**Katharine Lazenby**

**Bio for Improving Access and Treatment for Eating Disorders conference**.

Katharine Lazenby is a mental health Expert by Experience, drawing on her lived experience of eating disorders, other complex long-term mental health issues, and psychiatric hospitalisation in a variety of work. She is a People Participation Worker for Disordered Eating within East London NHS Foundation Trust’s Community Mental Health Transformation programme. She is also a tutor at the City & Hackney Recovery College, which supports wellbeing and recovery through education and skill development. A prize-winning artist with a degree in Fine Art, Katharine is passionate about the benefits of creativity for mental health and teaches a number of courses including photography and art. An experienced mental health trainer, she has recently designed and delivered training on Eating Disorders for East London NHS staff and has spoken at a number of national conferences. She sits on the board of directors for the Design in Mental Health Network and volunteers for Maytree Respite Centre, which supports people in suicidal crisis.

Contact: [katharine.lazenby1@nhs.net](mailto:katharine.lazenby1@nhs.net)