

Stuck in a lift with...

Sue Pike

Freedom to
Speak Up
Guardian 



I've been a Freedom to Speak Up Guardian since ..	2016
My previous role(s) have been	Advanced Specialist Podiatrist Trade Union Representative for Royal College of Podiatry
I became a Freedom to Speak Up Guardian because...	I am passionate about equality, diversity and inclusion and staff and patient safety, I feel everyone should be able to raise concerns and make suggestions for improvement without fear. Staff are our most valuable resource and we must prioritize their physical and psychological safety in the workplace.
Freedom to Speak Up means...	Helping all staff to have a voice in the organization, empowering our people to speak up about anything that gets in the way of providing safe, compassionate and effective care.
Who would you like to be stuck in a lift with?	The author Chris Carter or from a practical point of view Angus Macgyver as he would soon have us out of the lift!
Early bird or night owl?	Burn the candle at both ends, work wise early bird, social wise night owl
In my spare time, I like to...	Hike, camp, explore and spend time with family and friends
My lunch is usually...	Whatever I can lay my hands on, usually have fruit and cereal or soup in the winter
I take my coffee...	Black at work, if I am out at a coffee shop love a flat white or salted caramel frappe with extra coffee shot



What music would you prefer was playing in the lift?	Anything from Ludovico Einaudi to Courteeners, Fally Ipupa to ACDC – I have a wide and varied music taste
My secret talent is...	I have trophies for competing in both Tae Kwon Do and Karate
My top tip for life is...	Live every day like it's your last, laugh at every opportunity and love with an open heart.
My favourite quote is...	"All we have to decide is what to do with the time that is given to us"