



I am a play and creative arts therapist working with children and families and have also trained as a filial play coach, which is about working alongside parents and carers and harnessing the power of play. I started my career as an early years teacher and worked in schools and local authorities for over 25 years with a focus on personal, social, and emotional development and inclusion.

Experience has taught me that the quality of our relationships across our lives has a huge impact on our development and wellbeing so I also work as a trainer and consultant with early years settings, schools, and other organisations that work with children. I talk about attachment, brain development, self-regulation, trauma, relationships, play, and storytelling with a view that when we have the information we need, we are in the best place to support ourselves and others.

When not working, I'm an enthusiastic artist, maker, and love working outside – these things keep me grounded and connected to myself.

I'm thrilled to be able to work alongside Bridge the Gap and am excited about where this connection can lead!