



Katie is a proud mum of two boys, married to a supportive husband, and together they enjoy family walks with their very sassy sausage dog.

Volunteering since 2019, Katie's passion for children's mental health stems from her personal experiences supporting her son. Completing the How to Manage My Child's Emotions course with Bridge The Gap was a pivotal moment in her journey. Volunteering has also given her amazing opportunities to complete Mental Health First Aid training, Trauma training, and ELSA (Emotional Literacy Support Assistant) training, further enhancing her ability to support others. She has taken on a variety of roles, from team support to delivering Compassionate Crafts workshops in schools across Derby.

In her free time, Katie enjoys spending time with her family and has a love for painting and decorating—her home is always changing! Recently, she stepped out of her comfort zone to earn her powerboat licence to support her son in Sea Cadets.

Now, as a Director at Bridge the Gap, Katie is honoured to continue making a positive impact on the emotional well-being of children and families