

Hi! I'm Chris

I am a Mental Health Support Worker and I enjoy:

- *Cooking and gardening*
- *Playing cricket and kicking the football with my son*
- *Singing and playing the guitar & piano*

I enjoy running various groups, including music & have supported people with their Mental Health for over 25 years. I enjoy helping people to live their best life

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

Chris G.

