

Redcar & Cleveland Mind Board of Directors: Biographies (February 2022)

John Adams:

John has over 25 years teaching and administrative experience in higher education. He is a BPS Chartered Psychologist (BA honours, MSc, PhD) and a Fellow of the Higher Education Academy. John has published research articles and reports on working memory and individual differences in learners. His particular interest is in cognitive learning difficulties including dyslexia, ADHD, and dyscalculia. He requested voluntary severance from Durham University in 2018 when his post relocated to the Durham City campus.



Through his academic roles and as an experienced school governor in Redcar & Cleveland, John has experience of mental health issues in educational settings and overcoming their impact to allow individuals to achieve their academic potential and life goals. He currently works as an Associate Lecturer and Academic Conduct Officer for the Open University and lives in Marske-by-the-Sea.

His hobbies are dog walking, horse racing and family history.

Chris Angell:

Chris has worked professionally in mental health services for over 21 years. She spent her late teens and early twenties at home bringing up her two daughters, having left school with an English & Art qualification, and lots of challenges. Chris also nursed her own mum through a terminal illness, she embarked on her professional career via an Access Course and then onwards to Teesside University.

She is currently a registered mental health nurse RMN and spent her first few years working on adolescent in-patient units. After this she went on to complete her BSc Hons in Child & Adolescent Mental Health working with various CAMHS community mental health teams and over the years has worked from Scarborough all the way up to Sunderland. She completed her Masters Award as a qualified Family Therapist and also as an Interpersonal Psychotherapist. Half of her time is now taken up with supervising and training other clinical staff. As a senior clinician Chris is also a member of the management team.



Chris is in a youtube video procured when her team were commissioning new premises in North Yorkshire with a group of young people 3 years ago – via Biomation – ‘What is CAMHS’ ‘Self Harm’ ‘Family Therapy’ and had lots of laughs doing the stop start animation and won a Trust Award for this and were finalists in the Nursing Standard Awards for Participation & Involvement. They did it all – fantastic.

Chris is an advocate for young people and families emotional and mental health and her interests are developing secure attachment relationships within families recovering from trauma, evidenced based practices and including families and young people as experts on their recovery. As a systemic practitioner she is mindful of the wider societal and contextual challenging factors that impact mental health.

When not working Chris is busy most weekends caring and having lots of fun and adventures with her 3 year old grandson whilst his mum works long shifts on a hospital ward. She also has a very gentle big Maine Coon cat who loves cuddles and if she had the time would love her to be a therapy cat visiting older people homes.

Elliot Belshaw:

Elliot is currently working within the property sector covering the Teesside area and specialising in residential sales. He previously studied marketing at Teesside University alongside working with several local businesses developing their online strategy. He has also volunteered for a local



non-profit helping children and young adults who suffer from various learning difficulties. From this, he learned the importance of what small charities and enterprises can do for the communities around them.

His passion for mental health came from personal experiences not only of his own but of his family and friends.

In his spare time, Elliot enjoys spending time with his family and friends, keeping up to date with current affairs and playing golf... very badly.

Mel Carr:

Mel has worked in various business development roles, exclusively within the private sector for the past 30 years, including at Board level as Sales and Marketing Director for a regionally based SME.

Mel holds a post-graduate Diploma in Management Studies and has been a self-employed Business Consultant for the last 4 years, specialising in supporting SMEs and third sector organisations in developing compelling bids and tenders and providing training to individuals and groups within this field of work.



Mel became involved with Redcar and Cleveland Mind during some local authority commissioned business support work to develop the Something in Mind project and joined the Board in 2017. She has an interest in mental health issues as a result of her personal experience of family and friends being affected.

Mel enjoys a range of hobbies and interests in her spare time, including Scuba Diving and walking. She has a property in Spain and hopes to spend a little more time there over the coming years.

Peter Smith:



A professionally qualified and registered social worker and has worked in adult social care for local authorities and housing associations for the past 40 years. He has worked across North East England, Cumbria, Yorkshire and Humberside, mainly with older people but also people with learning disabilities and people with mental health problems. He has undertaken a number of job roles including direct service management, registration, and inspection and commissioning services. Prior to a career in social work he obtained a qualification in horticulture and worked for three years doing voluntary service overseas for the Jamaican Ministry of Agriculture.

Over the past 17 years he has worked for Stockton-on-Tees Borough Council, initially as the Supporting People project manager (housing related support services), a strategic commissioner for Independent Living services; Personalisation Manager for the Putting People First initiative and latterly managing in-house services.

Peter retired in September 2018 and in December 2018 won a Lifetime Achievement Award in the national Social Worker of the Year Community Care Awards.

In his spare time Peter supports a local Healthwatch as a Board member; enjoys travel, gardening, stamp collecting and grandchildren.

Following the recent sad death of our former trustee, Jim Wingham, we are looking to recruit to our Trustee Board. If you are interested in applying, please contact our current Chair, Mel Carr via email: m.carr@rcmind.org