

Experience

The Jen Group Senior Partner: May-present

The Jen Group is a collaborative of compassionate humans working together to promote literacy and skills for health and wellbeing. To date we have delivered bespoke projects and pre-designed/licensed training courses:

- Bespoke projects
 - Development of Volunteers' Peer Network for ThriveLDN
 - Lunch and Learn Stress Management session for Board Intelligence
 - Bespoke Mental Health Aware update for Catalyst Housing
 - Making Every Contact Count training for Catalyst Housing
 - Mindfulness training – 'The Science of Mindfulness' Imperial College London
 - The Covid-19 Experience – open conference
- Pre-designed/licenced
 - National Centre for Suicide Prevention, Education and Training (NCSPET) courses:
 - Suicide First Aid: Understanding Suicide Interventions for Grassroots Suicide Prevention
 - Suicide First Aid Lite for Grassroots Suicide Prevention and W12Together
 - Mental Health Aware for Catalyst Housing
- We also deliver Equality, Diversity and Inclusion training as well as a range of MHFA England courses

Hestia Housing Co-production Coordinator: Oct 2016-April 2021

Based in the London Borough of Brent working with stakeholders to develop programs that increase and promote mental health recovery and wellbeing opportunities, give voice to service user expertise and experience and destigmatise mental health.

A.P.P.L.E. Charity Play & Youth Manager: 1998- 2015

- Co-founded and developed a charity for young people A.P.P.L.E. www.apple-play.com
 - Created open access play & youth programmes
 - Managed external contracts/events/playdays
 - Developed training & mentoring programmes
 - Designed projects for children and young adults with disabilities & special needs
 - Identified, secured and managed grant funding
 - HR management/policies & procedures/quality assurance process

Freelance Trainer: 1998-2021

Designing and delivering a range of training packages for people working with children and young people across statutory and voluntary sector. Delivering training for young people.

- Introduction to Playwork Level 1
- Open access play in the community
- Play types and how to meet them

- AQA certificated courses in: health & safety, event management, food hygiene, gardening, cooking, sports coaching

Quality Assurance Consultant/Training Designer: 1998-2015

- Mentored 11 play sites to successful accreditation
- Designed and delivered QA training for play projects in LB Ealing
- Supported London Play/Play England in the development of QA programmes including re-writing the Quality in Play manual

Event Manager: 1998-2021

- Open access play ranger projects for Groundwork London
- Large playdays for LB Hillingdon, Ealing, Southwark
- Large borough wide events to raise awareness of World Mental Health Day, Mental Health Awareness Week & Suicide Awareness Week
- Carnival entries/floats – Thames Festival/Acton Carnival

Education

Living Autism UK: September 2021

- Licenced Training Course / Train the Trainer

Equality & Diversity UK: 2021

- Equality, Diversity and Inclusion – Train the Trainer

National Centre for Suicide Education and Prevention: 2020

- Associate Tutor Training Development Programme
- Level 4 Understanding Suicide Interventions (6 credits) City & Guilds

MHFA England : 2017-2019

- Instructor: Mental Health First Aid /MHFA Refresher/Mental Health Awareness

Mindfulness Now: 2019

- Mindfulness Teacher Training

Public Health Ealing: 2019-2020

- MECC Instructor Training

City & Guilds: 2008

- Level 3 Teaching (7303)

NVQ: 2001

- Level 3 Playwork

O Levels:1982

- English Literature & Language, Maths, French, Drama, Spanish

CPD

- Authentic Coproduction
- Boundaries & Empathy
- Peer Mentoring