

## Contributors

**Faye Adams-Eaton** is Community Engagement Associate at the Institute for Health and Human Development (IHHD) based at University of East London and a Community Well-being Research consultant. Faye has considerable experience of community engagement methodologies that align to Systems Thinking. She was an IHHD Research Fellow for 4 years and during this time worked in partnership with private, public and community organisations to deliver innovative community health and well-being interventions, including most recently the BIG Lottery Funded Well London project. She has built a significant experience in designing, conducting, analysing and synthesising primary and secondary mixed methods research. She also regularly contributes to evaluation projects funded by a variety of bodies including primary care trusts and local authorities.

**John Adlam** is Consultant Adult Psychotherapist in Reflective Practice and Team Development with South London and Maudsley Foundation NHS Trust and Principal Adult Psychotherapist and Lead for Group Psychotherapies at St George's Adult Eating Disorders Service, Springfield Hospital. He was formerly Principal Adult Psychotherapist for the Henderson Hospital Outreach Service Team. He is also a Visiting Senior Lecturer in Forensic Psychotherapy, St George's University of London, a Group Psychotherapist in private practice and an Organisational Consultant and Associate with SAM Training and Consultancy Ltd and The Station. He is on the Steering Group of the Psycho-Social Studies Network and is a former Vice-President of the International Association for Forensic Psychotherapy.

**Miriam Akhtar** is one of the first positive psychologists in practice in the UK. She works as a trainer and coach ([www.positivepsychologytraining.co.uk](http://www.positivepsychologytraining.co.uk)) and develops well-being programmes for the health, education and business sectors. She graduated with distinction from the Masters in Applied Positive Psychology (MAPP) at the University of East

London. Her doctoral research at the University of Bath is in the field of positive psychology interventions and flourishing. She applies positive psychology with vulnerable young people and is a facilitator of the Penn Resilience Program (PRP).

**Dr Marcello Bertotti** is Research Fellow at the Institute for Health and Human Development (IHHD) based at University of East London. Marcello has almost ten years academic research experience in both economic and social regeneration of marginalised urban and rural areas. In the last two years, Marcello has been part of the community engagement team at IHHD where he has actively contributed to the development of the team by producing consultancy and academic work, particularly focussed on the production of community engagement reports and a range of publications around community cohesion and social enterprise. He currently manages a research project examining the meanings of community across research disciplines funded by the Arts and Humanities Research Council.

**Dr Ilona Boniwell** is the programme leader for the Masters Degree in Applied Positive Psychology (MAPP), the first postgraduate degree in positive psychology in Europe. She is the author of *Positive Psychology in a Nutshell* (2006, PWBC) and a co-author of the *Happiness Equation* (2008). Ilona founded the European Network of Positive Psychology (ENPP), organised the first European Congress of Positive Psychology and served as a vice-chair of the International Positive Psychology Association (IPPA). Ilona was a consultant for and appeared in the BBC2 series *The Happiness Formula*. Her other media work included *Guardian*, *Times*, *Psychologies*, *Top Sante* and *Cosmopolitan*, as well as radio and TV interviews. She is a prolific speaker and often addresses international psychology and professional audiences. In addition to her academic work, Ilona develops educational programmes around well-being and resilience.

**Dr Jerome Carson** is a consultant clinical psychologist with the South London and Maudsley NHS Foundation Trust. Jerome's main interests are in the area of recovery, well-being and positive psychology. He works in a community mental health team in the London Borough of Lambeth.

**Anant Chander** was an assistant psychologist at the South West Community mental health Team for just under two years. His research interests include recovery, social inclusion, well-being, innovation in the health service and user research. He is currently pursuing an MSc in Research Methods at Goldsmiths' University.

**Sherry Clark** co-ordinates the Well London DIY Happiness project while employed as a mental health promotion co-ordinator at South London and Maudsley NHS Foundation Trust (SLaM).

In 2007, Sherry formed the idea for what is now the Well London DIY Happiness project. Through Well London, people living in 20 of London's most disadvantaged communities will be using positive psychology principles to design their own 'recipes for happiness'.

She is particularly interested in developing participative approaches to promoting mental health and well-being in urban environments and other community settings.

In 2005, Sherry co-authored "Hidden work: co-production by people outside paid employment" while at the new economics foundation (nef) and wrote 'You Cannot Be Serious: a guide to involving volunteers with mental health problems' while at the National Centre for Volunteering in 2003.

**Margaret Muir** was been closely involved in mental health recovery work and co-facilitated the gratitude workshops with Jerome. She has developed an interest in photography in recent years and showed some of her work at the 2010 Groupwork and Well-Being Conference.

**Dr Nash Popovic** is a senior lecturer at the University of East London, a director of Personal Well Being Centre that promotes psychological education among young people and disadvantaged groups and counsellor in private practice.

**Professor Adrian Renton** is Director of the Institute for Health and Human Development (IHHD) based at University of East London. Adrian is a Public Health Physician with 25 years of experience in multi-methods research at St Mary's Hospital Medical School, and subsequently Imperial College. Over the last 10 years, he has worked extensively for the World Health Organisation, UNAIDS, the World

Bank and the UK Department for International Development in Africa and the Former Soviet Union. In the UK, he has recently completed several studies of health and social wellbeing in Black and Minority Ethnic Communities and migrant populations funded by Local Authorities, and the Medical Research Council as well as a number of studies in mental health services research. In 2006 Adrian took on the role of foundation Director of the Institute of Health and Human Development at University of East London. The Institute's Mission is to conduct high quality multi disciplinary theoretical and empirical research into the social, economic and cultural production of health and wellbeing. The Institute uses creative approaches to the design and evaluation of institutions, policies and interventions that engage and support people to make sustainable lifestyle and consumption choices which promote their health and wellbeing. The Institute is now 17 strong and has raised over £2.5m in external research funding. Adrian was co-author of the successful Well London bid to the Big Lottery. Adrian is currently an expert advisor to the GLA on health and holds honorary consultant contracts with NHS London and Tower Hamlets PCT. He has published over 150 scientific papers.

**Christopher Scanlon** is Consultant Psychotherapist in general adult and forensic mental health, he has the lead for group psychotherapy, and for reflective practice and team development in the Department of Psychotherapy, South London & Maudsley Foundation NHS Trust. He is a Training Group Analyst and member of Faculty at the Institute of Group Analysis (London); visiting senior lecturer in Forensic Psychotherapy at St George's University of London; visiting Senior Visiting Research Fellow Centre for Psycho-social Studies, University of West England (UWE) and an Independent psychotherapist, educator, psycho-social researcher and organisational consultant.

**Charlotte Style** has worked as a personal coach for 15 years. She is one of the first cohorts of MSc graduates in Applied Positive Psychology from UEL and her first degree is in philosophy and theology.

Charlotte started her life as a chef and has also worked in the music business. She has been married for 30 years, has three daughters and lives near Stonehenge.

Charlotte is passionate about getting people to be happy with

themselves and to live authentically. When people start to fulfil their potential, and know what it is that really matters to them, they can truly enjoy life, in all its guises.

**Kevin Sheridan** is Director of Community Engagement at the Institute for Health and Human Development (IHHD) based at University of East London. Kevin has a substantial experience in developing community engagement and development approaches and has led a number of projects for London boroughs and PCTs, the Big Lottery and the Single Regeneration Budget. Recently, he has been responsible for leading the Community Engagement process in 20 of the most deprived communities in London for Well London, a Big Lottery £9.6m funded programme.

**Allison Trimble** is a Director of Leading Room, a learning development organisation which specialises in work with the independent and community based health and social care sector. She has over 20 years experience in the voluntary and community sector, working as a volunteer, employee, chief executive, trustee and consultant. Allison is a founder member and former chief executive of the Bromley-by-Bow Centre, an integrated health and community regeneration organisation in Tower Hamlets. Allison was responsible for setting up the Centre's Community Care project and developed the distinctive approach to community ownership and participation which underpins the Centres leadership model. Allison is currently an Associate of the Kings Fund and CIHM (The Centre for Innovation in Healthcare Management) at Leeds University Business School. She is also an Associate of the University of East London. Allison has worked extensively with health and social care leaders, including development programmes for new directors of adult social services and programmes for leaders in the independent care sector. Allison also works as a coach and Action Learning Set facilitator. She has a specific coaching interest in working with community based and service user leaders to explore how their distinctive personal experience and community context shapes their leadership approach.

**Elizabeth Wakely** is a retired history teacher with over 25 years experience in both state and private sectors; with her professional