

## Youth Trust Board of Trustees

The Youth Trust has a Board of Trustees and two sub committees – Clinical & Services and Finance, HR & Operations.

### Our Trustee Board Structure

Board	Clinical & Services committee	Finance, HR & Operations committee
Kay Boycott – Chair	Pete Elliott – Chair	Michael Shepherd – Chair
Pete Elliott – Vice Chair	Kay Boycott	Kay Boycott
Michael Shepherd	Alison Pleszak	Helen Farrant
Alison Pleszak	Mark Dix	Sarah Redrup
Helen Farrant		Tom Flower
Mark Dix		
Sarah Redrup		
Tom Flower		

### Our Trustee Bio's

#### **Kay Boycott – Chair**

Kay Boycott is an independent advisor and non-executive director, primarily in the healthcare sector. She is currently a board member for Eakin Healthcare Group, North Central London Integrated Care Board (NHS) and English Heritage, the Senior Independent Member of the Medical Research Council, and an independent member of London Fire Brigade's Audit and Risk Committee. Her professional background is consumer marketing and strategy consulting, mainly for commercial organisations. She also spent ten years in executive roles in the charity sector, including as Chief Executive of Asthma UK and the British Lung Foundation.

Kay lives in Bonchurch and is a member of the Youth Trust's Finance, HR and Operations Committee, and Clinical and Services Committee.

#### **Michael Shepherd – Chair Finance, HR & Ops Sub Committee**

Michael is an international hotelier, having worked across three continents and in over ten countries. Most recently he was the area general manager for the luxury portfolio of Hilton across the U.K. & I. Previously he was managing director at The Savoy, and general manager of The London Hilton on Park Lane.

Michael is a graduate of Surrey University, a Fellow of The Institute of Hospitality, and a master innholder and a doctorate from the University of West London. He served for fourteen years as pension fund trustee director and a member of the Grant's Committee for the Dame Maureen Thomas Foundation for Disadvantaged Children Charity. He is a non-executive director, and trustee at The Cowes Waterfront Trust.



He was appointed trustee at the Isle of Wight Youth Trust in January 2024 and is chair of the Finance, HR and Operations Committee.

Two years ago, Michael moved to Cowes and has recently established a Villa Rental business on the island of Meganisi in Greece. Michael is a keen sailor and enjoys rugby and general sporting pursuits. He is a keen environmentalist and supporter of sustainability initiatives.

**Helen Farrant – member of Finance, HR & Ops Sub Committee**

Helen is a senior human resources manager with over 30 years HR experience in manufacturing and retail. She has recently retired and is a member of the Youth Trust's Finance, HR and Operations Committee.

**Tom Flower - member of Finance, HR & Ops Sub Committee**

Tom Flower is an experienced building surveyor and associate member of the Royal Institution of Chartered Surveyors. He has worked in the surveying profession and wider construction industry for over 20 years. Tom is experienced with heritage building, estate management and has provided bespoke advice to charity businesses, town councils and the local authority.

Tom is a member of the Youth Trust's Finance, HR and Operations Committee.

**Pete Elliott – Vice Chair & Chair of Clinical & Services Sub Committee**

Pete Elliott worked for 20 years with the NHS as a chartered clinical and health psychologist, including for 5 years on the Isle of Wight as a consultant in Community Health. Then for 18 years he was employed by the University of Southampton initially as deputy director of the Doctoral Programme in Clinical Psychology, then as director from 1999 to 2013, from which he retired. During this time, he also worked as an honorary consultant clinical psychologist with IOW NHS, working latterly with adults traumatised by childhood emotional, physical or sexual abuse.

His research interests and publications across his career included psychiatric rehabilitation, family therapy, health promoting ward environments, student mental health in relation to debt and the cost of living crisis.

He is a trustee of 2 other island charities and is currently honorary secretary and board member of the British Association for Behavioural and Cognitive Psychotherapy.

Pete currently chairs the Youth Trust's Clinical and Services Committee and is Vice Chair of the Board of Trustees.

**Alison Pleszak – member of Clinical & Services sub committee**

Alison Pleszak is a retired healthcare professional with over 35 years experience in the field of psychiatry. Originally trained as a psychiatric nurse then a family therapist. For the past 30 years Alison has held management roles from hospital manager to regional operations director and the managing director for private healthcare for both the Priory and Cygnet Healthcare.

Alison has developed services that meet the needs of the ever changing healthcare landscape and has managed specialisms including Children's Mental Health Services, Adult Acute Care, Psychiatric Intensive Care, Addictions, Mother and Baby, Eating Disorders, CAMHS and Adults, Neurodiversity Services, Emotionally Unstable Personality Disorder



Units, Obsessive Compulsive Disorder Services, Low Secure, Rehabilitation Services, Day Care and Healthcare in Prisons.

Alison now lives on the IOW and volunteers with the Ability Dogs for Young People and has been on the Board of Trustees for the Youth Trust since 2022 and is a member of the Clinical and Services Committee.

### **Mark Dix – member of Clinical & Services Sub Committee**

Mark grew up on the Isle of Wight and has a deep-rooted connection to the local community. Having experienced the unique challenges and opportunities of Island life, he values the vital role the Youth Trust plays in supporting young Islanders' mental health and well-being.

As a trustee, Mark brings two decades of experience in digital marketing and analytics, having worked with organisations such as Tesco, Nestlé, IBM, and Macmillan Cancer Support. With expertise in business, statistics, and computer science, he supports the Youth Trust in a practical and meaningful way.

Mark is currently training as a humanistic counsellor at Chichester University, further deepening his understanding of mental health and well-being. He hopes this training will bring additional insight and empathy to his role as a trustee.

Passionate about ensuring that every young Islander has access to the resources and guidance they need to thrive, Mark is committed to championing the Trust's mission.

Through his role, he aims to contribute to the Trust's continued growth and impact, ensuring it remains a valuable pillar of support for young people across the Island.

Mark is a member of the Youth Trust's Clinical and Services Committee.

### **Sarah Redrup - member of Finance, HR & Ops Sub Committee**

Sarah is a marketing manager and Isle of Wight councillor for Wootton Bridge. For the past eight years she has been running Grace's Bakery with her family, a well-established Isle of Wight business with four shops across the Island.

Sarah sits on the Newport Business Association, the Isle of Wight Council, Wootton Bridge Parish Council and is also a trustee and director of the Ryde Community Development Trust.

Having grown up on the Island, Sarah has experience as a service user of the Youth Trust.

During her time reading Philosophy and Politics at Bristol University, Sarah worked in youth outreach, 1:1 mentoring in secondary schools and served as the student living officer for Bristol Student Union.

Sarah is a member of the Youth Trust's Finance, HR & Operations Committee.