



BRIDGE THE GAP

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Hi I'm Asimah

I'm a mum of two beautiful souls, and they are definitely the most important and best part of my life.

My working background is varied but includes working in social media and journalism as well as nursing.

I enjoy reading, writing and travel as well as cooking and walking. I love all things history related and am a National Trust member!

I have a great deal of knowledge of all things mental health, emotional regulation, trauma and lived experience of an autistic young person in the family.

I have a real passion for the work that Bridge the Gap do and I hope to make a difference to the lives of others through my own lived experiences and knowledge and skills.