

Date or be friends with me doc

So, tell me about yourself...

Sure. I've broken this down into [work & purpose](#), [family & community](#), [relationship leanings](#), [joy](#), [food](#), [location](#), and [what I look like](#)

Work & purpose

I work as a user researcher and self defence instructor. My research mostly informs public service and policy though I research anything interesting e.g. DIY gene editing tools, bike paths, storm response systems etc. etc. I also run an [Empowerment Self Defence](#) charity.

Family & community

Family & community are priorities for me. I listed my work initiatives first because it's where I've put most of my energy in the past without quite realising I was doing it. Recently, I've resolved to intentionally cultivate community and family. I'd love to create a relationship with a community around it; a relationship that is in itself a family, and while I don't plan to have children, I'd like the relationship to have family around it in some form.

Relationship leanings

I'm into monogamous relationships, ones that are co-located, and I'd love to be in a relationship that feels like a great team.

Joy

I can't think of a lot to say about it other than: why not make a point of generating and savouring it?

Food

Yes. Please. Ideally vegetables. Moderate drinker, more of a savourer than a guzzler. Sweet tooth problem (cake I can guzzle for some reason?)

Location

UK, London

Are you open to relocating?

I can imagine doing this under some circumstances, and definitely know how to. Yet after moving back and forth across 3 continents for most of my adult life, I'm trying something newish (to me): staying in one place, becoming rooted.

I also think I've exceeded the threshold of how many long distance relationships are sensible to have in one lifetime, so best if a partner and I live in roughly the same place.

What are you looking for in a partner?

Qualities I deeply appreciate include: kindness, curiosity, a general sense of presence, attentiveness, introspective skills, interest in bodies, not just in how they look but in how they are, and how they connect, co-regulation (← which is more of a relational than individual attribute, but such a magic thing that I think worth mentioning.)

I'd like to *be* and to *be with* someone we'd all want on a team; someone resourced, with skills and perspective to bring to the mix, someone who values learning and growth, someone who has my back as much as I have theirs.

What do you think a relationship even is?

I think of a relationship as a creation; something we cultivate intentionally, consciously, caringly; something we feel worthwhile to maintain and nurture even when that takes a little effort after the butterflies stop fluttering all the time.

I'd love to create a relationship that changes and expands as we do; that forms a secure ground from which we can step out into the world, have rich experiences, change, grow, and bring those changes and that growth back to each other and watch them enrich our relationship.

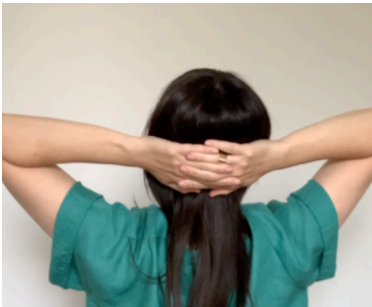
I also think of it as bowls of soup on the couch in winter, watching each other's bags at the train station so we don't have to lug them to the toilet, moving through conflict in ways that grow us, giggles, surprises, whispers, building community and creating some form of family e.g. with children, dogs, neighbours, friends, or a subset of these.

Can we just be friends?

If we're compatible as friends, yes please. I cherish friendship and have space and time for new ones.

What do you and your world look like?

Here are some reasonably recent photos that feel relevant



I sit in a chair lots for work but like to move so I practise and sometimes teach chair yoga



I lived on a boat for a while, and started to find land weirdly rigid



One of my favourite little friends and me



Lip syncing to Whitney Houston for a pandemic-era work zoom flash mob (sparkly shirt courtesy of downstairs neighbour)



One of my besties and me on a cold UK beach walk



This is an improv scene about a toothache



A hackathon about improving outcomes for violence survivors with trauma-informed self defence

How can I get in touch?

[Send me a line here](#) :)