



## **Helen Roulston**

Helen is originally from Nottinghamshire but has spent most of her life in Lincolnshire, where she has built both her family life and a varied and interesting career. Her professional journey has taken her through a range of roles, from accounting clerk positions to sales executive posts in industries as diverse as cars, newspapers and fresh produce. Along the way, she has also worked closely with both secondary and primary schools, and spent time as a swimming teacher—an experience that combined her love of people with her lifelong passion for the water.

Her call to ordained ministry began after the birth of her son, following a memorable 14-year gap after his older sister. She went on to gain a degree in Theology, Mission and Ministry, trained for ordination at the Lincoln School of Theology, and served her curacy in the Carrdyke Group of Parishes, where she developed her pastoral and leadership skills within a diverse rural community. She has also served, and continues to serve, as both a hospital chaplain and a police chaplain, supporting people in times of challenge, transition and need.

Family is at the heart of Helen's life. She is the proud mother of two children, and swimming has become something of a family tradition. All three compete, and Helen herself now swims as a Master—proof that while the years may pass, the competitive spirit remains very much alive.

Outside of her ministry, Helen enjoys walking, sewing and gardening, finding relaxation and satisfaction in creating things by hand or spending time outdoors. She brings to her role as Oversight Minister a practical outlook, a warm sense of humour, and the firm belief that it's never too late to try something new—or to swim another length.