**As mentioned in a previous Q and A there was a suggestion that the exec team would take part in a teambuilding event, this would be an obstacle course of sorts alongside the army, not going to give too much away. Can we count on your support? This would be really beneficial for improving communication, breaking down barriers at all levels and fun for all. Injury is a risk of course, but on a positive note, you’d be surrounded by healthcare professionals.**
If you’re asking me am I supporting Tom to do the obstacle course, I’m absolutely happy for Tom to do the obstacle course. Unless you’re asking me am I prepared to do it?

Of course, look I’m hoping you find that I’m approachable to have this conversation with, we want to be able to speak. I’m more than happy to do that as well. I did Couch25K during lockdown last year, so I have a bit more energy, although I do need a shave having seen myself on camera, but yes I’m up for all of that. I’m lucky enough to be able to spend some time in Norfolk, and that’s where I live so there’s a proximity, and that does make a difference, but absolutely.

Drop us the details and then Tom can pick his team, I might just have a lame leg when he does it, only kidding. Look, it doesn’t necessarily have to be a team building day, it can also just be a conversation and I’m more than happy to do that as well.