



I am incredibly proud to have been asked to be a 'Bridge The Gap' Ambassador. I am very passionate about the fabulous work that they do with young people and their families in Derby and the wider area. I spent over 20 years working in the education sector and I am astutely aware of the challenges that young people face in today's society, particularly with mental health. I am also astounded at how difficult it is to access support if young people experience mental health difficulties.

I hope to be able to raise awareness of the specific work that 'Bridge The Gap' do but also promote generally a public awareness of mental health. Jen, Nikki and the team support and inspire the young people in their care on a daily basis; everyone should be aware of the positive impact that 'Bridge The Gap' is having in the local area; every child should feel hope and should know that they are not alone.