

BfN News

Mums Supporting Mums

Farewell to Dr. Wendy Jones MBE

Celebrating more than 20 years of commitment to the BfN Drugs in Breastmilk Information Service

SEPTEMBER 2021
AUTUMN
ISSUE 81





HELLO!

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Read about our WBLL campaign (p.8)

Editor's Note

Welcome to the Autumn 2021 edition of BfN News.

We hope that you had an opportunity to make memories with your loved ones during the holidays. I'm sure we all agree that it has also been wonderful to see face-to-face services reopening as restrictions have begun to ease across the UK.

Alongside our usual features, news, and updates - this edition is dedicated to acknowledging the incredible difference that Dr. Wendy Jones MBE has made to our organisation as she steps into retirement.

You will also hear from Hannah, who has kindly shared her experience of navigating the challenges of breastfeeding while battling bowel cancer.

Our cover image this edition is one of many fantastic photographs shared with us as part of our 'What Breastfeeding Looks Like' appeal. You can read more about it on page 9.

Thank you for continuing to share your stories, pictures and articles with us. Please keep them coming, along with any feedback or ideas that you may have for future newsletters. We'd love to hear from you.



Hannah's story of breastfeeding during cancer treatment (p.9)



Hannah Moraa celebrating on her wedding day



Dr. Wendy Jones MBE

A special farewell to Dr. Wendy Jones MBE

In this edition BfN bids farewell to Dr. Wendy Jones MBE - an exceptional leader and mentor who is retiring this summer from her position as the BfN Drugs in Breastmilk Service pharmacist.

In this special BfN News feature we recognise, respect, and appreciate the valuable contribution that Wendy has made to BfN, and our services to professionals and families across the UK.

One of the founding members of BfN, Wendy was asked in 1997 to update an information pack about the safety of drugs in breastmilk. This pack gradually grew into the Drugs in Breastmilk Information Service we know today, which now offers crucial support to more than 10,000 families and healthcare professionals each year.

With her unending, selfless commitment and passion, Wendy is an inspiration to many. She is extremely well known and highly regarded by breastfeeding supporters across the world. Her work is so far reaching, it is impossible to truly measure the difference she has made.

Thank you Wendy, you'll be missed by everyone at BfN.

A word from Wendy Jones MBE

I am delighted to leave the BfN Drugs in Breastmilk Service in safe hands. My dream over the past 26 years has been that all women are empowered to make evidence-based decisions on medication whilst continuing to feed their babies and that all healthcare professionals feel fully informed when prescribing to them.

My passion for this subject continues. I feel very proud that another 11 pharmacists share my feelings. I'm looking forward to more time with my family, my animals and my garden.

I may be handing over the BfN role but I won't be able to stop talking about drugs and breastfeeding, so you will still find me active on my own [website](#) and [Facebook](#) page. I also feel another book coming on this winter.

cont...

The early days of the Drugs in Breastmilk Information Service

by Phyll Buchanan

It's hard to think back to 1997, when we were lucky to be able to start afresh and focus on what would work best for women and their families. We were used to sharing knowledge and evidence about breastfeeding, our dilemma was whether this would work for drugs in breastmilk. This was quite revolutionary, particularly in those pre-internet times.

We had to answer many questions when we weren't quite sure of the answers - what would this service look like? Would women, with this information, have difficulties with their own medical team? Would doctors be cross - yes, sometimes very cross, but far outweighed by those that welcomed the information and built on it. Would there be particular recommendations - no, this was about supporting women, often in the most distressing circumstances, to make their own decisions based on the information gained.

It is testament to Wendy's patience and negotiating skills that she built this remarkable service, keeping it free from pharma involvement, and so avoiding conflicts of interest. She has helped so many women, at times transforming their lives. She is now leaving it in safe hands. We have all learned so much along the way. Not many people build truly transformative services like this. Thank you Wendy.

Well wishes from BfN's CEO

Wendy has dedicated more than twenty years to supporting mothers and families through the Drugs in Breastmilk Information Service she founded.

Day in day out, she has responded to phone calls, emails and social media messages from parents and healthcare professionals who need reliable, evidence-based information about the safety of medications and treatments while breastfeeding.

Wendy's work has allowed parents to make their own informed decisions and has undoubtedly saved lives. Wendy is an inspiration to us all, and we all wish her the very best in her retirement.

“Wendy's work has allowed parents to make their own informed decisions and has undoubtedly saved lives.”



Shereen Fisher - BfN CEO

A bright future for BfN's Drugs in Breastmilk Information Service

Our plans to support Wendy's retirement came to fruition in June when our new team of trained volunteer pharmacists took up the baton of responding to enquiries to the BfN Drugs in Breastmilk Service [Facebook page](#).

The new team of volunteer pharmacists, who are all trained BfN breastfeeding support Helpers, has got off to a great start with guidance and support from supervisors Amanda Da Costa and Sally Carter, with Wendy remaining on hand throughout the summer to support the service transition.

We are delighted that the pharmacists are willing to share their valuable skills and experience with us as BfN embarks on this exciting new phase. Here, Amanda and one of the pharmacist team, Samantha Morris, share their thoughts on how things are going so far.



Sam Morris

**Volunteer Pharmacist
Drugs in Breastmilk Service**



I always knew I'd breastfeed; I also knew from 12 years old I'd be a pharmacist. It wasn't until I had my first baby that the two worlds really met. I later became a peer supporter, passionate about parents reaching their goals.

Having been lucky enough to be lectured by Wendy at university about drugs in breastmilk, I was also aware that there was a huge gap for nursing parents and I wanted to be a part of something that would positively help. Fast forward and I am so incredibly lucky to be working with an amazing team of pharmacists on the DIBM message service.

It's been a steep learning curve - we all did the Helper course and are accessing lots of resources, coming across new queries everyday which is so interesting professionally, but on a personal level, helping people when they're most in need has been the biggest privilege of all. Thank you!

Drugs in Breastmilk Information Service update

**By Amanda Da Costa
Clinical Supervisor
Drugs in Breastmilk Service**

The BfN Drugs in Breastmilk Information Service, run for so many years by the indefatigable Wendy Jones, secured an exciting future earlier this summer by expanding the team of volunteer pharmacist helpers to 11!

They are all BfN-trained breastfeeding Helpers and, like all BfN volunteers, have experience of breastfeeding their own babies.

Many in the team already work in women's health, supporting breastfeeding families in their professional lives as well as in their spare time... (cont p.5)

BfN Conference and AGM

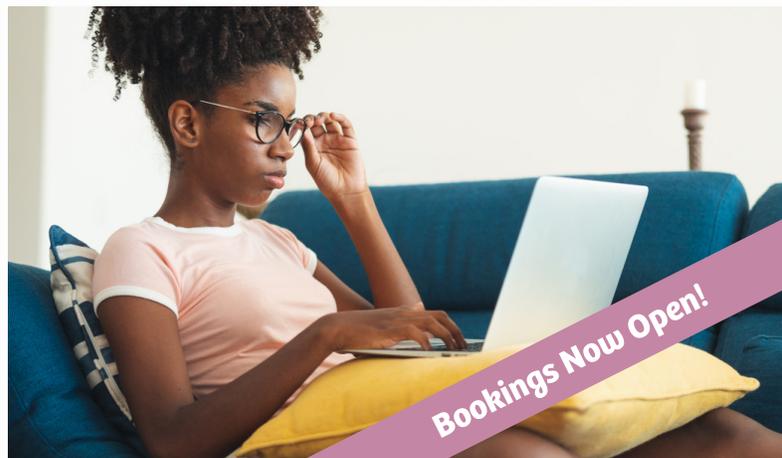
2nd October 2021

Our AGM and Annual Conference are important activities in the BfN calendar. Given the continuing uncertainty about travel and face to face events, we have decided to build on the success of last year and hold these events online again on 2nd October 2021.

The AGM is a private meeting open only to members of the Breastfeeding Network and Directors. It is an opportunity to find out more about the wider work of the BfN and how we are performing, and to vote on key decisions. The AGM will commence around 9am and is FREE for Members to attend.

The BfN Annual Conference is an exciting and informative event for our volunteers, parents, families and health professionals with an interest in breastfeeding and related topics.

[LEARN MORE AND BOOK](#)



The conference will start around 10am following the AGM, with the following speakers confirmed so far:

- **Dr. Ernestine Gheyoh Ndzi** – Shared parental leave
- **Smita Hanciles** – Breastfeeding, peer support and perinatal mental health
- **Dr. Wendy Jones** – Breastfeeding research & evidence - Covid-19 challenges
- **Zainab Yate** – 'Help! Breastfeeding makes me feel Bad, Sad or Mad'
- **BRAP – Asif Afridi** - Diversity and Inclusion
- **AJ Silver, The Queer Birth Club** – LGBT+ families and supporting lactation

Not able to make it on the day?

If you are not able to join us live, there will be an option to watch after the event. Please [register](#) as normal and you will be sent more information closer to the time.

DIBM Service update (continued from p.4)

The specialist knowledge that all of our new pharmacists bring to the Drugs in Breastmilk team is truly outstanding. They are based across the UK including England, Scotland and Northern Ireland.

The new Pharmacists are providing a seamless service to breastfeeding parents, helpers and healthcare professionals who contact DiBM via social media or email, responding with warmth, empathy and expertise.

Queries that come into DiBM can be really varied. We get questions about everything from

vitamins to Botox, from antibiotics to anti-inflammatories. Our callers know that the trusted service they have always relied on from Wendy continues to run with sensitivity and skill, empowering parents and helpers to make informed decisions about their feeding journey.

Wendy has enthusiastically supported the transition to the new team and has been so generous with sharing her knowledge, for which we are very grateful.



Continuing our commitment to diversity and inclusion

By Julie Muir
BfN HR Manager

Many of you will be aware of the work BfN is doing to be more inclusive and support diversity so that we can genuinely support anyone who needs the charity's help, while providing a safe and comfortable environment for all our staff and volunteers to work in.

While our focus has been on race prompted by the Black Lives Matter Movement, we have also given attention to disability and cultural/religious issues and our work in these areas will continue. We are also very much aware of the need to give care, consideration and respect to parents who need our support but who do not identify with the traditional gender categories.

Most recently, this has prompted early conversations around choice in use of pronouns and also enquiry into our understanding of how our training and support translates to people who chest feed. What stands out from those conversations, is people's willingness to support anyone who needs our help but hesitate because of worries around how to do this without causing offence.



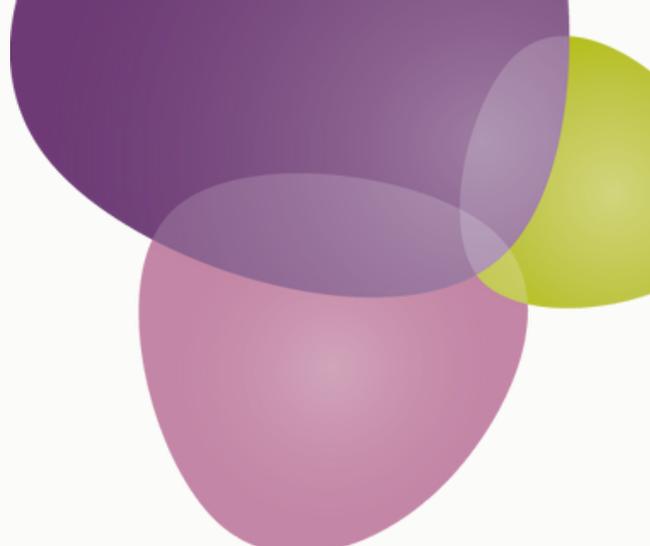
You can read more about our commitment to inclusivity in gender diversity [here](#).

As a peer support charity our aim is to be as representative of the mothers, parents and families we support across our board, workforce and volunteers.

In the past we did not collect data on the diversity of our staff and volunteers, so we have undertaken an annual survey to understand this better. By building this information we can see where the gaps are and look to address them. For this reason, in July we launched the first BfN Inclusion and Diversity Survey to help us understand the needs of our community better and take action to make reasonable adjustments that address the visible and invisible barriers people face both when seeking our support, or joining the organisation.

We are currently analysing the data and will release insights to our findings in the December edition of BfN news. Thanks to your willingness to participate in the survey we feel more confident that BfN can confidently move towards ensuring that people of different backgrounds, experiences and identities feel welcomed, respected and feel fully able to participate in our organisation.

With thanks for your support of BfN.



Coronavirus Update

By Sarah Edwards
Scottish Programme Manager
Training Development Manager

As coronavirus restrictions continued to be lifted across the UK over the summer months, we have worked to maintain the best standards of care within our breastfeeding support activities with mothers, parents and families, as well as ensuring our staff and volunteers are also supported and protected.

Knowing that infection rates are still high, but also being aware of how guidance is changing we have made some changes to our internal service protocols in response to project lead and parent feedback. This main change is in relation to mask wearing and affects support activities in England only.

While we still encourage you to wear masks it is no longer mandatory at indoor support activities, unless you need to get closer than 2 metres to provide support, in which case a mask must be worn.

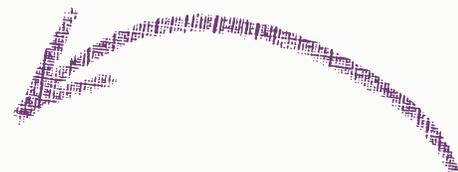
In Scotland, mask wearing remains mandatory when moving around at a group but masks can be removed when sitting down.

We have also made changes to allow resources and refreshments to be available again at groups if appropriate for each local area and to give more flexibility around registration for the groups as we recognise registering in advance to attend could be a barrier for some mums.

These changes have been made after much discussion centrally, drawing on feedback from our BfN project leads who may need some flexibility to improve support for families. Please also note that guidance can vary between different local authority and health board areas and between different venues so again that also has to be considered.

The service protocols for indoor and outdoor activities have been updated to reflect these changes and can be requested from BfN Programme Managers. If you need a copy of the guidance please email projects@breastfeedingnetwork.org.uk.

As you can appreciate the situation remains dynamic and we will continue to monitor it and adapt the guidance in discussion with project leads and volunteers. Local risk assessments should be updated and approved before implementing any of the changes.



Please email
projects@breastfeedingnetwork.org.uk
for a copy of the guidance .

#WhatBreastfeedingLooksLike

Our appeal for Inclusive and Diverse Imagery

By Alyson Spicer
Social Media Officer

Throughout July and August we have been appealing to our social media followers to show us What Breastfeeding Looks Like for them. This has been with the aim of building a new, more diverse, library of images to be used in our communications.

We have had a really fantastic response, receiving over 200 photos in total – some of which you can see here. These include images from parents and children with disabilities, same sex couples, and families from several different ethnic backgrounds.

We are already featuring these images on social media and in our other communications, and plan to publish them online too. We'd like to extend a huge thank you to everyone who contributed their beautiful photos.



We recognise that this is only a very small step towards improving diversity and inclusion in the images we use, and that there is still work to be done. There are plans in the pipeline to set up photo shoots or other image appeals in the future – watch this space!

In the meantime, the appeal submissions page remains open if you have images you'd like to contribute, particularly if you feel you are part of a minority group of any kind.



www.breastfeedingnetwork.org.uk/what-bf-looks-like-appeal/



Breastfeeding and cancer treatment

Hannah's story of determination and hope

Breastfeeding peer supporter Hannah was diagnosed with bowel cancer in 2020, and was repeatedly told during treatment that she would have to stop or avoid breastfeeding. Thanks to the BfN's Drugs in Breastmilk factsheets (as well as her own determination and self-advocacy), she was in fact able to continue feeding both of her children throughout. Here's her story.

I'm Hannah. I trained as a breastfeeding peer supporter with Home-Start in Sheffield in 2017 (though this centre has sadly now closed). I breastfeed both of my children (aged 4 and 1). I had come to hear about the Breastfeeding Network early on in my parenting journey – I was on various breastfeeding support forums on Facebook, and BfN's drugs factsheets were shared a lot whenever someone had a question about breastfeeding and medicines.

In late 2020, I was diagnosed with bowel cancer after waiting 5 months on a waiting list due to the pandemic. I always thought I had bowel cancer but doctors had convinced me it was IBD. I walked into the room for my colonoscopy and said "I think it's cancer." The doctor replied, "That's very unlikely at your age." But sure enough, within a few minutes of starting the procedure, the atmosphere in the room changed. I was in agony, I knew something was wrong.

I was wheeled into recovery and left on my own. I glanced at the report lying out on the table next to me, where under the findings heading, it said Colorectal cancer, 40mm.



My heart sank. It's a horrible feeling to be right all along. It was devastating as my youngest child was only 7 months old, and I feared I would have to wean her.

After that, things moved quickly. Scans confirmed the good news that it was operable and contained in the bowel, and I met with the surgeon the following week. I had to make a difficult decision to remove 80% of my colon to prevent future cancers. I used the BfN fact sheets to check that it was safe to feed after my CT scan, since staff in the CT unit had no idea what was ok for breastfeeding.

cont...

Hannah's story (continued from p.9)



At my surgeon's appointment he mentioned I'd have to stop breastfeeding for 24 hours after surgery – thanks to the detailed factsheet on anaesthesia, I knew it was safe to feed after general anaesthetic. So I proudly stood up and told him he was wrong.

When my letter came through for admission, the anaesthetist had also written a note to say I should stop breastfeeding after surgery. I was a bit disappointed that yet another member of staff had asserted incorrect information. I printed off all the factsheets on anaesthesia and pain relief and brought them with me, so I was fully armed to defend myself when I was admitted for surgery a few weeks later.

I was very lucky that I didn't need them, as a different anaesthetist greeted me that morning, and told me it was perfectly safe to breastfeed after surgery. He discussed options for pain relief and had designed postoperative pain relief that lessened the need for morphine in my blood stream.

Despite covid restrictions and worsening case numbers, the hospital kindly allowed my then 8 month old baby and husband to stay in the hospital with me. I pumped a sippy cup of milk before I went to theatre and returned 7 hours later free of cancer. Baby survived on snacks but hopped straight back on the boob as soon as I returned. I was discharged 4 days later but I was back in hospital 6 days later.

This is where the factsheets really came to my rescue. I ended up in back in hospital with extreme stomach pain and high fever. The new join in my bowel had leaked gas into my abdomen and it had caused a huge infection. I needed antibiotics.

When the doctor arrived with the antibiotics, I asked if they were safe for breastfeeding, and thankfully he answered honestly "I don't know". I said "let's check then", pulled out my phone and went to the factsheet on antibiotics. We scrolled the sheet together and identified both drugs and verified within seconds they were both safe. Thus I was able to start treatment quickly.



"I was a bit disappointed that yet another member of staff had asserted incorrect information."

Hannah's story (continued from p.10)

I was discharged after a week without need for further surgery and whilst in hospital received the good news that I was stage 2 bowel cancer and chemo would not be beneficial. Unfortunately I was separated from my baby for a lot of that time, due to a covid case on the ward, where I wasn't allowed visitors for the last 3 days.

Baby survived on artificial milk and food as well as expressed milk when I was well enough to pump. She never took a bottle, but drank from sippy cups and open cups, only taking around 30ml at a time. My supply was very low when I got home, but with the help of my milk-loving 4 year old and the baby, my supply returned to normal after a week or so.

Things I learned about breastfeeding and medical issues:

- If a healthcare professional tells you that you can't breastfeed due to a medicine or medical procedure, don't just take it at face value.
- Do your own research, and check facts from reputable sources such as the [Breastfeeding Network](#).
- Ask for details of exactly what medicines or substances are being used on your body, you have a right to know and to verify their safety for breastfeeding.
- If something isn't safe, ask what other options there are. There are always options in medicine, even if one is clearly the best one. You have a right to choose what happens to your body.
- Doctors and healthcare professionals are experts in their field but they are not often trained in breastfeeding. Do listen to their advice on your treatment, they only want the best outcomes for you, and sometimes stopping breastfeeding for treatment is the right choice.

I am eternally grateful to the Breastfeeding Network and their [factsheets](#). They have saved me from much worry and uncertainty around all of my treatment and surgery, enabling and empowering me to keep doing the thing that gives me the most joy in my life (breastfeeding) during an extremely traumatic time.

BfN is currently collaborating with other relevant charities to develop a series of leaflets on breastfeeding through diagnosis and treatment for cancer.

We hope these leaflets will support and empower other mums, in the way that our factsheets were able to for Hannah.

For more information, or if you have a personal story you would like to share, please contact Emma Thomas, Information & Policy officer emma.thomas@breastfeedingnetwork.org.uk

Staff and volunteer badges

A message from the Central Support Team

The Central Support team has been working on making sure all our volunteer and staff badges get out to you on time and these should already be with you. Next time, we'd really like to include a photograph on each badge too - some of you have this already. If you don't (or if you'd like yours updated) please email a picture to centralsupport@breastfeedingnetwork.org.uk and we'll save it, ready for next time. A selfie is fine but we've also used beautiful breastfeeding photos, wedding pics and professional headshots - as long as we can crop your smiley face out to use, it's perfect!

If you've not received your latest badge, or yours has expired, please let us know and we'll get things moving again for you to keep you registered.

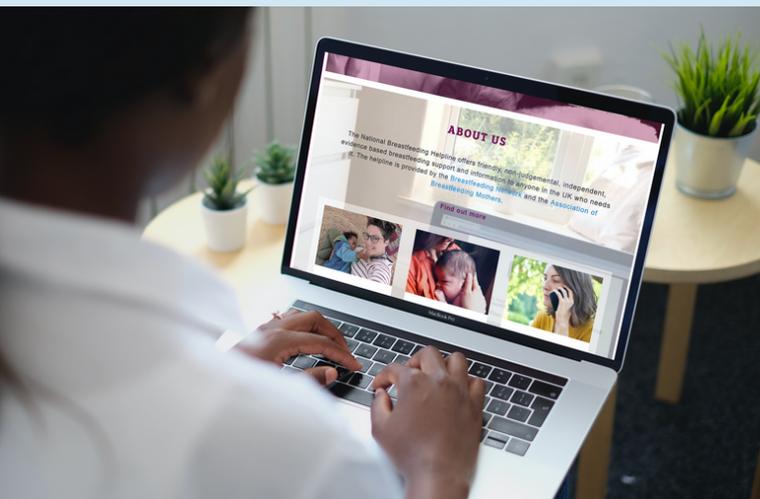
Update from the National Breastfeeding Helpline

By Fliss Lambert, NBH Manager

Exciting times for the National Breastfeeding Helpline as we launched a refreshed website last month. You can check it out at www.nationalbreastfeedinghelpline.org.uk.

We've kept it pretty simple, as both the BfN and ABM websites contain so much useful breastfeeding information, so this is just a site to signpost individuals to our various methods of contact.

Please do feel free to share it with anyone who might need it! The 'secret' volunteer log in area details remain the same – ask your Helpline Volunteer Coordinator for more info about this if you're not sure about it.



[Click to check out the new NBH website](http://www.nationalbreastfeedinghelpline.org.uk)

www.nationalbreastfeedinghelpline.org.uk



[Click here to watch the video](#)



Not only do we have a new website, we've also got a brilliant new NBH promo video. It features a young mum called Vicki sharing her own story of calling the helpline, along with several of our amazing NBH volunteers. It's definitely worth taking a couple of minutes to watch it.

Huge thanks to Leanne for all her hard work on both the website and the video. As always, we have been really busy on the helpline over the summer months. We're also continuing to see big rises in demand for support on social media and webchat.

A massive thank you to every single volunteer who has managed to juggle childcare, work and supporting families on the helpline over the summer – we know it can be really challenging, so it is even more appreciated.

Congratulations to the new Wolverhampton Helpers group

By **Diana West**
BfN Tutor and Supervisor

Huge congratulations to the new volunteers who completed Wolverhampton's first online Helper course in July, tutored by Diana West.

Naturally, the new online format was initially a challenge for all, but Tutor and trainees alike embraced the new style of working and learning well, thoroughly enjoying the course and all its content.

The volunteers are now very keen to go into their local hospital and out into the community to provide breastfeeding information and support to the families of Wolverhampton and surrounding areas, as soon as Covid-19 restrictions allow.

Well done everyone for a fantastic achievement, especially considering the challenging circumstances of distance learning during the pandemic. We welcome them to the BfN family!

Trainees pictured (from top left): Amy, Sunayana, Faye, Emma, Sam, Stephanie, Beverley, Tia, Gaelle, Tamsen, Jennifer



Midlothian Volunteers' Week Award Winners

By Carol Hodgkin
Midlothian Volunteer Coordinator

In June we were delighted that our nomination of the Midlothian Breastfeeding Alliance (MBA) resulted in them being awarded a Health and Wellbeing Award in the Midlothian Volunteers' Week Awards.

The MBA is a network of NHS and BfN trained breastfeeding peer supporters who have provided dedicated support to breastfeeding mums across Midlothian for many years.

This amazing group of women quickly adapted to the changes brought about by Covid-19, moving their groups online and supporting mums via social media. They secured funding to create over 200 gift bags, containing self-care items as well as information about breastfeeding, to give to new mums during the first lockdown, and were also closely involved in the development of the Walk, Talk and Feed groups that have proven so successful in our area.

In addition to this, one of our amazing volunteers, Colette Pye, was awarded the Dedicated Service to Volunteering Award. Colette has been volunteering for the last 28 years as a breastfeeding peer supporter in Midlothian. She is endlessly kind to all the families she meets and goes out of her way to offer them her time and attention. She has only fairly recently trained with BfN and we are incredibly lucky to have such a knowledgeable and committed volunteer amongst our ranks.



Colette Pye - BfN breastfeeding peer supporter in Midlothian for 28 years.



Thank you!

We couldn't do it without you

by Ginny Dupont
Service Manager
Network South and East Hampshire

All volunteers who give their time to support families are amazing, and we wouldn't be able to offer the services we do without them.

In South and East Hampshire and Portsmouth we are incredibly lucky to have a team of dedicated and committed volunteers who are an inspiration to us all.

We wanted to give extra special recognition to those volunteers who have been with us for over 5 years continuing to give their precious time to support families in our areas.

Huge thanks to: Crystal, Eleanor, Ginny, Kerry, Lauren, Lia, Lucy, Michelle, Sally, Sacha and Sophie.



Shereen Fisher and Dr. Heather Trickey

An amazing volunteer achievement

By Kristie Legg
Supporter and Supervisor

After 12 years of volunteering with BfN, Pauline Hardie has decided that the time has now come to move on. Pauline has been a Helper at the St Anne's group in Lancashire for most weeks that the group has run in that time, her daughters coming along with her when they were young.

She says: "I've really enjoyed my time with BfN and have seen the children we supported as babies grow through the community, which has been very rewarding."

Supervisor Kristie Legg added, "There have been a lot of changes locally in the time that Pauline has been running the group and she has been a steady constant. So many families have benefited from her support and we're grateful for her amazing commitment."

Remembering our friend and colleague Dr. Heather Trickey

by Shereen Fisher
BfN CEO

It is with great sadness that we note the death of Heather Trickey, a valued colleague and friend. Heather was a brilliant academic and committed to the development of research in infant feeding and looking at interventions to support mothers with breastfeeding especially peer support.

I sat with Heather on committees related to infant feeding and women's health and she was uniquely talented at challenging policy with the best thinking and her understanding of research. Her kindness, humour and strong networking skills helped her to broker many relationships and she was always looking for ways to bring organisations together to support women and breastfeeding better.

To honor her memory and the contribution Heather made I encourage you to read or re-read some of Heather's work (listed below) both in infant feeding and peer support. She also published a touching and beautiful book of poetry last year which is further evidence of her talent, sensitivity and insight. Heather's life ended way too soon and we will miss her humour and brilliant mind.



Pauline Hardie has been a Helper at BfN St Anne's for 12 years.

Guest Blog by Heather Trickey - [What sorts of breastfeeding peer support interventions should we be developing?](#) - BfN Guest blog: [Breastfeeding peer support: What works?](#) - Baby Friendly Initiative (unicef.org.uk)
[Protecting babies in emergencies](#) – Breastfeeding trends (UK) (ukbreastfeeding.org)
[SORRY ABOUT THE MESS](#) – Heather Trickey (happenstancepress.com)
For more information on the NCT and BPAS Heather Trickey Prize go to: heathertrickeyprize.org



Sarah Rose Allen reflects on her role with new perspective.

A new outlook brings greater reward

by Sarah Rose Allen
Haringey Breastfeeding Peer Support
volunteer

Having my third child a month before lockdown, in February 2020, and then returning to breastfeeding peer support in Spring 2021 has given me a refreshed outlook on the way I help people with brand-new babies who are looking at how to feed them.

I used to feel quite anxious about my hospital shifts, worrying that I would meet someone with a problem that I couldn't fix; now, however, I look back on my own more recent experiences, struggling to establish breastfeeding, and realise that the most important thing about any interaction I have is that its overall effect should be positive – the process feels much more important than the content or the outcome.

I am not sure if this new perspective makes a difference to the parents I meet in the hospital, but I am certainly finding that I enjoy my shifts much more, because I put myself under much less pressure and can simply enjoy having a pleasant interaction and meeting new people (especially valuable after lockdown) rather than constantly fearing that I will fail someone.

Interestingly, in the shifts that I have undertaken since coming back, it feels like I have actually had more instances of meeting parents, listening to their stories, making small suggestions about tweaks to holds or positions, and happily finding that a feed becomes comfortable where it was previously causing pain.

This positive outcome was one I thought I witnessed fairly rarely before, but I now wonder if by being less self-critical, I am actually open to perceiving more of the positive elements in my interactions, I am reflecting with more compassion on my own efforts, instead of just having compassion for the parents and babies I meet.

A special message of thanks

By Kirstin Worsley
Scottish Peer Support
Service Manager

I'd like to say a special thank you to Carol Hodgkin, Midlothian Volunteer Coordinator and Walk Talk Feed Coordinator as she leaves us to train as a primary school teacher at the end of July.

Her commitment and enthusiasm for the role has been outstanding. Carol will still be a volunteer for BfN so thankfully she isn't leaving BfN completely!

Congratulations

A huge thank you to everyone that makes BfN what it is

Helpers

Rebecca Agnew
Louise Brown
Hazel Brown
And their tutors: Aurore
Lasne/Donna Ebanks

Lynne Fox
Lisa Gribble (Murphy)
Robyn Hughes Whitelaw
Sarah Moffat
Leona Rodden
Nadine J G McCormick
Arleen Cameron
Arlene Robertson
Jennifer Louise Orr
Clara Seath
Nicola Moore
Ella Chu
And their tutors: Aurore
Lasne/Naomi Waters

Gemma Harwood
Michelle Tone
Hayley Champion
Rebecca Vowles
And their tutor: Donna
Ebanks

Katy Stockwell
Sarah Macdonald
Carol Ann Maclean
Claire Hobson
And their tutors: Donna
Ebanks/Sarah Edwards

Samantha Sexton-Jennings
Victoria Castelluccio
Hollie Walsh
Jessica Day
And their tutors: Lydia
Murtagh

Scarlet Hayward
Sabryna Porter
Rachel Wallwork
Kayleigh Ratcliffe
Lisa Jones
Joanne Baxendale
Rebecca Barber
Kimberley James
April Fone
Jessica Simm
Ros Spiers-King
Shelley Matthews
And their tutor: Nicola
Blanch

Supporters

Andrea Hamilton
Debbie Watt
And their tutors: Zoe
Chadderton/Grace
Edgill/Sarah Seghal/Esther
Pierce

Diane de Jesus
Chloe Way
And their tutor: Joy Jones

Helpline Supporters

Sophie Davis
Phillipa Rewaj
Carol Hodgkin
Kirsty MacInnes
Kirstie Compton
Jenny Hunter
Fiona Stewart
Emma Thomas
Hannah Willey
And their tutor: Joy
Hastings

Eilidh Thompson
Jenny McKechnie
Catherine Anne Austin
Joanna Grabowska
Ruth Antoniades
Anna Louise Gunston
Danielle Delaney
And their tutor: Joy Jones

Alison Garrod
And her tutor: Vickie Fox

**Thank you to all of our
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We value each and every one of you!

If your name is missing from this list, please accept our apologies.

Contact us to ensure that you are included next time. Thank you for your understanding.