

I joined The Birchall Trust (formally known as South Cumbria Rape Abuse Service) in November 2008 as office administrator and I instantly knew that when I was now part of a therapeutic family and the seed of passion was planted and ready to grow.

As part of my induction training I attended a 10 week counselling skills course and from that moment I knew I wanted to know more about counselling and the impact this has on people's lives. After completing the 10 week course I enrolled at the University of Cumbria on the Degree in Person Centred Counselling. This journey was amazing and I graduated in May 2014 with a 2:1.

Since 2014 I have continued to practice as a counsellor and attended various training events over the years. After attending Babette Rothschild's 12 day training in 2016 my practice changed forever. I understood the importance of being a Trauma Led counsellor, especially with people who have experienced sexual trauma in order not to re-traumatise them and also to give individuals the vital coping strategies for them to use in everyday life.

Just as I was graduating Jean, Manager was retiring and the role of CEO became vacant. I believed that along with my professional/ personal skills and passion I would be able to succeed at this role so I applied and was ecstatic when I was offered the position.

On the 1st June 2014 I become CEO for this amazing charity, I was so proud to be able to carry on the vision which Christine Birchall started in 1991.

That seed of passion has now grown considerably and I will to continue to strive to help everyone regardless of their gender, age, culture, sexuality etc to gain a life of happiness and contentment.