



Hello, my name is Helen. I live with husband and two little dogs. I have two older daughters who have now moved into their own homes, as well as being lucky to have two stepdaughters and two grandchildren. I love walking my dogs, meeting with friends, swimming and cooking.

I have a BSc in Counselling and Psychotherapy and am currently studying for my Masters in integrative Counselling and Psychotherapy at Derby University to continue to learn more about my chosen profession. I worked for many years in finance, and whilst this may seem a huge change of direction, I now feel I am doing absolutely what I should be doing. I have suffered trauma and loss, and I think this helps me to understand how life can throw things at us that we do not expect and sometimes need a little help with.

I am delighted to have the opportunity to be able to work at Bridge the Gap and help to support children and parents in Derbyshire. During my degree I worked very closely with a lovely family and saw first-hand how difficult it can be at times and wish I had known about this company to direct them to at the time. The ethos at Bridge the Gap and the way they support children and families is close to my heart and I believe delivers something that is much needed.