



I graduated from Essex University in 2019 with a Masters in Occupational Therapy.

I am chuffed to be joining a team with values so closely aligned to my own. Prior to working with Bridge the Gap, I worked as a paediatric occupational therapy assistant; a job which I adored and inspired me to retrain! Here I worked with children with a variety of disabilities and behavioural needs; however, I was struck by the profound impact these conditions often had on self-esteem and confidence, and how difficult it was to access support. I also worked within the NHS in there psychosis service.

The recent pandemic is likely to have lasting effects on not only our children but for us too. Evidence shows that 1 in 4 adults experience difficulties with their mental wellbeing. I am passionate about supporting children through early intervention and in turn, their parents to develop their knowledge about emotional literacy; developing stronger relationships and enabling our children to manage their emotions; a core life skill.

Outside of work, my two children (12 & 8) keep my boyfriend and me busy! I love being outside, especially pottering in my garden or out for long walks. It's important to make time for myself and schedule in time to bake, paint, or read a magazine with a cuppa!

I'm excited to be bringing the Bridge the Gap vision to my little town in Essex and working with the team to empower our young people.