

I am an agile social policy researcher, with specialist knowledge and experience of creative interventions and participatory methods. With over 20-years experience working across the voluntary/community, social enterprise, public, and higher education sectors, I am passionate about mobilising research and evidence to address complex policy issues to bring about transformational change.

## CURRENT EMPLOYMENT

**Research Fellow**, School of Health Sciences, University of Southampton, since Oct 2025:

- Lead for Community Participatory Action Research strand of health geography project, Food Aid Inequalities Rectified, funded by UKRI Biotechnology and Biological Sciences Research Council.
- Design and delivery of 16-week Community Participatory Action Research training programme for food aid users across Southampton, the New Forest and Isle of Wight.
- Developing and maintaining community-university partnerships.
- Knowledge exchange, policy engagement and co-production activities and events across the multi-disciplinary team.

## SKILLS

**Working together:** strong mutually-beneficial relationship builder; inclusive & equity-driven approach; highly resourceful & curious problem solver for shared solutions.

**Initiative:** integrity & authenticity; adept at emerging situations & experimental approaches; effective in managing diverse & competing workloads.

**Supportive:** sustainable working practices; supportive, reciprocal & caring team-worker; socially responsive & responsible; collaborative & empowering techniques.

**Communication:** clear & accessible communicator for myriad audiences; agile & innovative content-creator; adept at transparent cross-sector partnership-building.

## EDUCATION

**PhD in Social Policy**, University of Brighton, ESRC Scholarship, 2018-2022

**MSc in Social Research Methods**  
(Distinction) University of Southampton, 2017-2018

**MA in Migration Studies** (Merit)  
University of Sussex, 2006-2008

**BSc(Hons) in Philosophy & Politics**  
(2:1) University of Bristol, 2001-2005

## RECENT TRAINING

**Research:** Qualitative analysis software (Nvivo, MAXQDA)

**Communications:** WordPress; Community Music Facilitation & Safeguarding

**Organisational:** Data Privacy & Security; Diversity, Equality & Inclusion; Health & Safety; Risk Assessment; Project Management.

## PREVIOUS EXPERIENCE

### **Creative Listening Practitioner & Evaluation Consultant, Brighton & Hove Music for Connection, Mar 2021-ongoing, Freelance (started as a volunteer 2017)**

- Lead for monitoring, evaluation and impact for community music projects commissioned for health & wellbeing outcomes
- Co-development and delivery of creative listening projects, including Interactive Listening Walks, online shared-space soundscape composition instrument and soundmapping workshops
- People-centred and needs-led creative facilitation and engagement with groups experiencing intersecting marginalisation: older people, racially minoritised communities, refugees and migrants, people experiencing disabilities, mental health issues, and health inequalities

### **Research Fellow in Policy Engagement, University of Brighton, Oct 2023-Apr 2025**

- Led a community and policy engagement project about seaside gentrification
- Co-designed and piloted listening tools with sonic artists, residents, community groups, and policy-related professionals
- Created digital outputs e.g. short films, podcasts, website, blogs, social media
- Curated knowledge exchange events & networking, including for the Centre for Arts & Wellbeing

### **Research Associate, Lloyds Bank Foundation, Oct 2022-Oct 2023**

- Led on creation and implementation of research strategy & work plan for £300k research portfolio investment to build evidence for policy advocacy
- Developed research projects including into the distinct value and role of by-and-for (equity and user-led) organisations and established an advisory board
- Sustained existing and initiated new partnerships across national, regional and local organisations: academic and independent research centres, independent funders, government agencies, and small charities
- Created infrastructure: Small Charities Data website, research blog, ethical framework, research commissioning processes, learning opportunities and training for charity leaders on research and evaluation

### **Doctoral Researcher & Lecturer, University of Brighton, Oct 2018 – Sept 2022**

- Experienced collaborative researcher, embedding participation across all stages of design, ethics, analysis, interpretation, and dissemination
- Led interdisciplinary project in fields of seaside, gentrification, social/spatial/mobile justices, mobilities, listening and sound, participatory and creative methods
- Lecturer in undergraduate Community Engagement and postgraduate Advanced Methods and Community Psychology modules

### **Development Manager, Community University Partnership Programme, University of Brighton, Dec 2012-Sept 2017**

- Developed research partnership and networks across a range of academic, public, voluntary/community and social enterprise sectors
- Managed the Community Helpdesk & Community Knowledge Exchange seed funding programmes across the Sussex region

### **Development Manager, MOSAIC Black & Mixed Parentage Family Group, Apr 2009 - Nov 2012**

- Managed the development of services, new business opportunities and strategic planning for the organisation
- Successful development of anti-racism school package, Cric!Crac!, from inception, consultation and pilot through to launch and marketing including strategic partnerships with local pilot schools, Healthy Schools Team, education professionals and Black & Asian storytellers, graphic artists and designers

## REFERENCES available on request