



Representative one page profile

My strengths:

Selflessness – putting other people first (despite my working style questionnaire results); honesty; integrity, curiosity, humour and fairness.

What working style works for me:

I am a driver – more reserved, logical, task-orientated.

This is why I'm interested in cancer:

I spent the first 15 years or so of my career in the private sector, where my journalism, communications and marketing skills were used to maximise profits for the companies I worked for. As I moved into my mid-30s, lost my mother and became a dad for the first time, I wanted to contribute professionally in a more meaningful way – to use my skills to help people live healthier and happier lives.

My gran died of bowel cancer at a relatively early age because she did not speak to her GP about her symptoms until it was terminal. Even though she died when I was 12, that her death was avoidable still bothers me.

Since I have joined the Cancer Alliance I have met a lot of inspiring people. I am honoured to work with people with lived experience of cancer who want to use their experience to help others and make a difference in our communities.

These are the groups and networks I am involved in:

I am joined up with a number of national, regional and local communications and engagement networks.

Personally, I am involved with a number of sporting associations across the East Riding of Yorkshire area.

This is what is important to me:

Finishing work at the end of the day knowing that I've had a productive week – I have delivered the work I/we set out to. I can become easily frustrated when I feel like I haven't been productive or made the amount of progress I feel I should have.

Being the best partner and dad I can be. Being loyal to friends and family.



Humber and North Yorkshire Cancer Alliance

What I am like when I am not at work:

I'm always on the go. Much of my spare time is taken up by my two children – my seven year-old daughter, Billie, and one-and-a-half-year-old son, Frankie. Billie plays football for two teams, and also does weekly swimming and MMA classes, while Frankie is as energetic a toddler as you'll meet. The pair of them keep my partner, Fiona, and I on our toes.

I like keeping active – I go to the gym regularly as I find it calibrates me appropriately for the rest of the day and boosts my mood. I have recently discovered a love for walking (thanks in part to the Cancer Alliance's 75,000 km challenge for the NHS's 75th birthday year); and golf – although I am going through drivers like there's no tomorrow as I cannot seem to avoid hitting the ball on the heel from the tee.

In the summer, as much as family commitments allow, I love to play cricket for a local village team – opening the batting for the 1st XI with more enthusiasm than skill. I started playing for them when I moved to the East Riding in 2007 as a journalist for the Press Association and I have just finished my 17th season with the team. Many of my team-mates have become very good friends.

I also love watching sport – football, rugby and cricket mostly. I support Tottenham (mainly because my Dad was a West Ham fan) and, being a New Zealander, I never miss an All Blacks game.

Any other information you should know about me:

I have an eight-month old French bulldog called Zinedine Kilbane (Everton fans will understand) and a ginger tabby called Marmaduke who is getting on a bit.