



BRIDGE THE GAP

01332 600827

INFO@JWBRIDGETHEGAP.COM

Hi, I'm Jo. I feel very fortunate and excited to join such a dedicated and welcoming team at Bridge the Gap. I am passionate about supporting children and young people in our local community, to build the skills to navigate growing up in a busy, fast paced modern world and the challenges that can bring. Understanding emotions, relationships and building resilience for us as adults is tricky and so I feel strongly that equipping our children with these skills will help build strong foundations, a positive sense of wellbeing and Mental health for the future.

I gained a BSc (Hons) in Occupational Therapy (OT) in 2002, Stroke care has been my specialism for many years. Whilst physical rehabilitation is a big part of my role, recognising the impact on someone's Mental Health and Wellbeing is crucial and cannot be overlooked. It is entwined in my role as an OT both with patients and staff. I love using my skills to build a rapport, adopt a person centred approach and make a difference through active listening, developing strategies, use of occupation and goal setting.

I am also a Wellbeing Champion for our team and enjoy sharing ideas, seeking out information, networking and sign posting to wider services. The ability to tailor this to individual circumstances or at a more generalised team level is really rewarding.

When away from work I am a wife and mummy of two (I refuse to let go of the mummy bit despite them being 8 and 12. We enjoy getting out and about making memories be it cycling, a movie on the sofa, rock pooling on a Cornish beach or time socialising with family and friends. I like to go to gym classes, run and swim as a bit of escapism but juggling it all is not easy. Building and valuing connections with people has always been important to me and so I love a good natter over a nice coffee.