

Ann Pascoe

NHS Highland

(Voice off screen) How do you think you've used your non-executive board member role to influence this project?

(Ann Pascoe) Totally, I think at the end of the day the way you get anything done is you actually have to be a role model and you have to lead by example. You have to set an example. I remember my children always used to say - I used to say to them 'do as I say don't do as I do'. And they used to say no Mummy it doesn't work that way.

You know you really do have to put your money where your mouth is. And so by using that kind of networking - using the people that you know through being a non-exec. One of our hardest jobs early on was to get into the NHS, to get support from the NHS because we were a community and people, we were regarded as not being professional - we were just ordinary people in the community. So, it was always that knocking on the NHS and the professional door that was so hard and once I became a non-exec and people started seeing things are happening over there they would perhaps listen more. So in some respects, I suppose I was able to use my grassroots knowledge and push up and sit at board meetings and say this is what it's like at grassroots.

I've always believed that the people at the top of boards and in that sort of area, they actually know what we need at grassroots. And we at grassroots know what we need. So, if we push up and as the non-executive pushing down hopefully you'll meet in the middle. Which is exactly what happened with our compassionate communities. I spent years pushing up saying 'we need, we need, we want' and finally people were hearing it. And public health when they came in as a partner with us, I mean just fantastic because they saw the need.