

**National Ambulance  
LGBT Network**



**Conference Programme  
2017**

**Friday 4 August 2017**

**09:30 to 16:30**

**Mayo Wynne Baxter Lounge**

**AMEX Stadium, Brighton**

# Programme

The conference venue is the Mayo Wynne Baxter Lounge at the AMEX Stadium

09.30	<b>Registration and Refreshments</b> Delegates to be seated by 09.55 to ensure a prompt start
10.00	<b>Opening Remarks</b> <b>Daren Mochrie</b> , Chief Executive of South East Coast Ambulance Service with <b>Tracy Myhill</b> , Chief Executive of Welsh Ambulance Service
10.10	<b>Setting the Scene</b> <b>Alistair Gunn</b> and <b>Kirsten Willis</b> , Co-Chairs, NALGBT Network
10.30	<b>Diversity and Inclusion</b> <b>La-Chun Lindsay</b> , Managing Director, GE Aviation Wales
11.15	<b>PTSD - The Connection with Suicide in LGBT People</b> <b>Darren Humphrey</b> , Senior Clinician, March on Stress
12.05	<b>Workshops</b> – see next page for full details
12.50	<b>Lunch, Networking and Formal Delegate Photographs</b>
13.35	<b>Welcome Back</b>
13.40	<b>'The Purple List'</b> A short play written by <b>Libby Pearson</b> and performed by <b>Ian Baxter</b>
14.20	<b>Workshops</b> – see next page for full details
15.05	<b>Refreshments</b>
15.20	<b>Workshops</b> – see next page for full details
16.05	<b>Review and Moving Forward</b> with <b>Alistair Gunn</b> and <b>Kirsten Willis</b>
16.20	<b>Closing Remarks</b> by <b>Tracy Myhill</b>
16:30	<b>Conference Close</b>

We ask that delegates wear their ambulance uniform for the conference. For delegates that do not normally wear a uniform, the dress code is smart casual.



# Information

## Workshops

The workshops will be:

<b>Workshop 1</b>	<b>The Stigma for PTSD – A Personal Perspective</b> Facilitated by <b>Mike Taylor</b> , Paramedic at RAF Odiham with <b>Louis Allwood</b> and <b>Harry Palmer</b> from the Centre for Mental Health Venue: Mayo Wynne Baxter Lounge, Level 1
<b>Workshop 2</b>	<b>Making Every Contact Count</b> Facilitated by <b>Val Nash</b> , Paramedic Operations Officer at SWAST Venue: Sussex Skills Solution Lounge, Level 2
<b>Workshop 3</b>	<b>Understanding the ‘T’ – A Personal Journey of Transition</b> Facilitated by <b>Katie Yeomans</b> Venue: Harvey’s Brewery Lounge, Level 2
<b>Workshop 4</b> Afternoon only	<b>Being a Dementia Friend</b> Facilitated by <b>Jane Poulter</b> , Organisational Development Manager at Welsh Ambulance Service Venue: Hendy Lounge, Level 3

## Punctuality

This year we have put together an ambitious programme of keynote speeches, workshops and a short performance. We would like to ask everyone to help us ensure everything runs smoothly by ensuring prompt attendance at the times shown.

## Biographies

Short biographies of all the people shown in blue will be included in your conference pack, available on the day of the conference.

## Photography

We have commissioned a photographer to record the day. During lunch time we will ask everyone to take part in a whole group photograph and there will be a photo opportunity for delegates from each Ambulance Trust. The photographs will be made available through our website and may be used in future publicity. If you would prefer not to be included in the photographs, please make this known at registration.



# Biographies

## Louis Allwood

Workshop Facilitator

Business Development Lead at Centre for Mental Health

Louis joined the Centre for Mental Health in 2016 as our Fundraising Officer, and became Business Development Lead in 2017. After achieving a degree in history and a masters in medieval history, both from the University of Glasgow, he volunteered at Children 1st (Scotland's national children's charity), providing support to the community fundraising team. He went on to intern with It's Good 2 Give, a volunteer-led charity which supports children at the Edinburgh Sick Children's Hospital.

More recently, Louis worked as a finance and projects coordinator for 'Theirworld', where he supported the global campaign for children's education and raised funds for their programme of perinatal research.

Louis continues to be interested in improving the lives of children and young people, and is looking forward to furthering the nationwide impact of the Centre's work.

## Ian Baxter

Performer, The Purple List

Ian has been an actor and role player since graduating from Bretton Hall College, Yorkshire in 1983. He formed the Split Theatre which took his coming out story entitled 'Self Abuse?!?' to Festival in The Pink in London.

He quickly realised the impact and importance of issue based theatre and worked predominantly with children and marginalized adults in schools, play schemes, youth groups, prisons, day centres and hostels.

As a gay man Ian came out over 40 years ago. He witnessed, marvelled at, and envied the impact of the radical feminist separatist movement. He danced in discos, cruised in cruising grounds, and waved political placards against hypocrisy and homophobia. He escaped the AIDS epidemic by the skin of his teeth, and fought tooth and nail against Clause 28. He's chanted and shouted, demonstrated and displayed all his adult life, and supported LGBT+ communities to get what we need and deserve.

Now 35 years after 'Self Abuse?!?', he is incredibly proud to be performing 'The Purple List... a gay dementia venture', which is being used to raise awareness and train health and social care staff across England.



## Alistair Gunn

Planning and Development Manager at Yorkshire Ambulance Service  
and Chair to the National Ambulance LGBT Network

Speaker

Alistair left a career in teaching in 2003 and joined the Ambulance Service as an Emergency Medical Technician. After four years working on the emergency ambulances in the East Riding of Yorkshire, he moved into a management role, initially as Service Improvement Manager when three former services merged to become Yorkshire Ambulance Service.

He has worked in a number of management roles including operational management and developmental roles. This has included leading the implementation of technologies, creating training courses, working on the modernisation of services and linking with Primary Care Trusts and hospitals to set up and deliver commissioned services. His current role is working within the Planning and Development Team, responding to tenders and assisting with the development of sustainable service delivery models.

In 2011 Yorkshire Ambulance Service formed an LGBT Network to support lesbian, gay, bisexual and transgendered colleagues and Alistair has acted as Chair to the group since the start. In 2016 Alistair was elected as Chair to the National Ambulance LGBT Network and has led on developing the branding, creating a new website and also planning the future direction of the Network.

## Darren Humphreys

Dip HE, BSc Hons, RN (MH)  
Senior Clinician, March on Stress

Keynote Speaker

Darren is a Senior Clinician at March on Stress, where he provides evidence-based support and clinical treatment to clients, including through the Vetlife Health Support Service. He also provides support and guidance in the delivery of peer support programmes TRiM (Trauma Risk Management) and StRaW (Sustaining Resilience at Work).

Prior to his role at March on Stress, Darren completed a successful 29 year career in the Royal Navy, with a professional background in Occupational Mental Health. He was deployed on several operational tours, including the first Gulf War in 1991 as an engineer, and Afghanistan in 2009 as the Operational Commander for the Field Mental Health Team. He has successfully managed large departments and teams and has been responsible for service delivery of mental health care to Armed Forces personnel. He has specialist qualifications in the management of Psychosis and Trauma, and has training including



Cognitive Behavioural Therapy, and Solution Focussed Therapy. He was the Senior Nursing Officer for RN Mental Health and Specialist Nurse Advisor to Command prior to leaving the service.

He studied at Portsmouth University and graduated in 2002 as a Mental Health Nurse. In 2005 he gained a Queens Commission, becoming a Nursing Officer, prior to completing a BSc Hons in Psychosocial Interventions for Psychosis in 2006.

In addition to his role within mental health, Darren was appointed to the Royal Naval Leadership school in 2012, where he served as the Senior Leadership Training Officer for two years. During this period he was responsible for the delivery of Leadership training for the Royal Navy.

## **La-Chun Lindsay**

Managing Director, GE Aviation Wales

Keynote Speaker

La-Chun became the Managing Director of GE Aviation Wales (\$2.7 billion revenue; 1,400 employees) in April 2015 after having previously led the assembly, test and overhaul plant at GE Aviation's Lynn site in Massachusetts. Before joining GE Aviation, La-Chun held the role of vice president, Field Services Group in GE Capital and held a variety of global roles within GE's Corporate Audit Staff, including Executive Audit Manager.

She began her GE career in 1997 at GE Quartz where she held roles as process engineer, supplier quality black belt and sand processing plant leader. Prior to joining GE, La-Chun held leadership, engineering and research & development roles within the US Government and private companies. She graduated from Clemson University with a Bachelor of Science in Ceramic Engineering.

## **Daren Mochrie**

Chief Executive of South East Coast Ambulance Service  
and member of the Association of Ambulance Chief Executives

Speaker

Daren joined South East Coast Ambulance Service as Chief Executive in April 2017, with nearly 30 years' experience of working in the NHS and extensive experience of managing ambulance services in both rural and urban settings. Daren was also the lead for ambulance provision in the 2014 Commonwealth Games in Glasgow as well as being a specialist advisor with the Care Quality Commission (CQC), leading four recent CQC inspections of Ambulance Trusts in England.



## Tracy Myhill

Chief Executive of Welsh Ambulance Service,  
Chair of the National Ambulance Diversity Forum  
and member of the Association of Ambulance Chief Executives

Speaker

Tracy has worked in the NHS in Wales for over 30 years, beginning her career in 1984. Tracy is qualified generally with a Masters in Business Administration (MBA) and professionally with Fellowship of the Chartered Institute of Personnel and Development (FCIPD). Over the last 20 years Tracy has worked in a number of Board level roles including as a Deputy Chief Executive, Executive Director and National Director in a range of healthcare and government settings.

Tracy joined the Welsh Ambulance Service as its Chief Executive on an interim basis in October 2014, and was appointed to the role permanently in July 2015.

An engaging, authentic leader, with strong personal values of openness and integrity, Tracy is passionate about improving the health of the population and health services, with a strong commitment to connecting personally with patients, staff and the public.

Tracy has an energetic and charismatic approach to leadership and has won a number of accolades, including receiving the Institute of Directors (IOD) Wales Public Sector Director of the Year award and being a past holder of the Healthcare People Management Association (HPMA) UK President's award for outstanding contribution to healthcare HR management and a Stonewall Wales Role Model of the Year.

Tracy chairs the National Ambulance Diversity Forum having held lead roles for Equality, Diversity and Inclusion throughout her career. She is a committed advocate for equality spending much of her time presenting at conferences and events and also supporting individuals to progress themselves.

Tracy lives with her wife and two of their four children. In her spare time, she enjoys golf, travel and spending time with her friends and family.

## Val Nash

Operations Officer at South Western Ambulance Service  
and core member of the National Ambulance LGBT Network

Workshop Facilitator

Val is originally from Yorkshire, and left to work in musical theatre where she stayed for 10 years, touring the UK and Europe. She was then recruited into the army, where she spent a further 14 years as a physical training instructor and a Combat Medical Technician; the best of both worlds!



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Val joined Surrey Ambulance Service in 2002 as an Ambulance Care Assistant working for the Patient Transport Service. She then progressed to Emergency Medical Technician and then onto Paramedic in 2005. In 2006 Val became the Community Defibrillation Officer for Surrey and in 2009 she progressed to Clinical Team Leader. In 2010 she joined Great Western Ambulance Service Hazardous Area Response Team (HART) which led to a position instructing in the National HART Training Centre. In 2012 Great Western Ambulance Service was commissioned to put together the National Training Plan for the 16 HART teams that exist around the country and Val was instrumental in writing this.

In 2014 Val left HART and became an Operational Officer for South Western Ambulance Service. Val continues a dual role today, also acting as a Learning Development Officer for the same service.

## Harry Palmer

Programme Coordinator, Veterans' Mental Health Research Programme at Centre of Mental Health

Workshop Facilitator

Harry is a researcher at the Centre for Mental Health. He coordinates the Forces in Mind Trust Veterans' Mental Health Research Programme alongside the Kings Centre for Military Health Research (KCMHR). He coordinates the programme to strategically encourage, allocate and award grant funding to further the understanding of ex-Service personnel's mental health needs, and how best to meet them.

Harry studied Law at the University of Southampton, followed by an MSc in Crime Analysis. He previously worked in the NHS in both management and research roles surrounding orthopaedic knee surgery.

Alongside his work at the Centre, Harry is the Chief Administrative Officer for the United Kingdom Knee Osteotomy Registry, overseeing their team's efforts at long-term data collection.

Harry holds honorary research posts at University of Winchester, the Knee Preservation Foundation and Basingstoke Hospital's orthopaedic department. He has had several articles accepted in peer-reviewed journals in the field of both Law and Orthopaedics.

Harry was attracted to this role because of the Centre's strong research background, and the interesting opportunity to work both with university research bodies and third sector organisations.



## Libby Pearson

Writer, The Purple List

Libby has been employed as a youth and community worker for 16 years and recently became a freelance performance writer and Creative Projects Coordinator - since doing so she has written four plays, all of which have been professionally produced and performed. Libby is particularly interested in issue-based writing and using theatre as a tool for education and discussion and The Purple List is a good example of this.

Libby runs a theatre group for children and young people with special educational needs and has also recently formed her own theatre company to bring small-scale work to interesting venues. Her latest play 'The Barber' tours this summer.

When not writing, Libby can be found wandering the moors and forests of North Yorkshire with her trusty guide to birds and a pair of binoculars. If spotted, give her a wave.

## Jane Poulter

Organisational Development Manager (Equality) at  
Welsh Ambulance Service

Workshop Facilitator

After gaining a degree in Development, Health and Disaster Management in 1999, Jane became a Management Trainee in the NHS Management Graduate Scheme after which she worked in a number of secondary and tertiary NHS Organisations in England. After moving to Wales in 2003 Jane worked within NHS Direct Wales and subsequently the Welsh Ambulance Service in Service Improvement roles before taking up her current role just over a year ago. Jane is now working within Organisational Development and is the Equality Lead for the Welsh Ambulance Service.

After attending a Dementia Friends session last year - that Jane says 'changed her life (in a good way)' - she signed up to become a Dementia Friends Champion and now delivers Dementia Friends sessions to all new staff joining Welsh Ambulance Service along with anyone else who is interested.

Jane lives near Swansea with her husband, two children and four chickens.



## Mike Taylor

Deputy Practice Manager at RAF Odiham,  
Bank Paramedic at South Western Ambulance Service  
and core member of the National Ambulance LGBT Network

Workshop Facilitator

Mike is currently serving in the Royal Air Force where he has completed 18 years of service. In that time he has been based at RAF Shawbury, RAF Cranwell, RAF Lyneham, RAF Halton, RAF Brize Norton, and RAF Honington and is currently stationed at RAF Odiham in Hampshire. He also qualified as a Paramedic in 2007.

Throughout his career Mike has worked in Medical Centres, instructed on field medical skills, aeromedical evacuation and critical care flights.

Having completed multiple tours in Kuwait (1), Iraq (2), and Afghanistan (6), Mike has seen more than his fair share of traumatic injury. Despite this Mike has thoroughly enjoyed his time working in the military and had the opportunity to do and see things he would never have imagined possible.

Within the RAF, Mike has been part of the Diversity and Inclusion Team and a member of the RAF LGBT Network for over ten years. This has included helping to improve Diversity and Inclusion training, advising on policy matters as well as mentoring new staff and providing support to LGBT recruits.

Mike was diagnosed with PTSD in 2016. Since then he has had an interest in working with people to help remove the stigma attached to personnel with PTSD.

## Kirsten Willis

Dip Couns MBACP Reg  
Head of Operations at South Central Ambulance Service  
and Deputy Chair to the National Ambulance LGBT Network

Speaker

Kirsten is a Paramedic and Head of Operations with the South Central Ambulance Service (SCAS), where she also chairs the SCAS LGBT Network and is Deputy Chair to the National Ambulance LGBT Network.

Kirsten has worked within the NHS since leaving college, initially working in physiotherapy, then training to become a paramedic with the Royal Berkshire Ambulance Trust from 1995 and has worked through management and leadership roles in front line operations as well as within the NHS 111 service.



Her current role as Head of Operations for Berkshire West which is a large geographic area covering both urban and rural locations. She is responsible for over 200 members of staff.

Her work within SCAS and with the National Ambulance LGBT Network is important to her, and she also has a keen interest in the health and well-being of staff, especially around staff exposure to trauma. She is a TRiM Practitioner, Manager and Trainer, as well as being a qualified counsellor in Person Centred Psychodynamic Therapy, specialising in young person's therapies, and has volunteered her time each week in support of young people in Reading for the past 13 years.

Kirsten is looking forward to welcoming everyone to the National Ambulance LGBT conference this year and to meeting more ambulance colleagues from across the country once again.

## **Katie Yeomans**

**Workshop Facilitator**

Katie is a 64 year old Transgender Woman based in Portsmouth, Hampshire who only began the Transition process in early 2014. After changing her name by deed poll, she started her transition with hormone treatment in 2015 and went on to have gender surgery in April 2016. In September 2016 Katie formally had her gender reassignment recognised with a Gender Recognition Certificate and a new Birth Certificate. This now gives Katie legal status as a woman.

Now fully recovered from gender reassignment process, Katie facilitates talks in her local community to help non-LGBT people understand what it is like going through the transition process. As well as helping to dispel many of the misunderstandings Katie is always happy to answer questions people may wish to know about her personal journey.



# 'The Purple List'



Written by: Libby Pearson

Performed by: Ian Baxter

Our work in the Ambulance Service takes us into contact with the elderly and most vulnerable people in our society. We frequently work with people with dementia at any stage of this progressive disease.

Research by Stonewall, Age UK has identified some of the failings of health services, stating a 'large proportion of healthcare staff are not confidently equipped to care for LGBT people, elderly or otherwise'.



In this 35 minute one-man performance the highs and lows of Sam and Derek's lives are explored, as Derek's dementia progresses.

The performance aims to raise awareness and discuss a range of issues regarding dementia and diversity for those working in health and social care and for those caring for, or involved with people living with dementia.

## Reactions to the show

*'Emotional and hard-hitting view of living with dementia and how much harder it is made by prejudice and lack of understanding.'*

*'My staff came back and were so moved by the experience they are hungry for more.'*

*'We thought the play was brilliant and provided a vital contribution to launching our research. A powerful and important performance that needs to be seen by a range of audiences.'*

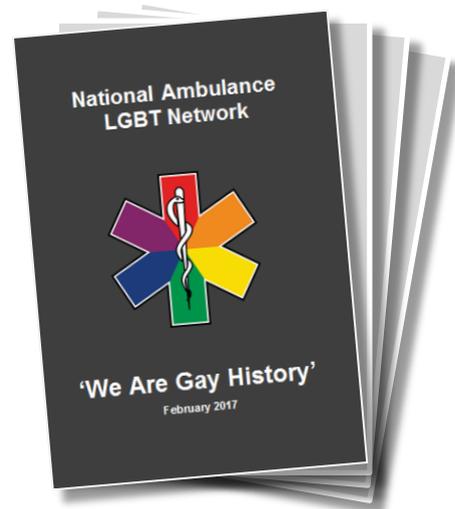
*'There should be more plays like this as the learning acquired is immense.'*



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# 'We Are Gay History'



**Nothing makes the point better than people's stories and the National Ambulance LGBT Network has started a project to bring the experiences of LGBT ambulance staff to life.**

We need more contributors to write a short article about their life. It can be funny, challenging, serious or all three! We would also like to include a photograph of you too.

If you would like to contribute your voice to our LGBT history bundle you can. The brief is simple. We would like you to write a short article, about one side long, drawing together your links with 'LGBT' and as a member of the Ambulance Service. Everything else is up to you and your article can be on any aspect of your life that you are happy to share. Send your articles to:

- Alistair (alistair.gunn@yas.nhs.uk)
- Kirsten (kirsten.willis@scas.nhs.uk)

Thank you and we look forward to hearing from you.



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# Supporters

The conference would not have been possible without the support, and financial assistance of the Association of Ambulance Chief Executives. The National Ambulance LGBT Network is very grateful for all the assistance that has been provided.



**ASSOCIATION OF  
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CHIEF EXECUTIVES**

We would also like to thank Steve Bray and the staff at SP Services who have supported the conference by providing the conference 'goodies'.



We also gratefully acknowledge the additional support provided from our other sponsors.



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