



Parmiter's Almshouse & Pension Charity

Trustees



Anne Ambrose is a lifelong Bethnal Green resident who spent 40 years as a Civil Servant, much of it safeguarding public funds. A Trustee since 2004, she serves as Treasurer and leads on Governance. Anne has a long record of voluntary service, including roles as a school governor and community representative. Her current commitments include chairing both her estate's Residents Association and the Bethnal Green West Safer Neighbourhoods Ward Panel. She also co-leads weekly sessions of the Friday coffee morning and the Bethnal Green Walking Group.

Lynette Carr Armstrong joined us back in 2017 and enjoys the connections Parmiters enables her to maintain with the community of her childhood. At heart, Lynette is an English teacher but has a number of side hustles including (but not limited to) education consultant, running an unruly but fun and free community zumba class, tutoring, education content creation and is a published writer. She also thinks she can sing (but would never charge) and is also an avid crafter!



Brian Coulshed has been a Trustee of Charity since 1993 and Emeritus Headmaster of Parmiter's School (1992 to 2010). Brian really enjoys travel and sport. He is a keen cricketer; and is involved with a range of sports. Brian cherishes his association with all of the wider organisations that are part of the Parmiter's family.

Martin Ling became a Trustee around the year 2000 and has mainly led on development issues including the Clacton Almshouses which opened in 2010. Martin spent most of career working on public housing and has lived in Bethnal Green for over 30 years. He is also Vice Chair of the charity, a post he has held for several years



Raymond Marney became a trustee around 1996. He spent most of his working life in Engineering and Construction, with nearly over 30 years at Network Rail. He enjoys travelling, reading and Music. He was born in Bow and for a number of years lived in Bethnal Green. He enjoys the trips and meals with the Parmiters Pensioners.

Donald Martin enjoys being part of the board's practical, hands-on skillsets and strong spirit of community collaboration. Don has a diverse background ranging from technical engineering to municipal maintenance, He has insight into property care, construction, and team dynamics. In his spare time his main interest is traveling, meeting people from all walks of life; as well as photography, sports, music, and learning about new technologies.



Sheena Monilal Sheena has been a Trustee since 2019. She started her career in Education Department working alongside Primary Schools Inspectors in Tower Hamlets before moving to the housing sector where she worked for over 30yrs. She has a vast experience in housing management and had a particular interest in tenancy fraud. She loves to bake and is a keen gardener and has more recently taken up a new hobby of knitting and crochet.

Michael Tyrrell has been a Trustee of the Charity since 1984 and Chairman since 2000. Mike brings his experience of working in social housing for over 40 years. As a Trustee Mike really enjoys meeting pensioners and their guests at the Trust's events. Mike is a keen historian, especially the history of the East End, an experienced genealogist, and he demonstrates his stoicism through being a Millwall Season ticket holder for years!

