



# CSF LEAK ASSOCIATION

## *Election to the Board of Trustees*

These biographies have been prepared for the Annual General Meeting on **19 November 2020**.

### **Trustee Biographies**

Where a member is standing for a particular office as well as trusteeship, the title of the post is given in brackets.

#### **Trustees Seeking Re-election to the Board of Trustees**

##### **Clare Joy**

Clare has lived with a hypermobility syndrome and POTS for many years before becoming a spontaneous leaker in October 2015. Along her leak journey, she has also developed migraine and trigeminal neuralgia, and continues to suffer daily leak symptoms despite blood patches and surgery – although thankfully not to the same extent or intensity. She has decided to focus on what she can do now, that she couldn't do whilst flat. She is grateful for the opportunity to advocate for those of us who so often feel isolated and voiceless. She hopes to use her skills developed in her career to further the charity's aims. Clare is a clinical scientist working in Medical Physics in the NHS. She lives in Southampton with her husband and loves to be distracted by all things craft and sewing related.

##### **Tamsin Trevarthen**

Tamsin developed a spontaneous spinal CSF Leak in January 2011, 6 months after landing her dream job which had involved relocating to Ireland. Awareness of CSF leaks in Ireland was extremely limited which meant that the path to diagnosis was fraught with difficulty resulting in both diagnosis and treatment in the UK. After multiple blood patches and a VP shunt Tamsin's leak is now managed although she has developed chronic migraine along the way. Tamsin's professional background is in Human Resources and, through her work as a trustee, she hopes to apply that knowledge combined with her enthusiasm for providing other leakers with the support that she missed in her journey, in supporting the Association in its future endeavours.

##### **Deborah Ogg**

Deborah has spent most of her life working extensively in retail, from Saturday girl to store display design to flagship store manager. She's passionate about art, crafts and design. She developed a spontaneous spinal CSF Leak in April 2011 and continues to live with this condition. She also has Ehlers Danlos Syndrome (hypermobility type) which she feels is the most likely cause of her CSF leak. Deborah has been treated in the UK and also travelled to Freiburg, Germany for blood patching. Deborah was one of the founding members of the CSF Leak Association. She feels privileged to stand once again to be a trustee and help with the work of the charity. Being able to help raise awareness, knowledge and work towards better diagnostics and treatments is a fantastic opportunity.

#### **Members Seeking Election to the Board of Trustees**

**Questions? Need more information?**

[www.csfleak.info](http://www.csfleak.info) | [office@csfleak.info](mailto:office@csfleak.info)

### **Cerian Baldwin (Treasurer)**

Cerian is standing for election as the CSF Leak Association's treasurer. Cerian was a founding Trustee and Treasurer for the CSF Leak Association between 2016 and 2018 when she helped to set up the charity's accounting and administration system. Since she stood down as a trustee, Cerian has acted as volunteer finance administrator managing the Association's day to day finances. As well as her experience of running the charity's day to day finance, Cerian has a long term knowledge of the charity, its history and how it has developed over the years and believes the charity could benefit from her experience and skills by filling the role of Treasurer. In her day job, she works as a Planner for the Scottish Environment Protection Agency. Through her work she's involved in the design and construction of many types of building projects across Scotland. She spends a lot of time analysing and writing reports and is used to liaising with the general public and other government bodies. She's looking forward to using these skills to support the work of the CSF Leak Association. Cerian had a baby boy in July 2020, so she is also mum to three month old, Calum.

**Questions? Need more information?**

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