

Profile

Between 2019-2025 I wrote a book on the associations between the hyper-permeable gut, and inflammation-driven disease progression, including the increased susceptibility to infectious diseases such as Covid-19. The book details hyper-permeable gut repair and the role of probiotics in supporting disease prevention and public health.

Since 2022 I have been researching microbial cellulose as a sustainable material for sculpture making. In autumn 2026 I will commence a PhD at Royal College of Art to investigate the probiotic potentials of the microbial cellulose; in particular how the probiotic content of microbial cellulose might be absorbed and inhaled. The use of probiotic materials for various applications including sculpture, objects, building materials could have implications for enhanced indoor air quality and living spaces by shifting microbial diversity through contact with haptic and airborne probiotics.

Education

MA Sculpture - Distinction	Royal College of Art, London 1999-2001
BA Fine Art (Sculpture) 2:1	Slade School of Fine Art, University College London 1995-1999
BSc Psychology, Criminology, Politics 2:1	Cardiff University, Wales 1982-1985

NHS Training

Teaching Cert: Teaching and Assessing in Clinical Nursing Practice	School of Nursing and Midwifery, Bangor University, North Wales 1990
Student/Registered Health Visitor (RHV)	University Hospital of Wales and South Wales community, Cardiff and Vale University Health Board 1985-1986
Student/ State Certified Midwife (SCM)	St. David's Midwifery Hospital, University Hospital of Wales and South Wales community, Cardiff and Vale University Health Board 1980-1981
Student/ State Registered Nurse (SRN)	University Hospital of Wales and South Wales community, Cardiff and Vale University Health Board 1976-1979

NHS Employment

Health Visitor (2005-2014)	South Wales community caseloads, Cwm Taf Morgannwg University Health Board 2005-2014
Health Visitor (1986-1992)	North Wales community caseloads, Betsi Cadwaladr University Health Board 1988-1992; South Wales community caseloads, Cwm Taf Morgannwg University Health Board 1986-1988
Staff Midwife	St. David's Midwifery Hospital, Cardiff and Vale University Health Board 1981-1982
Staff Nurse	Cardiology Unit, University Hospital of Wales, Cardiff and Vale University Health Board 1979-1980

Publication Credits

Probiotic Fossils - Tiny Builders of the Natural World	Surface Spot, <i>Stone Specialist</i> Magazine. https://www.stonespecialist.com/news/surface-spot-jane-fox 2026
Probiotic Fossils - Tiny Builders of the Natural World	<i>One Island Many Visions</i> Catalogue, Royal Society of Sculptors exhibition, Portland Sculpture Quarry Trust, ISBN 978-1-0369-2858-2, 2025
SCOBY (Symbiotic Colonies of Bacteria and Yeasts)	Probiotic microbial cellulose as a smart material for sculpture accepted into the <i>Future Materials Bank</i> , Jan Van Eyck Academie, Maastricht, Netherlands, 2023. https://www.futurematerialsbank.com/material/scoby-3/
Becoming Probiotic - Health, ecology and our second brain	Article published in <i>Planet - The Welsh Internationalist magazine</i> , 251, ISSN 0048-4288, 2023
Journey to the Sheep – Part Two	Poem published in <i>The Welsh Poetry Competition: Ten Years On</i> , ISBN 978-1-326-83972-7, 2012-2016

War, Favourite Day and Love	Poems published in <i>Bunbury Lit-Zine</i> , 2013
Solar Plexus and Waiting	Poems published in the <i>Welsh Poetry Competition Anthology: The First Five Years</i> , ISBN 978-1-4477-3232-7, 2007-2011
Solar Plexus, Sex, Cold and Conflict	Poems published in <i>The Literary Pocket Book Issue Two</i> , Autumn/ Winter 2007-8, published by Steve Hitchens, 2008
White Rabbit	Poem published in <i>Routemasters and Mushrooms</i> , An Earlyworks Press Poetry Anthology, ISBN 0-9553429-0-2, 2006
Arcadia in the City	Catalogue, English Heritage, London, IBNS 1-85074-842-X, 2002
Royal College of Art	Catalogue, IBNS 187417559-4, 2001
New Contemporaries 99	Catalogue, IBNS 0-9515556-8-5, 1999
Theatre / Opera Productions	
Peacekeeping; and The Film-maker and The Organ Trader	Chamber opera double-bill exploring human trafficking, Writer and Producer, funded by Ty Cerdd and crowd-funding, Wales Millennium Centre, Cardiff, 2018
Shelter	Chamber opera exploring Stockholm Syndrome, trafficking and child brides, Writer and Producer, funded by Arts Council of Wales (ACW), Royal Welsh College of Music and Drama, Cardiff, 2015
Butcher	Musical theatre exploring epigenetics and the cancer industry, Co-writer with Susan Jickells and Producer, funded by ACW, Chapter Arts Centre, Cardiff, 2011
Tiktika	Sensory labyrinth theatre with 16-21 year olds excluded from school and members of the public, France, Portugal, Romania and Wales, 2008-2009
Selected Exhibitions	
Probiotic Fossils - Tiny Builders of the Natural World	<i>One Island Many Visions</i> , Royal Society of Sculptors conference and exhibition, Sculpture and Quarry Trust, Portland, Dorset, Autumn 2025
Connected/ Breathe-in/ Becoming Probiotic/ Becoming Plastic	Prototype sculpture made of probiotic microbial cellulose, exhibited at <i>Antidote</i> , Oriel Canfas, Cardiff, 2024; <i>Annual Open 170</i> , Royal West of England Academy, Bristol, 2023-2024; <i>Wander_Land</i> , Royal Society of Sculptors, Tremenheere Gallery and Sculpture Gardens, Cornwall, 2023
Cradle	Sculpture made of sprouting oyster mushroom mycelium, <i>Casting Shadows</i> , Royal Society of Sculptors, ACEarts Gallery, Somerset, 2024
Getting Ready, Never Ready, Ever Ready	Film exploring materialism, <i>Experimentica</i> , Chapter, Cardiff; Whitechapel Gallery, Whitechapel; Century Gallery, Shoreditch; <i>Raindance East Film Festival</i> , 291 Gallery London, 2002-2004
Artists' Survival Kits, Artists Against The War	A survival kit, Le Parlement Des Arts, Strasbourg, France; Hotel Bellville, Waterloo, London, tour 2003
Forget Your Perfect Offering/1	Sculptural Commission, Underground Movement, Colchester; and Royal College of Art, London 2000
Bloomberg's New Contemporaries	Sculptural installations, Liverpool Biennial, Liverpool; Beaconsfield Gallery, London, tour 1999
Selected Awards and Memberships	
Royal Society of Sculptors	Member of the Royal Society of Sculptors (MRSS), London, 2007-ongoing
Ty Cerdd/ Music House Wales	New Music Award for 'Peacekeeping' opera, 2017-2018
Association for Cultural Advancement Through Visual Art	First Base Studio Award (Hackney) for one year, funded by Esmée Fairbairn Foundation and London Arts Board, 2002-2003
RCA and University College of London	RCA Bursary 2000; Slade School of fine Art, UCL Bursaries 1998, 1997; The Prankard Jones Memorial Prize 1997; The Monnington Prize 1996; UCL Entry Scholarship 1995

I have extensive **voluntary experience** in various capacities, including as a scuba diver with Neptune's Army of Rubbish Cleaners (NARC), air lifting plastic, rubbish and lost lobster pots to rescue trapped marine-life; driving food to community food banks with FareShare; community gardening projects; homelessness projects; and as a sculpture teacher.