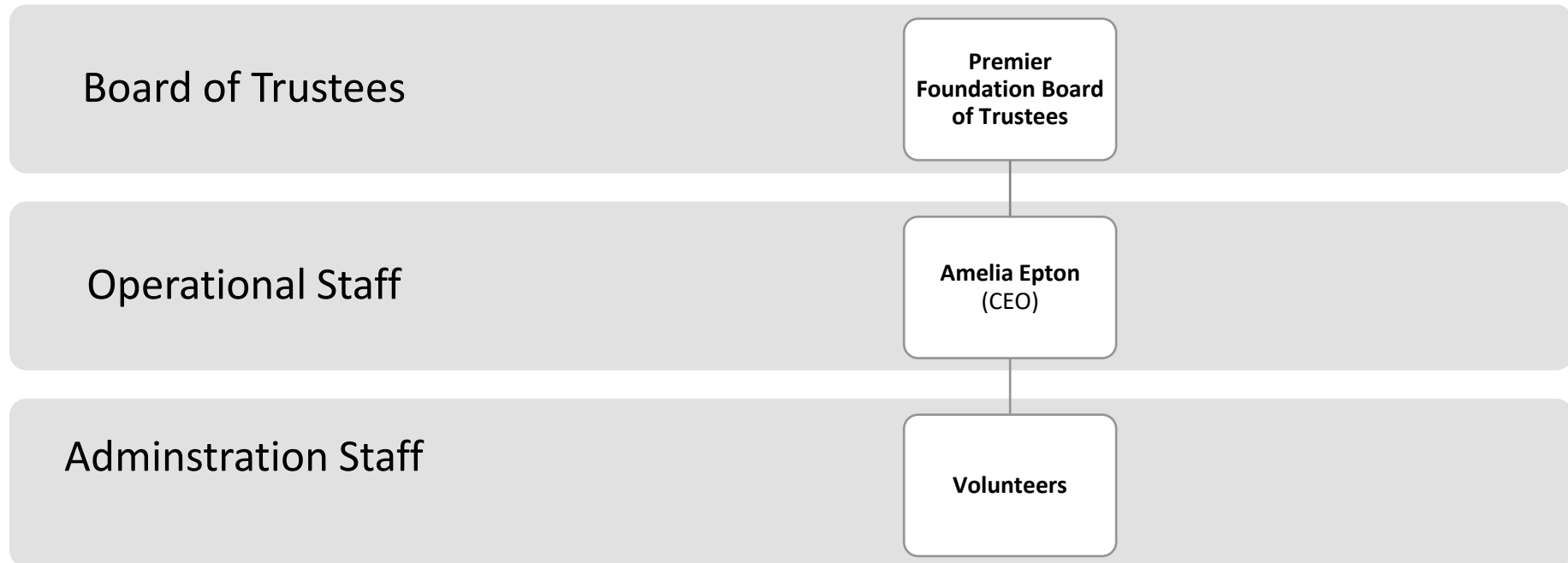
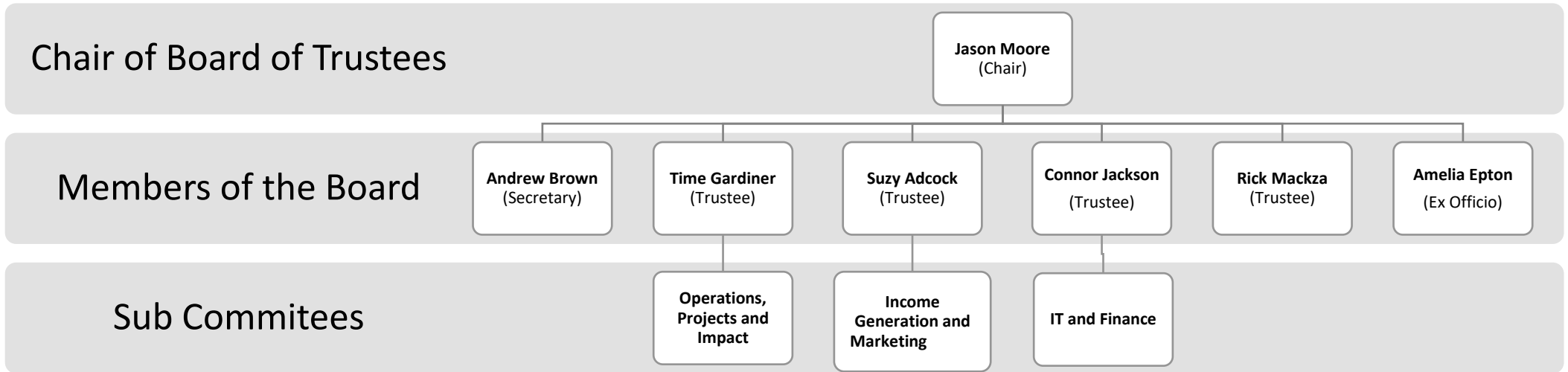


Premier Foundation's Organisation Structure

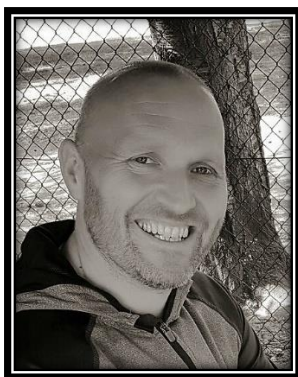


Premier Foundation’s Governance Organisational Chart

Premier Foundation is governed by the Board of Trustees who are responsible for the control of the charity, its property and its funds. The Board is led by a Chair who is elected by the other members of the Board. The Board has a Secretary who maintains proper and accurate records of each Board meeting and the decisions which were made. The board has three Sub Committees which are led by key Trustees. The board has six Non-Executive Directors (Trustees) and one Ex Officio Member.



The Board places Diversity at the highest of its values. The board has a gender balance of 30% Female: 70% Male. The board also has 30% under the age of 31. One member from an ethnic background.



Jason Moore

Chair of Premier Foundation's Board of Trustees

Describe yourself, your experiences and interests.

My name is Jason and I live in Attleborough, Norfolk, I have three children and live with my partner Kym, we are due to get married in September.

Outside of family life my interests revolve around keeping fit and preparing for endurance events. I have completed two full distance ironman triathlons and run several marathons. Because of this I am regularly at the gym or out running, cycling and either pool or open water swimming. I don't really have any particular strength with any of three triathlon disciplines and would describe myself as very average with all three.

I enjoy the challenge of endurance events and like to reflect on the physical progress I have made over the years. Previously I done little (no) exercise and wouldn't have imagined partaking in such events. My intention is at some point to run an ultra marathon but this remains in the planning phase at the moment.

I also enjoy walking the North Norfolk coast and stunning hilly places like the Lake District and Wales.

What skills have you got that are beneficial to the Premier Foundation?

I have worked in the criminal justice system for over 25 years. 21 years with HM Prison Service where I was a governor grade, and more recently for a The Forward Trust charity as their Director of Services. My career (where governance and compliance features heavily) has developed my strategic and managerial skills that I am happy to support the Premier Foundation wherever possible.

My main skills are broadly:

- Corporate and clinical governance
- Risk management
- Project management and implementation
- Service improvement and development
- Professional networking

What interests you most about working for the Premier Foundation?

The Premier Foundation caught my eye and interested me because I genuinely believe that participation in activities is good for all, regardless of age, background or ability. Through my experience in the criminal justice environment I have all too often seen the negative effects of people being socially excluded, having little self-belief, limited and bad social networks and generally poor standards of well-being.

I have previously volunteered with various youth activities and managed a youth football team. These experiences taught me that coaches and others involved in such groups often play a critical role in supporting and developing children and young people, especially with those who are less fortunate.

Engagement with enjoyable, inclusive and safe activities with supportive peers and a quality role model will be limited for some. The work undertaken by the Premier Foundation may be the only opportunity that some children and young people get to do this in their lives. The benefits for them are unlimited.

What qualities do you bring to the Premier Foundation team?

- Good communicator
- Cheerful and positive personality
- Common sense
- Boundaries and good standards of conduct in professional and social life
- Enthusiastic with a can do attitude
- Always willing to learn and develop
- Honesty and integrity
- Reliable



Andrew Brown

Secretary of Premier Foundation's Board of Trustees

Describe yourself, your experiences and interests.

My two great passions are wildlife and sport. I am a self-employed consultant for a wildlife conservation charity and have been looking to get involved in a sports-based charity. Using sport to help disadvantaged young people is a great project to be involved with.

I used to play cricket, still play some golf and have an interest in most major sports such as tennis, rugby and football.

I love travel, photography, history, outdoor activities, gardening and reading.

What skills have you got that are beneficial to the Premier Foundation?

I am able to think critically and challenge constructively. I have a good appreciation of risk management. I understand basic finance. I am a good team player who listens to others' views and respects their opinions, whilst not be afraid to express my own. I will accept a collective view even if not what I would have suggested.

I believe I am someone who has good judgment and so am keen to be a sounding board for people at the Foundation.

I have some contacts in the sports world who may be useful to the Foundation.

I am keen to attend events and see the Foundation's work for myself, as well as showing Trustee-level support for events.

What interests you most about working for the Premier Foundation?

I come from a modest background in South Yorkshire, educated through the state sector but then going to Oxford University and to a large law firm in London. I am interested in social mobility and the skills that sport can provide to young people to help them make the most of their futures. I have helped local school children and students at university with interview skills, explaining some of the pitfalls to give them to best chance of succeeding. One good interview that lands the job can make a lifetime of difference to a person's career.

What qualities do bring to the Premier Foundation team?

As well as those mentioned under "skills", I am calm, approachable, good with people, sociable and have a good sense of humour (I think..).



Connor Jackson

Premier Foundation Trustee

Sub Committee Lead for IT and Finance

Describe yourself, your experiences and interests.

I am an experienced technical leader with a demonstrated history of working in the information technology services, local government, and non-profit industries. I have a lot of energy, enthusiasm, and a passion for delivering change.

Apart from technology, I have keen interests in the outdoors, food and drink, and travel.

What skills have you got that are beneficial to the Premier Foundation?

Having experience working for a large multi-national non-profit, I have some transferable and charity related technical and governance skills, that I hope that I can use to help support the Premier Foundation.

What interests you most about working for the Premier Foundation?

Seeing how leading an active and healthy lifestyle, at any age, can really improve or change your life outcomes or future. It is surprising how in the modern world there are still so many disadvantaged and hard-to-reach individuals that do not have access to sports facilities or sports programmes.

What qualities do bring to the Premier Foundation team?

I believe I bring a lot of Energy and Pace to the team.



Suzy Adcock

Premier Foundation Trustee

Sub Committee Lead for Income Generation and Marketing

Describe yourself, your experiences and interests.

I am an experienced operations manager/director with experience in the Higher Education sector as well as having held B2B and not-for-profit roles. I have good HR, marketing, budgetary and planning skills, data analysis expertise and enjoy solving problems. I always want to help teams achieve their potential.

What skills have you got that are beneficial to the Premier Foundation?

I have worked as a marketing manager in the past, and my current role requires me to work across HR, finance, communications, estates/facilities and teaching administration.

What interests you most about working for the Premier Foundation?

I'd like to put my skills to good use, and offer my experience to an organisation that can take advantage of them.

What qualities do you bring to the Premier Foundation team?

I am deadline-focussed and enjoy making things work. I like to see the bigger picture and bring it down to day-to-day activities to improve the organisation I am working for.

**Tim Gardiner****Premier Foundation Trustee****Sub Committee Lead for Operations, Projects and Impact****Describe yourself, your experiences and interests.**

My name is Tim, I am an ambitious and passionate individual. I have had a varied work history from Hospitality through to Project Management and working within the Youth Justice System.

I love sport, playing (football, golf, running & attempting the gym) and also watching sport (Scotland vs England at Murrayfield at highlight) and following the ups and (more often the not) downs of supporting Nottingham Forest Football Club.

I enjoy spending time with family and friends and have made Norwich my home after moving from Nottingham approx. a decade ago.

Other interests include music, comedy, coffee, travelling and trying new restaurants (Anything Mexican!)

What skills have you got that are beneficial to the Premier Foundation?

My current role, working within in a large youth charity as a Project Executive, gives me the benefit of frontline working with similar clients as the Premier Foundation and the structure of projects involving young people and children working with multiple partners. These skills allow me to have a great insight into the issues surrounding the projects that Premier Foundation run across the UK, as well an opportunity to support implementation of policy and procedures.

My previous roles include working within sales and marketing, financial sector, youth justice and children's services. So I have a good understanding of the issues surrounding children and young people in Norfolk and the surrounding area and wish to use this knowledge to make Premier Foundation meet those needs through its projects and activities.

I also believe in the power in partnerships and hope that my knowledge and networking skills will support Premier Foundation to grow in the coming years and build strong and relevant partnerships.

What interests you most about working for the Premier Foundation?

I am hugely passionate about education, within schools, at home and in the community. I believe that if we use education, we can help reduce the issues we are increasingly seeing across the UK, by using early intervention and education at an early age.

Physical activity and encouragement of a healthy balanced diet is key to reducing problems such as Obesity, Physical health issues, Mental Health issues and over all well-being. If we can make this part of everyday life for children, then it can only be of benefit to all.

Premier foundation uses sports & dance clubs to do just this, so its aims and ambitions fit with my passions.

I also wanted to be involved in a charity that allowed me to get hands on, visit projects and get involved.

What qualities do you bring to the Premier Foundation team?

I am an employee for a large youth charity, and a volunteer for another, so I feel that I can bring together a rounded approach to how a charity works from the ground up.

I have seen what works well and how it feels to be on the frontline working with clients, as well as being a volunteer and understanding the pride and privilege this gives me.

I hope my hard work and passion shows through to everyone involved in the charity, as well as all our partners to make the Premier Foundation a great place to work and volunteer for. As well as supporting a generation to be healthier and happier, supporting wider society and have fun doing it in the process!



Rick Maczka

Premier Foundation Trustee

Describe yourself, your experiences and interests.

I'm a Certified Trainer of NLP, Board Licensed Instructor of Hypnotherapy and Psychotherapist Certified Transactional Analyst.

I currently work for UK Centre of Excellence for NLP & Hypnotherapy in Norwich as a Principle Trainer and have done so since 1999. I supply Certified Trainings to Public and in-house corporate trainings tailored for company needs. Alongside this I work as a Hypnotherapist & Master NLP Practitioner which involves being a Life Coach, Counsellor, psychotherapist

I have also been Chair of Norwich Yes Group (personal development group) where I spent 3 years overseeing the transition of Group to a Charity.

I previously have worked as the Backstage Counsellor and Psychological Advisor on The Trisha Goddard Show (1999 - 2009) where I read psychological material and notes on over 20,000 people and saw 15,000 clients. ITV Guilty Sky TV 3 years, Tell Me a Secret Channel 4 - 2 years, Trisha Extra ITV2 2 years. Plus various TV shows on STV, Sky and BBC including The One Show

I believe that I have a lot to give through my own work and life experiences that are of a very varied nature. I have a love of life and believe in altruistic activity as a core practice in my life.

What skills have you got that are beneficial to the Premier Foundation?

I strongly support charitable work and have sought it out in various ways over the last 25 years. This is in line with my practice of Buddhist Ethics whereby we are encouraged to give with open handed generosity, ethical practice is a thread through my life and profession. I have previously been Chair of the Yes Group and have had many other experiences working with charities including;

Fundraising for the Charity Karuna Trust based in London, where I trained the door knocking team and fundraisers. 2 years- 1994 -96

I have also worked on the Warrior Programme, where I was working with Staff and Inmates suffering with PTSD.

I have also worked with MIND charity where I was training counsellors and residents of Omenia project.

The Basket Brigade – I fundraise yearly giving of Food Hampers to people in need at Christmas and coordinating with local businesses for nominations of people to be donated to who have had a challenging year financially, emotionally or physically. I also spent time contacting local businesses for donations or resources to support the yearly programme.

What interests you most about working for the Premier Foundation?

I like to think and dream big. I want to transform the planet. I believe strongly that this is possible particularly through positive and direct interaction with children and young people to inspire motivate and educate through whatever appropriate means. Although I have worked predominantly with groups and individuals through talking therapies I believe in change needing to be embodied and taken into the body. I have found that most positive interaction and change work with young people has involved some physical activity from playing music to sports or yoga and tai chi. If not having direct influence myself I also want to support those who are in the position to have direct impact.

I am passionate about helping people from all areas of life, as I have experience of many areas and contexts myself. I have been homeless, a drug user with multiple addictions and come out the other side to be a good citizen. That came about by opportunities that were made open to me, I want to help those who could benefit from having opportunities in life. Some of us are lucky to choose our life's path and yet there are those that are living a path that's been set out for them and often just need to have some positive input to help them open up to more and more of life's richness.

I have and still do work with young people and I know the pleasure for all those involved in seeing someone make changes in their life. We are designed to live in an ever changing ever stimulating environment. Sport exercise and body movement can produce that stimulating environment on so many levels. Psychologically and emotionally, through individual effort, goal setting, achievement and team participation or just being with others is psychologically healthy for offsetting the pressures of modern day living.

In the past I have coached many Elite Athletes footballers MMA fighters boxers and people attempting ultra events for example hand wheeling from London to Paris, Rowing across the Atlantic ocean so I have an interest in this area.

I believe that as individuals we need to be surrounded or a part of positive groups where there can be a common sharing of positive life values.

What qualities do you bring to the Premier Foundation team?

I have worked with young people who have had Drug and alcohol problems through to low self esteem and always found this rewarding work.

I bring an excellence in understanding of communication and use of language and its direct impact on self and others, I have helped others to develop marketing and sales strategies by refining their already excellent ideas and making them even more powerful and impactful. I have helped various executives turn their companies into what they imagined and beyond. I'm a big exponent of Mindset and through practical application more than through attitude.

I am also good at thinking outside the box, as I believe anything is achievable given time and resources



Amelia Epton

Premier Foundation Chief Executive Officer

Ex- Offico to the Premier Foundation Board

Describe yourself, your experiences and interests.

I work as the CEO of Premier Foundation. I manage the operations of this young and dynamic national charity. I'm responsible for the strategic direction of the charity, financial and business operations along with project management of bespoke and targeted projects.

Outside of work, sport has played a significant part in my life. Since the age of 8 when I joined a swimming club, I have always been active. I slowly worked my way from county and regional champion through to becoming a bronze national medallist.

In my later life, I studied BSc (hons) Sport and Exercise Science and my career has been shaped by my early experiences of how sport has impacted my life.

Now, I rarely swim, but I enjoy Yoga and High Intensity Interval Training. I also have a passion for travel, food and health and wellbeing.

What skills have you got that are beneficial to the Premier Foundation?

I'm a hardworking, positive and pro-active person keen to make a difference to other people's lives.

I am a experienced Sports Development professional with over 12 years in the industry. My background is Local Authority, County Sport Partnership, Leisure Trust, and Charitable sector Sport Development. After working for numerous years honing my skills to help communities get active my experience of this is now applied to working with Premier Foundation and a targeted group of under represented children and young people in the charity sector.

I specialise in Project Implementation and Management, Bid Writing and Business Development.

What interests you most about working for the Premier Foundation?

I believe in altruism and equality of opportunity which is what Premier Foundation stands for. I wanted to be a part of Premier Foundation's journey, helping it grow and become a fantastic charity which makes a great difference to the lives of others who need a helping hand.

What qualities do you bring to the Premier Foundation team?

I'm a team player and believe in collaborative working. My positive approach and personable qualities add to the more technical skills and experience I have.

Dedicated, driven and committed are the traits I have learnt from my background in sport and these follow into my working ways. I always try to carry out my duties with a smile on my face!