



## **Lynne Chitty** Exercising Kindness Founder

Although I only took up running in my fifties, animal welfare has been the main passion of my life and for the past two decades, and I have focused especially on fundraising, co-compiling the book *Legacy of Love* with wildlife artist Gary Hodges which so far has raised over £50K for animal welfare charities.

After 15 years in the civil service, I was Ordained Deacon in 2006 and served at Gloucester Cathedral and until recently at a retreat centre in Devon. I have the privilege of being an Ambassador for Mane Chance, a Trustee for Saving Strays and a group co-ordinator for Animals Asia.

Depression has sadly been a big part of my life too but getting out in nature, walking and running has helped me through some dark times as have my rescue animals.

My other passions are football (I'm a Spurs fan!), writing poetry and reading.

*I share my life with a rather bossy cat called Phoebe!*