

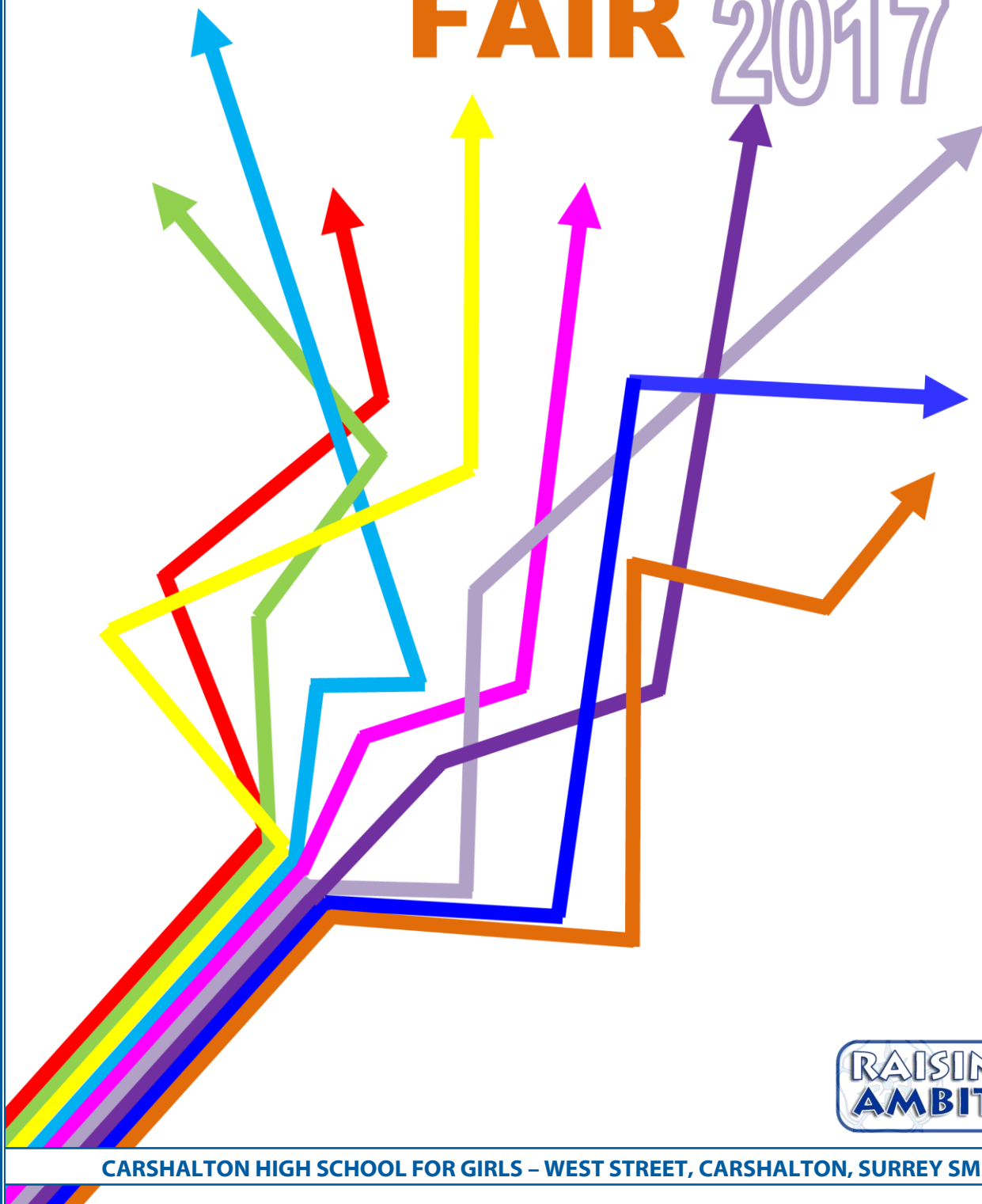


Carshalton High School for Girls

CHSG
Community | Harmony | Success | Growth

CHSG CAREERS

FAIR 2017



CARSHALTON HIGH SCHOOL FOR GIRLS – WEST STREET, CARSHALTON, SURREY SM5 2QX

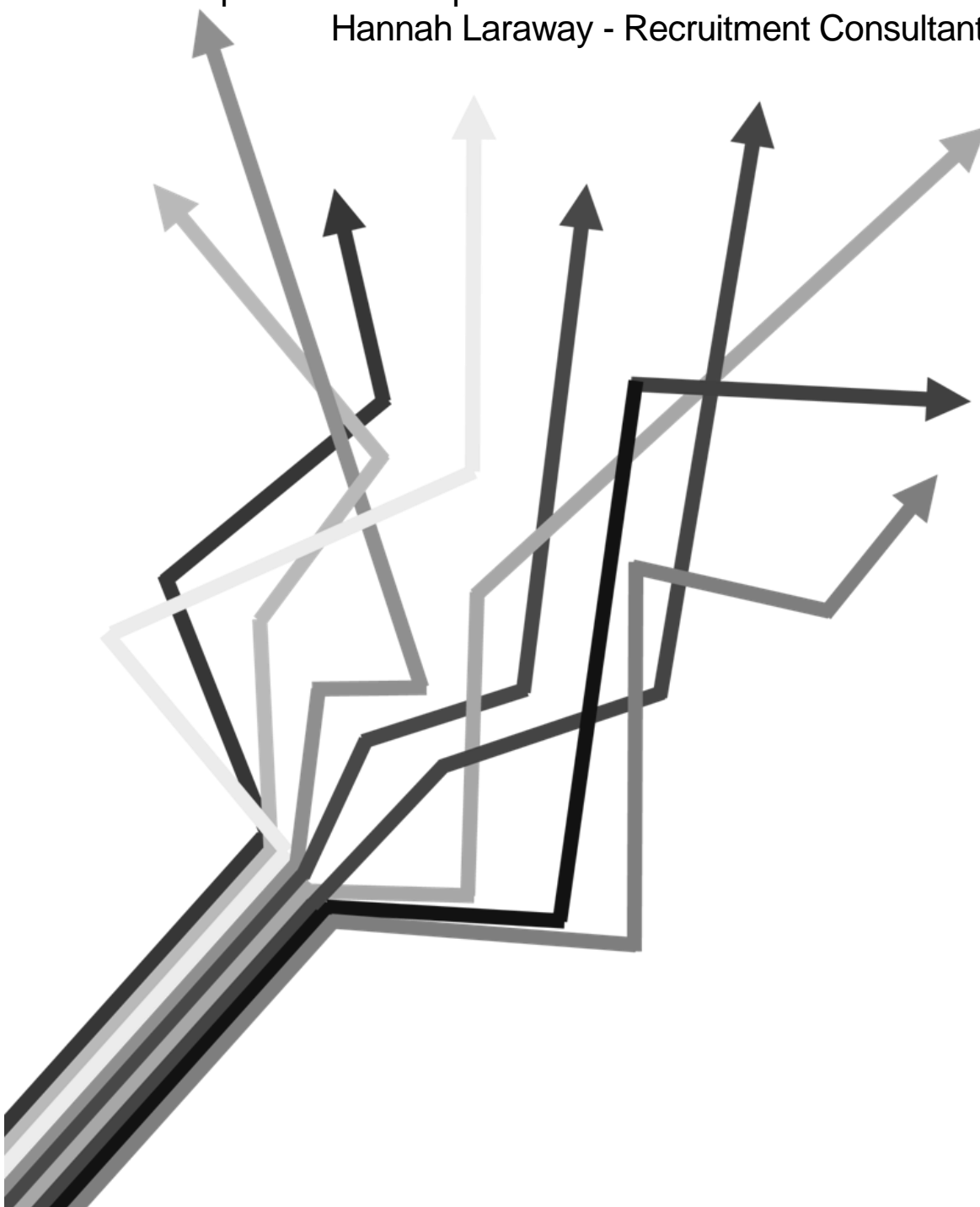
Presentations in the Sixth Form Block

As well as the stalls in the canteen there are presentations in the Sixth Form Block in S2, just to the left of the entrance nearest the canteen.

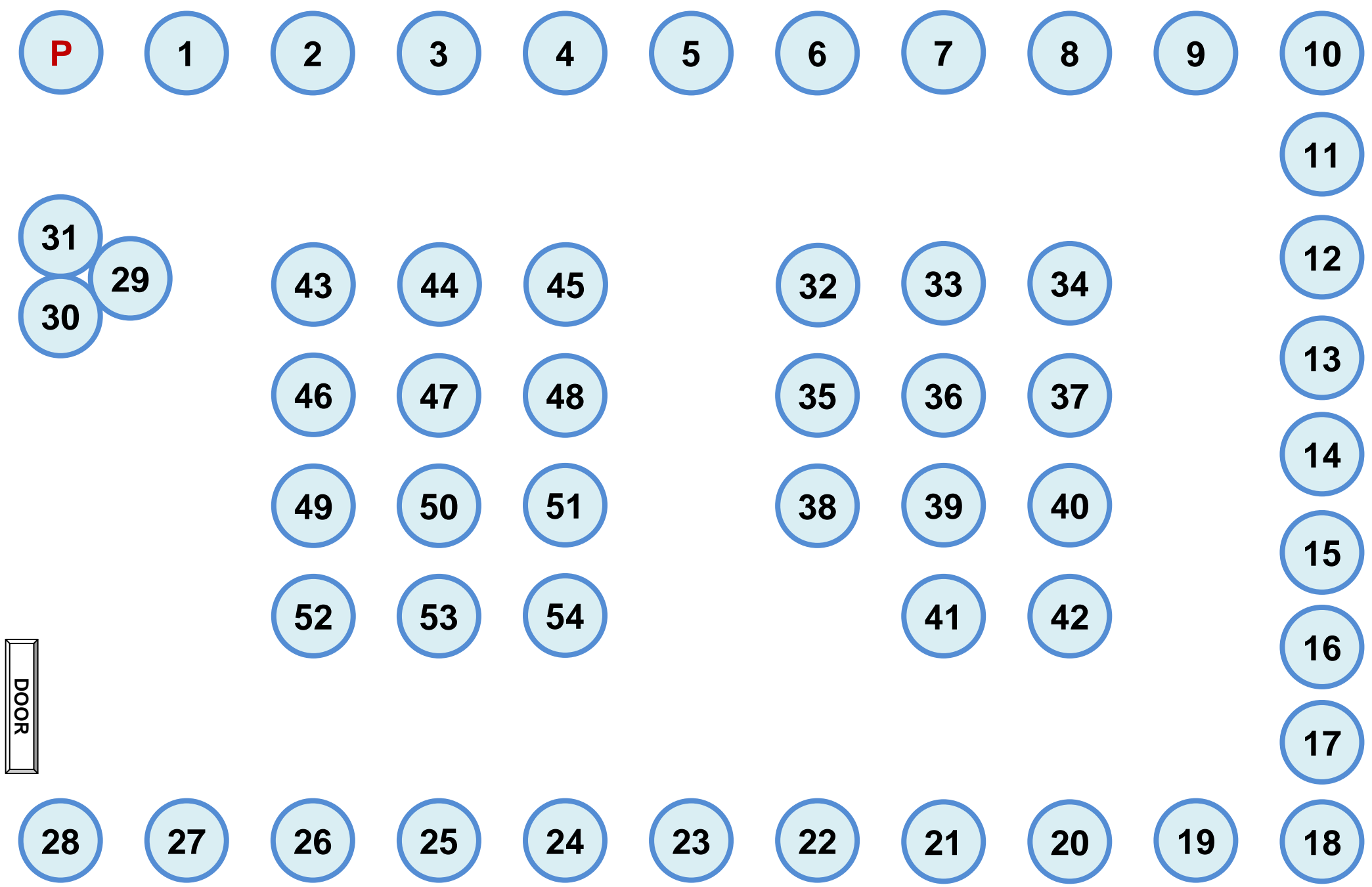
6:45pm Martin Tucker - Forensic Operation Manager

7:15pm How to create a good CV, or write a good application
Hannah Laraway - Recruitment Consultant (Reed Global)

7:45pm How to perform well at interview
Hannah Laraway - Recruitment Consultant (Reed Global)



Careers Fair – Seating Plan



Seating Plan

Table	Role/Company
P	Recruitment Consultant - Reed Global
1	Estate Agent - Jack Harvey
2	Lawyer - Julia Stygal
3	JACE Training
4	JACE Training
5	Met Police - Forensics
6	Apprentice Intake Executive
7	What Uni
8	Lloyds Bank
9	Lloyds Bank
10	Yoyo Wallet
11	Royal Marsden NHS Foundation Trust
12	Paramedic
13	Chartered Institute of Insurers
14	Met Police – Police Officer
15	Pathway to Property
16	Teacher - Secondary
17	Translator - Jeanette Kampinga
18	Banyard Consultants
19	Go Construct
20	Vet – Maven Vet Care
21	Restaurant - Al Verde
22	Insurance - DCL
23	Insurance - DCL
24	Property Needs U
25	Financial Advisor/Therapist
26	Midwife

27	Lawyer/Judge - Julie Cooper
28	Artist - Andrew Horrod
29	Army
30	Amy
31	Army
32*	Trainee Teacher
33*	Recruitment
34*	Recruitment
35*	Physiotherapist (Human)
36*	Accommodation Officer
37*	Glazed All Over
38*	Carpenter
39*	Ambulance Technician
40*	Financial Controller
41*	Physiotherapist (Animal)
42*	Supply Chain Executive
43	Engineer (Energy)
44	Engineer (Medical)
45	Marketing
46	Engineer (Computing)
47	Software - Project Manager (Spektrix Ltd)
48	Quality Assurance - Project Manager (Spektrix Ltd)
49	Engineer (Electrical)
50	Doctor
51	Doctor
52	Engineer (Civil)
53	Member of Parliament
54	Clinical Psychologist

* **Former Students (Alumni)**

Our Professionals

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- P **Hannah Laraway**
Recruitment Consultant
Reed Global
- As well as being a Recruitment Consultant, I have worked in Human Resources within the business sector and am used to interviewing people weekly. For this reason, I not only understand the agency side of things where we help people to find work in Education, but I also know what clients look for as I was one of them. I really enjoy training people in all kinds of areas and helping students at this early stage of finding work, is something that I really enjoy doing. We all have to start somewhere and I hope I can give you the building blocks to start finding your ideal job
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- 1 **Julie Brooks**
Estate Agent
Jack Harvey Estate Agents
- Jack Harvey are an independent estate agents whose manager has over thirty years' experience. We are committed to customer service and rely on recommendations and repeat business which is the key to our success. Julie and her staff offer work experience to local schools. They are also always on the lookout for apprentices. Working in Estate agency is rewarding, interesting and varied and no two days are the same. We like to help our local teenagers to gain confidence and enable them to have a taste of working life. Students from Carshalton Girls including Becky Leach and Samantha Branch had weekend positions offered to them and worked for Jack Harvey successfully for a number of years.
-
- 2 **Julia Stygal**
Lawyer
McMillan Williams
-
- 3 **Paula Symons**
Tutor
JACE Training
-
- 4 **Rebecca Watts**
Tutor
JACE Training
-
- 5 **Martin Tucker**
Operational Forensic Manager
Met Police
-
- 6 **Ami Elizee**
Apprentice Intake Executive
-
- 7 **Sofia Charalambous**
What Uni
- What Uni was founded in 2007 and receives over 6 million visits each year. It is a free website aimed to help students compare universities and courses so they can make an informed decision about where to study next. It also offers a range of useful articles offering knowledge on everything university based.
-
- 8 **Sue Sponder**
Lloyds Bank
- I left school 1972 and joined The Bank of England where I worked for 2 years then joined the Royal Bank of Canada until early 1985 in a variety of roles the last being in charge of the back office of a large dealing room where all the admin was carried out for deals made worldwide. I had my two boys 85 and 88. I was at home until June 1992 when I joined the TSB later merging with Lloyds. I started as a cashier then team leader customer service manager now named assistant Bank manager.
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8	<i>Caitlin McCarthy</i> Lloyds Bank	I worked as a hairdresser's assistant from 2011-2013, I then worked in Waitrose as a sales assistant from 2013-2015 (I finished sixth form in summer 2014) and then joined Lloyds in Nov 2015.
9	<i>Kathryn Donoghue</i> Associate Lloyds Bank	
10	<i>Tara Farrer</i> Service Delivery Manager Yoyo Wallet	
11	<i>Delilah Harding</i> Clinical Trials Co-ordinator The Royal Marsden NHS Foundation Trust	I graduated in 2015 with a BSc in Psychology and an interest in working in research. Soon after, I began working as a Clinical Trial Co-ordinator at the Royal Marsden Hospital. The role of a Clinical Trial Co-ordinator is very varied but often involves coordinating the set-up of new studies, writing study reports and organising patients research visits.
11	<i>Jessica Winfield</i> Clinical Scientist (Magnetic Resonance Imaging) The Royal Marsden NHS Foundation Trust	I am a Clinical Scientist in Magnetic Resonance Imaging (MRI) at the Royal Marsden Hospital and Institute of Cancer Research, in Sutton. Before starting this job, I did a degree and PhD in physics. I work on new MRI techniques for use in patients with cancer, including clinical trials to investigate whether new treatments are working.
12	<i>Jason Morris</i> Clinical Team Leader / Paramedic London Ambulance Service	I am a Clinical Team Leader / Paramedic. I have worked for the London Ambulance service (LAS) for 18 years it's one of the world's busiest ambulance services. My job consists of many different tasks but the main one is to save injured or ill patient's lives. Saving lives every day comes with its difficulties and some scenes are heart breaking to be part of but overall it's great to hear about the recovery stories and knowing you have given somebody hope. I have also worked as a Trauma Paramedic on the London's Air Ambulance for 7years now. The LAA is an advanced trauma team which attends to critically ill patients and gives specialist medical treatment. I love my job but it's a physically and emotionally demanding job which you have to work through to give the best possible care to every patient. I have helped many people in different situations. You need to be patient and hard working as well as understanding to ensure you don't miss any injuries or important information.
13	<i>Paul Tunnell</i> Chartered Institute of Insurers	
14	<i>PC Gregg Clark</i> Police Constable Met Police	

15	<p><i>Chris Stylianou</i> Project Assistant Pathways to Property, Reading Real Estate Foundation</p>	<p>The Pathways to Property initiative is a programme for Year 12 students in UK state schools and colleges who would like to find out more about a career in the property sector. Led by the Reading Real Estate Foundation (RREF) at the University of Reading, the initiative is supported by British Land, one of the largest property development and investment companies in the UK, the educational charity The Sutton Trust and other leading real estate firms and charitable trusts. The main Pathways to Property Event is the annual Summer School held in July for Year 12 students. It involves students staying at Reading University, completing group projects, talks from Real Estate professionals and off site visits to Property firms. Summer School pupils are also presented with the opportunity to complete a week's work experience and receive mentoring from current Real Estate University students. These opportunities are provided free of charge and any student travel expenses are paid for by The University of Reading.</p>
16	<p><i>Kayleigh Greenland</i> Secondary Teacher</p>	<p>After completing a degree in Biomedical Science, Kayleigh decided to apply to be a teacher as she didn't want to work in a lab. She completed a Chemistry enhancement course at London Metropolitan University, followed by a PGCE at St Mary's, Twickenham and has been teaching for several years.</p>
17	<p><i>Jannette Kampinga</i> Self Employed Translator</p>	<p>After graduating in Japanese Studies and spending some time studying in Japan and France, Jannette started her career in the Netherlands. She was appointed as a Japanese-English in-house translator/interpreter to a multinational automotive company. She then developed the role in a major Japanese IT brand's software Research & Development Lab in the UK, adding project management and communications to her linguistic skills background. After taking time out to start a family, she started working as a freelance translator and established a one-person internet based international business catering in particular for clients in the technical sector.</p>
18	<p><i>Nick Till</i> Managing Director Banyard Consultants Limited</p>	<p>Managing Director of a market-leading Commissioning and M & E Design Consultancy (across the UK and Europe) now 30 Years old, specialising in Commissioning Management, Validation, 'Hands On' Testing and Training for clients who own, are developing or are operating properties M&E Design Consultants, delivering technical excellence and consistency, through a complete spread of mechanical, electrical engineering and public health services. Our experienced Engineers are ACE affiliated; our 'Low Carbon Consultants' cater for the growing demand for sustainable/energy management solutions.</p>
19	<p><i>Fred Titterington</i> Go Construct</p>	

20	<p><i>Leticia Whitter</i> Veterinary Nurse Maven Veterinary Care</p>	<p>Leticia has been working in veterinary practices since 2009. She began her career as a kennel assistant and but realised she had a passion to work more closely with patients and so undertook to train as a veterinary nurse whilst working full time. Leticia joined the team at Maven Vets (formally Frea and Smyth Vets) as a student nurse in 2012 and completed her training to become a Registered Veterinary Nurse in 2015. Her love for veterinary nursing is based on no two days ever being the same. Her passions are vet nurse emergency care and surgical nursing. Outside of work she enjoys rock climbing, live music concerts and exploring castles and the countryside.</p>
20	<p><i>Tamsin Woodroffe</i> Vet Maven Veterinary Care</p>	<p>I grew up in Plymouth, Devon, and after achieving A levels in Biology, Chemistry, Physics and Maths I studied at the Royal Veterinary College (RVC) in London for 5 years and graduated as a Vet in 2008. I have worked with farm animals in Cornwall, the highlight was helping to deliver a Cria (you have to find out what type of animal this is!) and I've spent time in Thailand and Fiji volunteering at neutering clinics and helping to promote animal welfare as unfortunately this is not the same in all countries. I have a small black and white cat called Lilly who despite having a huge bell on her collar persists in catching mice and leaving the bodies as 'presents'. Not very pleasant if you end up standing on part of one! Especially with bare feet! I enjoy keeping active, playing tennis and indoor climbing.</p>
21	<p><i>Joe Panini</i> <i>Malou (Manager)</i> Restaurateur Al Verde</p>	
22	<p><i>Gloria Rhodes</i> DCL</p>	<p>DCL is an independently owned Chartered Insurance Broker, we specialise in public and private hire insurance. Established in 1999, we have grown to have an experienced team of 70 staff. We are one of the biggest independent employers locally.</p> <p>We are looking to recruit ambitious school leavers to develop the next generation of insurance experts.</p>
23	<p><i>Lesley Steele</i> Assistant HR/Office manager DCL</p>	<p>Recruited especially to help with the recruiting and development of new starters. This role was new to her and she is proving to be a great help and support to us all. She also has over 20 years of experience in administration.</p>
24	<p><i>Denise Wright</i> Independent Financial Adviser/ Therapist</p>	<p>I currently have 2 professions. I work as a Senior Client Executive for a large Wealth Management Company in the City. My role is administrative but I have taken professional exams in Financial Services and have been in the industry for over 30 years. Mainly dealing with high net worth clients for financial planning. I'm also a self employed Complementary Health Therapist. I run my own business doing Massage, Reflexology, Reiki and many other treatments. I hire a room on a Sunday in Westcroft Leisure Centre. I'm also a Meditation Teacher and an Angel Practitioner. Although this is a job it also brings me endless pleasure helping others. I run therapy charity days and raise money for good causes. I would be happy to talk about both my careers as I love them equally.</p>

24	<i>Pam Duke</i> Property Needs U	
25	Kim Thornton <i>Health Visitor & Midwife</i>	<p>I undertook undergraduate BSC hons Midwifery training in 2008 at University of Greenwich and gained a first class honours degree following 3 years of study and practice placement. I worked at St Helier hospital as a qualified midwife for 18 months on Delivery Suite, Postnatal ward, Antenatal Ward and in the Community. In September 2012 I started a one year post-graduate masters degree to become a health visitor (specialist community public health nurse) at the University of Surrey sponsored by Central Surrey Health in Epsom. I qualified as a health visitor in September 2013. I worked at Epsom for 10 months as a qualified health visitor.</p> <p>In July 2014 I commenced a full time post at Sutton and Merton community services and now work as a health visitor in Sutton. A health visitor provides care and support for families, babies and children from age 10 days to 4 years of age. The role of the health visitor is focused on achieving positive public health outcomes and we work with families in a preventative way. Health visitors liaise with many multi professional agencies including: GP's, Paediatricians, Speech and language specialists, dieticians, Social services, children's centres and midwives. Safeguarding and working together to protect children from significant harm is paramount to my role.</p>
26	<i>Julie Cooper</i> Lawyer/Judge MaclavertyCooperAtkins	
27	<i>Andrew Horrod</i> Artist based at Wimbledon Arts Studio	<p>Andrew Horrod is a self-employed professional artist who studied English and Art at Roehampton Institute, south-west London. After several years of working in the public sector, he left his job towards the end of 2011 in order to devote more time to painting. Direct observation is an essential starting point for his work so he draws and paints in front of the subject as much as possible. He has a fairly loose painting style and well known sights and classic themes are sometimes given a contemporary twist. Living in Sutton, Andrew also works part time for a local school (not art related). He has a base at Wimbledon Art Studios and takes part in the twice-yearly Open Studios event. The next Open Studio show is scheduled for 11-14 May. Other exhibitions and events that Andrew has taken part in, including prizes he has been awarded, are listed on his website: www.andrewhorrod.co.uk.</p>
29	<i>Gnr Thorogood</i> Careers Advisor AFCO London Army	
30	<i>Sgt Gary Palmer</i> Careers Advisor AFCO London Army	
31	<i>Pte Finch</i> Careers Advisor AFCO London Army	

<p>33 <i>Marta Moczydlowska</i> Recruitment Operations Cabinet Office, Government Digital Service</p>	<p>I am 22 years old and having been working in recruitment for 5 years. I left Sixth Form in the first year and started working in Recruitment, since then I've worked with large scale agencies like Interquest Group and moved in house with BBC and now with the Cabinet Office, Government Digital Service. Since working within the Digital and Technology sector, I have gained lots of knowledge. It's an industry, perhaps as girls, we don't think of taking a career in! However, my aim is to share my experience and knowledge with young girls to encourage them to explore this path!</p>
<p>34 <i>Abida Aroojali</i> Recruitment Operations Digital Service part of the Cabinet Office</p>	<p>I have been working full time since 2013 when I left Carshalton High school for girls. I am now working in recruitment operations for the Government Digital Service part of the Cabinet Office. I would love the opportunity to speak about my career path, what I do now, a bit of GDS and how we welcome early talent.</p>
<p>35 <i>Natalie Gardner</i> Physiotherapist St Helier's Hospital</p>	<p>I left Carshalton Girls in 2004 after Sixth Form and went straight to University to study Physiotherapy. Three years at Brighton University gained me a BSc Hons in Physiotherapy and gave me some invaluable life experience that would set me up for the future. After working in a pub for a few months I got my first Physiotherapy Job in a large DGH as a junior physiotherapist in early 2008 and also signed up to the British Army Reserves in my spare time. While working my full time job as a physiotherapist I passed my basic training with the Army and became a soldier in the Royal Logistic Corps Reserves. I volunteered for a 6 month Peace Keeping Tour with the United Nations based out of Cyprus, where I undertook daily foot, vehicle, and helicopter patrols through the borders of Northern/Southern Cyprus to keep the peace. I received the Force Commanders commendation for excellence for my efforts, and got promoted to Lance Corporal.</p> <p>On return to work I progressed my physiotherapy skills and got promoted to a specialist physiotherapist, and on the side indulged my hobbies of playing guitar, snowboarding, and mountaineering. I then volunteered for a Tour of Afghanistan with the British Army in 2013 and spent 6 months in the Helmand Desert working towards the end of the British Army's occupation of Camp Bastion. On returning to the UK I spent some time travelling the world with my partner before I returned to work on my and got promoted to Highly Specialist Physiotherapist and now run my own team as the Clinical Lead for Respiratory Physiotherapy and work primarily in the Intensive Care and High Dependency Units of St Helier Hospital.</p> <p>Progressing my love of the outdoors I have now set up an adventure racing team and have been accepted to represent the UK in one of the world's toughest adventure races called the Patagonian Expedition Race in February 2016. That is my current main goal, along with setting up my own business and gaining a Paragliding Licence.</p>
<p>36 <i>Charlotte Wooller</i> Accommodation officer</p>	<p>I am now an accommodation officer for international students, however I got my job through an apprenticeship. My background is mainly in art so I am doing something totally different to my qualifications.</p>

37	<p><i>Kerry Cordwell</i> <i>Laura White</i> Potter/Business woman Glazed All Over</p>	<p>Both Kerry and Laura attended Carshalton High School For Girls, staying on and completing Art based A-levels including Photography and Textiles. Laura went onto Wimbledon College of Arts to do a Foundation arts degree and then specialised in Costume Interpretation. After a couple of years working, Kerry went onto UCA Farnham to study BA Hons Photography graduating in 2014. In October 2015 they were given the opportunity of taking over Glazed All Over, Wallington's local craft studio specialising in pottery painting, workshops, after school clubs and parties</p>
38	<p><i>Zoe Eldridge</i> Carpenter Carshalton College</p>	<p>From studying Product design with Mrs Pearce back in 2012. I studied Level 1 and 2 Carpentry and then became a learning support worker within the construction department within the college. This is now my second year as a support worker, this year I am also studying my level 3 in site carpentry.</p>
38	<p><i>Zoe Humphreys</i> Cover Manager shortly to be trainee teacher</p>	<p>I left CHSG the Sixth Form in 2012. I graduated from university in 2015 and volunteered abroad for a short while following. I am now currently working at Greenshaw High School as a cover teacher and will be starting my teacher training this September.</p>
39	<p><i>Candice Hayward</i> Ambulance Technician</p>	<p>After a year of having worked 750 hours and having had my PAD signed off I then become an EAC (Emergency Ambulance Crew). The PAD is a document that contains certain jobs which is signed by colleagues with higher skills then myself to say I am capable and competent in my job. These certain jobs range from asking for patients consent to making the decision that a patient is time critical, giving injections to performing CPR. I am part of the emergency services. When an emergency call is made requesting an ambulance, my crew partner and I are dispatched by our control to attend the emergency. I love the variety that this job brings, the different people that I meet and the great people I work with because to work in such stressful and tense moment, it is good to work well with a great team and to work efficiently and effectively. There is also a pathway to progress to become a paramedic in the near future. To me, this is the best job in the world.</p>
40	<p><i>Laura Bench</i> Financial Controller Cavendish Care</p>	<p>I left CHSG in 2001. After school I completed a BA (Hons) in Egyptology at the University of Liverpool, where I achieved a 2:1. I decided that I wanted to travel in South East Asia, I wanted to live and work to really immerse myself in the local culture. So, in October 2006, I did my TEFL (Teaching English as a Foreign Language) and I spent 3 years in Japan. When I returned to the UK, I decided to complete an MSc at the University of Sheffield in East Asian Business. This allowed me to link my time in Japan to a business qualification. I was offered an internship at Chubu Power and Electric Co., one week before the earthquake and tsunami struck Japan; this didn't deter me. I am now responsible for both the businesses financial activities but also ensuring that the people we care for are receiving their full entitlements to financial and support assistance.</p>

41	<p><i>Jessica Lee</i> Student of Human Physiotherapy</p>	<p>I graduated from Carshalton Girls in 2012 and went on to study BSc Equine Science at Oxford Brookes. I have always aspired to have a career with animals and during my degree I established a desire for a career in Veterinary Physiotherapy. On graduating with a first-class honour in 2015, I immediately began a degree in Human Physiotherapy, which I am currently completing. Although it is not yet a requirement in the UK, my aspiration to live and work abroad requires me to complete the Human Physiotherapy degree prior to undertaking an ACPAT accredited MSc Veterinary Physiotherapy. Regardless, having the human physiotherapy qualification will give me the option to work with people as well as animals. Having a career in Physiotherapy offers a vast variety of work, from being community based to working in an outpatient clinic or in intensive care units in hospitals. It's an incredible setting where you are able to interact with people holistically, caring for patients' needs biologically, psychologically and socially. In terms of my personal interests, I have horse ridden from a young age and have competed for leisure. I also enjoy snow sports and have been doing pole fitness for 4 years. I have a love for the outdoors and seek to travel in near future.</p>
42	<p><i>Lacie Lawley</i> Supply Chain Executive The Apartment Service</p>	
43	<p><i>Jemima Brown</i> Engineer ARUP</p>	<p>I am currently a Project Manager for Arup (an Engineering firm specialising in large complex multi-disciplinary projects) working on both rail and energy related projects with companies such as Network Rail and National Grid. I have a background and degree in Engineering, as well as an MSc in Programme & Project Management, and now I work with and coordinate engineers to deliver large multi-functional projects. Part of my job is design management, part is the more commercial side of things, so making sure we are working within our allocated budget and timescales and the last part is managing people; making sure we set up teams that are happy and work well together</p>

<p>44 <i>Miriam Nmeze</i> Engineer UCL</p>	<p>Miriam obtained her MEng (Hons) in Medical Engineering at Queen Mary University of London in 2012, of which final project involved working with a global leader company in the healthcare field. Miriam earned her position as Teaching Assistant at Queen Mary University of London for almost two years, supporting undergraduate Engineering and Material Science students and establishing new outreach programmes for prospective students. She subsequently joined the Royal Academy of Engineering, supporting outstanding engineering academics in the UK developing their technology, with some of the UK most successful entrepreneurs and business leaders. Miriam is currently based at UCL as a Doctorate student with the Mechanical Engineering Department and the Institute for Healthcare Engineering. Her research involves developing an aerosol spray system to treat glaucoma, by delivering stem cells at the back of the eye. Since joining UCL, Miriam has been involved as a Senior Postgraduate Teaching Assistant and several public engagement appointments, such as designing an innovative new programme for primary school children at Key Stage 2 to learn about Engineering.</p>
<p>45 <i>Heather Kappes</i> Assistant Professor of Marketing in the Department of Management LSE</p>	<p>She has a PhD in Social Psychology from New York University and a BSc in Biopsychology from the University of California, Santa Barbara, both in the US. Her job involves a mix of teaching - she teaches marketing and consumer behaviour courses to undergraduates and masters students, as well as a course on motivation and goals in the Executive MSc in Behavioural Science - and research. In her research, Dr. Kappes takes what is called a "behavioural science" approach to marketing, trying to understand what influences people as they pursue their goals (for instance, to run a race or to save money). Her current research looks at how adults and children think about wealth and spending, and how their beliefs predict their spending and financial resilience.</p>
<p>46 <i>Ana Isabel Agorreta</i> Computer Engineer</p>	<p>I studied Computer Engineer from 1984 to 1989, and yes, in Spain at that time we did 5 years for our degree!, I began my professional career in Telefonica, the biggest telco in Madrid, as a developer. I designed and implemented applications for Telefonica itself, Mercedes Benz and 112. I relocated to the Netherlands in 2009 (one of the best things about this work is that you can find a job anywhere in the world!) and there I moved from development to operations. I am an expert in Databases, so, for example, if when you are going to your instagram account and it says that you don't have any photos, you know who to shout at! I stayed there for 5 years and then relocated to UK. I continued with Databases and I am now in the insurance business (if you have a big oil tanker at home, it sinks and you want to reclaim your insurance police, you could be using the application I am responsible for). Who knows where I could be going next! This profession is creative, fun, open and rewarding. It entails also a lot of responsibility and sometimes long hours, but it pays well and there is always work in companies or by yourself. I definitely would recommend it.</p>

47	<p><i>Ellen Davnall</i> Project Manager Spektrix Limited</p>	<p>She looks after the process of taking new clients from their old systems and getting them started with Spektrix - a fun mix of technical and people-focused work. Before joining Spektrix, Ellen worked in Arts Administration for a contemporary dance company for 4 years. She studied English at Oxford University.</p>
48	<p><i>Paul Gillen</i> QA Engineer Spektrix Limited</p>	<p>He is involved in maintaining the quality and consistency of the software and ensuring that customers and clients enjoy the best experience possible. Having studied English and Drama at University College Dublin, Paul combined an interest in computers and a love of the arts and began his career with Spektrix in 2015. He spent some time working in the Hospitality and Financial Industries prior to this role.</p>
49	<p><i>Rebecca Brigden</i> Chartered Electrical Engineer FCO</p>	<p>I have been at FCO Services (part of the Foreign and Commonwealth Office) for nearly 15 years. I have extensive knowledge of electrical systems overseas having visited over 100 cities in over 70 countries. I have completed electrical testing, design, project management and training of local staff. Currently working as a Programme Director delivering all the Estate projects that FCO Services provides to the Foreign and Commonwealth</p>
50	<p><i>Dr Hamed Khan</i> Doctor</p>	<p>Dr Hamed Khan has a number of different roles as a doctor. He is a GP, an Accident & Emergency doctor, and a Clinical Lecturer at St Georges Medical School. He also has a private practice at BMI Shirley Oaks Hospital, and is a doctor for the London Marathons medical team.</p> <p>After training at Barts & The London, Hamed completed a Medical Education Academic Foundation Programme. Subsequently he was an examiner and clinical tutor at various London medical schools. He later completed both the membership exams for the Royal College of Physicians and the Royal College of General Practitioners, as well as the Diploma in Geriatric Medicine.</p>
51	<p><i>Dr Iqbal Khan</i> Doctor</p>	<p>Dr Iqbal Khan is a Clinical Fellow in Acute Medicine, and a member of the Royal College of Physicians. He trained at UCL and was awarded a Distinction in Clinical Sciences- he was also distinguished by being placed on the coveted 'Deans List'. He also completed an intercalated BSc degree in Physiology, and passed with a First Class.</p> <p>After finishing his training Iqbal worked in various specialities, and most recently completed a Clinical Fellowship in ITU at the Royal Free Hospital in London. He is also a doctor for the official London Marathon medical team. He also carried out a major audit on acute care which was recognised by the London Deanery for making a significant contribution towards improving the care of acutely unwell patients.</p> <p>Iqbal has published papers in various prestigious journals, and has also written a popular medical textbook with a major international publisher.</p>

<p>52 <i>Kathryn Waghorn</i> Chartered Civil Engineer Taylor Woodrow</p>	<p>I work for Taylor Woodrow, the civil engineering division of VINCI Construction UK. I have been involved in the construction of major infrastructure projects in London for the last 18 years, including King's Cross, Tottenham Court Road and Victoria Underground Stations. I studied civil engineering at university, where I was sponsored by Taylor Woodrow. They arranged work placements and useful industry contacts when I was studying. I am now a senior manager in the company, specialising in planning the works, monitoring progress and dealing with changes to the project once it is in progress.</p>
<p>53 <i>Paul Scully</i> MP</p>	<p>Paul was elected as the Member of Parliament for Sutton, Cheam and Worcester Park in May 2015. He's lived in Sutton for nearly 30 years and his children were born in St Helier Hospital. Before becoming a MP, he was a local councillor in Carshalton as well as a small business owner. Paul's primary campaigns are about protecting and expanding our valuable local services, particularly our schools and healthcare, as well as delivering improvements in local public transport and making Sutton more business friendly. In addition to campaigning on local issues, Paul is a member of the Petitions Committee and the International Development Committee in Parliament. He has also been campaigning on human rights issues in places like Burma and Sri Lanka.</p>
<p>54 <i>Nicola Smart</i> Clinical Psychologist Epsom & St Helier Hospital</p>	<p>I trained in Clinical Psychology with the Edinburgh Doctoral programme and went on to work in Paediatrics in Scotland. I then took up post at Kingston Hospital and St Helier Hospital working within the Adult Pain Clinic Team and the Diabetes team. I am a registered Psychologist with the Health and Care Professions Council and the British Psychological Society. I work in the specialist field of Clinical Health Psychology helping people with Long Term Health Conditions adjust to living with their conditions and managing what is required of them practically and the emotions related to this. Some of these patients have emotional and psychological difficulties along the lines of anxiety or depression but many will also need help with accepting and problem solving.</p> <p>If we can support people to care for themselves and prioritise their own needs this will help them in the long run in managing their medical conditions and hopefully avoid lengthy hospital admissions or complications. Working within the multidisciplinary team gives the opportunity to support other health care staff to deliver psychologically informed care and identify more serious psychological or emotional difficulties in their own patients. I liaise with other psychologists in the fields both locally and nationally and speak to community based support groups, when invited, to further the understanding of how living with a long term condition can impact on an individual and their family.</p>

