

Camille Angol

Hi everyone, my name is Camille Angol. I am excited to introduce myself as a new Trustee on the committee for People in Harmony. I'm a mother, businesswoman and activist. I share my love of life with my husband Jason and our three sons – we spend copious hours involved in various physical exercises and outdoor activity.



I was born in Toxteth Liverpool 1981, but soon moved down south to Bedfordshire where I spent most of my years growing up. In 2000, I left home to study at London's Metropolitan University, before returning back to Bedford in 2004.

I used my education to set up my own business. I am currently a Personal Trainer and have been the owner of Bedford Boot Camps for twenty years, where I train groups and individuals to accomplish health and performance. I was awarded Bedfordshire's Self-employed Business of the Year in 2011, and aim to use my experience of membership and media to help drive the People in Harmony forward.

In my spare time, I play competitive football and am a member of the Bedfordshire and County FA Inclusion Advisory group. Driven by my three mixed race son's experiences of racism. I am also currently campaigning for a training Tool Kit to be piloted in my children's school. The training aims to address institutionalised racism in the education system.

Being mixed race, I am proud of my English, Jamaican and Malaysian heritage. I now have the experience and aptitude to encourage and empathise with other Mixed Race individuals, who may encounter some of the experiences that unfortunately still exist in our country. I wish I would have found People in Harmony much earlier in my life and feel part of a group. One of our aims should be to make ourselves more visible, celebrated, connected AND useful to our younger generation.

I enjoy inspiring others about the things I am excited about, with an indefatigable desire for transformation. I see my role within the charity as an opportunity to bring about a change in people's racial attitudes. This can be achieved by demonstrating the positive side of race, through celebrating our amazing Multicultural British Society and empowering our young Mixed Race children to thrive and be proud of every single part of their being!

Together, we use our talents to get people, old members and new, excited about and enjoying the events we promote.

