

MINDFUL EMPLOYER Patrons

We are delighted that the following people have kindly agreed to be Patrons:



Professor Sir Cary Cooper CBE is the 50th Anniversary Professor of Organizational Psychology and Health at ALLIANCE Manchester Business School of the University of Manchester, President of the CIPD, President of the British Academy of Management and President of the relationship charity RELATE. He is the author/editor of over 170 books (eg *Wellbeing: Productivity and Happiness at Work*, *The Crisis Book*, *The Outstanding Middle Manager*), and 350 scholarly articles on organizational psychology and HR topics. He is the first port of call by the national and international media on workplace health and wellbeing. He was Knighted by the Queen in 2014 for his contribution to the social sciences.

"I am really pleased to be a Patron of Mindful Employer, an organisation I have been involved with for many years and who is doing an outstanding job in the health and wellbeing arena in the UK. Look forward to be working with the team over the coming years".



Helen England is CEO of Livability. Helen's career began as a music therapist and she worked in the education and care sectors before joining the NHS where she worked in both Child Development and Child and Adolescent Mental Health. For more than a decade Helen then held executive leadership roles in commissioner and provider organisations and in 2011 she was awarded a one year fellowship from the National Institute for Health Research to support the mobilisation of research findings within the NHS. In 2015 Helen became a trustee for the disability charity United Response, a UK charity that provides personalised care and support to people with learning disabilities, mental health needs and autism and she is now Vice-Chair of the Board. In 2018, Helen joined the Charity Livability as its Chief Executive Officer. Livability delivers disability services across the UK and works to tackle social isolation and build connected and livable communities for disabled people.

"It is a privilege to be invited to be a patron of Mindful Employer. There is greater recognition than ever about the importance of good mental health and employers have a key opportunity to make a positive difference to the wellbeing of their staff. Mindful Employer has proved to be instrumental in promoting positive mental health in the work place and continues to be a hugely valuable resource for employees and employers alike."



Adam Spreadbury is a senior manager at the Bank of England and a mental health advocate. He co-founded the Bank's mental health network in 2012 and co-chaired it until 2018. Through this the Bank has publicly supported Time to Change's anti-stigma pledge in 2013, thousands of its staff wore green ribbons during Mental Health Awareness Week, and many thousands of pounds have been raised for Mind and Samaritans, as the Bank's staff charities of the year. Adam is a steering group member of [This is Me](#), an innovative mental health initiative. He and his colleagues supported this initiative by sharing their mental health lived experiences in [a short film](#) in 2016. Adam also regularly speak at conferences and workplaces sharing the many practical steps the Bank has taken to be a mentally healthy workplace.

"I am thrilled to be a Patron of Mindful Employer as I know many have benefitted from its practical advice about becoming mentally health workplaces."