

Hello, I am Jessica but I like to be called Jess. I am 24; I am a very happy, smiley person and enjoy listening to people's opinions. I am autistic.

I was born in Beautiful Plymouth and I was brought up in a military family; I spent most of my childhood on RAF Digby - behind the wire. I had a very carefree childhood, which I thoroughly enjoyed. My family decided to move to Horncastle for my education. Three years after that my father was killed in Service.

My severe anxiety stemmed from that happening. When I was struggling with my grief; we bought a Labradoodle puppy called Alfie into my family. He changed my life. Two years ago, I decided to train him up to be my assistance dog - I haven't looked back. He's helped me with my social anxiety because I talk about him as the main conversation starter, which is fine with me!

I volunteered at my local vets for a year, which I really enjoyed and learnt so much about animals and veterinary procedures. I then decided to join Lincolnshire Young Voices because I passionately believe in equality for all and I thought I could bring assistance dogs knowledge into the group. I want it to be easier for people to have assistance dogs within society. I want assistance dogs to be brought into the conversation and acknowledged as an important resource for people that need them.