**December 2024**

**Helen Banks**

Helen is a Chartered Accountant with her own small practice, who is now semi-retired. She has enjoyed sport all her life, including running, cycling and swimming as well as being a ski instructor in both Australia and France. Helen was also keenly involved in her sons running activities during their school years, enjoying both the sporting element and the comradeship on the sidelines. Helen is keenly aware of the benefits that sport and physical activity provide.

Helen also volunteers with Landcare, with an interest in the revegetation of disturbed land to improve tree canopy, habitat and biodiversity.

Helen has been an admirer of CPSARA for many years and is very excited to become involved. She is looking forward to getting to meet you all.