

Trainer Biographies



Julie Bibby

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Julie has worked with Cruse for almost 30 years, mostly as a volunteer supporting bereaved adults and young people. These days she focuses on supervising and training bereavement volunteers and raising awareness of bereavement issues for groups.

Outside Cruse, she works part-time as a Welfare Officer and Counsellor for Isle of Man Government staff. She previously worked as a Student Welfare Officer at University College Isle of Man for almost 20 years, providing support to students of all ages.

Julie also trains groups and individuals in Mindfulness, Self-Compassion, Stress Awareness and Building Resilience and recently co-facilitated a course at UCM about Climate Change. In her spare time she enjoys cycling (e-bike only!), drumming and a newly discovered love of jigsaws.



Stephanie Waters

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Stephanie was a registered social worker for the children and families' team at Hampshire County Council. She moved to the Isle of Man in 1990 and obtained a Social Work post for Disabled Children and Young Adults.

In 2003 she was promoted to Team Manager for the Family Support Team, which offered specialist and therapeutic support for disabled children and young adults as well as supporting those with chronic health and life limiting conditions. In 2011 until she retired in 2017 Stephanie worked for the Isle of Man Government as an Independent Reviewing Officer, which entailed chairing child protection conferences and looked children reviews.

Throughout Stephanie's career she recognised the significant trauma caused to families and children through bereavement and loss and it was this recognition that led her to volunteer for Cruse Bereavement Support in 2020. Stephanie's interests include going to concerts, attending festivals and trying to get tickets to Glastonbury!



Simone Delahunty-Heath

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With over six years of experience volunteering with Cruse, Simone has developed a deep passion for supporting people through some of life's most difficult moments. She joined our team of supervisors in 2024, helping to support and guide other volunteers as they offer compassionate, client-centred care.

Alongside her voluntary work, her day job is in HR, where she brings the same people-first approach to supporting individuals in the workplace. Understanding people, their motivations, challenges, and strengths is something that runs through her daily life, whether at Cruse, work or home!

Outside of the professional world, her creative side comes to life. By night, she's a qualified musician and a lover of all things creative, finding joy in music, expression, and the little moments that make life colourful. Also a proud cat mum, her feline companions keep life entertaining, comforting, and completely chaotic.