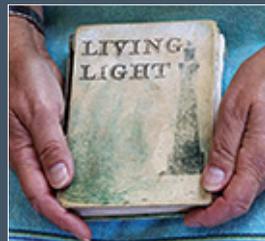
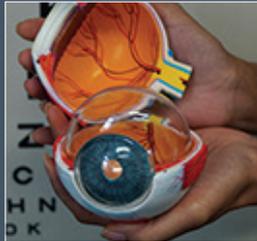


Women of BSUH



Women of BSUH

Amanda Lewis , Consultant Ophthalmologist	4
Dr Anna Crown Consultant Endocrinologist, Honorary Clinical Senior Lecturer	6
Anouk Van Der Avoirt , Consultant Paediatric Surgeon	8
Barbara Harris , Head of Equality, Diversity and Inclusion	10
Caroline New Jackson , Principal Cardiac Physiologist	12
Cath Thompson , Lead Echo Physiologist	14
Christine Robinson , Security Systems Manager	16
Colette Chitty , Paediatric Oncology Pathway Co-ordinator	18
Dawn Moss , Engineering Manager	20
Debi Fillery , Nurse Consultant for Safeguarding Children & Young People	22
Donna Butler , Lead Psychotherapist, HELP Service Manager	24
Gemma Stockford , Consultant Histopathologist	26
Joanna Whittick , Nurse Specialist, Paediatrics	28
Julie Carroll , Chaplain	30
Julie Wright , Consultant in Elderly Medicine	32
Katherine Moore , Sister, Cardiac Rehab	34
Laura Pritchard , Macmillan Lead for Psychological Therapies	36
Lisa Leonard , Consultant in Trauma and Orthopaedics	38
Lorraine Tinker , Directorate Lead Nurse, Children's Services	39
Maria Finn , Consultant in Emergency Medicine	40
Marianne Griffiths , Chief Executive	41
Mhairi Donald , Macmillan Consultant Dietitian	42
Michelle Smith , Security Supervisor	44
Natasha Hossain , Consultant Orthopaedic Surgeon	45
Novelle Oida , Health Care Assistant	46
Rachael James , Consultant Cardiologist	48
Rev Joanne Elliot , Chaplain	50
Rev Kate Lawson , Chaplain	52
Sarah Young , Nurse Consultant Cardiology	54
Sarah Tasker , Charity Director	55
Sue Ellery , Consultant Cardiac	56
Tara Bartley , Lead Advanced Nurse Practitioner, Cardiac Surgery	58
Tracey Buckingham , Nurse Manager HIV/GUM Services	60
Vanessa Matterface , Senior Patient Access Clerk	62

CELEBRATING WOMEN IN THE NHS: #BSUH Women

As the NHS turned 70 in 2018, Onward Arts launched #BSUH Women to celebrate the 70% of NHS staff who are women. The project was funded by generous donations to the BSUH Charity and led by Anna Barnes on behalf of Onward Arts. Artist Mary Hooper developed the initial idea into an art installation, which is exhibited at the Princess Royal Hospital, with photographs taken by Josie Barnes. Jess Turvey, from the Clinical Media Centre, has put the photographs and text together, and designed this book.

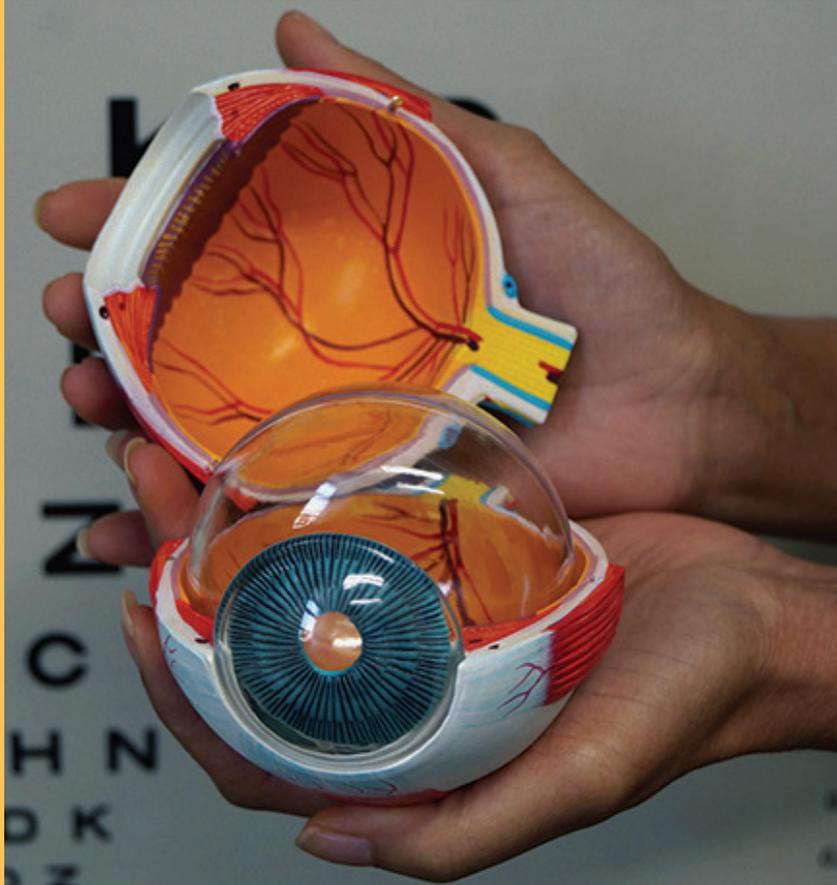
Our aim was to spotlight some inspirational BSUH women and to increase the visibility of female role models across all BSUH staff groups. Participants were nominated by their peers and colleagues. The hands of the women taking part are featured on one panel of the installation, with an object relating to their work or their lives (illustrating their passions, hobbies and families). Their portraits are featured in the corresponding panel. Participants were also asked some questions about their lives and careers, including the significance of the objects chosen, reasons for their choice of profession, their female role models, and any problems or obstacles faced during their careers.

#MeToo and the gender pay gap have highlighted the persistence of inequalities and discrimination which many of us had assumed were historic. This has been a 'wake-up call' about the need to take positive action to achieve change for the next generation of women. We hope that this project will interest, engage and inspire all BSUH employees, particularly women across all professional groups.





Amanda Lewis
Consultant Ophthalmologist



Why did you choose your profession?

I had Leukaemia as a teenager and having spent a lot of time in hospital it inspired me to become a doctor.

I also always enjoyed taking things apart to see how they worked – hence a career in surgery was born. I ended up becoming an Ophthalmologist as I can be a physician and a surgeon, I can treat patients medically as a whole person and I can also enjoy the practical surgical aspect of ‘fixing’ their eyes.

Was there a key moment that helped in making the choice? Please tell us about it

Not a key moment, but the experience of having been a patient does change how I approach my patients as I know what is like to be a patient.

What is the most difficult thing you have had to overcome?

Nothing specific comes to mind. The most important thing has been pressing on and never giving up. Ophthalmology is a very competitive specialty and I am privileged to have been able to become a consultant and now lead clinician in my department. Amazing support from friends and family has been vital in being able to achieve this, despite ongoing health issues – more so in recent years.

Do you have a female role model?

My mum is my role model. She was widowed when expecting me – her first and only child. She worked as a midwife, then a Health Visitor while also a single mum. She then took early retirement at 54 to do a law degree and solicitor training and then went to work in Kenya and Rwanda for three years for a legal charity to help release people who had been wrongfully imprisoned. She is such a strong and caring woman with a desire for justice and is an inspiration to many.

Do you have any hobbies or passions that you would like to tell us about?

I love baking and cooking. An opportunity to be creative with a delicious and enjoyable outcome.

What is the relevance of the object(s) you have chosen?

I have chosen a model of the eye as not only is Ophthalmology my specialty but the eye is one of the most complex and fascinating organs of the body, that can show us so much about a person’s other health problems in addition to eye disease. Also as members of the caring profession we have to remember to really ‘see’ and understand people, both those we care for and those we work with.



Anna Crown
Consultant
Endocrinologist

Why did you choose your profession?

For me, it was always going to be medicine – I come from a medical family – my Dad was a psychiatrist, my Mum was a public health doctor, my Grandad was a GP – at an early age I declared my intention to be a ‘proper doctor’ and never really looked back! I love the intellectual challenge of being a physician, and the human interest of other peoples’ lives.

Was there a key moment that helped in making the choice? Please tell us about it

As soon as I ‘sniffed the air’ in a hospital, I knew that was where I belonged. My House Officer (FY1) post with Prof John Monson and the very dynamic group of doctors on the Medical Unit at the Royal London Hospital inspired me to specialise in endocrinology. Though I



was the most junior of doctors, I always felt included and part of the team. Prof Monson was endlessly patient and courteous as I followed him on ward rounds, always teaching and modelling the highest standards of patient care.

What is the most difficult thing you have had to overcome?

I have been very fortunate, and have not had significant set-backs. At one stage I hoped to develop an academic career. Having two children whilst doing my PhD was probably not the best start, though they are my pride and joy. I think I did experience a subtle attenuation of my personal ambition. I also loved clinical medicine too much to dedicate myself to research with the necessary single-mindedness. So I guess I couldn’t ‘have it all’ (academic, clinical and family) but ‘two of three’ has been more than sufficient.

Do you have a female role model?

My mother was the first person in her family to go onto higher education. Her career in public health was motivated by a passion to improve the health and well-being of the population, with a global perspective. She has always had a very clear view of her values and her priorities. The many friends and colleagues who were once her trainees often recall how generous she was with her time and her advice in supporting them to develop their careers. She worked as an advisor for the WHO and for overseas governments, especially in central and eastern Europe. She chaired two Department of Health reviews, one to agree how children born with cleft lip and palate should be cared for, and the other which resulted in the extension of prescribing rights to other health care professionals. In her retirement she has continued to work for the WHO and for a number of charities, including national charities (Medact, Age Concern and Help the Aged) and local charities (Fitzrovia Youth in Action). Only recently, as she turned 80, has she started to ensure that all of her good causes have suitably qualified and dedicated successors.

Do you have any hobbies or passions that you would like to tell us about?

When I became an 'empty nester' I took up piano lessons again after a very long hiatus. This feels like catching up with all the books I should have read, and I hope may help maintain my cognitive functioning a while longer, though playing to anyone else (my teacher) remains terrifying. I also joined the Orpheus Choir, and I am amazed at how enjoyable it is to sing with a group of 70 enthusiasts once a week: I really miss choir during the holidays now! After work I wind down to the Archers with a couple of cups of tea.

What is the relevance of the object(s) you have chosen?

This is a tiny gaucho fashioned from a corn husk. It was a gift from a family I stayed with during my 'gap year' travels in South America. When I first met my husband-to-be (who is from Argentina), he regarded this little gaucho as clear evidence that we were destined for each other! 25 years later, we are still together, so perhaps he was right. Marcelo has always supported and encouraged me. In many ways we are very different – he is the calm to my stress, he is the social to my antisocial, he is the Pink Floyd to my JS Bach – but without him I would never have been able to have the career and family life which I have been privileged to enjoy.



Anouk Van Der Avoirt
Consultant Paediatric Surgeon



Why did you choose your profession?

I wanted to be a doctor since the age of five when I started school. Never really changed my mind. I was the first in my family.

Was there a key moment that helped in making the choice? Please tell us about it

Being interested in medicine and psychology I wanted originally to become a psychiatrist before I entered medical school. Having exposure to different specialities I quickly discovered that this was not really what I wanted to do. I wanted to use my hands and knew quite early that I wanted to be a surgeon and the surgeon in the book was a great inspiration. I loved working with children and decided to do a job as a SHO in a paediatric surgical department and simply fell in love with it and new immediately that it was what I wanted to do.

What is the most difficult thing you have had to overcome?

Always being very organised in juggling my time between my career and my family to keep them all happy. I had a great husband who has always been very supportive. Furthermore when I started now 35 years ago I had to overcome a lot of male prejudice as I was the first woman at my University who wanted to do surgery. Those days we had to start in General Surgery before we could do paediatric surgery.

Do you have a female role model?

Not really one as I was the first at my Uni to go into General Surgery. The character in the book inspired me as she a single mother who became an orthopaedic surgeon in post-war France.

Do you have any hobbies or passions that you would like to tell us about?

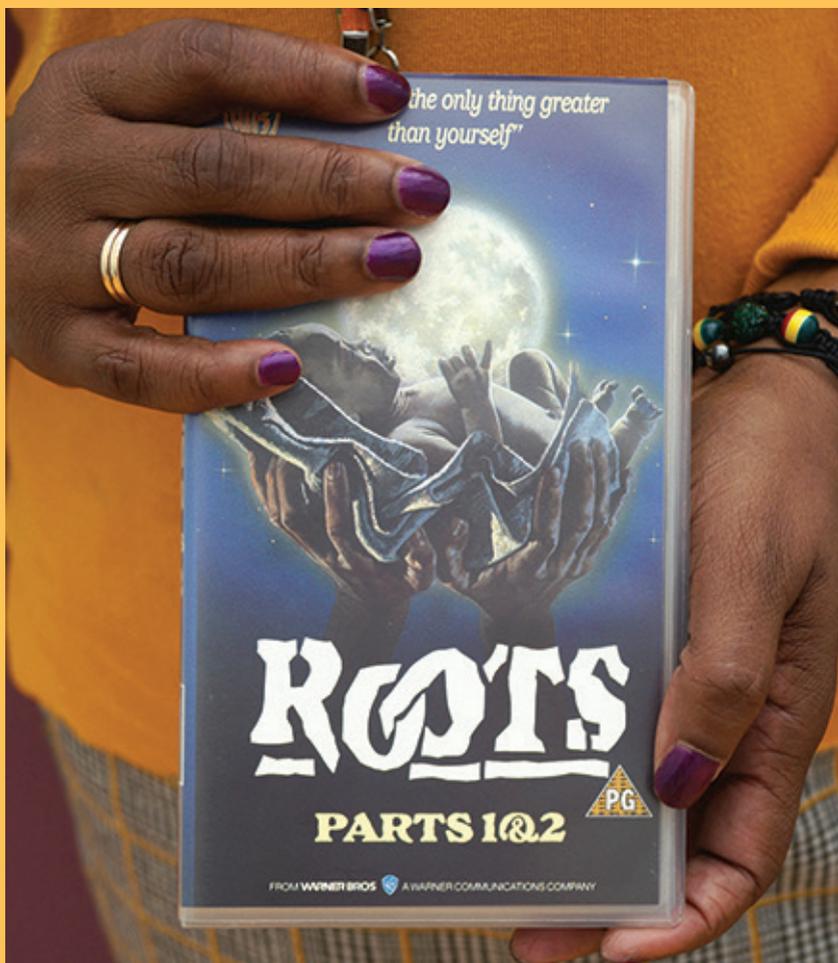
I like reading and looking after my three dogs. I like going regularly to Jazz festivals and theatre.

What is the relevance of the object(s) you have chosen?

Without my hands I could not have done my profession.



Barbara Harris
Head of Equality, Diversity
and Inclusion



Why did you choose your profession?

The profession chose me – in 2002 an email was circulated by HR Dept asking people to become involved in forming a BME staff network. Once I became involved with that, I soon knew that I wanted to change from being an Admin Assistant to working somehow in the Equalities field.

Was there a key moment that helped in making the choice? Please tell us about it

Yes, I was by 2005 a PA to the Director of Nursing, and was typing notes relating to our submission to Healthcare Commission (now known as the CQC) and I felt that we (BSUH) need to have a more joined up approach to the responses we were providing in relation to Equality and Diversity.

What is the most difficult thing you have had to overcome?

The biggest difficulty has been the agenda not always being supported to the level that it currently is.

Do you have a female role model?

My Mum was my biggest role model, to have adopted a Black child in the 1960's and then to do it again, adopting my brother. It was my Mum that faced the daily issues around racism having two black children, whilst my Dad was at work. She never gave in to the bigots and brought us up to respect people's differences.

Do you have any hobbies or passions that you would like to tell us about?

I am passionate about music and reading – cannot read in silence so always have something on in the background (not necessarily quietly – ask the neighbours). My reading list is currently on Black History, Crystals and Cultural Intelligence and I am listening to Chic, Kandace Springs and Yardie – The Official Soundtrack.

What is the relevance of the object(s) you have chosen?

Roots. Although I have it on DVD I keep this video collection as it was one of the first I purchased – it reminds me of who I am. As an adopted child many aspects of my history are patchy although I know my birth parents were Jamaican.

This story was the first time I saw people like me involved in a complete story on TV, not just bit parts. It made me question a lot of the things that up until then I had taken for granted – it was a painful part, but a defining part of my life.



Caroline New Jackson
Principal Cardiac Physiologist



Why did you choose your profession?

I like to think that the profession chose me. I had never heard of Cardiac Physiology when I was looking for a job in Healthcare. The position for a student physiologist came up at my local hospital and I applied. I was amazed at how much scope and variety a career in the field would give and I have never looked back.

Was there a key moment that helped in making the choice? Please tell us about it

Once I had been in the post for a week I knew that it was the career for me. The patients and the people I was working with made it all seem right.

What is the most difficult thing you have had to overcome?

Moving to a brand new city to take a Head of Department post at Brighton & Sussex University Hospitals is one of the bravest decisions I have made in my career and it has also been the most challenging. I left all my friends and family to come to a city where I had to build a new life and take on a challenging new role. The department is wonderful, as are all the members of the team and if they hadn't been so great I do not think I would have lasted. It has had its challenges but I try to use each challenge to learn and grow.

Do you have a female role model?

I have three. My three sisters who all juggle professional careers and family life. They are my inspiration, my support and my best friends. We are very lucky to have each other.

Do you have any hobbies or passions that you would like to tell us about?

I like to walk. I walk a lot. Every year I undertake an Ultra Challenge with a close friend. We walk a very long way and talk for a very long time.

This year it was the South Coast Challenge, 55km in a day from Eastbourne to Hove. We loved it although it isn't easy. The thrill of the finish makes it all worthwhile.

What is the relevance of the object(s) you have chosen?

My walking boots. I use walking to de-stress from pressures of work and life. Also a couple of medals as proof that I use them.



**Catherine
Thompson**
Lead Echo
Physiologist



Do you have any hobbies or passions that you would like to tell us about?

My hobby is tap dancing. I belong to an advanced adult tap group based in Brighton. We recently had an amazing experience, in that we were invited to audition for Britain's Got Talent and we reached the live semi-finals in May 2017. An experience I'll never forget, Taptastik made up of 33 women, all shapes and sizes, all walks of life, different abilities working together tirelessly as a team, travelling to Manchester and London for auditions, practising for 10 hours per week to produce a routine to impress Simon Cowell! Although we had no expectation of winning the whole experience was life affirming and confirmed that goals can be achieved by sheer hard work, determination and teamwork – something I can relate to in my everyday work within the NHS.

Why did you choose your profession?

Well I didn't really choose my profession, it's quite a long story. I can probably thank Margaret Thatcher!

It was 1984/85, I was 16-17 years old, my dad was a miner and the miners' strike meant we had had a very tough 18 months as a family – basically I needed a job (a job in the NHS was a 'job for life' as all my relatives had me believe). A family friend worked at the local hospital and I spent a day with her, I enjoyed this very much. I applied for a post at the Royal Liverpool Teaching Hospital – I was successful and as they say the rest is history!

I transferred to Brighton in 1989 and have been working at BSUH ever since. Progression within my career has been met with support throughout, enabling me to develop and hopefully inspire and encourage the younger generation of women within the NHS.

Was there a key moment that helped in making the choice? Please tell us about it

A career which I'm extremely proud to be part of.

A career which is both challenging and rewarding in equal measure.

Flexibility – allowing my working pattern to fit around my family (I have four children) and my passion (I ran a dance school in my spare time for 11 years – all proceeds went to the Rocking Horse Appeal).

The chance to progress clinically as a physiologist and grow in confidence as an individual.

The opportunity to become a role model within my field of echocardiography.

Support from colleagues who understand the physical and emotional demands of the job.

This year nominated for a Star award in the "goes the extra mile category" and now over-whelmed to receive a nomination for Inspirational Women at BSUH.

What is the most difficult thing you have had to overcome?

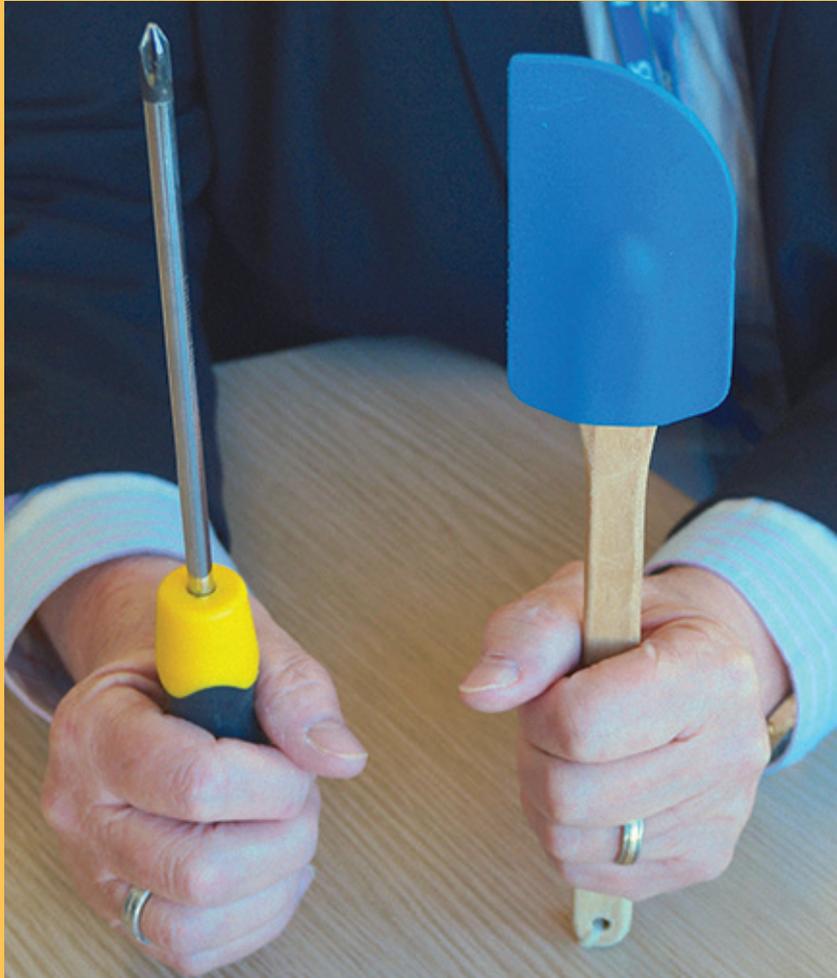
Well thankfully I have not encountered many. I have lifelong friends who say "Are you still working at the hospital?" They seem to say it with an air of negativity as though it's a negative/ boring to dedicate your working career to one institution. However they have no idea how I have progressed over the years and the job I left college to do at 17 years of age is not the job I do now, 33 years later. The field of Cardiology is constantly changing, you have to adapt to these changes and continue to thrive through support and education.

Do you have a female role model?

I have always admired Anne Frank and often keep her quote "Despite everything, I believe that people are really good at heart." in my mind when you may not be seeing eye to eye with family, friends or colleagues.



Christine Robinson
Security Systems Manager



Why did you choose your profession?

Security Systems Manager rather chose me. I was an IT Support Manager in London (where I lived and worked for 34 years) and when I returned to Sussex I looked for a suitably challenging job, found this, and by golly it has been.

What is the most difficult thing you have had to overcome?

I.T. was a predominately male environment when I started to take part, and still is pretty much in some areas. That gave me quite a lot of things to overcome on occasion.

Do you have a female role model?

Yes. The late Honor Chapman CBE, who was (amongst other things) a Partner, and then International Director of a company called Jones Lang Lasalle, which I worked at for 17 years. She was extremely supportive of women's progression and promotion in the work place. She was also inspirational in leadership.

Do you have any hobbies or passions that you would like to tell us about?

DIY and cooking. Most of it has stayed up and attached (DIY), and no-one has been hospitalized as a result of the cooking (that I know of). My partner and I like to get out and about and see and experience all that's around us, as well as entertaining at home.

What is the relevance of the object(s) you have chosen?

Probably the BSUH Security ID badge. Access control systems at BSUH is what I came here to manage, along with the BSUH main receptions, and probably what staff would associate me with, as well as on occasions the word NO, with regard to access.



Colette Chitty
Paediatric Oncology
Pathway Co-ordinator



Do you have any hobbies or passions that you would like to tell us about?

I love taking photographs, getting out into nature is my therapy. I've met some wonderful people though the photography group I'm part of and who are as excited about a pretty sky or wonderful landscape as I am.

Why did you choose your profession?

To be honestly I didn't initially choose to work in the NHS despite both my mum and grandmother both having been nurses. I was working in Music PR and then online radio for 10 years before being made redundant in 2004 from my job which I loved. At that time I had a part-time job doing events as a steward to earn some extra money.

I then trained as door supervisor and ended up in Security which I enjoyed as it really helped me gain confidence and learn some new skills. It was then whilst working on a security job that one of my colleagues suggested the NHS. I applied to work at Hammersmith and Charing Cross Hospital where I ended up being a healthcare security officer for four years.

In 2007 my son arrived and we relocated to Brighton as I have family down here and I looked to working in administration. In March 2008 I started work at the Royal Sussex County, funnily enough the same hospital that my grandmother worked at. I have very fond memories of waiting outside the front of the hospital whilst we waited for her to finish work, I never imagined my life journey would bring me here.

What is the most difficult thing you have had to overcome?

I would say balancing life and work. My dad was diagnosed with prostate cancer in summer of 2008; my parents were living abroad at the time and I was working full time in Orthopaedics. In 2010 my relationship fell apart and

my dad's prognosis by then was terminal. Dad passed away in 2011 and my son had just started school - that was a really tough time. I kept working and kept going but the wheels came off and I couldn't cope. Thankfully I was referred to the HELP service, which was quite literally a life saver. Whilst it couldn't fix things it certainly helped me and kept me in work. My counsellor was amazing and I really can't thank her enough for the support that she gave me. It was then that I really understood the importance of having a balance in life and even though I loved my job I needed to take care of myself a bit more and not punish myself for not being able to do it all!

Do you have a female role model?

Yes, my friend Liz who sadly passed away earlier this year. She was an incredible woman with a cool sense of style and a brilliant sense of humour. Liz was strong determined and driven but incredibly thoughtful to all of her friends and never afraid to assert herself if something wasn't right. She was very much a supporter of other women and brought people together.

It might sound cheesy but Liz encompassed the best elements of a few of my amazing women friends, she was one of those once in a lifetime kind of people. She faced her illness down with tenacity and bravery throughout and lived life to the absolute fullest. If I could be half the woman that she was then I'd have done well.



Dawn Moss
Engineering Manager



Why did you choose your profession?

I think I was always going to do something a bit different as from a young age my grandparents owned an old fashioned hardware shop which I used to help out in. I can remember doing a range of things from weighing out nails (they were sold by weight in the old days) to helping deliver Paraffin.

Was there a key moment that helped in making the choice? Please tell us about it

After I'd joined British Gas as a Customer Service Clerk, we were given the opportunity to spend a day with an engineer. After I'd spent the day with an engineer I knew that was what I wanted to do.

What is the most difficult thing you have had to overcome?

Some prejudice but on the whole more my own lack of confidence.

Do you have a female role model?

No.

Do you have any hobbies or passions that you would like to tell us about?

I'm a keen Scuba Diver and belong to Sussex Diving Club who have two Ribs based at the Marina.

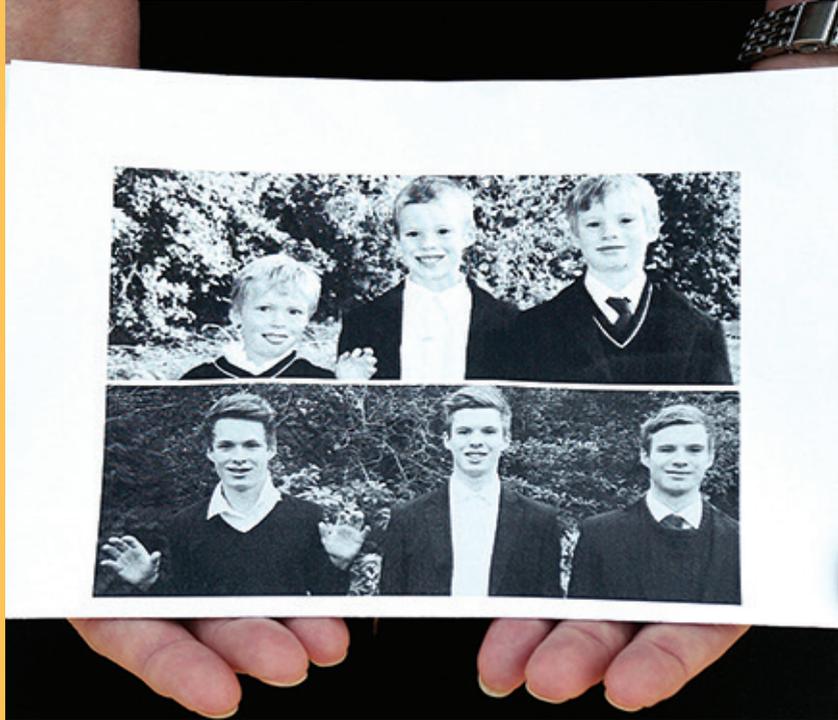
What is the relevance of the object(s) you have chosen?

Blue handled grips. All through my apprenticeship and to this day (almost 30 years later) I still use this tool.



Debi Fillery

**Nurse Consultant for Safeguarding
Children & Young People**



Why did you choose your profession?

I come from a family where my mum was a nurse and my Dad a dentist so caring has always been part of my life and it was a natural progression to come to work in the NHS.

I trained both as a nurse and midwife, and have worked for 40 years in various different roles.

I have loved being part of the midwifery profession with its variety of families, the joy and the heartache but more recently have tried to make a difference within our statutory responsibility to safeguarding children.

Was there a key moment that helped in making the choice? Please tell us about it

I have had many key moments in my career but about 18 years ago I saw some disturbing statistics about domestic abuse and safeguarding children and read the detailed report into the horrific death of Victoria Climbié.

Safeguarding is complex and multi-factorial, sometimes unexplainable and bewildering, but I realised how essential all health care workers can be in protecting children. It is so important for everyone to think about the impact on children of what is going on in a family and to get them the help and support they need and I hope that the work we have been doing over the years has made a difference by raising safeguarding awareness, promoting the importance of sharing of information and to 'think family'.

What is the most difficult thing you have had to overcome?

I'm not very good at writing long business cases for things I think are obviously important.

Do you have a female role model?

Not keen on people who hog the limelight and like people who aren't perfect but are calm, fair and get on with the job/life to the best of their ability. My mum is pretty special!



Donna Butler
Lead
Psychotherapist /
HELP Service
Manager



Why did you choose your profession?

Early in my nursing training I was interested in mental health and well-being issues. My interest was also informed by my family's military connections.

As an ED nurse I saw friends and colleagues impacted (as I was) by the distress of looking after patients and their families. The raw edge and extremes of life. I realised words were sometimes not enough to process the trauma and stress so I trained and became an integrative Psychotherapist and EMDR therapist.

I truly believe that to maintain the high levels of professional care we expect in the NHS and for the welfare of our staff and subsequent retention of them; compassionate care of staff, helps to maintain compassionate care for patients.

Was there a key moment that helped in making the choice? Please tell us about it

I saw there was a need for it and I wanted to see a change for staff, in what have been difficult times in the NHS. I had the courage and drive to push it forward (up hill at first). As a single parent, my son also became a driving force for me – wanting a better future for him and me too. People in the system started to believe in the vision, the chief, my new boss, then my team and the staff of BSUH began to trust the service I introduced, it grew and thrived.

What is the most difficult thing you have had to overcome?

Blocks and defended positions to the individual's views of therapy – 'it's weak' and 'I have to cope' was a dominant belief for many staff.

We are 'care' professionals and are in the service of the public, so on one level 'coping' has to be true. But we are all just human and have human frailties, as well as the potential for unprecedented strength in the face of adversity.

There is an art and a science to our work – if we become dissociated due to trauma or burn out, our compassion (the art of professions) for others and ourselves suffers.

Staff changed their view of therapy – by realising it is courageous and important to ask for HELP. They trusted our service, as an oasis of safety and felt the relief and support that therapy brought them.

Do you have a female role model?

All the amazing older women I have met in my career, the ones who were firm but fair.

My mother (RIP) and other strong ancestors who taught me "If it feels right and is important – never give up." Also great friendships!

Do you have any hobbies or passions that you would like to tell us about?

Where to begin – travel, it broadens the lens on how we see the world and how we treat 'difference'.

I love the arts, photography, nature, animals and music. Dancing frees something from within (what's the use of feelings without emotion!). Food, the gym, laughter, love, family and friendship. All things with movement and of course to rest – it's all about balance.

What is the relevance of the object(s) you have chosen?

Images of a sunset/ sunrise – holds hope for better days, that a new day can bring positive change.



Gemma Stockford Consultant Histopathologist



Why did you choose your profession?

I chose my profession for the oldest reason of all – I wanted to help people. Clearly at that age (17) I did not have a well-formed understanding either of medicine or of all the different ways in which people might want my help.

Was there a key moment that helped in making the choice? Please tell us about it

As a shy teenager I had the idea of doing advanced physics quietly in an office, but suddenly one day, having met some young men, decided that I didn't have to hide away all the time and perhaps I might be able to offer something to other people. My girls' school didn't have prospectuses for medical school and the deadline was tight, so I had to ask one of these young men (definitely far too glamorous to be even thought of as a boyfriend) for advice. He gave me a pile of prospectuses and a distillation of the advice he had received at his school and my path was set.

What is the most difficult thing you have had to overcome?

The most difficult thing I have had to overcome in my career is myself, and I am sure I am not alone. Even as a student when called to the Dean's office I assumed I had failed an exam, rather than the congratulations which he offered (quite a funny memory as it took me a long time to understand what he was saying).

I did not apply for an intercalated degree because I thought others were more deserving (I'm now happy enough not to have done it, but that was not a good reason). Many times I have not applied for things because I think I wouldn't get them, or because I think others wouldn't want me to. This applies to jobs, additional roles, elected positions both within and outside medicine and even pay rises. It is only in the last four years that I have had the confidence to apply for whatever seemed right to me, and given the selectors the opportunity to decide whether they wanted me or not.

Do you have a female role model?

My role model was and is Dame Shirley Williams. When I was young she was 'one of the Gang of Four' who started the SDP. I was desperately impressed that despite media nonsense she did not change her hair or appearance to fit what was wanted. Years later at a talk she gave, I asked about how she coped with all the set-backs in what she tried to achieve and she said 'I enjoy a fight for something worth doing.' I'm afraid of confrontation and wish I could feel that way.

More recently I was working with a charity visiting immigration detainees (GDWG) of which she was president. She gave many individuals particular help and it was a highlight of my life to stand on stage and introduce her to an audience (not of course that she needed any introduction).

Do you have any hobbies or passions that you would like to tell us about?

I have always believed in doing the best you can in the moment. So whilst I have enjoyed my career in histopathology and have thrown myself into many other activities including BMA work on behalf colleagues and recently being the Guardian of Safe Working Hours for Junior Doctors, I have also always thought it was important to keep a wide mind and wide spectrum of interests. This I am sure has improved my medical abilities by keeping my outlook open and my thought processes flexible.

When younger I did a mathematics degree with the OU (the beauty of pure maths when you are in the middle of it is missed by too many people). I have four wonderful children (and did my medical training part time for a brief period) and now seven beautiful grandchildren. I have trained in karate since 2002 and now have students of my own, two of whom have now achieved black belt. Again martial arts help you share the ability to try and stay in the moment and be confident to be the best you can be, without comparison with others.

What is the relevance of the object(s) you have chosen?

The relevance of my saxophone is that in my approach life is a single event and you get one chance. Medicine is a demanding career, but it should not stop you using and developing all the skills and aptitudes you have been given. A doctor who is open to developing themselves in all the ways they can is a doctor who can give more to the people around them and perhaps, in a small way, understand better how they themselves fit into the world. Playing the saxophone I hope will bring happiness or even peace to people around me and as I move into the third phase of my life I hope I can help people in a new way.



Joanna Whittick
Nurse Specialist, Paediatrics



Why did you choose your profession?

I chose this profession as I thought I could make a difference to the outcomes for children with epilepsy.

Was there a key moment that helped in making the choice? Please tell us about it

There wasn't really a key moment. This was a new role; as it evolved I have learnt what is important for children and their families lives – not always what we think!

What is the most difficult thing you have had to overcome?

I've found it difficult being the only nurse, often working in isolation, but I do have two great doctors I work with who are very approachable.

Do you have a female role model?

I think my female role model was a lady (Helen Stanley, practice educator then) who took me for a study skills course before I embarked on my journey to obtain my current qualifications. She inspired me to believe in myself.

Do you have any hobbies or passions that you would like to tell us about?

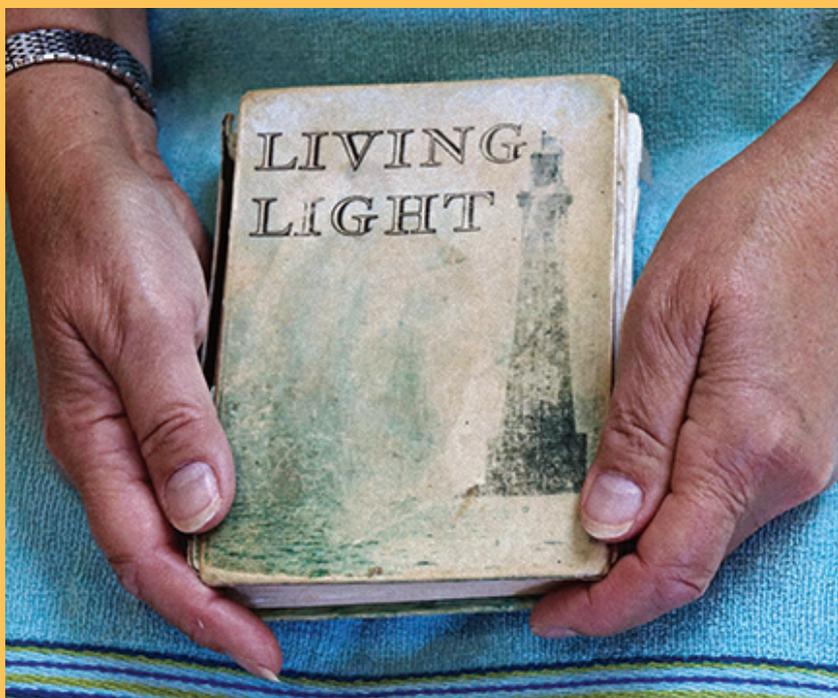
I have many passions – I jointly enthuse about my husband's TVR car and get involved in car events.

What is the relevance of the object(s) you have chosen?

I chose my degree certificate, this took a long time to obtain as I had to step off the pathway whilst my children needed me then re-engaged when they had finished their education. My son and I graduated at the same time!



Julie Carroll
Chaplain



Why did you choose your profession?

I believe we are all unique individuals made up of mind, body and spirit. I was getting disillusioned with the way counselling was becoming more computerised (IAPT) and privatised within primary care. I wanted to integrate my psychotherapy background with my spiritual belief and training, also to offer a more holistic approach to healthcare.

My own personal experience of growing up in a family where my brother spent long periods in hospital as a baby/child and absent parents. The affect that had on all of us I believe has probably informed my desire to work in the children's hospital and TMBU.

Was there a key moment that helped in making the choice? Please tell us about it

Not necessarily a key moment, I have thought and prayed about it for a long time, the previous answers probably gave shape to the decision along with a chance comment 35 years ago. I was visiting a sick neighbour in hospital and she said to me "You're good at this, you should consider it." It stayed with me.

What is the most difficult thing you have had to overcome?

The most difficult has been getting divorced, studying, working and raising three boys.

Do you have a female role model?

I don't have one female role model.

Do you have any hobbies or passions that you would like to tell us about?

I am my most happiest and contented when swimming in the sea, it's how I look after myself, along with walking the South Downs.

What is the relevance of the object(s) you have chosen?

My costume is like showing a dog the lead ;-)
My living light book is my go to source of wisdom and inspiration and has seen me through many struggles.



Julie Wright
Consultant in
Elderly Medicine



Why did you choose your profession?

I don't really remember making a choice, I just kept taking the options that I enjoyed.

What is the most difficult thing you have had to overcome?

Coping with making mistakes

Do you have a female role model?

Lots... I think you take different things from different people that you work with.

Professor Kate Thomas, Vice Dean, Birmingham Medical School is a fantastic undergraduate lead, great sense of humour and very down to earth. I often think what she might do when faced with a tricky problem!

Do you have any hobbies or passions that you would like to tell us about?

I took up running (may be more honest to say jogging!) in my 40s, which was a surprise to everyone, including me! I love to run on the seafront plugged into Spotify and have a really good daydream!

What is the relevance of the object(s) you have chosen?

My geriatric hockey stick has been with me since school – I met many of my good friends at med school with it and it reminds me of some great times. Now it comes out once a year when we play the staff v students and some of my friends from student days are still on the pitch! It's old, old fashioned but still effective and as a geriatrician I like that!



Katherine Moore
Sister, Cardiac Rehab



Why did you choose your profession?

After completing my A levels I didn't have a clue what I wanted to do. My mum suggested nursing, I was initially reluctant but Mum knew best.

I started as an Auxiliary Nurse on Vallance Ward at RSCH in 1982. The ward Sister, Maureen Pinto, was a real inspiration and included me in the teaching sessions for the student nurses. Six months later I started my training at Charing Cross Hospital.

Was there a key moment that helped in making the choice? Please tell us about it

One of my A levels was in Human Biology, so an interest in science as well as the opportunity to help people helped to make that decision. Whilst at Sixth Form we learnt CPR from the Heartguard course which was set up by Douglas Chamberlain, so maybe I was destined for a career in Cardiology.

What is the most difficult thing you have had to overcome?

I was working part time in Cardiac Rehabilitation after having my children. I needed to increase my hours so I also worked a long day once a week on 6a. I hadn't worked on a ward for 18 years! I was lucky that I had so much support from a great team on that ward and it was a valuable experience. Five years ago I moved to PRH from the County, another new challenge.

Do you have a female role model?

My real hero is Professor Chamberlain who really was the founder father of Cardiac services in Brighton. As for a female role model, one of my former patients is now 90 and still exercising at the gym. She also has a fantastic sense of humour. I hope that I am the same at her age.

Do you have any hobbies or passions that you would like to tell us about?

Supporting the Welsh Rugby team, going to the gym, dog walking, playing my flute and the odd glass of prosecco.

What is the relevance of the object(s) you have chosen?

The object I have chosen is a photo of my team. I feel that the NHS is all about team work. We have a fantastic team of nurses, physios and volunteers. I love my role in Cardiac Rehabilitation and feel that we make a real contribution in improving the lives of our patients.



Laura Pritchard
Macmillan Lead for
Psychological Therapies



Why did you choose your profession?

I became a nurse when I was 18 years old because I wanted a job that involved talking to people. During my RGN training I did a placement on an oncology ward and realised then that cancer patients often really do need to talk! After qualifying I continued to work in cancer care and did a degree in cancer nursing.

Was there a key moment that helped in making the choice? Please tell us about it

I continued to work in cancer care and became a specialist nurse but I realised then that it was definitely psychological care that I was most interested in, so 20 years ago I trained as a counsellor and psychotherapist. I was then lucky enough to find a job in cancer care as a psychotherapist. I continue to get huge job satisfaction from my work.

What is the most difficult thing you have had to overcome?

The most difficult thing is learning to manage an ever increasing workload and not become overwhelmed with stress. Working in the NHS is very demanding at times and learning how to manage my stress is something that continuously needs monitoring for me to stay resilient.

Do you have a female role model?

My mum is my role model – she is kind and gentle but speaks her mind and says that in life you have “to make the best of it.”

Do you have any hobbies or passions that you would like to tell us about?

I love to be outdoors being in nature – walking or running or being in the water.

What is the relevance of the object(s) you have chosen?

I wanted initially to choose something that represented balance as I think finding a work life balance is essential - but was not sure which object to choose that represented this. I have chosen a picture of my family as they help me keep this balance and without this I would stop enjoying my work.



Lisa Leonard
Consultant in Trauma
and Orthopaedics



Why did you choose your profession?

To help others.

Was there a key moment that helped in making the choice? Please tell us about it

Considered law or medicine when I was about eight years old. Decided law was too much talking and medicine was more action so that was what I chose.

What is the most difficult thing you have had to overcome?

Unwarranted patient complaints.

Do you have a female role model?

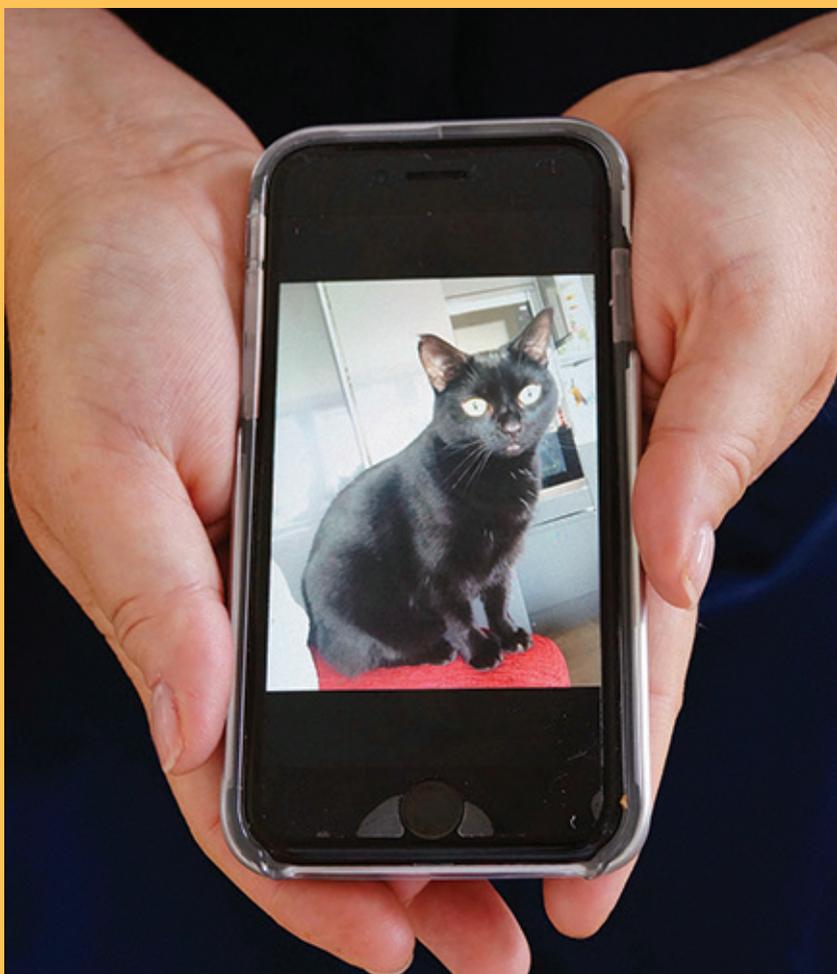
No, just role models.

Do you have any hobbies or passions that you would like to tell us about?

Not many left now, kids, run a bit, cycle a bit, would like to work abroad a bit more.



Lorraine Tinker
Directorate Lead Nurse,
Children's Services





Maria Finn

Consultant in Emergency Medicine





Marianne Griffiths
Chief Executive





Mhairi Donald
Macmillan Consultant Dietitian



Why did you choose your profession?

Originally thought I would like to be a nurse but after a spell in hospital having my tonsils out at age 17 and being a terrible patient I felt nursing wasn't for me!

I did still feel I'd like to support the caring profession so combined with my interest in home economics and food and nutrition – I decided I would be better suited to dietetics and becoming a dietitian. My careers advisor at the time felt I wouldn't meet the entrance criteria, but thankfully my family encouraged and supported me to go for it and four years later I successfully achieved my degree and became a registered dietitian.

What is the most difficult thing you have had to overcome?

It was difficult at times to juggle my career and family life when I became a single parent and to continue to keep up with ever changing demands of NHS and evidence based practice, but in many ways it is that keeping up with evidence based practice that keeps me ever learning and motivated.

Do you have a female role model?

My female role model has always been my mum. She was a vibrant, fun loving woman, a bit of a free spirit always with a can-do attitude. Whenever I moaned about this and that she would just say there's always something to be glad about and I've tried to embrace that.

Do you have any hobbies or passions that you would like to tell us about?

I am part of a choir – Soul of the City and although I'm not actually a very good singer I do love being part of it. It's really joyful and luckily it's a very big choir, so no-one has noticed yet that I can't sing!

What is the relevance of the object(s) you have chosen?

I have chosen a picture of me and my son Jamie, he is a constant source of joy to me.



Michelle Smith
Security Supervisor





Natasha Hossain
Consultant Orthopaedic Surgeon





Novelle Oida
Health Care Assistant



What is the most difficult thing you have had to overcome?

Leaving my children and family back home (Philippines).

Do you have a female role model?

My mother first of all. She conquered all the odds, and is still fighting all odds to be of help to her children. She is the best mother in the world!

My second role model is sister Helene Elizabeth Smith (former RACH HDU Ward Manager). I consider her an angel walking the earth. When I thought life is being unfair, and somehow lost faith in people, she has shown me amazing people still exists.

She has changed not only my life, because by changing my life's direction, she also did good to my entire family, especially my daughter's.

I am in a better place in the UK because of her. I have witnessed her excellence in her profession, her kindness to her team, and giving her heart to people who she does not even know. She is one of God's greatest contributions to mankind. I am greatly honored for her presence in my life.

Do you have any hobbies or passions that you would like to tell us about?

I love to travel!



Rachael James
Consultant Cardiologist



Why did you choose your profession?

Medicine offered me the opportunity to become something that had not been expected of me.

Was there a key moment that helped in making the choice? Please tell us about it

Not really. I was determined to be a doctor.

What is the most difficult thing you have had to overcome?

I don't recognise any one thing.

Do you have a female role model?

The woman who had most effect on me as a person was my mum. She was warm and deeply caring towards her children and kind to others.

Professionally, I was fortunate to have worked for a consultant cardiologist called Suzanna Hardman when I was a junior. She was an excellent clinician and really worked hard for her patients. She noticed me and took me under her wing. I also saw the difficulties she had to navigate in what was then a very male dominated specialty (only 8% of consultant cardiologists were female when I was appointed).

Do you have any hobbies or passions that you would like to tell us about?

The closeness I have with my daughter is very special and we laugh together. If I have time to myself I like to wander around a gallery or catch up with close friends.

What is the relevance of the object(s) you have chosen?

I have the earrings I wore to my younger brother's wedding. He is one of my best friends. It was a special day as I was his witness and it was a year after mum's death. They are beautiful to wear but more than that they hold a special human significance.

I also know that one day they will be my daughter's.



**Rev Joanne
Elliot**
Chaplain



What is the relevance of the object(s) you have chosen?

I have chosen a mug with a banner picture from the Weald Theatre Pantomime production of Sleeping Beauty in 2017. The Weald Theatre Group have been running for nearly 75 years and every year they form and put on a pantomime and all the profits go to local charities. The money to put on the show is paid by the performers. It is one of the oldest charity pantomime groups in the country. The pantomimes are performed in early January at Clair Hall in Haywards Heath. I have been involved for a few years as chaperone and performer and my children have also been in productions as there are a lot of children involved. They are good old fashioned pantomimes with dames, jokes with double meanings, the ghost, the audience shouting, the community song and the ghost. I chose the Sleeping Beauty mug as I played Scruffles who was Muddles canine companion and I loved it although it was totally exhausting. It is so different from what I do as a job and we have such enormous, irreverent fun putting on a good show and raising money for good causes. Show week is a real high point of the year for me. I am looking forward to rehearsals starting soon for Snow White which will be 8th – 12th January.

Why did you choose your profession?

I chose to be a hospital chaplain when I was ordained as I find being with people in the middle of their joy and sorrow and helping them find their own way through very rewarding. In my role I meet so many varied and fascinating people and I see such courage and resilience that I feel it is a privilege to spend time with them. I am also interested in health and mental, emotional and spiritual wellbeing in the wider sense so the role is also intellectually challenging. I much prefer to be a chaplain than a parish priest.

Was there a key moment that helped in making the choice? Please tell us about it

I did a placement with the chaplain at the PRH when I was in training and I really enjoyed it and got an excellent mark for my assignment. I think it was those few weeks working in the hospital, meeting the patients and staff and reflecting on the experience that helped me decide. I was so happy when the post was advertised when the chaplain later moved to a different trust.

What is the most difficult thing you have had to overcome?

I think the most difficult thing that I have to overcome on an on-going basis is the emotional load of the work I do. I come across intensely distressing situations and I do need to empathise and connect the person I am speaking to while keeping some emotional protection myself. It is a difficult balance and inevitably things get

through and I do cry and grieve sometimes. The babies are particularly difficult. I try to find healthy ways to manage this and I enjoy spending time with my family, cooking and running to de-stress.

My faith as a Christian is essential in enabling me to do the job and I pray and reflect and even shout at God sometimes but I believe that suffering and death is not the end of the story but that there is transformation and resurrection. Even though it would not often be appropriate to speak of this to a distraught patient, relative or staff member I would like to think that hope is there in the way I am present for people.

Do you have a female role model?

All women that try to balance working lives, caring for families and patients whilst trying to take care of themselves, that's inspiring.

Do you have any hobbies or passions that you would like to tell us about?

I'm passionate about people feeling loved, accepted and valued for whoever they are, whatever their story.



Rev Kate Lawson
Chaplain





Sarah Young
Nurse Consultant Cardiology



Why did you choose your profession?

My Grandma was a nurse and I can always remember wanting to be a nurse – I can't ever remember not wanting to do this.

What is the most difficult thing you have had to overcome?

Balancing life at work and home.

What is the relevance of the object(s) you have chosen?

My fob watch reminds me of my training and where it all started for me as a nurse.



Sarah Tasker
Charity Director



Why did you choose your profession?

I spent 28 years at American Express doing many different jobs and travelling the world, and in all that time the two places I always said I wanted to work was either the NHS or a charity – so the stars aligned when I got my dream job at the Trust.

Was there a key moment that helped in making the choice? Please tell us about it

Having chosen to take redundancy from Amex, I took some time deciding what I wanted to do next, finally deciding on seeking a role that could use my skills and experience in a more purposeful way in either the public or third sector. I feel so lucky to have the opportunity to work in a place I'm so proud to be a part of, with amazing people, in a job I love.

What is the most difficult thing you have had to overcome?

In my previous role I spent a lot of my time travelling overseas. Working with global teams. If I wasn't away I would be on-call from early morning to late evening and as a result I missed a lot of my kids growing up which was tough.

Do you have a female role model?

Sounds corny but my Mum. Sadly she passed away nearly three years ago but she basically only cared about two things in life – her friends and family and helping anyone else in any way she could. She didn't have an unkind bone in her body, she was an innately kind person so if she was helping someone else, she was happy.

Do you have any hobbies or passions that you would like to tell us about?

I recently decided to take up two new hobbies. Swimming (for my body) and learning French (for my mind) – I now swim most mornings at the pool next to St Marys Hall and start French lessons at BHASVIC in September so we'll see how that goes...

What is the relevance of the object(s) you have chosen?

When I joined the Trust in late 2015, my manager gave me the box as a reminder of the public kindness towards the Trust that has existed for so many years. Much like the Charity today, 100 years ago it was really just a way for grateful patients, family or visitors to recognize just what our incredible staff do each and every day. Many things have changed over the years but the unwavering care our staff provide to our patients when they need it most, remains – and I love being part of that.



Sue Ellery
Consultant Cardiologist



Why did you choose your profession?

I announced at the age of five years that I wanted to be a Doctor, and never once changed my mind. I was determined, despite some of my teacher's opinions, to succeed. I have definitely grown in confidence throughout this journey, and sincerely hope that I am a good role model to my children.

Was there a key moment that helped in making the choice? Please tell us about it

Not really, but I almost never regret it. I genuinely still love the clinical part of my job, and consider it to be a great privilege.

What is the most difficult thing you have had to overcome?

Honestly, I think my life-work balance. I have three children, work full time and I am married to a surgeon. Sometimes I get the balance wrong, but it is possible to have a wonderful family life and career.

Do you have a female role model?

My Mum. She has supported me every step of the way, and in every way. She is my rock... and she is embarrassingly proud of me!

Do you have any hobbies or passions that you would like to tell us about?

I love walking, skiing and food! I have recently completed both a 100km Thames Path and a 55km South Downs challenge for charity, with my great friend Caroline.

What is the relevance of the object(s) you have chosen?

The triptych of my children... Sorry! But they look at me every day from my office wall and I love that!



Tara Bartley

**Corporate Advanced Clinical
Practice Lead & Lead Advanced
Nurse Practitioner Cardiac Surgery**



Why did you choose your profession?

When deciding on a profession I looked at teaching and nursing. I recognised that your working life is over many years and I knew that I wanted to spend my day doing something I enjoy. I was and still am motivated by making a difference, nursing has allowed me to influence and direct patient outcomes through practice, educating and encouraging others.

Was there a key moment that helped in making the choice? Please tell us about it

I had helped to care for a family member, family members nursed but it was more of a general trajectory towards my ambition.

What is the most difficult thing you have had to overcome?

We meet many difficult situations during our career, there are many sad and happy patient memories, there is the loss of colleagues who have worked tirelessly to care for others and then have their life taken from them all too soon. All this has inspired me to be calm and available to patients and colleagues, for them to believe I have time for them. This can be challenging within the context of a busy day but makes coming to work worthwhile. Anecdotally this helps guide me to be better.

Do you have a female role model?

It's a combination of those people who come into your life and who you work with along the way. There was the home economics teacher at school who taught me organisational skills in the kitchen, that I have carried forward to my work and personal life; the ward sister who was always calm; the support worker who was so kind when I was delivering my second child; Maura Buchanan, past President of the RCN who has created opportunities for me; and my current team, women and men whose motivation and enthusiasm makes me smile with pride.

Do you have any hobbies or passions that you would like to tell us about?

I run for pleasure, time to think, fresh air and fitness. I enjoy cooking and baking, reading, walking my dog and spending time with my family.

What is the relevance of the object(s) you have chosen?

My OBE because it is a reflection of all those I have worked with throughout my career who have influenced and made me the nurse that I am today.



Tracey Buckingham
Nurse Manager HIV/GUM Services



Why did you choose your profession?

I don't ever remember a time when I wasn't going to be a nurse (well it was that or theatrical make-up as I recall).

What is the most difficult thing you have had to overcome?

The most difficult thing is learning to manage an ever increasing workload and not become overwhelmed with stress. Working in the NHS is very demanding at times and learning how to manage my stress is something that continuously needs monitoring for me to stay resilient.

My feelings of not being good enough.

Do you have a female role model?

I have worked with many women who have inspired me over my 35 year career. Currently I am inspired by Brene Brown a researcher who talks with such empathy and understanding about different aspects of human interaction.

Do you have any hobbies or passions that you would like to tell us about?

Photography – I love capturing unexpected images of different real life situations.

What is the relevance of the object(s) you have chosen?

The HIV red ribbon to represents the moment in my life when nursing became a career and not a vocation. It was on World AIDS Day 1998 that I made the first steps into this amazing specialty. It represents loss, fear and hope and is a symbol recognised across the globe.



Vanessa Matterface
Senior Patient Access Clerk



Why did you choose your profession?

I did not actually choose my profession. As a 16 year old school leaver and not academic I really had no idea as to what career path I wanted to take. The Headmistress at the school I attended put me in touch with a friend of hers that worked at King's College Hospital. That was the start of my love of the NHS and working on the front line.

Was there a key moment that helped in making the choice? Please tell us about it?

I was very lucky to be able to work in many departments across the hospital and already loved the patient contact. In the late 80's I was asked to become involved in a new HIV/GUM clinic. At that time it was very sad as patients died within a short period of time from AIDS. That was the time I knew that I had made the right choice. Making these patients feel safe, warm and welcome was so important and I still feel the same today as do all staff who work across the NHS.

What is the most difficult thing you have had to overcome?

The stigma surrounding HIV has always been something I and all my team have worked so hard to try and combat. This is still an ongoing issue but we are miles ahead from where we first began. I also had to juggle my work around having four daughters (that's a lot of hormones!), but I am proud to say that my youngest is carrying on in my NHS footsteps and is a second year student nurse.

Do you have a female role model?

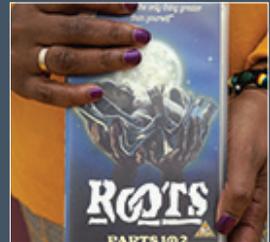
I have two female role models - my wonderful Mother and Tracey Buckingham (Lead Charge Nurse at the Lawson Unit). They are both strong ladies whom have always encouraged me throughout my career. I would not be where I am today without them.

What is the relevance of the object(s) you have chosen?

The object I have chosen is a glass ornament in the shape of a heart which was a gift from a patient. It reminds me that I went into this job with my heart. Even though my head sometimes tells me to do something different, my heart has always been in the NHS. I have put my heart and soul into the Lawson Unit making sure that not only is it a place of comfort for patients, but they know there is always someone here that they can talk to.



Women of BSUH



ONWARD ARTS