



Professor John Lambert, M.D., PhD, Infectious Disease Consultant.



Professor Dr. John (Jack) Lambert is Consultant in Infectious Diseases in Dublin at the Mater Misericordiae University Hospital and Professor at UCD School of Medicine. Dr. Lambert has 25 years of experience in Infectious Diseases covering HIV, Hepatitis C, and other disease areas. He trained in the USA, UK, and worked for 6 years in Baltimore at the John Hopkins Institute and the University of Maryland Institute of Human Virology, where he developed his skills in vaccinology, HIV, and Lyme and co-infections. He has consultant specialty certifications in adult and pediatric infectious diseases, general medicine and pediatrics, and in sexual health (genitourinary medicine). He was head of the National Isolation Unit of Ireland (2010-2018), managing all emerging infections. He is the only infectious diseases physician in Ireland managing Lyme and co-infections, and has developed a private practice seeing such patients.

Jacinta Fay, Long Covid Advocacy Ireland



Jacinta Fay is a member of Long Covid Advocacy Ireland (LCAI) and has experienced Long Covid since March 2022. She is a community worker, facilitator and educator with a Masters in Community and Youth Work from Maynooth University. She has coordinated projects in community organisations, at a local and national level, in Ireland and Liberia, supporting communities to organise for social and environmental change. She is currently the co-coordinator of the charity, Galway City Community Network. She has also been active in campaigns focused on women's health and reproductive rights. In LCAI she is involved in advocacy on clean air, access to appropriate care, disability and workers rights.

Conor Flaherty, Youth Advocacy

Conor Flaherty is a 16 year old Long Covid patient from Co. Kerry. He has been a volunteer with Long Covid Kids as a Youth Advisor & Podcast Producer for the past year. As part of his role with the charity he has become a researcher with UCL on a study looking at the effects Long Covid has on teenagers across Ireland and the UK. He is passionate about raising awareness and advocating for Long Covid sufferers, especially young people. Outside of his work with Long Covid Conor has held many other youth advocacy roles he has been a former permanent delegate of the first National Youth Assembly of Ireland, a member of Kerry Comhairle na nÓg and has also been a delegate at the European Youth Parliament.



Dr. Pol De Saedeleer, RPharmD



As a Doctor in Pharmaceutical Science Pol De Saedeleer received his degree and training at the University of Louvain, where he graduated from in 1991. He obtained his Master's degree in Nutritional & Phytotherapeutical Therapies at IMPB in Louvain-La-Neuve and his Master's degree in Homeopathic Practice at VSU in Ghent.

Pol is Scientific Director of Nutrined/Researched Nutritionals, located in the Netherlands and active all over the world. Pol combines his activities in Nutrined with being the Director of a Belgian Pharmaceutical & Compounding Lab in Lier, close to Antwerp in Belgium.

As part of the Belgian medical community, Pol De Saedeleer was selected as chairperson for the first ever Belgian Lyme Committee that took place in Antwerp in September 2015.

In 2016 he accepted the position of Chairman of the European ILADS Committee. He was immediately looking forward to assuming that new responsibility and joining forces with this team of Committee members to focus on procuring information and education to medical professionals treating Lyme disease. Organizing transparent communication, supporting medical professionals and hosting conferences and workshops have since been key in the European ILADS Committee.

Recently he accepted a seat in the educational Board of the BSEM, the British Society of Environmental Medicine.

Ciara Breen, Occupational Therapist.



Ciara Breen is an Occupational Therapist with over twenty-five years of experience in neuro-rehabilitation and older persons rehabilitation in both Ireland and Australia.

She has long held a clinical interest in how fatigue, cognition, and sleep affect daily living. In her private practice, The Brí Clinic, www.thebriclinic.com, Ciara assesses and treats people with a range of conditions, including Long Covid. Ciara has also held a range of leadership positions and representative roles both within the HSE and internationally, including HSCP rep to the HSE Long Covid working group in 2021 and 2022, and membership of the Allied Health committee in Long Covid Physio, an international peer support, education and advocacy, patient-led association of Physiotherapists (Physical Therapists) living with Long COVID and their allies.



Angela MacRitchie, Naturopathic Herbalist



Angela has been a member of the CLAID clinic co-operative for 5 years. She studied with the College of Naturopathic Medicine (CNM) qualifying as a Naturopath, Naturopathic Nutritionist and Herbalist in 2015. She is now a CNM lecturer and also tutors and mentors CNM students. Prior to this Angela gained qualifications and experience over 19 years in massage forms, reiki and energy therapies. Her philosophy is wellness of the whole person (mind-body-spirit), and needs to be addressed for long term health change to take place. Her clinic is very varied, but focuses mainly on Lyme disease and chronic illness patients. Angela is a passionate advocate for nutrition as a way to promote optimal health. Having experienced the healing power of nature connection and ecotherapy, Angela is a certified Forest Bathing Guide and Nature Therapy Practitioner. Angela is a member of the

Association of Master Herbalists (AMH), British Association of Nutritional Therapists (BANT), Association of Naturopathic Practitioners (ANP) & the Unified Register of Herbal Practitioners (URHP).

Sarah O'Connell, Long Covid Advocacy Ireland (LCAI)



Sarah is co-founder of the patient advocacy organisation, LCAI (Long Covid Advocacy Ireland) and is the Irish representative for the charity Long Covid Kids. Sarah has a BA in Psychology from UCD, & an MA in Psychoanalytic Theory from TCD. Sarah and her daughter were both suffering from post viral ME (Myalgic Encephalomyelitis) prior to the pandemic. Following Covid infection, she and her daughter now both also suffer with Long Covid symptoms. Sarah's son Jake, previously healthy, has developed Long Covid and PANS following repeated Covid infections. Sarah has been working as a patient advocate for ME for some time and for Long Covid since 2020. She is passionate about fighting for proper recognition and services for those with post acute viral illnesses. She is eager to fight for adequate care for adults and children in Ireland who are affected by Long Covid.



Dr Nigel Speight, Consultant Paediatrician and Adviser to the ME Association (MEA)



Dr. Nigel Speight is a consultant paediatrician formerly at the University Hospital of North Durham, UK. His qualifications are MA, MB, BChir, FRCP, FRCPCH, DCH. He has 40 years of experience in paediatrics, 25 as a consultant. He retired from my post in Durham in 2007 but continues to practice as a consultant locum and remains on the medical register. Over the last 30 years he has developed an extensive experience and interest in the area of ME/CFS [Myalgic Encephalomyelitis/Chronic Fatigue Syndrome] in childhood and adolescents. Within North Durham alone he has accumulated over 200 cases under his personal care. In addition, because of his special interest, he has had over 1000 cases referred to him from elsewhere in the Northern Region and all over the United Kingdom. These referrals have been from general practitioners and fellow paediatricians. He is currently the paediatric adviser to the charities the TYMES Trust, ME

Association (MEA), the 25% Group, BRAME (the Blue Ribbon Awareness of ME charity) and the Welsh ME Association. For many years I was also paediatric adviser to the Association of Young People with ME (AYME) and Action for ME.

Liz Murray, Lyme Resource Centre Trustee



Liz is a Trustee with the Lyme Resource Centre (LRC), a charity registered in Scotland. Liz worked in the UK NHS for 15 years as a Physiotherapist and Senior Manager before moving to the commercial health sector, where she worked for a further 25 years until retiring in 2023. Liz has a Masters in Business Administration and experience in marketing, sales, customer experience and digital communications.

Liz helps the LRC with strategy, planning and strategic communications as well as some medium-longer term projects. Liz has a deep understanding of Lyme disease, having been diagnosed and treated with the condition after 6 years of symptoms.

<https://www.linkedin.com/in/murrayliz/>