



BRIDGE THE GAP

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Hi, I'm Stacey and I am excited to have joined the Bridge the Gap team as a Creative Expressive Practitioner. I have worked within the community, as well as in schools and colleges, supporting both adults and children with their wellbeing and mental health for the last 8 years. Working across a range of roles I have delivered Emotional Education sessions, coached and mentored young people, and facilitated therapeutic creative wellbeing workshops.

I have a BA (Hons) in Creative Expressive Therapies from Derby University, and I am also a Mental Health First Aider having completed an Adult Mental health First Aid course with MHFA England. I'm passionate about using creativity in my work and love creating a safe space for others to create without judgement or expectation. Creative self-expression boosts our confidence and self-esteem, help us to explore our thoughts and feelings, and supports us to navigate life's challenges and changes. I'm particularly interested in helping adults reconnect with creativity in this way as I've both seen and personally experienced how beneficial this can be.

Outside of work I enjoy running, travel, cooking and eating out. I'm originally from London but I have lived in Derbyshire for over 10 years now and I absolutely love it. I currently live in Belper with my husband and daughter, and I love being so close to the Peaks. As a family we love being outdoors and you'll find us out walking and exploring as often as we can.