



hello

FAVOURITE TV/FILM?

Garden State

FAVOURITE FOOD?

Shepherd's Pie or Sunday Roast

WHAT DO YOU DO FOR FUN?

Reading, walking in nature, gaming and spending time with my family.

THREE WORDS MY FRIENDS
WOULD USE TO DESCRIBE ME:

Passionate

Caring

Funny

NIKE



"I co-founded The MindKind Projects because I wanted to create the kind of organisation that gave the support I often wish I had."

Men's Peer Support Group Facilitator,
Mental Health Social Worker, MindKind
CEO

Role: PROJECT LEAD

WHAT I HOPE FAMILIES FEEL WHEN WORKING
WITH ME:

That I really care and this isn't just a job. That they are more amazing and more capable than they realise.

ONE THING I ALWAYS TRY TO REMEMBER IN
THIS JOB:

What a privilege it is.

A SUPERPOWER I'D LOVE TO HAVE AND WHY:

Teleportation. I imagine this far too often.