Well, had I heard of Walton Parish Nursing (WPN)?  I hadn't even heard of Parish Nursing like a lot of people.  I had worked in the NHS for 25 years and never heard of WPN until six weeks ago then everything changed and now I will be taking over the position of mental health nurse for Maidstone Road Baptist Church, Seaton Road Methodist Church and St Mary's Parish Church from John Gillett who is due to retire.

I don't live in the Felixstowe area but love the place and I am not a local girl having come to Suffolk some 35 years ago from Yorkshire via Sussex.  I worked there in the local health authority headquarters as a legal secretary and from there to Ipswich Hospital going on to become a medical secretary at St Clements Hospital until 2006 when I decided to retrain as mental health nurse.  I worked with John when I was doing my training, and did not think that years on I would be taking over his post.  I qualified in 2010 at University of Suffolk.  My training, funnily enough, was primarily in the Felixstowe area with my base being the old Bartlett Hospital.  My office window had the best view one could ever dream of, straight out to sea and on a good day it was beautiful; I never dreamed that all these years later I would be back working in Walton/Felixstowe area.

The role of the mental health Parish Nurse is and will be something very different to the post which I am leaving, that of an inpatient nurse based on the Ipswich Hospital site, working initially with those aged over 65 and then with men aged over 18.   I hope that my skills which I have developed since qualifying and my life experience will help me develop in my new role and career, something that I am very excited about and look forward to working with Lorna and the volunteers of Walton Parish Nursing, taking forward the beliefs and ethos of Parish nursing in assisting and building relationships with those who are living with mental health issues  and the services provided in the local community.

If you are interested in learning more about parish nursing and what Lorna and I do, then please visit [https://waltonpn.org.uk](https://waltonpn.org.uk/)/  volunteers are always needed and maybe we will meet up one day!