

The Youth Trust has a Board of Trustees and two sub committees – Services & Workforce, and Finance & Risk.

Our Trustee Board Structure

Board	Services & Workforce Committee	Finance & Risk Committee
Kay Boycott (Chair)	Pete Elliott (Chair)	Michael Shepherd (Chair)
Pete Elliott (Vice Chair)	Kay Boycott	Kay Boycott
Michael Shepherd	Alison Pleszak	Tom Flower
Alison Pleszak	Helen Farrant	Sarah Redrup
Helen Farrant	Mark Dix	Vicki Sitch
Mark Dix		Ros Parker
Sarah Redrup		
Tom Flower		
Ros Parker		
Vicki Sitch		

Our Trustee Bio's

Kay Boycott – Chair

Kay Boycott lives in Bonchurch and is an independent advisor and non-executive director, primarily in the healthcare sector. She is currently a board member for the Care Quality Commission, Eakin Healthcare Group, a senior independent member of the Medical Research Council, independent member of London Fire Brigade's Audit and Risk Committee and board member of English Heritage. Her professional background is consumer marketing and strategy consulting, mainly for commercial organisations. She also spent ten years in executive roles in the charity sector, including as Chief Executive of Asthma UK and the British Lung Foundation.

Why did Kay want to become a trustee for the Youth Trust? - *Becoming a IWYT trustee is a great opportunity for me to play an active role in supporting young people in my community. This generation will lead our island in the future and their wellbeing is important for us all.*

Michael Shepherd – Chair of the Finance & Risk Sub Committee

Michael is an international hotelier, having worked across three continents and in over ten countries. Most recently he was the area general manager for the luxury portfolio of Hilton across the U.K. & I. Previously he was managing director at The Savoy, and general manager of The London Hilton on Park Lane.



Michael is a graduate of Surrey University, a Fellow of The Institute of Hospitality, and a master innholder and a doctorate from the University of West London. He served for fourteen years as pension fund trustee director and a member of the Grant's Committee for the Dame Maureen Thomas Foundation for Disadvantaged Children Charity. He is a non-executive director, and trustee at The Cowes Waterfront Trust.

Two years ago, Michael moved to Cowes and has recently established a Villa Rental business on the island of Meganisi in Greece. Michael is a keen sailor and enjoys rugby and general sporting pursuits. He is a keen environmentalist and supporter of sustainability initiatives. He was appointed trustee at the Isle of Wight Youth Trust in January 2024.

Why did Michael want to become a trustee for the Youth Trust? - *it is about supporting young people to be guided through their growing and development to reach their full potential in life.*

Helen Farrant

Helen is a recently retired senior human resources manager with over 30 years HR experience in manufacturing and retail.

Why did Helen want to become a trustee for the Youth Trust? - *As I have spent most of my career in HR, there has always been a need to support the mental health and wellbeing of colleagues and their families. By being a trustee with the Youth Trust, I can do something to facilitate the journey to good mental health for our children and young adults.*

Tom Flower

Tom Flower is an experienced building surveyor and associate member of the Royal Institution of Chartered Surveyors. He has worked in the surveying profession and wider construction industry for over 20 years. Tom is experienced with heritage building, estate management and has provided bespoke advice to charity businesses, town councils and the local authority.

Why did Tom want to become a trustee for the Youth Trust? - *As an Islander and father of two young minds, I wanted to work with such an important charity.*

Pete Elliott – Vice Chair & Chair of the Services & Workforce Sub Committee

Pete Elliott worked for 20 years with the NHS as a chartered clinical and health psychologist, including for 5 years on the Isle of Wight as a consultant in Community Health. Then for 18 years he was employed by the University of Southampton initially as deputy director of the Doctoral Programme in Clinical Psychology, then as director from 1999 to 2013, from which he retired. During this time, he also worked as an honorary consultant clinical psychologist with IOW NHS, working latterly with adults traumatised by childhood emotional, physical or sexual abuse.

His research interests and publications across his career included psychiatric rehabilitation, family therapy, health promoting ward environments, student mental health in relation to debt and the cost of living crisis.



He is a trustee of 2 other island charities and is currently honorary secretary and board member of the British Association for Behavioural and Cognitive Psychotherapy.

Why did Pete want to become a trustee for the Youth Trust? - *I spent 10 years as a Senior Clinical Psychologist in a Regional Adolescent Service within the NHS, working in a modified therapeutic community unit. Young people were resident during the week, attended an on-site school, and received a range of therapies, including family therapy. I oversaw admissions, discharges, therapy programmes, and developed and monitored Cognitive Behaviour Therapy approaches. This was one of my most rewarding work roles; I believe adolescence is a critical life stage where early intervention can prevent lifelong difficulties. So my interest in becoming a trustee for the IOW Youth Trust was in helping to monitor appropriate clinical approaches for young people and the strategic planning required in developing excellent appropriate services on behalf of the NHS and for the IOW community.*

Alison Pleszak

Alison Pleszak is a retired healthcare professional with over 35 years experience in the field of psychiatry. Originally trained as a psychiatric nurse then a family therapist. For the past 30 years Alison has held management roles from hospital manager to regional operations director and the managing director for private healthcare for both the Priory and Cygnet Healthcare.

Alison has developed services that meet the needs of the ever changing healthcare landscape and has managed specialisms including Children's Mental Health Services, Adult Acute Care, Psychiatric Intensive Care, Addictions, Mother and Baby, Eating Disorders, CAMHS and Adults, Neurodiversity Services, Emotionally Unstable Personality Disorder Units, Obsessive Compulsive Disorder Services, Low Secure , Rehabilitation Services, Day Care and Healthcare in Prisons.

Alison now lives on the IOW and volunteers with the Ability Dogs for Young People and has been on the Board of Trustees for the Youth Trust since 2022.

Why did Alison want to become a trustee for the Youth Trust? - *I have been involved in Mental Health for the last 40 years and I believe that addressing issues early leads to much better outcomes. The Youth Trust is a quality organisation that is aligned with my views and aspirations for the young people of the island.*

Mark Dix

Mark grew up on the Isle of Wight and has a deep-rooted connection to the local community. Having experienced the unique challenges and opportunities of Island life, he values the vital role the Youth Trust plays in supporting young Islanders' mental health and well-being.

As a trustee, Mark brings two decades of experience in digital marketing and analytics, having worked with organisations such as Tesco, Nestlé, IBM, and Macmillan Cancer Support. With expertise in business, statistics, and computer science, he supports the Youth Trust in a practical and meaningful way.



Mark is currently training as a humanistic counsellor at Chichester University, further deepening his understanding of mental health and well-being. He hopes this training will bring additional insight and empathy to his role as a trustee.

Why did Mark want to become a trustee for the Youth Trust? – *I am passionate about ensuring that every young Islander has access to the resources and guidance they need to thrive and I am committed to championing the Trust’s mission. Through my role, I aim to contribute to the Trust’s continued growth and impact, ensuring it remains a valuable pillar of support for young people across the Island.*

Sarah Redrup

Sarah is a marketing manager and Isle of Wight councillor for Wootton Bridge. For the past eight years she has been running Grace's Bakery with her family, a well-established Isle of Wight business with four shops across the Island.

Sarah sits on the Newport Business Association, the Isle of Wight Council, Wootton Bridge Parish Council and is also a trustee and director of the Ryde Community Development Trust. Having grown up on the Island, Sarah has experience as a service user of the Youth Trust. During her time reading Philosophy and Politics at Bristol University, Sarah worked in youth outreach, 1:1 mentoring in secondary schools and served as the student living officer for Bristol Student Union.

Why did Sarah want to become a trustee for the Youth Trust? - *Growing up on the Island, I was supported by the Youth Trust as a teenager, so becoming a trustee felt like a natural way to give back. I believe young Islanders are key to our Island’s future prosperity, and their voices shouldn’t just be heard, they deserve a seat at the table where decisions are made.*

Vicki Sitch

Vicki has lived on the Isle of Wight for over 10 years with her husband and two teenage daughters, having moved here to set up a successful tourism business which she jointly runs with her husband. Vicki is also an experienced business consultant with a strong background in organisational change, having led complex transformation programmes across large organisations in both public and private sectors. Her leadership experience spans across delivering organisation change including performance management, culture change, corporate governance and system implementation. Vicki is active in her local community as a member of the Island Business Network and a listener for the island's branch of the Samaritans. Vicki has also previously served as a governor at The Bay CE School. Vicki is a trained mental health first aider and has an absolute passion for understanding the mental health needs of the island's young people, and being able to deliver supportive services for our young people.

Why did Vicki want to become a trustee for the Youth Trust? - *I am excited to be a trustee for the Youth Trust as I can use my skills, experience and network for the good of our youth community on the Isle of Wight.*

Ros Parker

Ros was appointed as Principal and CEO of the Isle of Wight College in September 2022. Prior to this, Ros served as Principal of Southend Adult Community College where she was awarded an OBE for services to the community and adult education. Prior to that Ros was the Principal of Prospects College of Advanced Technology, with campuses in Basildon, Canvey Island, and Ilford. Ros's journey back to education began as a single parent, where she earned qualifications and soon started teaching creative writing, English, and dance and drama for special needs groups. Ros also led community-based family learning projects in Children's and Family Centres, schools, and even prisons.

Ros dedicated her evenings and weekends to studying, eventually achieving a BA Honours degree and a Masters in Education and Training Management from the University of Portsmouth. She is now married and enjoys spending time with her grown up children, grandchildren, and extended family. In her spare time, Ros writes for pleasure, enjoys walking, swimming and kayaking, and volunteers for feline welfare. Ros has also enjoyed making regular contributions to community radio stations, before moving to the Island Ros hosted her own show which was featured on morning TV.

Why did Ros want to become a trustee for the Youth Trust? - *I care about the wellbeing of our young people on the Island, and the Youth Trust has such a positive impact on the support our young people and their families need, that I wanted to contribute in a small way through becoming a trustee.*