



Hi! I'm Claire a Child Wellbeing Practitioner at Bridge the Gap. I knew from leaving college that I wanted to build a career supporting children and young people with their mental health. In 2005 I completed a degree in Psychology at Derby University and since then I've been privileged to work with families in community, education and mental health settings.

In every role I could see that early intervention was key to supporting a child's mental health and how important building understanding of emotions was in their development. When I returned to work after becoming a parent myself I continued my career in a child and young person's mental health service. This gave me the opportunity to work more with parents and carers as well as group and 1:1 support with children and young people I understand how overwhelming parenting can be at times and I genuinely believe families do the best they can with the resources they have at that time.

I'm passionate about empowering people to make positive change and will never pass judgement. Joining Bridge the Gap has given me an exciting opportunity to work creatively with families in a way that is led by them, moving towards goals they have identified. I've learnt how much difference it can make holding a safe space for a child and supporting them to find helpful ways of coping with big emotions. I'm so grateful to be in a setting where we can really listen and understand a child's needs and take the time to build positive relationships.

In my spare time I enjoy getting out in nature for long walks and bike rides with my husband and daughter. I also love Yoga and Mindfulness and find it's a great way to help me relax and recharge.