

PENNY LOGSDAIL

THINGS YOU MAY LIKE TO KNOW !

RELEVANT EXPERIENCE

MAY 2021 TO DATE - FOUNDER AND DIRECTOR OF SUMMERHOUSE SERVICES, PLYMOUTH.

Responsible for all aspects of operations, development and delivery of the organization and its services. Developing and delivering mental health focused workshops and short courses for adults that work and live with children and young people e.g. 'Self Harm & Young People', 'Eating Difficulties, Children Young People & You !'. (Please see www.summer-house.org for more details). All workshops are delivered both in person or virtually using creative, activity based person-centred training approaches. Recruitment, training and support of a team of volunteers. Working across The South West and wider region in schools, colleges, youth agencies and community venues.

JUL 2017 TO DATE - PART-TIME PROJECT FACILITATOR/VOLUNTEER COORDINATOR FOR COLEBROOK SOUTH WEST LTD.

Initially assisting with the delivery of the Opportunity Knocks Timebank Project, running groups in community venues across Plymouth, predominantly accessed by an elderly membership with the aim of reducing isolation and loneliness. With the advent of COVID, I was given the responsibility to create and facilitate virtual groups and activities to keep our membership engaged, entertained and supported via Zoom. E.g. a 'Pen's Techie Taster' series of mini videos to help people become more tech friendly, 'Cook alongs with Pen', a series of live cooking workshops while delivering quizzes and a chat group at the same time !, virtual quizzes and promotional videos for the different services Opportunity Knocks Offered. A large part of my role was to support our predominantly tech phobic members to access Zoom (I had a 100% success rate with this !) I also created a befriending service from scratch through lockdown that was delivered virtually.

Opportunity Knocks ended in June 2021 and I was redeployed into the William Sutton Hubs Project to recruit and train a team of volunteers to support various community activities within the project.

JUL 2010 – MAY 2021 - PROPRIETOR OF SOLE TRADER BUSINESS 'SUMMERHOUSE'

The pre-cursor to Summerhouse Services. I created this ethical micro-business with the aim of promoting positive mental health for children and young people, predominantly by the creation and delivery of a Children and Young People's Universal Workforce Training Programme of workshops and short courses. Also the creation and delivery of short supportive mental health workshops for young people around topics such as self harm, eating difficulties, effective communication and resilience building. I was also sub-contracted by various bodies in a consultancy capacity e.g. Achievement Training – to resurrect, redesign and deliver the CPCAB Level 2 Accredited Certificates in Counselling Skills; Plymouth Parent Partnership to design and deliver mental health focused supportive training workshops for families; The Volunteer Guild to recruit and train a team of volunteers for DIAC.

JUL 2006 - DEC 2010 - CO-CREATOR AND EXECUTIVE DIRECTOR - COASTS COMMUNITY INTEREST COMPANY, PLYMOUTH

A pioneering, person-centred social enterprise, dedicated to the holistic promotion of positive mental health for children, young people and their families. Implemental in all aspects of operations and the creation, development and delivery of high-quality, user-led, targetted supportive interventions, creative, fun-based, accredited and non-accredited educational programmes ,young person's and parent counselling and practitioner training services. Working extensively in schools, youth agencies and community venues across the South West. Offerings reached around 6000 children and young people, 700 parents and 1000 members of the universal children and young people's workforce.

APR 2002 – JUL 2006 - PROJECT MANAGER - 'SAFE SPACE' (A Young People's Mental Health Promotion Project) - PLYMOUTH AND DISTRICT MIND ASSOCIATION

Responsible for expansion and development 'Safe Space', through the creation and delivery of a Level 1 nationally accredited course 'Mental Health Awareness for Young People.', delivered to around 4000 young people. Developing practitioner training and responsible for the recruitment and training of a team of person-centred, creative facilitators.

JAN 2002 – AUG 2006 - PERSON-CENTRED THERAPIST, EATING DISORDER SERVICE, PLYMOUTH

Working [with](#) adults experiencing mild to severe eating difficulties. Working at a deep therapeutic level to facilitate change and growth, together with using evidence-based evaluation techniques with which to monitor change.

APR 2002 – JUL 2003 - YOUTH SUPPORT WORKER, YOUTH ENQUIRY SERVICE (THE ZONE), PLYMOUTH

Volunteer supporting young people between the ages of 14 - 25 years on a range of issues.

JUL 1997 – SEP 2001 - IT & DATA COMMUNICATIONS ENGINEER / HEALTH & SAFETY OFFICER - COMPUTER SCIENCE CORPORATION, BRITISH AEROSPACE, PLYMOUTH

Computer and telecommunications helpdesk engineer, responsible for fault finding and resolving technical problems within personal computer , network and server systems.

RELEVANT EDUCATION and PROFESSIONAL DEVELOPMENT

Extensive in house training from Colebrook South West Ltd including, Train the trainer, Equality and diversity, Diabetes awareness, hygiene Certificate amongst others.

Advanced Diploma In Therapeutic Counselling - Plymouth College of Further Education, Plymouth. 2005.

Level 2 Safeguarding Training and updates - Plymouth City Council Children and Young People's Safeguarding Board. 2005, 2009, 2010

7407 City and Guilds Teaching Certificate - 2004

BSc Hon.s - Geography - 2:1 - University of Plymouth, Devon. 1997

3 x 'A' Levels and 9 x 'O' Levels - Redmaids Independent Day School for Girls, Bristol 1975 - 1983

Words others use to describe me....

Other orientated, compassionate, innovator, dynamic, a creative, professional, personable, bubbly, trustworthy, interesting, can do, unique, a comic, kind, warm, sunny, good listener, loyal, active.

Words I would use to describe myself....

Ideas person, empathic, spiritual and spirited, unflappable, curious, creative, contented, free thinker, positive, problem solver, team player & lone wolf (I am equally happy in both roles!), thankful, dedicated, facilitator, passionate., listener.

Passionate About...

Enjoying family life, surfing, gardening, cooking, techhie things, discovering how to do things, tennis, music, jogging dancing, writing, running, reading, food, friends, beaches, camping, freedom, animals, life

Referee Details Can Be Supplied On Request