

## BOARD MEMBER NOMINATION FORM

**To be completed by the nominee**

**Name of Nominee: Julian Spinks**

**Position: Board member**

**Organisation: European Alliance for Restless Legs Syndrome (EARLS)**

**Please give brief biographical details below:**

*I am a sufferer of Restless Legs Syndrome. I became involved in RLS-UK, a charity that supports UK people with Restless Legs Syndrome, from when it was first formed. For many years I was the General Practitioner Advisor to RLS-UK but was asked to become the chairman of the charity 3 ½ years ago. As a result I also became the UK board member on EARLS.*

*My personal background is that I have been a general practitioner (doctor) since 1988. I left my original practice in March 2020 but I continue to work as the medical director and director of clinical governance of a GP federation, Medway Practices Alliance (MPA) that looks after 35000 patients. I founded MPA in 2014 and was its chairman until 2021.*

*In addition to my work as a GP, I am also involved in writing clinical guidelines for the National Institute for Health and Care Excellence (NICE). I also advise a professional organisation in the UK.*

*Have also been involved in medical politics and was the Chairman of Kent Local Medical Committee. This is the official organisation that supports GPs and negotiates on their behalf in Kent where I live. In addition I was the health improvement lead in Rochester and Strood in the late 1990s.*

*Finally I am involved in media work on radio and on television. I am the health expert on KMTV, a local TV station.*

**Please outline why you believe that you are suitable to be a Board Member of EFNA – with particular emphasis on details of your skills, knowledge, interest and experience in this sector:**

*(Less than 500 words)*

I have experience both as a person suffering from RLS and as a clinician and scientist. This allows me to act as a bridge between the two worlds. As I get older, the professional side is diminishing and I am becoming more and more involved as a patient advocate.

My medical training means that my knowledge is broader than just RLS because I have worked with patients and professionals to treat a wide range of neurological disorders. In addition I have friends with Multiple Sclerosis, Parkinson's Disease and Dementia and I am very aware of their struggles.

I feel that this knowledge of a broad range of neurological conditions would be extremely useful as a board member of EARLS. In addition I speak the language of clinicians and scientists and this can aid communication.

My knowledge of the process of developing clinical guidelines may also be advantageous for the work of EFNA as it tries to improve management of the wide range of neurological conditions it represents.

I have good experience of running commercial, health service, professional, and charity organisations at board level (and as a chairman and medical director). In addition I have been involved in negotiations on behalf of my colleagues as a member and chairman of Kent Local Medical Committee. On occasions I been involved in lobbying the UK parliament on health matters.

Finally, my media experience could be helpful if EFNA is wishing to promote its activities I have been involved in commercial launches, (including some drug launches) public health campaigns, and have written over 200 articles for professionals and the public. I am familiar with live and pre-recorded radio and TV interviews and am interviewed on live TV most weeks.

I am passionately committed to improving the quality of life of people with RLS and other neurological conditions and I hope that I can bring that passion to EFNA.



**Signature of Nominee:**

**Date: April 18th 2023**

**To be completed by the nominating organisation**

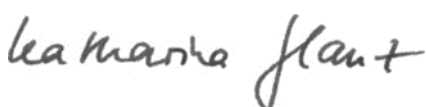
**Please briefly outline why your organisation would like to be represented on the EFNA Board:**

EARLS represents the interests of RLS patients in Europe. The EFNA as an umbrella organisation wants to be the common voice for the interests of neurological self-help associations - towards the media, politics, other civil society organisations and towards those affected. EFNA supports us in being an attractive place for non-profit engagement and in being noticed by the public. In doing so, EFNA focuses on those activities that would overburden us as an association or where a centralised activity makes more sense. EFNA always keeps an eye on the complexity and diversity of the various associations to meet as many requirements and perspectives as possible. We would like to be actively involved in this and be represented on the EFNA board.

**Please briefly outline why you feel the above-mentioned nominee is suitable for the role of EFNA Board Member:**

Our candidate has many years of experience in advocacy. He knows both the personal experience of the disease and the perspective of the medical practitioner. This enables him to bridge the two worlds. He has profound expertise in the field of neurology, but also experience in health policy and media work. There is no better candidate for the EFNA Board and is unanimously nominated for this position by the EARLS.

**Signature of Representative from Nominating Organisation:**



**Position:** EARLS President **Date:** April 19<sup>th</sup> 2023

*Please send your completed form to EFNA Executive Director, Orla Galvin: [orla.galvin@efna.net](mailto:orla.galvin@efna.net)*

*Registered Address: 11, Rue d'Egmont - 1000 Brussels, Belgium*