

About me!



NICOLA **Clinical Lead** **Practitioner**

I work for the Mental Health Support Team (MHST) as one of the Clinical Leads based in Skegness.

My role includes supporting children and young people to manage their mental health and emotional well-being. This involves one to one support, workshops, groups and working closely with schools. I have brown hair that I wear up or down.

My favourite animal: I have a puppy called Raffa who is a Sprocker Spaniel – he is very cute but has very sharp teeth and I sometimes call him a sprocker dile because he reminds me of a crocodile!

My favourite food: I really love Italian food so Pizza or Pasta dishes with lots of Mozzarella or Parmesan. I also have a sweet tooth so any cake, pudding or chocolate will make me happy.

My happy place: I like going to the cinema or to the theatre to watch a show.

My Favourite TV: This is too hard as I like lots of films and books but my favourite type of book or film is either a comedy or a suspenseful mystery.

Places I like to visit: I love exploring new places and seeing new things but one place I never get bored of visiting is York – it's such a beautiful place.

Hobbies/Interests: I enjoy completing jigsaws, crosswords and sodukos and completing escape rooms with my friends and family.



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