

# Stuck in a lift with...

## Jude Diggins



<b>I've been a Freedom to Speak Up Guardian since ..</b>	January 2022
<b>My previous role(s) have been</b>	Interim Director of Nursing at the Royal College of Nursing in 2021 and previously Director for London also at the RCN ; Lots of ward to Board jobs across Hampshire in my 26 years living in the UK
<b>I became a Freedom to Speak Up Guardian because...</b>	I believe in the role and function of the Guardian. I believe it can offer not just a pathway to patient safety but also can have a significant impact on wider organisational culture.
<b>Freedom to Speak Up means...</b>	It is safe to speak about anything that gets in the way of patient or staff safety or wellbeing.
<b>Who would you like to be stuck in a lift with?</b>	Other than my nearest and dearest! Mary Robinson – first female President of Ireland – she broke down many barriers. She has also worked extensively with the United Nations speaking up for the oppressed and marginalized.
<b>Early bird or night owl?</b>	Early bird!
<b>In my spare time, I like to...</b>	Move...sitting so much at work I like to get out in the fresh air – walking or cycling or kayaking!
<b>My lunch is usually...</b>	As little as possible – I sit too much in the working day to warrant eating a whole lot!
<b>I take my coffee...</b>	De-caffeinated
<b>What music would you prefer was playing in the lift?</b>	If the lift was stuck, I would want something soothing and calming...
<b>My secret talent is...</b>	I can turn my hand to a lot of DIY projects.
<b>My top tip for life is...</b>	Worrying is wasted energy – work with what you know – not what you think might be.
<b>My favourite quote is...</b>	Teach thy tongue to say I do not know, and though shalt progress (Moses Ben Maimon)