Chronic Pain in Cornwall Eden Event January 2023

Biographies

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| **Dr Jim Huddy FRCGP****Clinical lead**Five years ago I started working with Dr Keith Mitchell (consultant in pain medicine Royal Cornwall Hospital) writing advice and guidance for Cornwall’s GPs informing them of the dangers of opioid medicines and on the back of that work Cornwall’s high prescribing has dropped down to national-average levels. | A person wearing glasses  Description automatically generated with medium confidence |
| **Sean Jennings**I’m 62 years old from Cornwall, and a former mechanical engineer. When I was 32 I had what I thought was a routine hernia operation. Unfortunately from that day I have suffered chronic pain and prescribed ever Increasing opioids, gabapentin and antidepressants, for the next 25 years. I am now 5 years medication free thanks to distraction and mindfulness techniques along with exercise/movement to manage my pain. I have used the last 5years to tell my story to clinicians and patients advocating SKILLS NOT PILLS. | Sean Jennings |
| **Nikki Kelly Lead for Community Connect Cornwall and Imagine If Partnership**Nikki is a Director and experienced practitioner working within the public, private and voluntary sector for over 25 years developing citizen engagement and participation, pioneering a wide range of programmes both within rural and inner city communities. | A picture containing person, outdoor, clothing  Description automatically generated |
| **Kevin Feaviour Director Imagine If Partnership**Kevin Feaviour is a social entrepreneur and psychologist who combines a background in education, psychology and business to engage disadvantaged people to change their mindset and behaviour to succeed in health, employment and education. Created ‘Assets for Success’ a productivity behaviour profile to develop and articulate ‘future’ skills and “I-Belong”, a coping and resilience pathway to manage mental health in the workplace and community.Kevin has developed change programmes with organisations including Springboard, Tottenham Hotspur Foundation, University of Exeter, The Prince’s Trust, Nandos, Training Development Agency, Connexions, Trust for Study of Adolescence. He has worked in the USA, China and Poland and conducted international research into young people and coping. | A person smiling for the camera  Description automatically generated with low confidence |
| **Sue Crisfield** Sue lives in Somerset and since 2019 has been Social Prescribing Coordinator with a Primary Care Network of 5 GP surgeries in South Somerset. Her role is embedded in the voluntary sector, and she works in partnership with many organisations to set up a range of local community groups and activities to help improve local people’s health and wellbeing.She qualified as a Youth & Community Worker in 1985 and has primarily worked with young people and young adults in a range of roles since then (young carers, young homeless people, young people at risk of exclusion).Sue lives with two pain conditions – Osteoarthritis and Burning Mouth Syndrome. She discovered the Live Well With Pain programme in July 2021 and is passionate about supporting people with pain conditions to find ways of living a happy and fulfilled life, despite that pain. She is currently working on developing a PCN-wide programme of 10 Footsteps groups, including health walks for people with pain conditions and Tai Chi Qi Gong classes and hopes to start a pain café soon. | Photo of Sue and her dog, Florence |
| **Louise Trewern**After being on prescription painkillers (opioids) for over a decade, during which time my health deteriorated significantly, I came off them with the help of my local pain service and learned self management techniques such as mindfulness and pacing. I now walk daily, use an exercise bike to manage knee pain from Osteoarthritis and swim in the sea all year round. Before I came off opioids I never thought my life could be any better & now I feel fitter and healthier than ever! I still live with some pain but use my self management skills to live well with it. | Louise Trewern |
| **Richard Walters**Clinical Specialist Physiotherapist in Pain ManagementClinical Lead for the UHP Pain Management ProgrameWorked in chronic pain with adult and previously children for 15 yearsAHP representative on the council of the South West Clinic SenateSenior Small Group Facilitator at the Peninsular Medical School |  |
| **Tony Jamieson**Tony is a pharmacist and patient safety specialist in NHS England. He leads the National Programme for Medicines Safety Improvement which tackles the most important causes of harm caused by medicines. Tony has been working on improving the safe use of opioid analgesics over the last 12 years. In 2020 Tony was awarded a fellowship of the Royal Pharmaceutical Society of Great Britain for his outstanding contributions to pharmacy. He promotes safety, person centred care and continuous improvement to achieve better outcomes for people living with on-going pain. |  |
| **Professor Alf Collins** NHS England’s Clinical Director for personalised care. Shared decision making, care planning, self management support, social prescribing and health literacy sit within his policy portfolioHe was a community consultant in pain management for many years and in parallel worked for a decade with the Health Foundation, helping lead applied research and implementation programmes in person centred care. He has researched and published widely on all aspects of person-centred care and has a particular interest in ‘changing the relationship’ between patients and healthcare professionals.He has honorary fellowships from the Royal College of Physicians and the Royal College of General Practitioners and a Visiting Professorship in Healthcare Policy at Coventry University. | Alf Collins: Happy to serve | The BMJ |
| **Deborah O'Nyons**Clinical Lead For Personalised Care and Health CoachingDeborah O'Nyons Clinical Lead For Personalised Care and Health Coaching CIOSICB/Director Awenek Coaching & Consultancy.   Deborah is an experienced clinician who has worked across public, charitable and private sectors,  specialising in inclusion, collaboration and personalised, holistic care. | A person sitting on grass  Description automatically generated with low confidence |
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