

15 Questions in 60 Seconds with Jacqui Mayes



Nutritional therapist at Durham House

1. What would you name the autobiography of your life?
“Cooking for Friends”.

2. If you could learn to do anything, what would it be?
I'd love to learn to sign properly.

3. If you won the lottery, what is the first thing you would do?
The first thing I'd do is make sure my mum was financially secure. Then I'd buy a car that doesn't have a disco variety of warning lights on the dashboard! Then I'd give a big chunk to charity and go and live by the beach.

4. If you have 30 minutes of free time, what do you like to do?
Walk my dogs, reading or cooking.

5. If you could be any fictional character, who would you choose?
Elizabeth Bennet or Nanny McPhee.

6. What is something you learned in the last week?
Sea otters hold hands when they sleep so that they don't drift apart.

7. What's your favourite indoor / outdoor activity?
Definitely cooking.

8. What chore do you absolutely hate doing?
It has to be ironing and doing my accounts.

9. If you could meet anyone, living or dead, who would you meet?
Nelson Mandela.

10. Have you ever had something happen to you that you thought was bad but it turned out to be for the best? ?
Being diagnosed with fibromyalgia 16 years ago felt like the worse thing in the world, but actually, it meant that I became a nutritional therapist which has enabled me to help so many people.

11. What three traits define you?
Positivity, caring and determination.

12. Do you have a claim to fame?
I've worked with Stevie Wonder.

13. What would you do (for a career) if you weren't doing this?
I've always wanted to be a ballerina.

14. What would you most like to tell yourself at age 13?
Take every opportunity that life throws at you, laugh a lot, live life to the full and don't be afraid to make mistakes.

15. What is your favourite thing about working at Durham House?
Working with a community of fantastic practitioners.

