

Hi! I'm Mairead

I am a Mental Health Support Worker and I enjoy:

- *Walking in nature, going to cafes, sightseeing and catching up with friends*
 - *Going to the Gym and Yoga*
 - *Music and playing sports*

I have enjoyed studying a BA Degree in Youth and Counselling and now I enjoy helping people to live their best life.

Wishing you all the best and I hope to meet you soon.

Mairead F

