

Biography for Sarah Smith

I am a 53-year-old mother of two, living in the Mistleley area. I came rather late to the party when it comes to understanding and working to protect the environment, having previously known it was very important but not got overly involved in it. Following the documentary in 2019 entitled “Climate Change; The Facts” by David Attenborough, I was brought sharply up to speed on just how urgent it is that we all get on board with addressing this most vital issue of our times.

I have lived in the Essex area for much of my life, and have also travelled in my younger years, working both overseas and in the UK as a mental health nurse. In the past 16 years I have been working as a psychological therapist and mostly now work from home online treating a variety of emotional issues and mental health problems. I know from my work that we humans share a collective and justified anxiety about how we are living as a species, how we treat one another, and about the declining condition of this planet which we all share. As a parent, I feel passionate about all doing what we can to try and change the course we are currently on, to negate some of the worst effects of climate change and loss of biodiversity. We can only do this collectively and I feel this coming together that is happening within this community, and the communities around us, finding practical actions and making positive changes, is the very essence of what makes life meaningful and beautiful still, and gives me some hope for our future.

Sarah’s term as a PACE Trustee ends on 29 September 2026.