Nurseries)

Robin was born in Southampton and lived in Hampshire until leaving university. He then worked as an accountant in local government for many years within West Yorkshire, with the last two roles as Chief Accountant in Calderdale then Kirklees Councils.

After moving to Birmingham he worked in the Charity Sector including as Finance Director at Birmingham Mind.

Robin recently moved back to Hampshire as is now using his financial skills and experience in volunteer and trustee roles across a number of charities in Winchester, Hampshire and beyond.



## **Richard Coundley** Vice Chair

Richard is an internet entrepreneur and an angel investor. He has an engineering degree and practiced as a Chartered Civil Engineer. Following an MBA from London Business School, he held senior executive roles with two FTSE 100 companies. In 1996 he co- founded Holiday-Rentals.com, selling the company in 2005. He subsequently served on the Board of the acquiring US company.

Richard is a trustee and non-executive of LocalGiving.com, a not-for-profit whose mission is to provide funding opportunities and advocacy for local charities and community groups in the UK. Having experienced mental health issues within his family, he now wishes to help those who suffer from mental illness and the family members affected. He spent his early childhood in Southampton and he now lives in the New Forest.



## **Bryan Palmer**

First diagnosed with depression in 2000 following a workplace accident, Bryan says “I believe that in all probability for me this is not something that is going the ‘clear up’ and ‘go away’ it’s part of me and something I’m learning to accommodate and manage. In 2010 I tried to find a self-help group in Southampton and was surprised and disappointed to discover that there didn’t appear to be one. With the encouragement of Depression Alliance I started a support group in the August of that year. We continue to hold weekly meetings on a Tuesday evening, providing a safe space for people to meet and share our experiences of living with depression.”

Bryan is a Manufacturing and Business Professional with 35 years’ experience working at Ford Motor Company. Following the closure of the Southampton facility, Bryan started working as an Independent Business Improvement Consultant. Married with three children Bryan is a passionate cyclist with aging legs.



## **Jack Wiseman**

Jack is a Chartered Legal Executive specialising in the defence of medical negligence claims against NHS Trusts. Prior to that, Jack specialised in commercial recoveries. Through both of these roles, he has seen how mental health can effect a person's life in so many different ways.

Jack has seen the support Solent Mind can offer through his experiences of helping close family and friends with mental health conditions. When Jack initially attended college, he suffered from panic attacks himself and through both these experiences he has seen the impact a mental health condition can have on an individual and the support that is needed. For Jack, exercise is key to helping him manage his mental wellbeing and he enjoys running and going to the gym.



## **Julie Todd**

Julie is a solicitor and currently works for the Crown Prosecution Service as a Senior Crown Prosecutor. She is the Wessex area lead for CPS on the Mental Capacity Act and is a hate crimes champion focusing on crime against victims based on their disability, sexuality, race or religion. Julie has a particular interest in victims and defendants with mental health issues within the criminal justice system: from support at arrest and interview, to giving evidence in court with the aid of special measures and intermediaries to enable individuals to engage fully in the legal process.



## **Louise Goux-Wirth**

Louise is the Equality, Diversity and Inclusion Officer at the University of Southampton. She has a breadth of experience in equality and a specialist interest in mental health, race and LGBT+ inclusion. Since taking part in the Mind Charity Challenge in 2015 (completing a 50k trek in 24hrs up 12,500ft) Louise has discovered a love of the benefits of fitness in managing her mental health and well-being. Since then she continues to keep active through half marathons and other charity initiatives. Louise is a keen international travel and dinner host, and is training for her first marathon in summer 2019.



## **Rachael Jessney**

Rachael is the Managing Director of Southampton-based web design and digital marketing agency, Atelier. Having originally started her career in the field of Public Relations, Rachael quickly transitioned into digital marketing as an area of expertise through several roles spanning across Dorset and Southampton. Rachael has worked with various charities and not-for-profit organisations across the south coast to help improve their digital presence engagement. This includes Mayflower Theatre, NHS Salisbury, Artswork and Southampton Arts & Heritage (part of Southampton City Council).



## **Polly Hicks**

Polly has over 20 years' experience working in the private, public and not-for-profit sectors in a range of human resources, project management and consultancy roles. She gained her MA in Human Resources Management in 2000 and is a Fellow of the Chartered Institute of Personnel and Development (FCIPD).

Polly has been a school governor for over 15 years, holding a variety of roles at two large London primary schools. This included a number of years as Chair during which time she worked in partnership with the head teacher, governors and local authority to secure funding and establish a Children's Centre at the school for the benefit of the school and wider community.

Following a family member's serious accident, Polly understands that often it's the psychological that is more difficult to diagnose and can take longer to heal than any physical pain or injury. She has been an advocate for getting the right support and treatment for people in both social care and health settings during this time.

Polly lives in the New Forest and runs when she can to look after her own mental health and well-being.



## **Sarah Clements**

Sarah is a passionate HR professional with a broad wealth of knowledge and experience at operational and strategic level across diverse and complex organisations including SMEs, head offices, the private/public sector and not for profit. Prior to working in HR, she was a successful Manager within a large global financial services organisation.

Sarah recognises the huge impact mental health problems can have on individuals within their day-to-day life, including the workplace. These problems are sometimes misunderstood and hard to talk about, which can lead to difficulties at work.

She is passionate about ensuring businesses recognise that employee wellbeing is an essential part of an effective people strategy and that this includes understanding mental health issues and offering the right support and intervention



## **Sharon Hill** ([Trustee Solent Mind & Mayfield Nurseries](#))

Sharon is a Chartered Fellow of the CIPD with more than 25 years' experience working in Human Resources across a wide remit of roles and various industries encompassing both public and private sector.

Originally from Bournemouth, Sharon has lived and worked in the Hampshire area for more than 17 years and lives in Southsea with her two teenage children. In the past, she has held voluntary positions as school parent governor and business start-up mentor for the long term unemployed within the local community.

Sharon is a strong supporter of Solent Mind having accessed or recommended resources to support both family members and close friends as well as in a professional capacity in supporting employees with mental health conditions

# Mayfield Nurseries Trustees



**Richard Pullen** Chair

Richard Pullen has over 30 years' experience in commercial property having qualified as a Chartered Surveyor in 1982. He was a founding Director of Palmer Fry Commercial Property Consultants, leading a management buy-out of a business from Royal Insurance. He was Finance Director and Lead Director of the business, involved with the acquisition of four businesses and the eventual merger of the business with the larger Goadsby & Harding Group in 2005 where he was Director of Investments.

In December 2010 he set up his own property consultancy, Pullen Associates, which specialises in providing consultancy and agency services to pension funds, property companies, private individuals and occupying businesses.



**Peter Hanlon** Treasurer

Peter has a background in finance having worked for a major high street bank, and was a manager at three branches in Southampton. Originally from Yorkshire he first came to Southampton in 1973, and during the last 27 years has lived in Romsey. He was a Governor for 20 years of The Romsey School and continues as the Responsible Officer for over- viewing the school finances. He has also been the Treasurer of the local Age Concern in Romsey for some years, as well as Treasurer for two smaller groups which have had close involvement with local mental health units supporting an immediate family member who has a mental illness.



**Carol Cunio**

Carol was the Ward Councillor for Woolston and Weston for many years and was the Mayor of the city in 2010/11. She is now an Honorary Alderman of the City. Whilst a Councillor she chaired the Licensing committee and was vice chair of the Planning & Rights of Way Panel. She ran the soup kitchen in Kingsland Square for seven years and set up the Sunday Lunch Project, which provides free hot lunch to those in need. She is a Trustee on SARC, the Wulfris Trust, Weston Adventure Playground and Mayfield Nurseries. She knows Mayfield very well having always lived on the east side of the City.

Her husband had Lewy Bodies Dementia and died five years ago.



## Alexandra Kenchington

Alexandra is an NHS junior doctor, currently undertaking her foundation training at Queen Alexandra Hospital in Portsmouth. She has a keen interest in mental health and hopes to specialise in psychiatry.

Prior to her career in medicine, Alexandra graduated from the University of Westminster in 2005 with a BA (Hons) in Public Relations. Subsequently she worked within the private and charity sectors doing both PR and marketing, as well as events management and business development.

Alexandra has volunteered with Age UK from 2008 to 2017 as part of its befriending service, caring for elderly people within Southampton and worked closely with the charity to develop links between medical services and the community.

More recently she has helped to develop the University of Southampton's maternity mentoring service providing financial and emotional support for expectant mothers studying at the University of Southampton. Alexandra also helped to set up a service to assist food banks in Portsmouth in providing non-food products (like soap and toothpaste).

Alexandra believes strongly in the importance of promoting good mental health and strengthening services within the community and is delighted to be involved with the work of Mayfield Nurseries.



## Sharon Hill (Trustee Solent Mind & Mayfield Nurseries)

Sharon is a Chartered Fellow of the CIPD with more than 25 years' experience working in Human Resources across a wide remit of roles and various industries encompassing both public and private sector.

Originally from Bournemouth, Sharon has lived and worked in the Hampshire area for more than 17 years and lives in Southsea with her two teenage children. In the past, she has held voluntary positions as school parent governor and business start-up mentor for the long term unemployed within the local community.

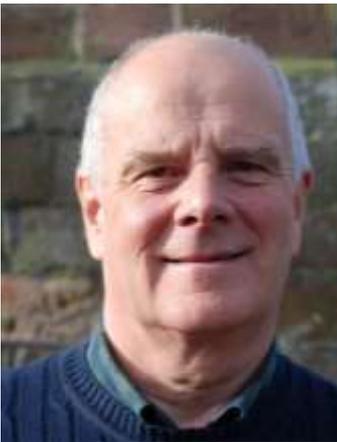
Sharon is a strong supporter of Solent Mind having accessed or recommended resources to support both family members and close friends as well as in a professional capacity in supporting employees with mental health conditions.



## **Chris Martin**

Chris started his career in social services in London in 1972 working for the London Borough of Wandsworth, the Spastics Society (now Scope) and, from 1978 to 1987, for the London Borough of Ealing. Chris retired from his post as Commissioning Manager for Adult Social Care Services at Southampton City Council in 2008. He had been a manager for older peoples' care services at the city council since 1997.

Chris has always had a particular interest in improving services to older people with mental health problems. Until April 2014 he worked part-time with Portsmouth City Council, managing their Learning Disabilities Service. Chris is now, finally, retired.



## **Robin Goater** ([Trustee Solent Mind & Mayfield Nurseries](#))

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