Paul Holmes

Paul Holmes, now retired, works as a volunteer at the Health In Our Hands centre in Whyalla, rural South Australia. He has been with this organisation since its inception in 2002 as part of the Federal Sharing Health Project and is currently its chairperson.

Paul has a deep interest in the concept of self-management and in particular how it can be implemented and utilised by consumer community groups such as Health In Our Hands. Paul has undertaken a range of training in order to pursue his interest, originally training in 2002 as a course leader in the Stanford (California) Chronic Disease Self-Management Program. He progressed on to become a Master Trainer, training at Stanford University in 2004. The next few years were spent training leaders, both community members and health professionals in the program for a number of organisations including Health SA and other interstate health services. In 2012 Paul took the final step in the Stanford CDSMP training ladder when he returned to Stanford University and trained as a T-Trainer and as such is now able to train leaders and trainers at all levels.

In his spare time Paul likes to travel with his wife Mary in their caravan and he has two major hobbies—photography and astronomy.

Having no medical qualifications at all, Paul's working life was in the steel industry and engineering; this period of his life has been one long learning curve. It has been a very interesting time where he has seen firsthand how consumers such as himself can build networks and partnerships with health services and become so empowered that service provision for consumers by consumers is now a reality.