

## John Bell

### What is important to me

My family (partner, two sons, three grand-children) and friends (several of whom I have known now for over 50 years) are at the core of my life. My personal and social world revolves around them.

To my mind, equality and fairness are crucial in any relationship, personal or professional, and we have a duty to confront ignorance and prejudice in any form. I used to wear a button badge that read "If you are not part of the solution ... you are part of the problem", and I feel I have to contribute, to be involved and be active. I am told that a shark has to keep moving at all times or it will drown due to inertia. I know that feeling, but I hope that no-one thinks of me as a shark!



### What people like and admire about me

I am told by friends and family that I have developed a capacity to be "laid back" that defies gravity.

I am not easily fazed by the unexpected or unfamiliar and I believe that people find my participation in any activity to be inclusive, calming and reassuring

I think that my "what you see is what you get" attitude is appreciated by those looking for a genuine, open and honest relationship. And for those that aren't... well at least it won't be boring!

### How best to support me

Be straight with me

I love human inter-action and I am prepared to discuss, debate, absorb, learn methodology and develop ideas with anyone, and this is how I function best If you present me with a pre-determined fait accompli, expect to be challenged, but don't then assume that this will inevitably mean non-cooperation, I just need to be convinced.

Please believe that my hatred of technology is not an affectation!