I have worked in Social and Economic Regeneration for over 18 years in the Community and Voluntary Sector, and predominantly in the West and Outer West of Newcastle. I am also a Facilitator and Coach delivering training and support in positive behavioural psychology and mindfulness and have ran my own business. My greatest passion is helping others to help themselves and to recognise their own amazing potential to make changes in their lives.

I am married with two children whom I am very proud of not only for their achievements but for the amazing adults they have become. We also have a family pet, an English Springer Spaniel called Dexter, who loves the water and the mud and the annual holidays to Scotland.

I have worked with the families within WEST for many years and have previously held a Governing Body position at another primary school. I am delighted to be part of the St John’s Primary family and hopefully can bring my knowledge and experience to compliment the great work of the Governing Body.