

MEET OUR COMMUNITY AMBASSADORS

Community Ambassadors help us to plan and develop our programme of engagement so we can really get to the heart of what people think about their local NHS services. They help us to find out what works and what doesn't.

The people who choose to volunteer their time with us are passionate about improving healthcare in their local area. Each brings a unique set of skills, experiences and insight to our work and their contribution to helping us deliver our five year plan is invaluable.

If you'd like to find out more about how the Ambassadors could help you with your project, please contact the Communications team.



DENNIS THOMAS

Dennis spent his early life as a Physicist/Engineer, before becoming Managing Director for some of the world's leading disaster recovery companies, working at the local, European and Global level, nurturing a passion and concern for people at their most vulnerable. Since retiring, Dennis is busy volunteering in many roles in the community. He is a short story writer, an occasional member of a rock band and a traveller. Dennis has long held a desire to also do his bit for the NHS and, in his role as Community Ambassador, he can bring both past and present skills to bear.



DOUG RALPH

Doug worked in healthcare throughout his 38 year military career, providing everything from direct support to troops on the ground, to strategic overview at MoD board level. He served as Commander Medical London, where he oversaw healthcare for military personnel during landmark events, including the Royal Wedding, Diamond Jubilee and 2012 Olympic Games. He developed strong leadership skills and the ability to help people get the best out of themselves, even under the most extraordinary of circumstances. Doug is currently serving as an elected governor for HHFT.



ESTHER ARINOLA

Esther works in the pharmaceutical industry as a Data Management Expert on development of new medical devices and drugs. She oversees strategy, design of technical documents and implementation of systems for new projects. She currently manages the day-to-day operations of a global team, including data governance and revenue. Esther has a keen interest in digitalisation in the health sector and advancement of clinical research. She is volunteering to engage in the delivery of new health care models and tightening of electronic records in the NHS.



BRIAN SIMMONDS

Brian has had many experiences of the NHS; his father died recently in a home and his brother, sister and stepmother have all been in and out of hospital. He had a heart attack himself 6 years ago. This inspired Brian's interest in the NHS and he has been a PPG member for many years. He is Chair of Acorn PPG and Deputy Chair of the governing body of St Mark's Primary School. Brian is good at seeing through the 'political bunkum' and overly wordy nature of things often associated with the NHS, and is particularly invaluable at helping us keep our communications in Plain English.



SUE GARVAN

Sue has worked in a variety of organisations, including the NHS, major water and energy utilities, charities, and commercial companies. She also ran her own business. Sue's roles have been diverse and have covered customer service, IT, regulation, communication, project and programme management, training and mentoring, and business change. Following her retirement, Sue wanted to volunteer and being a Community Ambassador was ideal. She is keen to be hands on in supporting the CCG and its partners to deliver the best options for our communities.



IAN JOSEY

After working as an IT Instructor and Data Manager, Ian qualified as an Internal Management Consultant with the MoD to work on improvements brought about by Portfolio/ Programme/Project Management (P3M) change in medical and personnel administrative functions and procedures. He retired in 2017 after 3 years as a Resettlement Officer, supporting ex-servicemen leaving the Forces. Ian organised the Chineham Cycle Treasure Hunt and worked with charities through the Round Table organisation. He is also a PPG member and cares for his parents.



MICHAEL WHEATON

Retired Regional Superintendent for National Express, Michael, is a passionate advocate for health and fitness. He is a senior leader for Walking Back to Health, a group which organises daily walks for all abilities and which he credits with helping him lose almost three stone in weight, feel better and come off some of his long-term medication. Michael is a keen volunteer and became a Community Ambassador to help promote the benefits of exercise at all ages and support people into activities.