Karen was a Police Officer for 26 years with a career specialism in investigating Serious and Organised crime.

Karen went into Counter Terrorism Policing immediately following the London terrorist attacks in July 2005 and in 2008 was one of the first officers to begin working on what is now known as the Governments Prevent Duty.

From 2008 until her retirement from the Police in 2018 Karen was instrumental in the implementation of the Prevent Duty not only for Humberside Police but also partner agencies across Hull and the East Riding. She has been involved in the review and audit of Prevent Policy across all sectors and supported partners through statutory inspections.

Karen was the co-ordinator for the Hull and East Riding Channel Panel, she is widely recognised as a specialist in the Prevent area, has delivered 100’s of training sessions and has been a key note speaker at conferences on the subject.