

## **Sue Jackson**

I originally trained in general nursing then retrained as a social worker and subsequently specialised in mental health for over 30 years. I spent many years attached to St. Clement's Hospital, and qualified as an Approved Social Worker. I chaired the steering group which instigated Mid Suffolk HomeStart volunteer support group and jointly founded two mental health carers groups, one with Suffolk Family Carers and the other the NHS. I was also responsible for jointly founding a "Pop In" in the village - a coffee and chat for all ages, with benefit advice etc. if needed. Throughout my career I developed a practical understanding of those with mental health problems and the importance of working to reduce the stigma of mental illness.

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