NHS
West Midlands Ambulance Service
University NHS Foundation Trust

Introducing

YOUR HEALTH AND WELLBEING CHAMPIONS



Hello my name is Yasmeen. I am a Call Assessor at MP and a Health and Wellbeing champion. I am also trained as a Mental health first aider and part of the One Network. In my free time I like to journal and paint. I'm always here to support staff so we can have a healthy work life balance and always feel comfortable in our spaces

Yasmeen Khalid

My name is Louise Berry and I have been part of the HWB team for some time now, I cover across the 2 PTS hubs of Frankley and Gravelly. I am currently based out of Frankley.

Louise Berry



My Name is Abi Smith I am a Call Assessor Supervisor at MP, Alongside this I'm also a Health and wellbeing champion and a SALs advisor. I often enjoy crafting and use this to help raise money for different Charities that work alongside ourselves. I love to help and support people.

Abigail Smith

Rebecca Jones

NHS
West Midlands
Ambulance Service
University NHS Foundation Trust

Introducing

YOUR HEALTH AND WELLBEING CHAMPIONS



My name is Tony Sutton, and I am a Specialist Mental Health Paramedic on the new(ISH) Mental Health Response Vehicle (MHRV) at the Stoke hub. I am passionate about supporting our staff and promoting health and wellbeing initiatives, including, SALs, FTSU, and many other programs. I truly believe that if we all work together, we can significantly improve our current work-life balance and foster a healthier, more supportive environment for everyone.

Tony Sutton

I'm Jon, I have bad jokes, bad singing and bad impressions. I have been with the Ambulance Service for over 12 years. While I might not be able to help with menopause or the like, I hope that I can do some sign posting to people who can help. What I would like to do is help those that are working carers like myself. In 2024, I was awarded by the Carers Trust Heart of England, with the 'Carer of the Year award'. If I can help anyone with being a working carer, then please get in touch.

Jonathan Holland





My name is Becky and I am a Paramedic at Hereford Hub and I am the Health and Wellbeing Champion. I am a mum of two and am passionate about fitness, health, and wellbeing. I am here to help others to improve their work life balance and to encourage good habits to promote wellbeing.

Rebecca Jones

Rebecca Jones
Rebecca Jones
NHS
West Midlands
Ambulance Service
University NHS Foundation Trust

Introducing

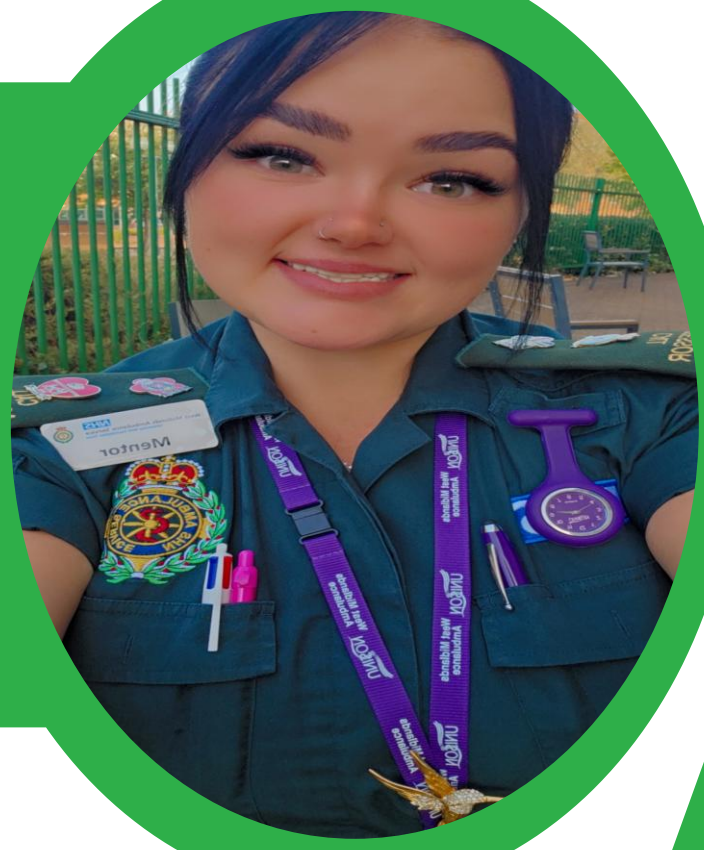
YOUR HEALTH AND WELLBEING CHAMPIONS



My name is Sam I am a Development OM and Paramedic based at Tollgate. I am a Mental Health first aider and Health and Well-being champion. I am passionate about all that work at Tollgate and ensuring everyone receives any support they may need. It is important to be healthy and happy at work as this shows through when looking after your patients and each other, I'm always available for support when needed. In my spare time I enjoy reading and travelling.

Samantha White

My Name is Robbie Gwilliams, I have been with WMAS for nearly 6 years, but I have only ever worked within the NHS as I love to help and have a positive impact on people's lives. I am proud to join the team of Health and Wellbeing Champions, I am also a Freedom to speak up ambassador, Mental health first aider and a Mentor. I believe in helping and supporting each other to make our working environment the best it possibly can be to provide a good standard of care to our patients. Don't hesitate to reach out, I am always here to help.



Robbie Gwilliams