

## Weeks to Wellbeing - Meet our Trainers



### **Alex Roland - Your IT Now**

Alex Roland has over 17 years experience working in Somerset Social Care in both the public and private sectors. He now runs "Your IT Now" a company that ensures people with learning difficulties have the skills and knowledge to use technology, such as the internet and social media to help combat social isolation. He is regularly asked to speak on Internet and social media safety and uses technology to improve and simplify the lives of those he works with. He is passionate about everyone having the same chances in life and is a huge believer in integration and community involvement.

In July 2017 Alex won the prestigious "Making a Difference Award" at the National Learning Disability and Autism Awards in Birmingham .

He is based in Bridgwater but works throughout Somerset and the South west .



### **Karen Harris - The Mindful Sage**

Karen worked as a registered nurse for almost 20 years in acute hospitals and homes. She started practising mindfulness in 2010 and undertook a mindfulness course in 2011. Karen found that practising mindfulness transformed her life, her health, wellbeing and relationships and she wished to share what she had discovered with others. She chose to train to teach mindfulness with the Breathworks organisation and achieved her accreditation in 2014, Karen has since worked with groups and individuals, teaching both the Mindfulness for Health and Mindfulness for Stress courses, as well as one day retreats and workshops and short taster sessions. When the register for mindfulness teachers was set up by the main teacher training organisations in the UK in 2015 she became a member. Fully believing that mindfulness has to be caught, not taught, she endeavours to embody the practices she teaches, enabling and supporting others to find ways to integrate mindfulness into their daily lives in the ways which work best for each individual.



## **Georgie Newson - Compass Wellbeing**

Georgie has worked in the catering and hospitality industry for over 30 years. She is a fully qualified chef having worked at various top hotels and restaurants including the world renowned hotel, The Savoy, in London. Georgie has helped set up restaurants and helped to manage various establishments across the UK, including the setting up of Living Rooms Brassiere and working for Pals Leisure for over 20 years. Georgie has trained over 200 people in the hospitality industry and enjoys seeing people achieve their potential and go on to have careers in the catering sector. Georgie currently the Catering Supervisor at Compass Wellbeing and trains staff and apprentices.



## **Martin Hallett - Personal Trainer**

Martin is Somerset's only visually impaired personal trainer & exercise referral instructor.

He has the Active IQ level 3 Diploma in Personal Training & Business Skills and the Active IQ level 3 Diploma in Exercise Referral. Martin has always been into health & fitness since doing the London marathon in 2001. Since then he has ran 7 more marathons.

He has trained several people and enjoys seeing them get fitter and enjoying exercise, no matter the age or ability. He has played Visually Impaired cricket for Somerset County Cricket Club for the last 7 years, and likes to inspire people to get fit and healthy. Martin also has his own PT business, Fitness, Power & Health Personal Training based in Bridgwater.

