



Please note that the interests of Directors are registered on [our website](#)

**Position:** President

**Nominee:** Natasha Lloyd

### **Supporting statement**

Herbal medicine has a huge role to play in people's health and their communities and I hope to help bring a deeper confidence within our profession and membership. Tradition is our cornerstone and strength, and as we move further into the 21<sup>st</sup> century, we must not lose sight of our roots and the wisdom passed onto us. I'm deeply honoured to be part of the passed on wisdom. I have had the privilege of being a director of the Institute for two years, one of those as lead finance director. It is a pleasure working as part of the current passionate, compassionate, inclusive, capable, open and transparent team.

I have been encouraged to stand for president by fellow directors and, if elected, I look forward to working with them further in the president role. It is important that we continue to work together and take herbal medicine and its benefits to even more people and communities.

I've been in practice since qualifying in 2013 and I work in Napier's general clinic and the CLAID (Covid, Lyme and Infectious Diseases) clinic, which is a cooperative and integrated clinic. The integrated and cooperative model sits very well with me and I enjoy working in a team for the benefit of patients. I'm the Institute's representative for the Global Alliance of Integrated Healthcare and Medicine.

I am a clinical trainer for Heartwood and really enjoy having students sitting in on clinics. I'm passionate about education. I am the in-house forager to the Fife Arms hotel and have been since it opened in 2019. I regularly take guests on foraging walks as part of that role. Between the hotel and clinics I work full time with plants.

I joined the UK and Ireland Mycotherapists Practitioner Register in 2021 after completing Fred Gillam's course on Medicinal mushrooms. I am a member of the Association of Foragers and I published a book with Aeon Books in June this year. I have helped at various festivals throughout Scotland with herbal first aid and welfare.

I have had an interest and passion for herbs since childhood stemming from my Mum's knowledge of plants and their uses alongside the family allotment and garden. I continued this and went onto work a croft and smallholding before qualifying.

**Position:** Director

**Nominee:** Nathalie Chidley

### **Supporting statement**

I have been involved in herbal medicine for more than 3 decades. I was employed at the Middlesex linked herbal training clinic as Dispensary Supervisor from 2003 until 2013 and am now Deputy to the Director of Clinical Training at Heartwood as well as a practicing herbalist.

Herbal medicine is a small community and needs individuals to step up and take responsibility in order to strengthen us. That was my motivation for offering my service to the Institute. I have served as a local Town Councillor for 6 years, for the last two as Deputy Chair of the Assets and Estates Committee and that experience has provided me with valuable insights into the internal working of Councils. In my time on the Town Council, we have seen a re-organisation of Committee structures and processes to streamline decision making and improve transparency without losing democracy. I have observed that Councils need to be able to respond to changing environments and emergent issues without rushing to judgement, a difficult balancing act.

Since my involvement with the Institute, first as a new director and then as Finance Lead, I have become convinced that the Institute Council needs to operate as a collective, where knowledge and information is held by all directors; collective decision making can only be effective and appropriate where information is shared. It is only through informed dialogue that we can thoroughly examine and test ideas.

The Institute needs properly functioning processes that are transparent, clear and straightforward so that director handovers are also transparent and straightforward. New directors can then immediately get on with the business of raising the profile of our profession and properly manage the running of the Institute. I am standing for re-election determined to see this process through with a clear idea of what the work will involve.

The Council, itself, needs to be flexible in thought and action, able to tread a path that fully accepts the history and traditions of our Institute without

becoming enslaved to them. Change for change's sake is not desirable, but neither is blind dogmatic resistance.

**Position:** Director

**Nominee:** Kamaldeep Sidhu

### **Supporting statement**

It has been a privilege to serve as a Director of the NIMH over the past term, and I am seeking re-election because I am more passionate than ever about shaping the future of herbal medicine through education, strategy, and high standards of professional practice.

In my time on the Council, I have helped to shape and embed the Institute's core values of integrity, inclusivity, and professionalism — values that guide every decision I make. As Chair of the Herbal Education Forum for the past three years, I have worked to create a more cohesive and effective structure, strengthening governance, forging partnerships with major herbal education providers, and initiating important discussions such as the role of AI in herbal education. Soon, I will also take on the role of Chair of the Accreditation Board, supporting both new and existing courses to deliver excellence in curriculum and standards.

My background in teaching on the BSc in Clinical Herbalism at Lincoln College has given me a unique vantage point. I brought functional medicine perspectives into the classroom, integrated coaching tools to help final-year students clarify their professional goals, and consistently received strong feedback from learners. These experiences keep me grounded in the realities of herbal education, while my current strategic post in the NHS — leading in organisational development — equips me with transferable skills in leadership, change management, stakeholder engagement, and strategic planning.

My vision is for the Institute to be the preferred professional home for herbalists who aspire to the highest standards in education and practice. I want “NIMH-accredited” to be a mark that signals excellence, professionalism, integrity, and inclusivity — not just within our community, but to the wider public and healthcare sector.

I have spent many years teaching and practising herbal medicine, and in doing so have seen clearly where our profession can grow stronger. I now feel called to focus my energy on making those changes at a strategic and policy

level — ensuring the Institute is not only preserving our rich tradition, but actively positioning herbal medicine as a respected, evidence-informed, and forward-thinking profession.

**Position:** Director

**Nominee:** Jo Webster

### **Supporting statement**

The time is ripe for herbs and herbalists to, once again, play an integral part, not only in our healthcare system, but also in encouraging connection with our natural world. To achieve this as a community, we need to embrace and build upon the common ground between us, whilst also celebrating our diversity and complexity (in which so much of our strength lies).

This fine organisation represents over one and a half centuries of herbal wisdom and collaboration. Its achievements and its support of its members depend upon good governance; a Council that understands its **collective** responsibility and that its obligations are to the Institute and to its members. On Council, too much emphasis upon and deference to individuals perceived to hold all the experience and historical knowledge of the Institute breaches the essential concept of collective responsibility and risks the long term health of the Institute because, in practice, it subtly places too much power in the hands of too few. I believe in the vibrant potential of true collaboration within the robust framework of a cohesive and clear governance structure.

For all it has achieved thus far, the Institute's governing documentation is no longer fit for purpose. With my previous experience as a lawyer, I would like to help to rectify this situation so that, going forward, regardless of the changing faces of Council over coming years, there is clear, straightforward and effective governance documentation in place to guarantee the safe and effective running of the Institute. This documentation should respect the Institute's long history, but also enable it to thrive in the 21<sup>st</sup> century and beyond. Achieving this will enable Council and Members to spend more time and energy on bringing to fruition the ideas and aspirations of the Institute and its Members.

Integrity, fairness, congruence and transparency are key values for me. I am unafraid of speaking up for what I believe to be right. It should be normal in the work of Council and, indeed, within our community, to be able to discuss

and hold differing views without professional disagreements becoming personal ones. My approach is growth mindset.

I am an AFN registered associate nutritionist, medical herbalist and fermentologist. I am in clinical practice as well as working on my PhD (University of Surrey and TEAGASC), focussing on a particular form of fermented food. I am conducting lab research into herbal oxymels (HOXYs). I teach nutrition and home herbalism for Betonica School of Herbal Medicine and I run classes and events in herbalism, fermentation and nutrition. I have worked in various roles on committees and with organisations and my legal background comes in handy for governance and oversight. I am good at working collaboratively. I am a mother to 4 awesome young people. I love reading, learning, asking questions, being in the woods, fermenting, herbing and having fun.

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