

Paula Brown

Community Manager, AEC

Paula Brown is a founder member of AEC and has been a part of the Ascension Eagles Family for almost 30 years.

Between 1996 and 2004, she was a successful athlete and coach for the programme. She competed all over the world, a personal highlight being competing for Team UK in Japan in 2001!

Paula is AEC's Community Manager, responsible for all aspects of administration at Talent Central and overseeing the successful delivery of our outreach programme for local schools. She also leads on our provision of mental-wellbeing support for the athletes and their families.

She sees AEC as her second family, often joking that she sees us more than she does her own, but is passionate about the work we do and the positive impact we have on the young people in our care.

On the rare occasions she isn't at the gym, Paula enjoys a good book, film, or TV show, but especially likes spending time with her family... and of course Elvis!



Qualifications

- ICU level 1-2: stunts, tosses and tumbling
- Anxiety Management Training
- Under-18 mental health counsellor
- Enhanced DBS checked
- Deputy Safeguarding Lead
- First Aid