



Simrit Bharaj

Mental Health Practitioner

Teacher

Author

Background Information

Simrit is a creative, diverse and committed practitioner who has lived in Bradford most of her life. Bradford-born, Simrit has faced adversity but overcome obstacles using determination, ambition and a drive to succeed. A strong believer in 'making your own destiny', Simrit has stayed focused and made successful careers for herself even when faced with difficulties.

Simrit spent most of her childhood under the influence of her Grandparents. Their grounded and nurturing upbringing has made her the supportive role model she is today. Simrit believes that children and young people can pave their way to bright and productive futures when supported, guided and influenced by positivity and direction.

She attended local schools and went on to university to obtain a degree in Communications, Advertising and Marketing. Following on from that, Simrit undertook work in the media sector and then embarked on a primary teaching career. Throughout her sixteen years teaching in the primary sector, Simrit has taught many children from a range of backgrounds and always believes that the key to being a good teacher, is being a good communicator. Recently, Simrit has taken on the role of Education Emotional Wellbeing Practitioner and promotes the necessity of mental health and wellbeing for children and young people.

Alongside her teaching career, Simrit became a published Author in July 2019 with her first children's story 'The Magic Pearl Necklace'. The book is a short fiction story about an Indian girl from a similar background to herself. She has received powerfully encouraging feedback and is sometimes overwhelmed by the heartfelt comments that readers make about the book. Her writing is creatively honest and readers find her work relatable and touching. Simrit writes from the heart and skilfully amalgamates a touch of magic with humour to appeal to a range of readers.

Bradford Community Champions

The future for children has always been at the forefront for mother of three, Simrit and through being a Bradford Community Champion, she hopes to empower, influence and encourage children and young people to have self-belief and ambition. Simrit believes that the importance of an 'Educational Bank Account' is detrimental to a child's future and will support and guide children where possible. Simrit is a firm believer that children and young people need to be proactive and determined in order to make the future their own. She believes that if a child or young person can take those leaps to believe, then in turn, they will achieve.

Sectors worked in and routes taken.	
Mental Health	Education Emotional Wellbeing Practitioner
Primary Teaching	BA (Hons) in Communications (Advertising and Marketing) PGCE 16+ years teaching experience of Primary Years R to 6
Writing	Author of 'The Magic Pearl Necklace'

What I would like to get involved in (Please tick)			
Inspirational Talk	Visits to my place of work	Mentoring / Coaching young people	Other (please state) Author Talks
✓		✓	✓