

British born Tony Kelly was raised in Jamaica and returned to England in 1979 living in Birmingham with his family ever since. As a Mico Teachers' College graduate he taught English & Religious Education in Kingston high schools. He had the honour of being the 1977 final year batch president. Tony worked in local & central government for 30 years before early retirement as a middle manager of equity, equality, diversity and inclusion. Among his many qualifications is a Socio-Legal studies master's degree from University of Birmingham.

For nearly 8 years from June 2012 Tony was a Diabetes UK Community Ambassador devoting his time educating communities in Britain and further afield about health and well-being in relation to diabetes, in his case a hereditary medical condition. He is proud to have controlled his type 2 diabetes with physical activity & diet since diagnosis 18 years ago and has never taken medication, thus proving it can be done with the right mind-set, discipline and motivation.

Six years ago, Dr Richard Mendelsohn, the medical director for NHS Birmingham & Solihull Clinical Commissioning Group, now Integrated Care System (ICS) as of July 2022, witnessed Tony asking some probing questions at a South Asian Health Foundation diabetes conference and during the break invited him to join the diabetes group which he chairs. He accepted from then and since 2020 is the organisation's Diabetes Strategic Patient Partner and is separately an Ambassador/Advocate in the wider community.

Tony is in demand for radio/television/webinar interviews about type 2 diabetes and runs free workshops. He is featured in healthy lifestyle videos with some on the internet, emphasising his positive approach in managing/controlling his diabetes. June 2018 Tony was interviewed live on BBC 2 TV to an audience of millions, at Birmingham's Queen Elizabeth hospital for the 70th anniversary celebration of the National Health Service.

July 2018 Tony delivered diabetes sessions in Dominica with the London School of Hygiene & Tropical Medicine as part of the Queen's Diamond Jubilee Trust, raising awareness in particular of preventable sight loss from diabetes which is rampant in Belize, St. Lucia, Jamaica and Dominica. June 2019 he visited Canada to raise awareness of diabetes. He not only had a platform on two occasions at the three-day symposium but went on three radio stations and visited many communities to engage with them on health lifestyle initiatives. He has recently asked to do a prostate cancer awareness video

which is due out soon as he engages with men who often struggle to discuss their medical issues/conditions.

Tony is a patient expert by experience with three universities as a Patient & Public Involvement (PPI) representative. He was one of two public members of the Scientific Advisory Board, United Kingdom - Coronavirus Immunology Consortium (UK-CIC) led by Birmingham University's Professor Paul Moss, OBE and is currently on another Professor Moss lead health group National Core Studies Immunity (NCSI). Tony was involved with another COVID-19 research project led by Dr. Ian Maidment, Aston University on community pharmacy literature review. He averages 140+ diabetes community engagements per year in Britain and in 2019 did a staggering 195.

Tony wrote a monthly article for the free Phoenix Black newspaper for three years and now writes bi-monthly on a range of topics for an online publication www.CaribDirect.com. He was the secretary of the West Midlands Jamaican Diaspora UK for four years until March of 2022 and is an active member of that national organization's health and well-being group. Tony was headhunted by Dr. Mo Shaikh to become a member of the Clinical Research Network - West Midlands Equality, Diversity and Inclusion (Public) Research Champions Group.

Pro-social modelling is Tony's motto as without fail he has the winter flu vaccination every year and had all the COVID-19 vaccinations and booster.

Tony, editor of *The Domino Effect, Play Domino, Talk Prostate, Save Lives* book by Joan Blaney, CBE, Hon.DEd, Pamela Campbell- Morris, project initiator & Leicester University targeting the black community. The podcast has over 3000 You Tube hits since its July 2020 launch. He hosts Birmingham's Break Tru TV '*Our Health Is Our Wealth*' show interviewing black healthcare professionals & community activists on health related topics following an initial podcast in June 2020 with over 2400 hits.

Editor:

- a) **Bodiwell** a series of children's books by Joan Blaney, covering a range of childhood illnesses.
- b) **Swimming Pigs** - Susan Haynes-Elcock of the Bahamas.
- c) **Taking it to the Max**, Maxie Hayles' autobiography, a Birmingham Civil rights activist.
- d) **From Garrison to Garden, Boots on the Ground – Untold stories from the Inner City**, Kingston, Jamaica - Moira Morgan.

- e) **Rejection, Resistance & Resurrection** –Speaking out on racism in the church of England - Dr. Mukti Barton including a chapter written by him
- f) He is in demand for proofreading master's degree dissertations and PhD and doctoral theses.

Winner of the following awards:

1. 2015 **Diabetes UK** Regional Campaigning & Raising Awareness Award.
2. 2017 **Diabetes UK** Regional Reaching Out and Connecting Award.
3. 2017 **Association of Jamaican Nationals Seven Heroes Award** - contribution to the development of the Jamaican community & other nationals in Britain.
4. 2017 **Bexlive Award Community Champion**: Celebrating People of Colour.
5. 2017 **Community Foundation**: Community Inspiration Award, Health and Well-Being Award. Top 3 finalist.
6. 2019 **Award - Nation of Islam's Sisters of Empowerment, Honouring, Remembering & Valuing Our Brothers with love** as a diabetes ambassador.
7. 2019 **Vision2Reality Elders Award** Health & Wellbeing Community Champion.
8. 2020 **NHS Parliamentary Award**: Chosen as a regional winner in a new category **Health Equalities Award** nominated by Steve McCabe MP.
9. 2021 **British Citizen Award for health – BCAh**
10. 2021 **Mico Teachers' College 185th commemorative medal** for services to the Jamaican Diaspora.
11. 2022 **Black Honours Award** – Lifetime Achievement for raising awareness of diabetes.

Tony will be delivering free diabetes awareness sessions in Jamaica for a fortnight in 7 parishes during November's diabetes awareness month and then heading to Barbados to do likewise.

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