

Creative Hertfordshire's Art of Wellbeing Conference

Thursday 15th October 2015, Fielder Centre, Hatfield

Speakers' biographies

www.creativehertfordshire.com/the-art-of-wellbeing

#ArtWellbeingHerts

Cllr Teresa Heritage, Executive Member: Public Health, Localism & Libraries

Teresa was educated in Hertfordshire. Her early working life was in banking, but in the 1980's she qualified as a Company Secretary. She worked for a major FTSE 250 company in London for nearly 30 years rising to Assistant Company Secretary and Deputy Head of Investor Relations.

Redundancy in 2006 took Teresa into the world of corporate consultancy, but in 2007, having been an elected member of her local District Council since 2002, she was approached to seek election to Hertfordshire County Council.

Since becoming a County Councillor in 2008, Teresa has served as Deputy Executive to Highways and Transport and also Health and Adult Care. In 2013, Teresa joined the Cabinet at Hertfordshire County Council as Executive Member for Public Health and Localism and this year she also took on responsibility for Libraries.

In her Executive capacity Teresa chairs the Hertfordshire Armed Forces Community Covenant Board and The Hertfordshire Lifestyle and Legacy Partnership. She is also a member of the Hertfordshire Health and Wellbeing Board and a Trustee and Non-Executive Director of the Hertfordshire Community Foundation.

Outside of her County role Teresa is a Trustee and Non-executive director of The Harpenden Trust and the Southdown Play Areas Working Group. She is also a Rotarian.

Jim McManus, Director of Public Health

Jim McManus is Director of Public Health for Hertfordshire and Membership Secretary Designate of the Association of Directors of Public Health. He is a Chartered Psychologist and Chartered Scientist and has worked in local government, the third sector, the NHS and commercial sectors.

In addition to working in public health and health improvement, Jim has experience of working in organisational psychology, diversity and leadership and among work he has done includes advising the Lord Chancellor on equality and diversity in the Courts, working on hate crime toolkits for the Home Office and Police and helping create national guidance for the NHS on diversity and on working with Faith Communities for DCLG.

In 2011 he was awarded the Good Samaritan Medal for excellence in healthcare by Pope Benedict XVI, the highest honour for health the Vatican can award (previous holders of the medal include Sir Andrew Fleming, the discoverer of Penicillin).

Emily Gray, Artistic Director, Trestle Theatre Company

Emily Gray moved to Hertfordshire and became Artistic Director & Chief Executive of Trestle Theatre Company in 2004. Over the past decade she has established Trestle Arts Base, the company's home in St Albans, as a vibrant building where communities and professionals meet, create and hold events. Trestle is a mask and physical theatre company specialising in educational programmes. Much of the work makes connections with emotional and physical wellbeing and Trestle is currently developing partnerships with mental health primary and secondary service providers.

Previously, Emily was Artistic Director of TAG Theatre Company, a young people's touring theatre based in Glasgow. From 1999 she was the Associate Director at Unicorn Theatre, the UK's leading theatre for children and young people. In 1996 she was awarded the Channel 4 bursary for young directors at Nottingham Playhouse and Roundabout. Emily studied Theology at Cambridge University and trained in directing at The Central School of Speech and Drama and has since worked extensively in storytelling theatre and educational arts.

Professor Norma Daykin, Professor Emerita, Arts in Health, Faculty of Health and Life Sciences, UWE, Bristol

Norma Daykin is an established social scientist who specialises in arts and health. Her PhD focused on young people's health and she has subsequently gone on to undertake research and evaluation in a wide range of applied health and policy contexts. Her award winning arts and health research has encompassed the role of participatory arts and music making in diverse settings including primary care, mental healthcare, dementia care, cancer services and youth justice. Her current work, funded by the ESRC, is a knowledge exchange project supporting best practice by providing tools and resources for evaluating the impact of participatory arts and music on health and wellbeing.

In her research on arts and health practice Norma draws on her own experience as a musician and composer. She currently directs the Bristol Reggae Orchestra, an award winning community project that draws together musicians from diverse backgrounds to create, perform and celebrate new music.

Norma is Professor Emerita of Arts in Health at UWE, Bristol; Visiting Professor at the Sidney De Haan Research Centre for Arts and Health; and RKE Fellow at the Centre for Research into the Arts as Wellbeing at the University of Winchester. She is a Fellow of the Royal Society of Public Health, having twice received the RSPH Award for Arts and Health Research, for her significant and innovative contribution to music and health research. She is co-executive editor of *Arts and Health an International Journal of Research, Policy and Practice*, published by Taylor and Francis.

Alice Thwaite, Director, Equal Arts

Alice is a pioneer in the field of creative ageing in the UK, since developing Equal Arts as an organisation that specialises in work with older people in the early 1990s. She is passionate about supporting older people to have opportunities to access the arts and has enabled thousands of older people to get involved in professionally led creative projects – from photography to music, ceramics to animated film, and every other artform. Equal Arts works in arts venues, residential care homes, sheltered accommodation schemes and community venues throughout the North East of England.

In 2010 Alice was awarded a Winston Churchill Travel Fellowship which enabled her to visit the Bealtaine Festival in Ireland and travel extensively in the USA looking at examples of best practice. In 2011 she was asked to play a co-ordinating role for the Winston Churchill Memorial Trust's collaboration with The Baring Foundation. She is keen to share good practice and has spoken at

Tate Modern, worked with the Royal Academy and presented at MoMa. She is also a Dignity Champion.

Equal Arts has been developing an extensive care staff training programme to ensure creativity is central to the delivery of care in residential homes. Alice is also part of the team involved in a UK wide three year research project looking at Dementia and Imagination.

Lynn Saville, Hertfordshire Year of Mental Health Project Manager

Lynn is acting as the Project Manager for the Hertfordshire Year of Mental Health Initiative working on behalf of the Health & Wellbeing Board. This work builds upon her recent experience of project managing the Whole System Review of Children and Adolescent Mental Health Service (CAMHS) in Hertfordshire. As a member of the Chartered Institute of Marketing, Lynn will plan and co-ordinate the promotional activities of the year.

Kirsten Hutton, Head of Participation, Watford Palace Theatre

Kirsten has over 15 years experience of working with children and young people in both formal and non-formal education and arts settings. She is a trained teacher and drama practitioner. She began her career as a teacher of Drama and English before moving into theatre to run a large youth theatre for 5 – 21 year olds.

Since joining Watford Palace Theatre, she has developed and delivered the strategy to broaden the work of the Participation team. The development of Participation at Watford Palace Theatre has grown from stand alone schools based projects, to realising a vision that places community engagement at the heart of the theatre. This includes young people, adults, formal education and culturally diverse community groups.

Lucy Bailey, How to Thrive

Lucy Bailey began her working career in the private sector. Following a break from paid work to bring up her children she joined Hertfordshire County Council in 1999, starting out as a Youth Worker. Lucy has held various strategic roles and built substantial experience of project management, service development and responding to Government legislation and changing priorities.

Her work in the area of wellbeing began in 2007 and she set up How to Thrive www.howtothrive.org in 2009 with co-founder Emma Judge.

Lucy has an MSc in Practice-Based Research, a BSc in Social Policy and Criminology and a Post Graduate Certificate in Education. She is currently directing a national research project that is tracking 11,000 students from 31 secondary schools over 5 years. The project is looking to evidence the link between a healthy mind – feeling good and functioning well, with academic attainment and general health outcomes.

Lucy is passionate about helping people realise that in life setbacks are to be expected, but with the right approach these can provide a learning and growth opportunity. The routes to wellbeing have to become habits of life which takes practice and effort, but the rewards are worth the investment!

Ruth Harrington, Head of Commissioning - Community Wellbeing

Ruth Harrington is Head of the Community Wellbeing commissioning team at Hertfordshire County Council which commissions £9 million worth of preventative services from the voluntary and community sector across Hertfordshire.

Ruth has previously worked in a number of senior management roles in the voluntary sector

including Director of Operations for a drug and alcohol charity and as a regional Director for a mental health housing association.

Lyndsey Woods, Hertfordshire Care Provider Association (HCPA)

Lyndsey has worked at HCPA for 5 years to support engagement and activities across the care sector to promote Health and Wellbeing.

She is the Dementia lead at HCPA, where her role is to train, assess and verify training and qualifications in Dementia and Engagement in Health and Social Care.

Lyndsey line manages the SMILE (Support Me In Life Engagement) team of 8 specialised tutors and mentors who deliver engagement to clients and mentor Engagement staff in care settings to effectively promote person centred support.

Herts Mind Network

Herts Mind Network is a mental health organisation which provides a diverse range of recovery orientated services across Hertfordshire from its 7 Wellbeing Centres and accompanying Outreach Centres. Its mission is to create opportunities for individuals to make choices, find their own solutions, build resilience and manage their whole life and well-being.

Since 1995, Herts Mind Network has employed individuals with experience of mental health conditions and now has over 70% of its workforce who have experienced such a condition at some point in their life.

Herts Mind Network's unique selling point (USP) is the empowerment of meaningful recovery for individuals through paid employment opportunities within its services. As a user led organisation, the views and needs of service users and those who care for them are always considered before planning and developing new services. All services are based on the principles of self-help with a strong emphasis on peer support. www.hertfordshiremind.org

Emma Crook, Programme Manager, Royal Opera House Bridge

Emma Crook until recently worked as the Research and Development Manager at the Royal Opera House Bridge. The Royal Opera House (ROH) Bridge is one of ten organisations nationally that are funded by Arts Council England to 'connect children and young people to great art and culture.' They do so through facilitating and developing cross sector partnerships between the cultural, education, local authority and private sectors.

Emma is now a consultant working with creative businesses and Local Authorities to develop and strengthen their cultural offer. However in the New Year she will leave these shores to begin a new adventure in South America.

Lynn Bhanja, Crafting Change Together, University of Hertfordshire

Lynn Bhanja is a Senior Lecturer in the School of Education at Hertfordshire University, where she is the Professional Lead on SEND (Special Educational Needs and Disabilities).

She has knitted for over 60 years, and over the past three years has been working on the Crafting Change Together research project. She runs a knitting group at the University and works in local primary schools teaching classes of children to knit. Amongst the many items which have been knitted are scarves for women in refuges, breasts and uterus (uteri ?) as teaching resources for midwives in Britain and Africa, and multi sensory Mitts for People with Alzheimer's. She is particularly interested in the stories that knitters tell, and in the sense of well being it promotes in individuals, groups and society as a whole.

Daniel Farag, Nesta

Daniel Farag is the Head of Rapid Innovation within the Health Lab at Nesta. He leads on their People Powered Results work, in partnership with the Rapid Results Institute.

Daniel has previously worked in a number of management consultancy roles supporting central and local government departments. He started his career working with the Centre for Public Innovation, supporting innovation projects within health and criminal justice settings. Before joining Nesta, he also worked within Grant Thornton's Government Advisory team and worked at Marie Curie as part of the Service Design team.

In his time away from the office, Daniel enjoys an active lifestyle and has run few marathons and taken part in triathlons.

Katie Bruce, Music in Detention

Katie is Programme Assistant at national charity Music in Detention and has worked with the organisation since May 2013. Music In Detention delivers participatory music making workshops at Immigration Removal Centres across the UK and also work with local community groups, supporting them to engage with issues around detention, immigration and marginalisation through music.

Her role at the charity includes coordinating the programme of delivery, carrying out monitoring and evaluation tasks, as well as providing administrative support to colleagues. Alongside this work, Katie has recently completed an MA in Music in Development at the School of Oriental & African Studies (SOAS), University of London; a course which she has been studying for part-time over the last two years. Katie wrote her final Masters dissertation about the challenges involved in evaluating the arts and continues to be very interested in this area.

In her spare time, Katie enjoys playing all sorts of music from around the world and currently plays in a Sudanese Gamelan Degung ensemble and London-based Cuban Big Band, Orquesta Estelar.

Katie@musicindetention.org.uk

Michael Davidson, HMS MusicNet East

After learning guitar and songwriting mostly informally in punk and folk bands, Michael has worked for Hertfordshire Music Service since 1985, initially as a peripatetic tutor of guitar, and since 2002 as a development officer, developing and promoting models of teaching informal music that support inclusion of vulnerable learners and communities.

Hertfordshire Family Music project was co-developed with Community Education Officer Eve Galloway, and extended schools officers and is highly successful in engaging and bringing into schools hard to reach families, proving particularly popular with dads!

Hertfordshire Songwriter runs every 2 years, is based around an online chart, and offers young people a chance to get instruction, feedback and support from local professional song-writers. Previous songwriter participants have performed at local festivals including Rhythms of the World, to Hertfordshire Music Service prestigious Royal Albert Hall Gala, and to the School Proms. Other participants have progressed onto Higher Education or have become part of the songwriter development team.

The Musical Memory Box intergenerational song-writing model was co-developed in 2002 with a Hertfordshire NHS Foundation Trust Partnership Community Psychiatric Nurse, who suggested

that elderly people could be a rich resource of knowledge from which marginalised young people might benefit. Informal music has offered an effective medium to connect them. The project has been funded by the Arts Council Roots Fund, by Extended Schools Officers, by the Hertfordshire Adult and Family Learning Service, and by the HCC Community Wellbeing team.

Developing the role of the school instrumental teacher as a mentor for vulnerable pupils has promoted learning of music to schools as a means to support pupil wellbeing and attainment.

Michael leads the research and development of MusicNet-East, a musical inclusion project Hertfordshire is developing in partnership with and with funding from national children's music charity Youth Music. The project seeks to develop and disseminate models of teaching to embed musical inclusion within the core teaching practice of tutors in Hertfordshire, Essex and Cambridgeshire.

Mark Howe, MusicNet East

Mark Howe is a community musician with over 25 years of experience in working with groups and individuals of varying abilities and backgrounds and in a wide range of settings including; formal education, criminal justice, pre-school, SEND, complex needs, skill /genre/instrument specific.

Currently Music in Prisons Musician in Residence at an East Anglian HMP Mark also works with Hertfordshire Music Service on the MusicNetEast project to deliver CPD on musical inclusion to music tutors and schools in Hertfordshire, Essex and Cambridgeshire.

Mark's approach is participant centred and rooted in the spontaneous music making approaches developed by John Stevens et al.

He specialises in inclusion often through the use of junk percussion, found sound, rescued instruments and accessible repertoire, to develop fundamental music skills, associated life skills and to promote wellbeing.

In addition to his workshop practice, Mark is also an active professional musician and songwriter working primarily with the Neutrinos, an ensemble that enjoys playing with the conventions associated with live performance.

Suzie Birchwood, Artistic Director, ActOne ArtsBase

Suzie Birchwood is a dancer, choreographer and the Artistic Director of ActOne ArtsBase. At the age of 16 she won a full scholarship to train as a dancer at the London Studio Centre. At 17 she developed the neurological condition Dystonia and as a result is a wheelchair user. This changed Suzie's practise and approach to dance, but did not stop her from continuing her professional development. It was her experience of becoming a disabled dancer that led her toward recognising the creative possibilities of integrated dance and to become fully committed to making dance accessible for people of all abilities.

As a dancer Suzie has recently been working for Scottish Ballet (Exalt), Ballet Cymru (Same Flame), Candoco Dance Company (The Show Must Go On), G-Dance (All Fall Down) and toured for two years with 'Stuck In The Mud', a partnership between GDance and Ballet Cymru. She will shortly be joining Ballet Cymru for their Autumn 2015 season and will be working with Scottish Ballet in the Spring of 2016.

Suzie is currently working with G-Dance, Ballet Cymru and Yurg Kotch on 'Dance Unstuck',

exploring a universal approach to ballet with a view to disseminating the findings with the country's leading conservatoires and dance institutions. She is part of an advising committee for Education Minister Nick Gibb looking at the accessibility of mainstream dance examinations. Suzie is also a consultant and advisor to various dance organisations and is an Associate Artist for G-Dance.

Laura Horn, Arts Development Officer, Watford Borough Council

Laura Horn began her training at Dance City in Newcastle where she obtained a HND in Contemporary Dance. She then went to London Studio Centre where she completed a BA (Hons) degree in Theatre Dance. During her time at The London Studio Centre, she toured with Intoto Dance Company, working with choreographers such as Fin Walker, Michael Popper and Kerry Nicholls.

After graduating from her degree course, Laura performed with Pretty Good Girl Dance Theatre touring various works around the UK and Europe. Alongside her performance work, Laura worked as an education workshop facilitator for Pretty Good Girl Dance theatre. She also taught Contemporary Dance Technique and Jazz Dance on the BA (Hons) course at The London Studio Centre. In 2008 Laura graduated with a PGCE Dance Secondary from The University of Bedfordshire. She joined DanceDigital in September 2010 as the Dance Development Artist for 4 years.

Laura is currently working as the Arts Development Officer for Watford Borough Council. Within this role she founded and directs New Connections Dance Company for dancers aged over fifty. She also maintains a freelance dance teaching and choreography career delivering dance projects within the community. These have included programs such as 'Active Routes', an elderly dance series for Watford Palace Theatre.

Kate Massey-Chase

Passionate about both the arts and social justice, Kate is a self-employed freelancer, working in the arts and education.

An alumnus of the Royal Central School of Speech and Drama's MA Applied Theatre programme (2011), Kate is an experienced facilitator, working across the health, education, criminal justice, community and charitable sectors.

She specialises in using Drama and Creative Writing with seldom heard groups, such as mental health service users, recovering addicts and young refugees. She also edits a quarterly online magazine, Equilibrium, produced by mental health service users in Haringey. Kate delivers Sex and Relationship education in schools, and is one of Diversity Role Models' role models, working to combat homophobic bullying.

She is currently co-editing a book about Playing for Time Theatre Company's work in HMP Winchester. www.katemasseychase.blogspot.co.uk

Shirley Everall, Reader Development Officer, Libraries and Heritage Services

As Reader Development Officer, Shirley is responsible for organising events and outreach opportunities for libraries throughout Hertfordshire, along with their associated marketing and promotion. She is also responsible for developing Reading Group Collections and leads the countywide Fiction Buying Team.

As well as the range of general reading groups, Shirley supports reading groups for the visually impaired and the Books Beyond Words groups for individuals with learning difficulties.

She is also responsible for the administration of the 6 Book Challenge, not only in public libraries, but at HMP The Mount in Bovingdon. Other work with The Mount includes organising author events for the prisoners.

Mark Jordan, JSNA Manager, Hertfordshire County Council

Mark Jordan currently manages the Joint Strategic Needs Assessment Process in Hertfordshire on behalf of Hertfordshire's Health and Wellbeing Board and is based in the council's public health intelligence team.

Through a varied career in the public sector he has always held a keen interest in how people and groups can help themselves and help each other to sustain their health and wellbeing through community resources and creative approaches.

Lisa Harris, Collections & Interpretations Manager, Museum of East Anglian Life

Lisa completed her post graduate Museum Studies qualification at Leicester University in June 2000 and joined the Museum of East Anglian Life in 2001. Prior to this she worked on collection record computerisation at Ipswich Museums and spent time as a volunteer at Gainsborough's House in Sudbury.

Since joining the Museum of East Anglian Life – a 75 acre open-air independent museum in the eastern region - Lisa has worked her way up from Curatorial Assistant to Collections and Interpretation Manager, gaining her Associateship of the Museums Association (AMA) along the way. In 2002, Lisa founded the Museums annual Steam Traction Engine Driving Course, giving over 280 students the opportunity to gain firsthand experience of these fantastic machines.

As part of the Museums recent £3,000,000 redevelopment project, Lisa led the Collections team in the development and implementation of exhibitions for 7 permanent and 2 temporary galleries. She also undertook the sensitive interior reconstruction and interpretation of an original workers cottage and the Settling House from Bury St Edmunds Cattle Market. She is currently developing and implementing the Museum's temporary exhibition programme which includes our Community Cabinet where members of our local community can create displays about subjects or issues that matter to them.

With Collections Management responsibility for over 40,000 objects, Lisa has supervised and encouraged many Museum volunteers, as well as 9 Skills for the Future trainees en route to Museum careers. With her variety of collections knowledge and subject experience she is Curatorial Adviser to Laxfield and District Museum (a small independent in the depths of rural Suffolk), a Trustee for the Kathy Callow Trust, Advisor to the Haddenham Steam Rally and a committee member with both the nationwide Rural Museums Network and the East of England Costume and Textile Network.

Ruth Horne, Network Co-Ordinator, HertsHelp (POhWER)

Ruth has worked in the voluntary sector for the last 9 years in a variety of roles including health and social care advocacy and mental health brokerage. In her current role as HertsHelp Network Co-ordinator she is responsible for working with partners across health, social care and voluntary and private sectors to ensure that residents across the county have access to high quality and up-to-date information and advice about local service provision. She is passionate about supporting vulnerable people within our communities and ensuring that people are linked in to the right support.

James Dickinson, Head of Hertfordshire Music Service

James read music at Oxford University and began his professional career teaching and playing the French horn. He also spent time being an orchestral manager for a number of orchestras including the National Youth Orchestra of Great Britain. He later worked as a Studio Manager in a recording and post-production studio before leaving music and spending 5 years working in IT, becoming Marketing Director of two successful software companies. James brought this wider corporate experience back to music education when he was appointed Projects and Activities Manager for Hertfordshire Music Service in 2003 and he became Head of Service in 2007.

Hertfordshire Music Service is one of the largest in the country, employing over 560 teachers and teaching over 25,000 children and working with numerous partners across the county. James is a passionate advocate of the strategic role that music and the arts can play within a Local Authority and is a member of HCC's Children's Services Extended Board. In May 2012 HMS secured Lead Partner status for the Hertfordshire Music Education Hub as well as securing an ongoing funding commitment from Hertfordshire County Council.

In 2013 Hertfordshire Music Service was awarded a Diploma by the National Music Council, the eighth time the Music Service has been recognised.

James continues to play and is currently solo horn in Amersham Band.

Kathryn Holt, Artist in Residence

Kathryn Holt is an artist and storyteller. She creates her own work in ceramics and felt and leads workshops across all age ranges and abilities.

Kathryn tells stories to groups in schools, children centres, theatres, nature reserves, libraries and festivals, and provides training and workshops in storytelling to students, teachers and parents.

Recent creative projects include a felted backdrop for a Children's Centre story area and a cover for a yurt in a children's play area. Kathryn is particularly interested in the therapeutic effects of individual, family and community involvement in the arts.