

## 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 probiotics might be absorbed and inhaled. The use of probiotic materials for various applications including sculpture, design, and construction could have implications for enhanced indoor air quality and living spaces by improving microbial diversity through contact with haptic and airborne probiotics.

## Education

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

## NHS Training

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

## NHS Employment

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

## Publication Credits

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

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