

BfN News

Mums Supporting Mums

THE BREAST BOOK

Why we should be talking to
our children about breasts

WENDY JONES MBE!

Celebrating a fantastic
achievement for BfN's
resident super-pharmacist

TIGERS SCREENING

The true story of a whistle-
blowing formula salesman
comes to Portsmouth

APRIL 2019
SPRING
ISSUE 72



HELLO!

APRIL 2019
SPRING
ISSUE 72

Editor's Note

Welcome to the Spring 2019 edition of BfN News.

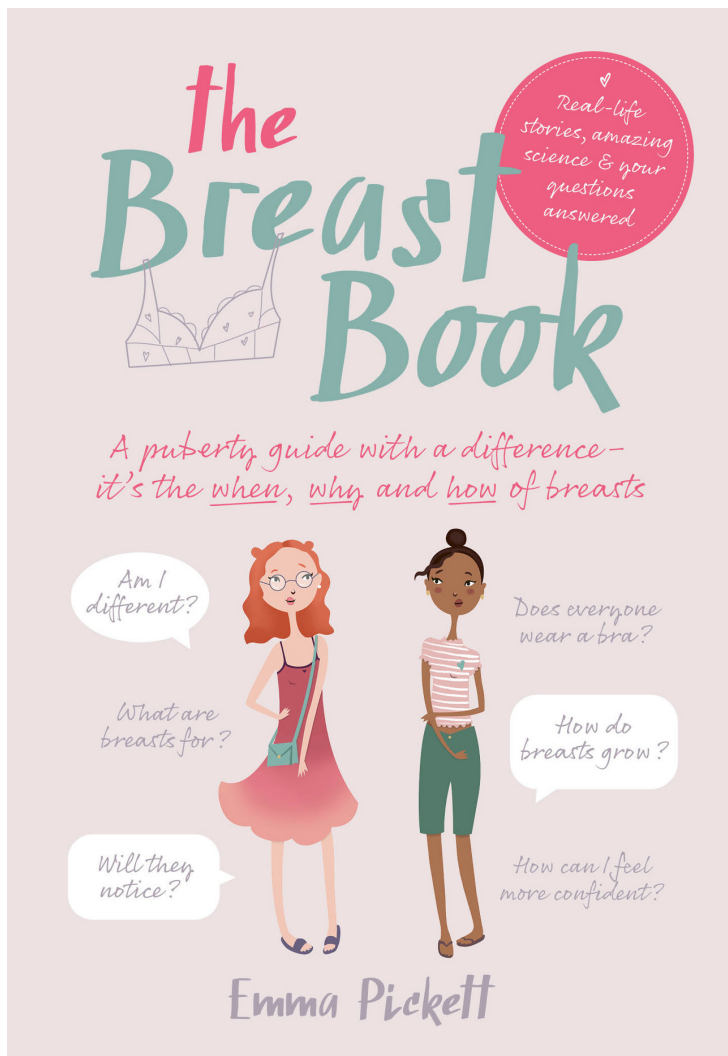
On our cover this quarter are Hannah and her daughter Skye, daughter and granddaughter of Susy Gilvin, BfN Hackney Supporter. You can read Susy's thoughts on supporting Hannah to breastfeed on page 9. A huge thank you to them for sharing this pic.

In this edition you'll also find news of Wendy Jones' investiture as a Member of the British Empire (so exciting! p.4), CEO Shereen's adventures on Radio 4 (p.4), and Emma Pickett's "Breast Book" for teenage girls (p.2), as well as the usual updates from across the network.

Please do let us know what you think of this edition of BfN News and get in touch if you have suggestions for articles for future newsletters. Email alyson.spicer@breastfeedingnetwork.org.uk. We'd love to hear from you.

Thank you for your ongoing support for the Breastfeeding Network.





The Breast Book: it's never too soon to talk about boobs

Emma Pickett is an IBCLC and chair of the Association of Breastfeeding Mothers (ABM). She has also been a primary school teacher and deputy head, and as such taught sex and relationships education for over a decade. She has drawn on her experiences to write 'The Breast Book', described by publisher Pinter & Martin as "a puberty guide with a difference".

Like most of you, rarely a day goes by when I don't talk about breasts at least several times. My book for 9-14 year olds, *The Breast Book*, was published by Pinter and Martin in March and it's given me even more of an excuse.

If we don't have open conversations from a young age about the function of breast, we leave a vacuum in the middle of the dialogue. A vacuum that gets filled with messages about sexualisation and perfection and appearance and it's controlled by advertising and the commercial world and the people with the photo-shopping programmes on their computers. When we

were young, people worried about the influence of 'billboards and magazines'. But our daughters and their friends have their 'billboards and magazines' on their phones, in their pockets, on holiday, in their bedrooms.

Snapchat filters and Instagram posts may be seen a dozen times a day as even 'ordinary' girls and women distort their appearance to promote an image of the female body that is nothing about function.

We all meet young women who are confused about their own bodies. Pregnancy isn't enough time to come to an understanding of what breasts really are all about after a couple of decades of other messages. We leave school being able to draw the structure of our hearts with our eyes closed, but rarely a word about our own breasts. Women don't know what Montgomery's glands are, that milk comes out of more than one hole, that milk isn't dependent on the quality of your meals that day, that breasts can't ever be entirely empty. There are so many

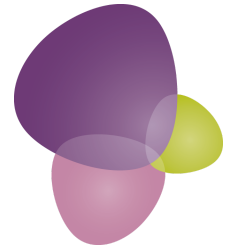
unknowns that are much more than scientific trivia but pieces of knowledge that impact on our ability to be confident mothers. We can't even agree as a nation how to pronounce the word 'areola'. There are 3 options given in British English: arry-oh-la, a-ree-o-la, and uhrowla. If we can't even decide how to say it, it's a bit of a clue something is missing from the conversation.



Emma Pickett

Continued on next page >>>

Breasts are expected to be hidden away. There's a mass conspiracy where we pretend bras are just about support - and they sometimes may be - but many are about hiding nipples, often with thick foam cups that promise 'discretion'. Breasts are presented as symmetrical and high and immobile, when in fact a variation of at least one cup size is very normal and young women may have low-hanging breasts too (See Chidera Eggerue and her #saggyboobsmatter campaign).



Things to remember:

- 1 Everyone's breasts are their own. They won't look exactly like anyone else's. They won't grow in the same way.
- 2 People usually worry that they are normal. If you are really worried, talk to someone. Being a human is easier when we share our feelings with other humans.
- 3 The shape of your body is not the most important thing about you. How we think and behave and treat other people is the important bit. Be kind to others and be kind to yourself.
- 4 You get to choose if you wear a bra. As you get older, you might feel that society bosses you around and tells you that you have to dress a certain way or look a certain way. Women throughout history have stood up to those pressures, and you can too.
- 5 Breasts are brilliant. Human milk is the perfect food for little humans. Scientists don't even understand all the things there are to know about human milk. They are learning more every day.
- 6 Breastfeeding isn't just about milk. It's about connecting emotionally, comfort, relaxation, helping sleep, building trust and relationships.
- 7 Whether or not you ever become a parent, help make a society where new parents feel welcome and supported. Feeding our babies shouldn't be hidden away. It's amazing!

As breastfeeding volunteers, we have a huge advantage. Our children are likely to have been breastfed for longer, seen our knitted boobs and heard our conversations with mums who stop us in supermarket queues. But we need to be ready for what might come next. Do boys know that they might see some chest changes? Do girls know that it might be several months before a second breast bud comes to join the first? Perhaps we're so used to seeing breasts in their final state and celebrating what ours can do, we need to work extra hard to tap into what it feels like to fear their arrival. We are used to only talking about milk-making, but breasts ARE sexual in our society too. They can be wonderfully multi-purpose and that really can be OK. We can own their multi-functionality.

I was honoured that so many people shared their stories with me to help me write 'The Breast Book', including some BfN volunteers. Thank you to those that helped.

"The Breast Book: A puberty guide with a difference - it's the when, why and how of breasts", for 9-14 year olds, is available now and can be ordered through the publisher (Pinter and Martin), or on Amazon.

An excerpt from the book.



Dr Wendy Jones, MBE!

We were so thrilled to discover that Dr Wendy Jones, BfN's resident pharmacist, had been awarded an MBE in the Queen's New Year's Honours list.

The award was for services to mothers and babies, in recognition of Wendy's hard work for over 20 years on the drugs in breastmilk service, which she personally founded and which now offers individual support to over 10,000 families and health professionals every year.

Wendy's investiture took place at Windsor Castle in March, and her award was presented by the Queen. We couldn't be more proud of Wendy and her achievement, and the difference she has made to thousands of breastfeeding families. Here's a handful of the many (many!) comments we received when sharing the news on our social media feeds:

You have been a lifeline to so many mothers, not to mention the other medical professionals you help educate, and of course all the babies who have benefited from both breastfeeding and from having happier, more confident parents. You have given me advice a number of times and always with understanding and kindness and astounding knowledge. You deserve this honour, and my family thank you. X

Well deserved. So thankful for all the advice I've received from Wendy and her info pages. Even my GP has learned a thing or two x

On a number of occasions I have messaged you and your team from the doctor's surgery waiting room in panic and you've always been there to give me the info I needed - which enabled me to keep breastfeeding my son far longer than I could ever have anticipated.

Congratulations once again to Wendy, you absolutely deserve this honour. To read some of Wendy's thoughts on her MBE experience, check out the latest post on her website: <https://www.breastfeeding-and-medication.co.uk/>



Wendy and her three daughters - including Beth in BfN colours...we approve!

My feminist hero. Thank you for everything you do. ♥

Congratulations Wendy! I'm not sure there are any breastfeeding mothers out there who don't know your name - amazing work that you do!

Totally deserved! She helped me so much when I had pneumonia and was worried about the antibiotics that I needed to take to get better. She was my absolute saviour at a tough time, and she helped me carry on my breastfeeding journey and get well again. Congratulations and thank you, Wendy! Xxx

Thank you for being a light of common sense in a world of 'bf stops you taking medication; you'd better give him a bottle'. You've reached more of us than you know ☐

Congratulations from this IBCLC in California!!

Woman's Hour



You may have seen that Shereen Fisher, our CEO, was part of a discussion panel on Radio 4's Woman's Hour recently, discussing women's experiences of infant feeding.

The discussion featured stories from various women, explaining how they felt about their feeding journeys, and exploring the challenges faced by new parents, as well as the organisations who aim to support them. Shereen says:

"...the presence that BfN was afforded has given me hope that all voices are valid and with a concerted effort we will be able to improve support for all women to pursue their choices and reach their own individual goals."

If you missed it, listen here:

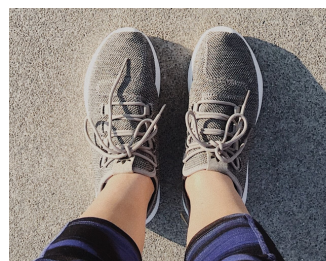
<https://www.bbc.co.uk/programmes/m00027ml>

Mums' Milk Run

The Mums' Milk Run is back for 2019!

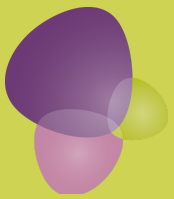
This year, we're asking you to set your own challenge throughout May.

So you might run a set distance in one go, complete a virtual run over the course of the month, swim your personal best distance or time, go horse riding every day, cycle to work and back every week - it can be anything, as long as it's active, fun and achievable for you.



Get more info and sign up here:

<http://bit.ly/MumsMilkRun>



My Breastfeeding Journey

**By Emma Tipper,
sister-in-law of BfN Supporter Lisa Jones**

I was open to the possibility of breastfeeding when I became pregnant in January 2014 but never had any definite plans or expectations which looking back was a good place to be when I started my breastfeeding journey.

I was encouraged by my sister-in-law, Lisa Jones' positive breastfeeding experience with my nephew, Jenson, and by the fantastic support network she introduced me to via my local Infant Feeding Team, the BfN volunteers and an online mother-to-mother support group 'Booby Buddies' which I joined in July 2014, three months before giving birth.

Once I gave birth to my beautiful daughter, Elora, in October 2014, I was so grateful for the support network my sister-in-law had put in place for me. I felt overwhelmed with labour and by the huge responsibility of new motherhood. I was the only woman breastfeeding on the ward on Elora's first night in the world and did feel lonely once the battery in my phone died and I realised I had forgotten the charger!



I was in pain from the stitches but now desperately wanted the breastfeeding bond and for Elora to thrive - having been born a tiny 5lb and 9oz due to having a single umbilical artery in utero; the only comfortable position I could find was lying down and Elora suckling while lying next to me in the bed first on the left and then on my right side before switching back again. The midwives did not feel comfortable with me co-sleeping and kept insisting I put her back in the crib but I was in so much pain, I couldn't nurse her sitting up and so began my four year breastfeeding and co-sleeping journey!

At some point in the middle of that first night, I had no phone and no clue what time it was, I remember panicking because Elora had stopped feeding and I had convinced myself that she had forgotten how to suckle. When I rang for the midwife, she told me that my baby had fallen off to sleep. I was a little shocked as part of me had genuinely believed it when everyone had told me that new-borns don't sleep!

Elora and I went home with my husband the day after she was born and again I felt grateful for the support I had been given. My lovely, non-judgemental 'Booby Buddies' gave me suggestions regarding co-sleeping and when Auntie Lisa came over the following day she was able to support me in finding the most suitable latch to ensure I wasn't experiencing any pain as my nipples were cracked and sore; she was an earth angel to me that day!

As the days turned into weeks, Elora gained weight, never losing an ounce. I became more comfortable sitting up and nursing in the day but continued to lie down to nurse while co-sleeping in the night. As the weeks turned into months and the months to years, I received lots of support from Lisa, the Infant Feeding Team and local BfN volunteers on issues such as weaning, baby-wearing and returning to work.

On the eve of Elora's fourth birthday, we had the final 'no more Mummy milk when you're four' conversation and that night she had her very last drop. The following night, when she asked for Mummy milk, I reminded her of our plan and I gave her an extra cuddle instead and so ended our breastfeeding journey and one of the most beautiful phases of my life.

Now the question remains, when do I stop co-sleeping? But that's a story for another day!

With so much gratitude for all the breastfeeding champions out there and especially to my sister-in-law, Lisa - breastfeeding has been a blast; thank you for the part you played!

Thank you so much to Emma for sharing your story and this beautiful photo of you and Elora. And well done Lisa for doing such a fantastic job of helping Emma find her support network of booby buddies!

SAVE *the* DATE

BfN National Conference

12 . 10 . 2019

Woburn House, London
www.woburnhouse.co.uk
Speakers TBC very soon!

Networking event Friday evening, venue TBC

Watch this space - we hope to see you there!

"IF, TO SAVE A THOUSAND CHILDREN, I DESTROY MY LIFE...

...DOES ANYONE CARE?"



Screening of "Tigers" at Vue Cinema, Gunwharf, Portsmouth

By **Sally Carter**, Peer Supporter, Portsmouth BfN

Thanks to the hard work & determination of BfN Peer Supporter & Baby Milk Action Volunteer Crystal Golding-Smith, the Booby Community of Portsmouth & the surrounding area were very excited to be able to attend special local screening of Tigers at Vue Cinema, Gunwharf Quays on Wednesday 16th January 2019.

For those who don't know, Tigers is a film by Oscar-winning director Danis Tanovic, based on the true story of a former Nestlé baby milk salesman in Pakistan called Syed Aamir Raza (played in the film by Emraan Hashmi, and renamed Ayan in the film) taking on the industry with the help of IBFAN (the International Baby Food Action Network) when he realises that babies are dying as a result of his work pressuring doctors to promote formula.

Crystal was able to secure a 'small' screen at Gunwharf's Vue cinema – 98 seats. Then the real pressure was on - could we sell enough seats to cover costs & would we be able to also donate to Baby Milk Action!?!

So, the time for the showing came. As you can imagine there were not only Breastfeeding Supporters & Professionals there, but also Mums, Dads, babes in arms & pregnant women too, in fact, all 98 tickets were sold!

There was barely any noise from the audience during the film, a stunned silence seemed to have taken hold of us, occasionally punctuated by a baby seeking comfort or the rustle of tissues to dab at teary eyes. The story is very cleverly told through the eyes of the film director, from the meetings that took place in order to decide whether to make the film. "Ayan's" story itself is heart-breaking, gut-wrenching, powerful and so very real, it is easy to relate to him, no matter what walk of life you are from.

I personally didn't cry, although I was close to it a few times, however I didn't eat much of my cinema snack as my stomach was knotted and tense from the emotional tale & imagery presented to us. Even as the film ended, the quiet remained & it took a good few minutes before people started to move & speak to one another – the impact of what we had just seen was evident on many of the faces. A pregnant friend commented afterwards, how surreal it had been to watch such horrific scenes of dying babies whilst feeling the new life she was carrying wriggling around in her womb!

If you haven't seen the film – I would recommend it, should you get the chance. It is certainly an eye-opener – even to those who work in the world of birth and infant feeding. In this "modern age" how can such barbaric & cold business practise be "allowed" to take place...?

"This was happening in Africa in the 70's, all across Asia in the 80's & 90's and we've just sent researchers to Pakistan to prove it's still happening now. It's an old story that's alive. It keeps repeating itself."

I am pleased to announce that we raised £341 which has been donated to Baby Milk Action.



Emraan Hashmi (centre) meets Syed Aamir Raza and his wife Shafqat for the first time



View the trailer here:
<https://youtu.be/dJxsiUvccuM>



South Hampshire Study Day



By **Eleanor Johnson**
Tutor, Supervisor & Service Coordinator,
Portsmouth BfN

Our annual South Hampshire Study Day took place in February and was an amazing day of learning, shared frustrations and inspiration. We were honoured to be joined by an amazing group of passionate speakers.

Gillian Weaver shared her life changing work with **Hearts Human Milk Bank & the Human Milk Foundation** (heartsmilkbank.org) that is ensuring more babies are able to receive donor milk when needed regardless of their age. Returning speaker **Shel Banks IBCLC** (shelbanks.co.uk) shared findings from her most recent exploration of research around Infantile Colic. **Claire Czajkowaska** took us on the journey behind why she feels it is so important that the science of human milk is more commonly understood and how this led to the breastfeeding advert. (human-milk.com). And **Dr Vicky Thomas** ended the day's



proceedings with a powerful presentation exploring breastfeeding in children's hospitals and wards, highlighting the huge gap in knowledge and understanding of the importance of breastmilk and breastfeeding in paediatrics.

There was a great collective atmosphere as volunteers, peer supporters, infant feeding leads, nurses, health visitors, midwives and more shared knowledge and learning around a wonderful buffet supplied by local Breastfeeding Welcome Scheme members **Coffee & Co** ([instagram.com/coffeeandco_portsmouth](https://www.instagram.com/coffeeandco_portsmouth)) and little ones who did not join us in the main room where watched over by Breastfeeding Welcome Scheme members **Sunny Sunflowers Childminding** ([facebook.com/sunnysunflowerschildcare](https://www.facebook.com/sunnysunflowerschildcare)).

Following lunch we had a special surprise presentation for Portsmouth's longest standing volunteer. **Lia Palle** (pictured right) was amongst the very first group of Breastfeeding Network volunteers to be trained in Portsmouth 10 years ago. She has volunteered consistently over those 10 years at community groups and has been involved in countless community events, awareness and study days and recently completed her training to become a Supporter, allowing families across the country to benefit from her support on the National Breastfeeding Helpline. We presented Lia with a book of photos and quotes of thanks from fellow volunteers, health professional colleagues and families. For as long as we have all known Lia, it was the first time we had ever seen her speechless!

During difficult financial times it was fantastic to come away with the overall reminder of the day being that we can each make life changing differences for the individual families we work with and together those changes can be monumental.





Breastfeeding support: a family affair

Susy Gilvin, Supporter at Hackney BfN, gives her perspective on supporting her daughter

Hannah (on this issue's cover) on her breastfeeding journey with baby Skye.

I've found it to be a real privilege to support my daughter in breastfeeding her first baby. There was never any question in Hannah's mind that she would breastfeed. I was a bit anxious as like all breastfeeding volunteers I've seen a number of cases where things haven't gone to plan for mums and their babies. I did try to talk to her about what happens if breastfeeding didn't go as she hoped for, although she was adamant that she wouldn't have any troubles!

Whilst her delivery certainly didn't go to plan, breastfeeding did and she is continuing to breastfeed now and is enjoying the experience. I was lucky that I had already been a volunteer working on Hannah's ward so I was able to spend a lot of time supporting her in the first few days. She was very happy and I was very proud that breastfeeding could go so well despite the other medical interventions she had to have.

Hannah has continued to breastfeed with the active support of her partner, Max, and has now moved on to the next stage of feeding which is definitely baby-led - with broccoli being a favourite!



What BfN means to me...

Mandy Barlow,
BfN Tutor and Supervisor



I had breastfed two children (with different degrees of 'success') and was at one of their friends' birthday parties. As the conversation got round to breastfeeding, it was apparent that most of the talkers, had quite negative experiences of feeding their babies. I felt quite out of place sharing that I had a positive view of breastfeeding - and retreated a bit. Another mum there came over, and told me about a new group near her, and that I should join in. Urgh, I thought, not for me. She had given me a BfN leaflet, and when I read it later, I was struck by how different it was to other breastfeeding support and information leaflets I had seen. The way the leaflet was worded, the images used - it was different. I didn't recognise it then, but I now know that the care put into how it would read, reflected the aim to support women where they're at, with respect, acceptance and non-judgmental warmth. I attended a short course, and was hooked!!

One thing that always struck me in the breastfeeding group I helped run, was what happened when a new mum arrived at the group. There were a clutch of women who were at the group every single session, they had slightly older babies, and had been coming for months (they often reported they felt 'guilty' for not 'needing support' but said they loved coming socially). When someone new would enter who they didn't know, you could almost feel the assessment that can happen instantly in a group. Instead of ignoring her - like happens in some established groups - there would be a feeling that she was being scooped up and gently welcomed by them Watching that unfold was really heartwarming. Watching those vulnerable, nervous 'newbies' relax, and connect with others who had 'been there' in some way - it felt like something special was taking place, even before the mum had been offered 'official' breastfeeding support from one of the Helpers and Supporters.

Taking helpline calls can be really hard sometimes - what we expect of ourselves and what we might expect from the caller, as well as what they are actually telling us. Sometimes, when a call ends, I am properly gutted by what they've shared with me. Having a nominated BfN Supervisor to talk to, to fill my own cup and get some support myself is such a big part of what keeps me going. It really does help me to realise over and over again, how important it was to that one person that I answered their call, was there for them, and gave some of my time to listen.

Evaluation Survey

Just to say a great big huge

★ **THANK YOU** ★

to everyone for sharing the evaluation survey - we have had over 560 responses!

This is more than we have had every other year so a big well done to you all for sharing and encouraging families and HCPs to complete.

I will be working through the responses and evaluating the information over the Easter period and will share highlights after. I will also provide project areas with more detailed reports. Look out for comments and feedback on our social media over the coming months.

Nina White, Programme Manager

New group launched at Bolsover

By Rebecca Roberts, Derbyshire BfN

Myself, Lisa, Lina, Francesca and Sadie are a group of BfN peer supporters that have launched a new group on Fridays in Bolsover Chesterfield. We had a great day with sling library, baby massage, raffle and cakes inspired by breastfeeding. We had a great turnout with mums, babies, siblings, dads and grandparents. Some mums from the previous week brought cakes and donated for the raffle. Our children's centre is extremely helpful and the manager Amy is fantastic at helping us with anything we need. All I can say is I love being a part of BfN.

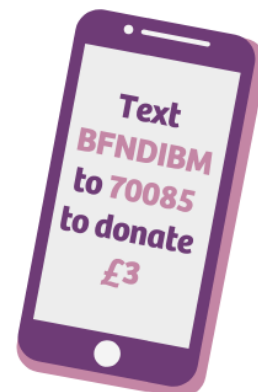


New text-to-donate codes

We have recently set up a new set of text-to-donate fundraising codes, shown in the graphics here - one for general fundraising, and one for drugs in breastmilk (DIBM) appeals.

You can also give higher amounts than the standard £3, by adding any whole number up to 20, to give up to £20. E.g. **BFN 5** would cost £5, plus one standard network message.

These replace all old codes, and should be used in all fundraising communications. Please email felicity.lambert@breastfeedingnetwork.org.uk if you have any questions.





NBH Update

NBH has seen a few staffing changes over the last few months. We were very sad to say goodbye to **Julie Wiegand**, our wonderful Scottish Volunteer Development Officer earlier this year - she has a fabulous new job at One Milk Bank for Scotland, and fortunately for us, she's staying on as a helpline volunteer. Replacing Julie, we are delighted to welcome **Cara Jamieson** - Cara is based near Dundee and has a background in primary school teaching, as well as being a volunteer breastfeeding peer supporter.

We have also welcomed **Gillian Hall** as our new Linkworker for the North of England - Gillian has a wealth of experience on the helpline - she even has a glittery 1000 call badge - so we know she'll make a great Linkworker! They have both made a brilliant start already and Fliss, Kirsty and Kate are looking forward to having a full team again.

All the Linkworkers and their ABM counterparts (BFC Co-ordinators) are getting together at the beginning of May to make plans for the helpline for the next year or so so watch this space for new developments!

We've had a range of study days over the last few months, with events in Slough, Exeter and Southend on Sea and there's more coming up in York and Paisley before the summer.

We've heard from some excellent speakers, including the inspiring Vanisha Virgo (pictured here) who spoke at the Slough study day about the evolution of the black breast.



We're delighted that NBH has been chosen to make a poster presentation at the NHS Scotland conference in May. The poster focuses on the impact of the National Breastfeeding Helpline in Scotland. This is a great opportunity to help raise our profile nationally in Scotland and we're very excited about it.

Thank you to every volunteer who answers calls on the helpline every day of the year!

Eleanor Johnson - officially an Inspirational Woman!



We were thrilled to hear that **Eleanor Johnson**, Tutor, Supervisor & Service Coordinator for Portsmouth BfN, has been awarded an Inspirational Woman of Portsmouth Award, in the Health category.

This was organised by Pamodzi Creatives, to honour girls and women from a range of backgrounds and disciplines. It's fantastic recognition of the hard work that Eleanor does in Portsmouth, that makes such a difference to her community.



Well done!



Central Staffing Team Update



As you may know, there have been a couple of new additions to the central staffing team. We welcome **Caitlin Auld** (Mon-Weds) and **Marion McDonald** (Weds-Fri), who are both taking on roles as central support administrators. They will be dealing with registrations, DBS/PVG, safeguarding training, badges, memberships and assisting with recruitment and website updates.

If you need to contact the central support team, especially if you're not sure who is best placed to help you, please use the **centralsupport@breastfeedingnetwork.org.uk** email address - this is picked up by the whole team, so you will likely get a faster response!

The postal address for the central support team is:
The Breastfeeding Network
PO Box 11126
Paisley PA2 8YB



CONGRATULATIONS TO...



---- HELPERS ----

Julia Critchley
Gina Clark
Sarah Clarke
Elvera Green
Holy Anne Gibb
Claire Houston
Julia Iddir
Michelle McCallum
Alison Mcorkindale
Kirsty Ann McDonald
Michelle Okoro
Zsuzsa Remai
Rhona Simpson
Fin Speedie
Karen Wood
and their tutors
Sarah Edwards &
Aurore Arnold

Catriona Grey
Milda Rose
Tonya Mavri
Jennifer Williamson
and their tutor
Joy Jones

Caroline Bambury
Yvonne Chapman
Natasha Hillary
Maggie Hyndman
Holly Jenkins
Jane Kelly
Sally Roper
Sarah Travers
and their tutor
Marcelle Benneyworth

Nina Black
Polly Bishop
Victoria Martin
Candida Spedding
and their tutor
Anthea Tennant-Eyles

Elissa Miller
and her tutor
Aurore Arnold

Lucy Russell
Emma Salisbury
and their tutor
Eleanor Johnson

Natalee Corby
Bobbie Edge
Melissa Baker
Danielle Hickenbottom
Aimee Kirby
Natalie Porter
Elaine Gordon
Sky Westwood
Lucy McCallion
Ellen Osborne
Alex Jones
and their tutor
Diana West

Lucy Clark
Kate Hallam
and their tutor
Jane Taylor

Lisa Armstrong
and her tutor
Anne-Marie Thomas

Hannah Ryan
Miriam Mackmin
and their tutor
Kirsty Beck

Gemma Smith
Suzanne Adams
Julie-Anne Barnes
Christine Cosgrove
Pamela Kennedy
Laura McCallion
Sarah Paterson
Rebecca Gess
Beverley Hagan
Naomi McCookin
Maria Turowska
Deborah Horrocks
Laura Sinnett
Louise Brennan
Emma Mackie
Nicola Flanagan
and their tutor
Carolanne Lamont

Shona Goody
Hayet Hbabed
Kasia Kropidlowska
Adele May
Clara Rutter
Tamsin English
and their tutor
Sarah Twite

---- HELPLINE SUPPORTERS ----

Hannah Youell
and her tutor
Eleanor Johnson

Kirsty Davies
Rachael Bailey
Tracey Arrowsmith
Natalie Cooper
and their tutor Mandy Barlow

Steffi Kerr
and her tutor
Sarah Edwards

---- PROBATIONARY SUPPORTERS ----

Lia Palle
Katie Jones
Cassie Brooks
Bianca Vermeulen-Smith
and their tutor Eleanor Johnson

Sally Carter
Crystal Golding-Smith
Savannah Rose
Claire Homer

Fiona McLean
and her tutor
Carolanne Lamont



We have had some database issues which we are working hard to resolve - huge apologies if we have missed you off this list in error. Please email centralsupport@breastfeedingnetwork.org.uk to ensure you are included next issue. Thank you for your understanding.

A huge thank you to everyone who makes BfN what it is - helpers, supporters, tutors, supervisors, staff members, friends and fundraisers - you all make a difference to families across the UK.

