

PRESS RELEASE

August 2018

New Trustees appointed at Circadian Trust

Two new trustees have been appointed at Circadian Trust, the not-for-profit organisation that operates five lifestyle centres and one dual-use sports centre across South Gloucestershire in partnership with the local authority.

The latest additions to the Board are Ben Hilton, CEO of the Dame Kelly Holmes Trust, and Roland Sims, a former Area Manager at Active Lifestyle Centres for Circadian Trust.

As CEO of the Dame Kelly Holmes Trust, Ben has first-hand experience of how sport can transform lives. The Dame Kelly Holmes Trust works with world-class athletes to help young people facing disadvantage through a social development programme.

Ben's work in the third sector spans nearly ten years, with previous experience including his role as National Operations Development Manager for the charity Business in the Community. As a keen surfer and runner, Ben recognises the benefits of a healthy lifestyle and aims to help those from more difficult backgrounds to become more active in his new role.

Roland Sims brings over 30 years of management experience in the Leisure Industry to the Board of Trustees. Until his retirement in 2014, Roland was an Area Manager for Circadian Trust and now joining as a Trustee, he hopes to use his extensive experience to inspire active lifestyles in South Gloucestershire and support the Trust in its next phase of development.

Ross Parker, Chairman of the Board of Trustees, said: "At the Trust we strive to inspire a wide range of communities in leading active and healthy lifestyles, both through sport and their approach to general fitness and wellbeing. As we continue to work towards this goal, it's fantastic to welcome new Trustees who bring a wealth of new experiences and ideas to the Board,

"The recent refurbishments at our Longwell Green and Yate centres create a great opportunity to engage with harder to reach communities and encourage them to get involved with the new facilities we have to offer."

Circadian Trust operates centres in Bradley Stoke, Downend, Kingswood, Longwell Green and Thornbury.

To find out more about Circadian Trust, please visit: <http://www.circadiantrust.org/>

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Photo Caption:

Left: Ben Hilton, CEO of the Dame Kelly Trust

Right: Roland Simms, previously the Area Manager for the Circadian Trust

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About Circadian Trust

- Circadian Trust operates five leisure centre sites and a dual-use sports centre across South Gloucestershire in Bradley Stoke, Downend, Kingswood, Longwell Green, Thornbury and Yate and is a company and charity. Working in partnership with South Gloucestershire Council, the community strategy and overall shared philosophy is to contribute to the improved health, cultural and social wellbeing of the local community improving quality of life.
- Any profit made by the Trust is reinvested to improve facilities, equipment and services for its customers.
- For more information, visit: www.circadiantrust.org