



Hello! I'm Fiona Yoward.

I'm an Education Mental Health Practitioner and started with WEST (Wellbeing and Emotional Support Teams) in December 2022.

Prior to my role with WEST, I was a teacher. I taught on various Psychology, Health and Social Care, and Childcare courses. I have also been a Personal Tutor responsible for the pastoral care of students and a mentor to new teachers.

I enjoy spending time with my family who live all over the UK. I'm a keen traveller and although I've been fortunate to visit some amazing places, I have an extensive wish list of places yet to visit! I've recently learnt to sew and find it an excellent way to relax.

I strongly believe that good mental health is crucial to achieving fulfilment and success in our lives. One way to attain this is through teaching children the skills to deal with challenges in daily life and intervening early if concerns arise. I feel that school can be an excellent place to develop a child's resilience as it is a safe, stable and familiar environment for them.

I'm excited to be working with Ombersley Endowed First School, contributing to the fantastic work already being done by staff to improve the emotional wellbeing of children and young people.

My contact details are: [whcnhs.mhtis-camhs@nhs.net](mailto:whcnhs.mhtis-camhs@nhs.net)

