

## Spotlight



THE BRITISH PAIN SOCIETY

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*From this issue of Pain News we are introducing this new section as a way of highlighting the diversity that can be found within the British Pain Society. Anyone who has ever had any contact with the BPS would have certainly been in touch with one or more members of the secretariat team. Not only are they contactable over the phone or by email, but they are also always present at all BPS activities in order to ensure the smooth-running of your study day, conference or meeting. In this edition we meet Jenny Nicholas, Secretariat Manager and the powerhouse behind the scenes. Jenny has kindly found time in her busy schedule to answer a few questions for us.*



Jenny Nicholas  
Secretariat Manager

**Q** *What first brought you in contact with the BPS?*

My job interview! I previously worked for a youth membership organisation and really

enjoyed working in a membership organisation environment however my application for the position was the first time I had come into contact with the British Pain Society.

**Q** *What is your role in the BPS? What excites you about this role?*

I am the Secretariat Manager for the BPS, and have worked here for 7 years this year. I really enjoy the diversity of the work that the Society is involved in and enjoy working in a small team as it means I get to be involved in almost everything! I get to work with some great people and am

always impressed by how much time and commitment people give to the Society in addition to their day jobs.

**Q** *What are you known for professionally?*

I'd like to think for my organization and communication skills.

**Q** *If you were President of the BPS for a day, what would you do?*

That's a tough one. I admire the huge amount of work and responsibility that comes with the President's role, so I guess if I was President of the BPS for a day I'd take the day off to have a rest!

**Q** *What are you most passionate about professionally?*

I'm passionate about what the BPS stands for and what we do. I'm always conscious that what we're doing is for the benefit of patients in pain and that gives me a sense of pride in my work. We often speak with patients who are looking for advice on how to access pain services and who are looking for help with their pain,

and it is a reminder of the importance for the need for pain services.

**Q** *What do you have a knack for?*

Professionally I'd say being organized and co-ordination skills. There are always lots of projects on the go at once, and keeping track of and on top of them all can be challenging sometimes.

Personally, in recent years it turns out I have a knack for cake decorating. I had never thought of myself as being particularly creative but I can follow instructions and it turns out make pretty good cakes!

**Q** *What are you passionate about personally? What do you really enjoy? What can't you stop talking about?*

Food! Based on the answer to the question above involving cakes I guess it's not all that much of a surprise, but I do enjoy talking about food and of course going out to eat it. It helps that the rest of the Secretariat team are all foodies too so its often a topic of discussion in the office!

## End stuff

### Spotlight

**Q** *Where can we find you in your spare time? What is your favourite way to spend a weekend or a Sunday afternoon?*

Spare time is spent with either family or friends. I have a close group of friends that I've known since school who I see regularly and I also enjoy spending time with my nephews. There's also of course the occasional long walk in the forest when the weather is nice, reading a good book and there's always time for shopping!

**Q** *Any favourite non-profit organisations that you support and why?*

I currently support the Royal National Institute for the Blind. Reading is a passion of mine and I enjoy being captivated by a story and being able to switch off from everything else for a short while. The RNIB offer reading services for those who are blind or partially sighted which I support.

**Q** *What would be impossible for you to give up?*

I couldn't live without my kindle for my daily commute.

**Q** *How do you want to be remembered?*

I'd like to be remembered as being a good friend.

**Q** *Any life achievements you are particularly proud of?*

I've had the opportunity to try some amazing experiences, including skydiving swimming with dolphins, and doing a Sky Jump. I'm proud that I have challenged myself to try new things.

*Thank you for your time Jenny!*

## End stuff

# Photo Quiz - Answer



The train is the Oliver Cromwell, a BR standard type 7 (or Britannia class) locomotive. One of the four last steam locomotives to run regular service before steam engines was banned. She used to do the London to Norwich run regularly. She is seen outside the National Rail Museum in York, having completed the first leg of London to York return trip last

May. She broke down just outside York and had to be fixed in the museum for the return trip - It was memorable day, despite the breakdown.

If you were a train spotter, you would identify her by the look of the front and the number. If you are really keen one, you could tell it was in York from the wheel in the background