

“Together we CAN make a difference 2019!”

Tuesday 22nd January 2019

Speaker Biographies

**ARMED
FORCES
NETWORK**

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 and Chairs the Sussex Armed Forces Network.

Dr Andrew Richardson, Canterbury Archaeological Trust

Archaeology for Serving and Veterans

Andrew Richardson is Outreach and Archives Manager at Canterbury Archaeological Trust, and a Trustee of Soldier On! Since 2011 he has been engaged with a number of archaeological projects involving veterans. In addition to his specialist background in Anglo-Saxon archaeology, community archaeology and small finds, he has recently undertaken work on the 20th century defences around Dover and Folkestone.

Diarmaid Walshe, Soldier On!

Archaeology for Serving and Veterans

Diarmaid Walshe is the CEO of Soldier On! and has over 21 years' service within the RAMC. Over the past 8 years he has worked extensively with veterans suffering from complex mental and health needs using heritage to support their recovery and integration within the community. Diarmaid is a trained teacher and holds a MA in Archaeology and has worked in the UK, Ireland, France, Jordan and Israel on a wide variety of heritage projects.

Tim Woolmer, Kent County Council

Forces Connect South East App

Tim Woolmer, on behalf of Kent County Council as a partner of the Forces Connect South East initiative, has led on the development of the Forces Connect South East app. Tim works for Kent County Council as a Policy and Partnerships Adviser and is involved with the other work being undertaken by the County Council in regards to its Armed Forces community.

Justyn Rees Larcombe, CEO of RecoveryTwo, Veteran/Former Officer

Gambling within the Forces

Justyn Rees Larcombe was awarded the Sword of Honour at Sandhurst. He served in Northern Ireland and Bosnia, completed the All Arms Commando Course and was promoted to the rank of Major. At 30 he left the Army for an equally glittering and well-rewarded career in the City. He had everything. Stunningly successful in the world of insurance, he was being fast tracked for further promotion in a global company. He had wealth, a big house, a Porsche, a Mercedes. He had a beautiful wife and three sons. He lost it all through an addiction to online gambling, blowing three quarters of a million pounds in three years. Realising he could fall no further, he found recovery and, in the space of two years, incredible restoration.

In his first title, Tails I Lose, Justyn tells his 'riches to rags, to reconciliation story' with compelling, and often shocking honesty. Now Justyn is a public speaker, media commentator, advisor to Government, the medical profession and leading national think tanks on the issues of problem gambling and addiction in general. He has successfully campaigned for changes in the laws relating to gambling. He is the founder and CEO of a charity offering recovery courses to those suffering from addictions of all kinds. Justyn also leads gambling education, awareness and prevention training courses within the armed forces, professional sports clubs, schools, prisons, and financial organisations.

In 2014, Justyn completed what is generally accepted as the world's most arduous endurance swimming

challenge by swimming solo across the English Channel, reunited with the Queen's Sword of Honour he sold at the height of his addiction, he now travels the country sharing his story of hope and restoration with those who have been touched by the effects of destructive addiction.

Steve Hinton, Drop In Worthing

Breakfast Clubs and Drop Ins

Steve served for 24 years in the Grenadier Guards and Adjutant Generals Corps, completing 4 tours of duty as well as time in BAOR, NI and various Home Counties postings plus joint training with various NATO countries in far flung locations. Steve was approached with helping to get the idea of the Drop-In centre off the ground and threw himself into the project as he felt the Drop-In could work hand in hand with the Breakfast Club that was already up and running in Worthing.

Steve Scudder, Breakfast Club Eastbourne

Breakfast Clubs and Drop Ins

Steve spent 34 years in the armed forces. Primarily working with the Army Reserve. 8 years Infantry and the remainder with the Royal Engineers. Roles have included, Bomb Disposal, Anti-Tank, Medic, Health & Safety and Occupational health, Recruiting and Specialist skills instructor. He retired in 2013 as a Warrant Officer. Steve is the Lifelong Learning Adviser and Veterans' Health Lead for Health Education England working across Kent Sussex & Surrey (HEE KSS). Steve also leads on supporting Sessional GP groups and is the KSS lead for Veterans' Health.

Detective Sergeant Andrew Nicklin, East Sussex Investigations, Sussex Police

Flags for Forces

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

Kate Davies OBE, CBE, Specialised Commissioning, NHS England

NHS England Update

Kate Davies OBE, CBE commenced in December 2012 as the National Director of Health & Justice, Armed Forces and their Families and Sexual Assault Referral Centres for NHS England. Kate has developed and led the national partnership agreement between Ministry of Defence for Armed Forces commissioning, Ministry of Justice for prisons and children and secure and the Home Office for Immigration Removal Centres. The cross departmental partnership agreement has focussed on key objectives and outcomes across government for key patient areas that can only be delivered in partnership with cross government agreements. Veteran's mental health has been a focus for the partnership agreement between Ministry of Defence and NHS England who have secured commissioning for veterans mental health, transition, intervention and liaison services across England.

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

Kent, Surrey and Sussex Update

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, and evidence based case for changes, supporting large public consultations for service reconfiguration and option appraisals and the delivery of change.