

Stuck in a lift with...

Sue Fogg



I've been a Freedom to Speak Up Guardian since ..	February 2018
My previous role(s) have been	Mental Health Nurse, Lecturer in Conflict Resolution and Quality Review Manager
I became a Freedom to Speak Up Guardian because...	I have always been passionate that all staff should have a "voice" to raise any concerns, therefore this post allows me to help staff to do this.
Freedom to Speak Up means...	The ability for staff to raise issues that concern them in a psychologically safe way, with the support needed and without fear of detriment.
Who would you like to be stuck in a lift with?	Miriam Margoyles and Stephen Fry
Early bird or night owl?	Early Bird
In my spare time, I like to...	Walk my dog, go to the gym, read loads of books, catch up with family and friends, eating out and drinking nice wine.
My lunch is usually...	A Tuna Mayonnaise Toasty with Salad and Boiled Eggs
I take my coffee...	Black
What music would you prefer was playing in the lift?	Any music from the 80s.
My secret talent is...	Russian Dancing.



My top tip for life is...

Don't wait for retirement to do all the things you dream of, if they are achievable, plan them and do them now.

My favourite quote is...

Life is supposed to be fun. It's not a job or occupation. We're here only once and we should have a bit of a laugh.

Billy Connolly