



I have worked as an Occupational Therapist for the past 12 years with a core aim to provide high-quality holistic care.

I currently work within the NHS as a senior therapist at the Pulvertaft Hand Centre. I have an interest in the relationship between physical and mental health and the combined impact on recovery, applying research evidence to everyday activities. Previously working with acute mental health settings has shaped me as an individual and as an Occupational Therapist.

There is currently a crisis in children and young people's mental health. Young people deserve to have their needs met and support provided in ways individual to them. Emotional literacy enables young people to understand and express their feelings, taking control of their own mental health and well-being.

Working for the Bridge the Gap enables me to empower young people to become emotionally literate, content, with a greater sense of confidence and self-esteem, which in turn will result in them becoming resilient adults; I'm not sure there's a better job!

Outside of work, I enjoy being with my husband juggling family life and a never-ending house 'fixer-upper'! spending time outdoors, and we love to go on holiday. I am a keen, if not successful baker and use this as a way to relax!