

"Together we CAN make a difference 2018!"

Tuesday 23rd January 2018

Speaker Biographies

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Dr Nick Lake, Chair Sussex Armed Forces Network

Dr Nick Lake is a Senior Clinical Director at Sussex Partnership NHS Foundation NHS Trust. As a Consultant Clinical Psychologist, Nick has a specialist clinical interest in working with people who are suffering from the effects of trauma, particularly veterans. He is also a Champion for veterans within the Sussex Partnership NHS Foundation Trust

Dr David Jackson, (Royal Marine) Minefield

An Inspiration..... The use of theatre and art to tell the story

Dr David Jackson is a former Royal Marine and during this time he served in Northern Ireland and the Falklands war. He was diagnosed with PTSD from his experiences of war. After a medical discharge from the Royal Marines in 1995 he trained as a counsellor and life coach and has worked within the profession for 14 years. He studied psychology with the Open University and graduated in 1995 with a BSc (Hons). In 2002 he completed his MA in counselling studies at the UEA writing an auto ethnographical exploration of his PTSD. In 2010 he graduated from the University of Bristol completing his EdD. His dissertation was called Seven days Down South: a war story and uses film, photos, poetic representation, song and artefacts from the past as a representation of his story and the narratives of war veterans. Dr Jackson is an expert in the social and cultural aspects of war veterans living in society and the use of multi modal methods to represent narrative. Currently he is working on Military Afterlife Project, is the Co-Director of Veteran to Veteran a community interest group, is a performer in the documentary play Minefield/Campo Minado and he works as a counsellor, life coach and mentor with war veterans and their families. In his spare time he enjoys competing in triathlons, playing the guitar in the band Dudlow Crow and writing.

Angela Maxted, Head Teacher, Cheriton Primary School

Supporting Service Children and Their Families - Kent's School Project

Angela has been a Headteacher of Cheriton Primary School since 2006 which is close to Shorncliffe Garrison in Folkestone. Prior to that she has Deputy Headteacher and Interim Headteacher of a school close to Howe Barracks in Canterbury and so over the last 20 years she has been able to work with the Princess of Wales's, the Royal Irish, the 5 Scots and of course the Royal Gurkha Rifles Regiments.

As a garrison that can deploy at quite short notice there are constant pressures of dealing with separation and potential loss for service children in her school and staff have needed to confront these issues which at times has been challenging.

Angela is also presently a member of the National Executive Committee for "Service Children in State Schools" which is a very interesting group with links directly into the Dept for Education. In recent years I have worked with Deby Day the Headteacher at Guston Church of England Primary School and Kent County Council staff to develop the Kent Service Children's Conference which has been very rewarding.

Working with service children and their families has many challenges but huge rewards and she feels very lucky that families entrust their children into the care of staff at Cheriton.

Carol Owttrim, Action for Carers

Surrey Young Military Carers

Carol joined the British Army in 1983 serving with the Women's Royal Army Corp (WRAC). Once the WRAC disbanded in 1992 she transferred to the Royal Mechanical and Electrical Engineers (REME) as a Military

“Together we CAN make a difference 2018!”

Tuesday 23rd January 2018

Speaker Biographies

**ARMED
FORCES
NETWORK**

Training Instructor teaching new recruits and apprentice tradesman how to become soldiers. After serving 22 years Carol left the Army and worked at Reigate Grammar School as a Senior School Instructor running the Combined Cadet Force, this was working with young people teaching them basic military skills and adventurous training. In 2008 she went back to the Army as a non-regular permanent staff as the REME Reserve Recruiter, planning and running outreach events, promoting and branding the REME and what it offered. In Jan 2014 Carol changed her role to full time reserve service moving to The Cadet Training Centre in Frimley providing different Military Courses for Adult Volunteers and Cadets from the Army Cadet Force. When that contract ran out Carol remained on a full time reserve service and relocated to London District Cadet Training Team working with the Army Cadet Force, running planning, organisation and leadership courses for Adult Volunteers. Teaching Cadets military and leadership skills. Running range days and summer camps that included military training and problem solving tasks for the Cadets.

In June 2017 she stepped away from the Army and joined the lovely team at Action for Carers Surrey as the Armed Forces Carers Support co-ordinator. The new Action for Carers Armed Forces service will offer a flexible range of support by telephone, Face to face meetings where needed, local carers meetings, support groups and workshops. This will be complemented by a range of digitally based resources as well as paper-based information. This service will provide consistent local delivery across the county with all referrals coming into a Carers Information Centre to get you the help you need and put you in touch with the right people.

Steve Hinton, Sussex Support & Outreach Worker, The Carers Centre

Sussex Military Carers

Steve Hinton served in the Army for 24 years with the Grenadier Guards and latterly the Adjutant Generals Corps. When he met his future wife he received an introduction to caring for his future Mother in Law. Leaving the Army he moved to Egypt to work as a Diving Instructor, gaining an excellent reputation for caring for people with issues in his charge. On returning to the UK Steve decided to look for a role where he could put something back into society, he was lucky enough to find the role of Support & Outreach Worker (Armed Forces) with the Carers Centre in Brighton, sponsored by the Royal British Legion, this role is to reach out across Sussex and find families with a military link where one of the family unit cares for another, signposting, referring and providing one to one support and advocacy to enable the carer to successfully carry out their role.

Jane Burt, Carers Families & MHFA Training Lead, Armed Forces Networks: Sussex & Kent & Medway

Panel Session

Jane's role focuses on gaining support and recognition for carer's and families from the Armed and ex Armed forces community across Sussex, Kent & Medway. Jane has worked extensively in the voluntary sector for services that provide specialist support to unpaid carers and mental health service users. Her work for the SAFN includes the development of online resources including a Carer Awareness e-learning package, facilitating training sessions for the Networks' Armed Forces Champions and she is the lead for the AFN Gurkha Project. Jane's academic background is in Mental Health and she is a qualified instructor for the 'Mental Health First Aid for the Armed Forces Community' training course, which she delivers on behalf of the Armed Forces Network.

Andy Bigginton, Station Manager, Lead Officer, Margate Task Force, Kent Fire & Rescue

Integration in Action

Andy has worked at Kent Fire and Rescue Service (KFRS) for 23 years in operational roles around the county,

“Together we CAN make a difference 2018!”

Tuesday 23rd January 2018

Speaker Biographies

**ARMED
FORCES
NETWORK**

predominately in the Maidstone, Folkestone and Margate stations. He has worked in the KFRS Community Safety Department for 13 years, managing the engagement teams, including education, youth engagement and general community practices.

In January 2014, he joined the Margate Task Force (MTF) as the Agency Liaison Manager, responsible for the arrangement of joint operations and community base activities whilst also being the single point of contact for any MTF referrals. In July of 2016 he became Lead Officer for the MTF and is now responsible for leading and managing the integrated partnership, coordinating operational activity, caseload management and the focal point for all internal/external stakeholders.

He is one of six KFRS designated safeguarding officers offering support to all staff as well as managing safeguarding referrals, concerns and casework. He is also an associated trainer for Kent & Medway Safeguarding Children’s Boards.

Before his time with the Fire Service, Andy served as a Lance Corporal with the Queens Royal Corps of Transport, completing three operational tours in Northern Ireland and Saudi Arabi/Kuwait.

Jo Hirst, Social Justice Work Coach, Margate Task Force, Dept of Work & Pensions

Integration in Action

Jo has worked for DWP for 19 years, predominately based in Margate but has also worked at the Ramsgate and Dartford Jobcentres. Jo’s current role is a Social Justice Work Coach on The Margate Task Force, working front line in the community with some of their most vulnerable customers with very complex and challenging issues, visiting them in their homes. Jo joined The Margate Task Force in 2012 but left for a year in 2015 to work in Margate Jobcentre as a manager, re-joining the MTF in July 2016.

Jo is also a Kent and Medway Armed Forces Network Service Champion and has received the following awards:

- DWP Compact Engagement Award 2015 (nominated by DWP)
- Recognition of Achievements in Public Health (nominated by Department of Health)
- Game Changers Award (nominated by DWP)

Vicki Pattenden, Clinical Nurse Specialist, South East Transition, Intervention and Liaison Service

Holistic Care

Vicki is the clinical nurse specialist for the new TIL veterans Mental Health Service. Vicki is a Mental Health Nurse by background with experience of working with veterans in the community assessing and offering support to stabilise their mental health to be able to move onto psychological therapy.

Sergeant Andy Miller, West Division, Kent Police

Holistic Care

Andy Miller works as the Community Safety Unit Sergeant at Tunbridge Wells. He has been in the police 14 years and previously to that he was an Aircraft Engineer in the Royal Navy.

Detective Sergeant Andrew Nicklin, East Sussex Investigations, Sussex Police

Community Support in the Justice System

Andy is a Detective Sergeant with Sussex Police, currently based at Hailsham and working within Public Protection. Andy is a former Army Officer and served in the Royal Artillery on operations in Iraq and Afghanistan. In 2017 Sussex Police signed up to the Armed Forces Covenant and he is working on a project

“Together we CAN make a difference 2018!”

Tuesday 23rd January 2018

Speaker Biographies

**ARMED
FORCES
NETWORK**

called for “Flags for Forces” to help revise our practices around identifying and supporting members of the Armed Forces community.

Claire Roberts, Director of Clinical Services, Kenward Trust

Re-ablement to Resettlement

Claire worked in the NHS for over 30 years gaining experience in the fields of nursing, midwifery, governance, senior management and regulation. Her roles have included:

- Practice development midwife
- Head of Midwifery
- Review Manager for Commission for Health Improvement
- Area Manager →/Head of London and the South East Region for Healthcare Commission
- Head of Quality and Governance, Maidstone and Tunbridge Wells NHS Trust

While these roles gave her the opportunity to develop herself and others in a variety of ways, after 32 years in the NHS, she wanted a change! Claire started training as a counsellor and went to The Kenward Trust initially for a student counselling placement. In true Kenward style she was asked initially to help with some incident investigation and 4 years later Claire now holds her current role! Having qualified as a counsellor Claire is now helping some residents too.

Claire comes from a military family with both her parents and her brother having served in the army. Working with veterans has always been an area she has wanted enter and had looked into this, while still working in the NHS, with the original Kent and Medway Armed Forces Network. When the opportunity to open a project at Kenward specifically for veterans came Claire was keen to work with Chris Thomas to help make this a reality and led the Steering Committee to make this a reality. It is a huge privilege to see the work that goes on in the project, how hard the men as well as the staff work, and the positive results that there have been so far.

Chris Thomas, Invicta Project Manager Kenward Trust

Re-ablement to Resettlement

Chris formally served in The Queen Alexandra’s Royal Army Corps where she undertook training to become a Registered Nurse. She was then married to an army man and travelled around the world with him as a dependant. Altogether she has experienced 26 years of Military life. During which time she bought up two sons and continued to work as a nurse both overseas and in UK in Military hospitals and Medical centres and Civilian Hospitals.

Once leaving the military environment, she continued her career by working in the field of Drug and Alcohol Addiction. Firstly working as a detox nurse in a Residential Rehabilitation for females before transferring to The Kenward Trust 14 years ago where she has since managed several male projects.

A few years ago The Kenward Trust decided to pursue the opportunity to open a Bespoke Residential Drug and Alcohol rehabilitation project for Ex-service men/Veterans who had served in the Armed Forces who were struggling with a Drug or Alcohol addiction. Initially Chris was on the steering committee offering her former experience of Military life and working with people who were struggling with addiction and often homelessness. Then in August 2017 she took over the Management of The Invicta Project. Chris is delighted to relay to you how impressed she has been working with the men on this project that have bravely admitted their difficulties and been willing to accept help and support for their recovery and a new life.

Kellie D’Arcy-Pattenden, Community Team Leader, Blind Veterans UK

Reablement and Empowerment in the Community

Kellie is the Community Team Leader for West Sussex, Surrey and East Berkshire. She has previously worked in Adult Social Care for 9 years, her last post as a senior Occupational therapist and Best Interest Assessor for

“Together we CAN make a difference 2018!”

Tuesday 23rd January 2018

Speaker Biographies

**ARMED
FORCES
NETWORK**

Deprivation of Liberty applications for Brighton & Hove. Kellie joined Blind Veterans UK in February 2017.

Sharman Collins, Brighton Centre Social Worker, Blind Veterans UK

Reablement and Empowerment in the Community

Sharman is the Centre Social Worker for Blind Veterans UK based at the Brighton Centre in Ovingdean, Brighton. She has been a qualified Social Worker for 18 years. Sharman is also a Best Interest Assessor for Deprivation of Liberty applications.

Sharman spent 15 years working as a Senior Social Worker for Brighton and Hove City Council, before moving over to Blind Veterans UK 3 years ago. She takes a keen interest in safeguarding issues and is the main lead for safeguarding at the Brighton Centre.

Alan Walker, Blind Veterans UK

Reablement and Empowerment in the Community

Alan served in the Armed Forces from 1975 until 1990 for the Royal Corps of Transport. He became a member of Blind Veterans UK in 2013 and is now the Regional Rep for our Working Age Member group for the South East. Alan assists in events such as these to help raise awareness of the charity and supporting new members through their sight loss. Alan has qualified as a Personal Trainer since becoming a member of the charity.

Samantha Williams, Assistant Director Planning, Performance and Engagement, East Sussex County Council

Panel Session

Samantha has over 25 years' experience of working in the public sector with the Police and Local Authorities. She has been in East Sussex for 13 years and as Assistant Director Samantha is responsible for a range of functions across Adult Social Care including workforce, training, performance, complaints, communications and community engagement.

Samantha is the County Council Lead Officer for Safer Communities, managing the East Sussex Safer Communities Team and associated partnership arrangements. In August 2016 the Safer Communities Partnership subsumed the community safety aspects for veterans and their families and now performs the functions of a Civilian Military Partnership Board for East Sussex.

Richard Swarbrick, National Lead Armed Forces and Families and MoD Health Transition

NHS England Update

Richard has been in the NHS for 9 years, having left the Royal Navy as a senior officer, after 25 years, with significant sea-going, joint, operational and Whitehall experience in strategic-to-tactical theatre-based operations, planning, central policy and training/education, as well as Royal Navy ship and squadron command experience and as a Fleet Air Arm pilot.

He originally joined the NHS to deliver Practice Based Commissioning in the South West, as Head of Service Redesign, but was quickly moved into a more central role to lead on elements of elective, non-elective care, industry and primary and secondary care partnership working; notably building the key relationships that deliver better outcomes for patients and develop trust and improved understanding across the various commissioner and provider groups. The emerging requirement, in 2009/10, for a more coordinated approach to health support for serving and veteran personnel, coupled with his previous military experience and knowledge then saw him seconded to the Department of Health, to lead on operational policy for delivery for this key role for the Armed Forces Community, joining NHS England in 2013.

“Together we CAN make a difference 2018!”

Tuesday 23rd January 2018

Speaker Biographies

**ARMED
FORCES
NETWORK**

His role as founder and former chair of the seminal Armed Forces South West Health Forum and oversight for the Armed Forces Networks and national lead for the Veterans Trauma Network, reflects his desire to transform the transition process and national policy and delivery for health and mental health and support to members of the Armed Forces Community; into something that happens 'on the ground'. His experience on operations, in central policy areas and being able to simultaneously translate military and health 'speak' and theatre level agreements makes a big difference! Consequently, Richard sits on the MoD/DH Partnership Board Executive, the Defence Recovery Group, the Armed Forces charities partnerships and acts as the key liaison officer between NHS England, Department of Health and Chief of Defence Personnel (CDP - including single Services) areas of MoD. This involves commissioning oversight and policy and operational delivery, as well as advising and supporting DH and other Government Departments, MoD, CDP and Surgeon General's teams, the wider NHS, the Local Government Association and partner charities responsible for this work.

Kate Parkin, Director Armed Forces Community, Sussex, Kent and Medway NHS Clinical Commissioning Groups. - Lead Armed Forces Networks: Sussex and Kent & Medway

Forces Connect South East and Gurkha HealthCare Toolkit Development Updates

Kate Parkin is the Armed Forces Director for both the Sussex and Kent & Medway Armed Forces Networks working across all 15 NHS Clinical Commissioning Groups within this footprint. Kate has been providing the leadership for Sussex Armed Forces Network since 2011 and since July 2016 has been working in Kent and Medway. Previously Kate has had significant clinical experience, operational and delivering a complex programme of work through teams, across organisational boundaries, and these include: reviews, strategic summits, multi-commissioner procurements, evidence based case for changes, supporting large public consultations for service reconfiguration and option appraisals and the delivery of change.

Peter Field, Lord-Lieutenant of East Sussex

Peter Field was appointed by The Queen to be Her Majesty's Lord-Lieutenant for East Sussex on 19th August 2008, having served as Her Majesty's Vice Lord Lieutenant from 2000. Born in Brighton in 1946 he was educated in the City and is married with two children.

Notwithstanding his considerable duties representing HM The Queen, he takes seriously the Monarch's request that he provides encouragement and support for all sectors of the community. This includes supporting and encouraging military organisations, the business sector, statutory undertakings, and charitable and voluntary groups (he is Patron or President of some 40 local organisations), He sits on the board of several commercial companies in the County and is currently also interested in developing and supporting Social Enterprise, Youth employment and Environmental initiatives in particular.