

# BfN News

Mums Supporting Mums

**The Spring edition of  
BfN News**

**Exclusive interview with MP  
Stella Creasy about  
legislation protection**

**Updates on funding secured  
for new & existing projects**

**New Latina and Hispanic  
support group**

**MARCH 2022  
SPRING  
ISSUE 83**





# HELLO!

MARCH 2022  
SPRING  
ISSUE 83

## Editor's Note

Welcome to the Spring 2022 edition of BfN News.

As the days get longer and the sun appears more frequently, it seems as though there is a new brightness this Springtime, especially compared to the last two.

We've got some exciting news to bring you this quarter, with updates from various projects including Forth Valley, Midlothian, Portsmouth, Shropshire, Haringey and more.

It was our pleasure to speak to MP Stella Creasy regarding the new legislation passed in January to protect those breastfeeding in public from voyeurism - read our interview on page 4.

There are some inspiring dates coming up over the next few months, with our Move in May scheme launching soon as well as a confirmed date for our annual conference in October - we hope to see you there!

Thank you for continuing to share your stories, pictures and articles with us. Please keep them coming; we'd love to hear from you.



# CEO Update

Dear Volunteers, Staff and Friends of BfN

I hope 2022 is treating you well.

You may remember that late in 2021, the Government announced significant investment in breastfeeding support for England. Already this year we have been working with the Department for Health and Social Care on gathering information to support their implementation plans. We know that the funding will primarily be targeted at 74 local authorities and will span a 3- year period. At a recent roundtable meeting led by Andrea Leadsom on Breastfeeding, we were able to put forward the challenges and opportunities in supporting more women and families with breastfeeding, highlighting latest research, good practice examples from some of our own projects and helplines.

Our meetings have been followed up with specific information on our services and it has been a pleasure to share insights into the latest evaluation on the National Breastfeeding Helpline with some wonderfully warm quotes from the mothers that we have supported. This one is a favourite highlighting how those supported become supporters!

"I can't thank this service enough for the BF support I have received on every phone call! I really appreciate it & I am currently exclusively breastfeeding my 5 month old daughter. Without the support of the volunteers I'm sure we wouldn't of made it this far!

Also just out of curiosity how do you become a volunteer?"

Best Wishes,

Shereen  
Chief Executive Officer, the Breastfeeding Network



**Shereen Fisher, BfN CEO**



**We were able to put forward the challenges and opportunities in supporting more women and families with breastfeeding**



**Turn to page 9 for an update from the National Breastfeeding Helpline**



Shereen Fisher - BfN CEO

# Interview with MP Stella Creasy

We were honoured to be able to take some time with Stella Creasy, MP for Walthamstow to talk about the new legislative changes that took place in parliament in January to protect those breastfeeding from voyeurism.

## **Thanks to you and the team for leading on this campaign.**

It wasn't just me, Julia Cooper is the woman who started the campaign and she went to her MP Jeff Smith (MP for Withington) and he got involved in it.

I saw it and because it had happened to me, I got in contact with Julia and said yes please, how can I help. And then we had the amazing Baroness Helene Hayman in the lords who led on it and she got support from David Pannick to put it forward as well, so it was a team effort.



Stella Creasy in parliament

## **You've touched on it there but why was the change in legislation so important to you?**

Actually for a number of reasons:

1. I was on the up-skirting bill when it went through parliament and I remember at the time trying to have a conversation with the ministers and officials saying this specifies that this offence can only happen below the waist, but women also experience harassment above the waist too and people saying "oh no no" and dismissing that complaint. So I always felt at the time that the legislation didn't quite make any sense, as if it was less intrusive for someone to put a phone to your top rather than your bottom, shall we put it that way.
2. Obviously it had happened to me and I had been really humiliated by it so I hadn't even sought any police help at the time. So I think Julia was an incredibly brave woman to stand up to the man who was doing it and try to challenge it, to then find the police were on his side and not hers, was just horrific.
3. I feel very strongly that this is a small change, but it is a reflection that very often laws in our country are made without the voices of mums, and particularly the mums of young children as part of the conversation. So they don't take into account the situations that mums can find themselves in. We don't have any data on the numbers of women that this has happened to, formally, because it's not been a crime for people to record it. But when we started talking about it, lots of women came forward that this had happened to them and they'd felt uncomfortable and it had put them off breastfeeding. I think if you want to breastfeed it is completely your choice and you should be supported either way, but one of the ways we support you is to take away the idea that you could just peacefully be doing something and somebody else decides, for their own purposes, to interrupt that and humiliate you.

## **Yes, I've seen the news on that, so hopefully exciting things to come. What was your experience in leading on the campaign, and promoting it?**

I think because those voices are so often absent in our politics, when we first started talking about it, quite a lot of people didn't realise that it wasn't illegal. And they were horrified.

PTO.

YouGov did a poll that showed that 75% of the British public agreed with us that, of course this should be illegal. Nobody should be put in Julia's position where she sought police assistance and the police said I'm sorry but there's nothing we can do. So the gentleman who took the photos of her was well aware that she felt harassed and her privacy had been violated, and got away with it.

What was bizarre was when we started raising it within parliament and the excuses that the government came up with to not take the issue forward to begin with, as is often when you talk about issues to do with women, suddenly everyone found it a terribly complicated matter.

What they kept saying to us about this was "oh well, we'll need to get the law commission to look at this because it's a terribly complicated matter" and you thought, it's really not that complicated, breastfeeding is a pretty straightforward thing for people to be doing. If somebody says I don't want you to take a photograph of me, that's a really straightforward and clear form of harassment, we should just make that illegal.



And then we had this completely bizarre experience, where a government minister got up and argued that because a gentleman might be taking intimate photos of his wife for his own sexual enjoyment and accidentally catch a woman breastfeeding in the background if he did this on a beach, we shouldn't make this an offence.

Thankfully, in between having made that argument and everybody going I'm sorry what?!, the government decided to see sense. And that's very welcome. I'm an opposition back bench MP but I always think when governments finally do come to their senses then you should definitely acknowledge it because hopefully it can happen more often.

**My next question is what challenges did you come across while campaigning, but I think you've covered a number of them there.**

One of the challenges was, there's a lot going on in British politics right now, a lot of other things taking up people's air time, and because they weren't many voices. What's so powerful about working with Baroness Hayman in the Lords is that she was the first MP who was challenged about breastfeeding in parliament. And I obviously have faced lots of hurdles because I don't have any maternity cover and I'm feeding my little boy (who is with me at the moment). I have had to bring him with me because it's just not practical to leave him somewhere else. Anyone who is feeding a very young baby knows the idea that they will stick to a schedule so that you can time when you are in a chamber perfectly and wait around is illogical.

It's been fascinating to work with Helene because she was the first person who tried to combine being a mum and being an MP and frankly, some of the hurdles that she faced haven't changed in 40 years.

**Yes, I have followed some of the recent stories about babies in parliament, can you say more about how government is responding to put more support in place?**

The government have now brought forward their own proposal on this which is great, because that means there is agreement across parliament that this should happen, but it has to come back to MPs to sign it off. And of course, the ultimate irony for me is that because I'm breastfeeding and can't leave my child, I can't actually go in to speak in support of when the government has got something right. So we still have a job of work to do to make breastfeeding a normal thing if you want to do it. **PTO.**

## **What do you want to see happen as a result of the new legislation?**

Well I would like to now make sure that any mum who is breastfeeding knows that the law is on her side, and to make sure that god forbid, I don't want this to happen to anybody because having had it happen to me, I felt awful and violated by this person deciding that they could take photos of me. I was on a train with my daughter who was quite young (2 or 3 months old), and I was doing it very discretely but he was clearly laughing and enjoying himself. It was when I looked up and realised with horror that the person opposite me was filming, or doing something with their camera, and I fled from the train as soon as I could. I never want anyone to feel like that. I hope we don't have to use this piece of legislation but now that we have it, when it becomes law, I want women to know about it so that if they do need it, they can hold to account anybody who is doing that to them.

## **How can people get involved to continue to support this campaign and support breastfeeding in general from a parliamentary or lobbying point of view?**

The thing I think is really important is getting more mums voices into politics, and we've set up a campaign called [thismumvotes.org.uk](http://thismumvotes.org.uk) and you can sign up for updates. We've got events, we've got campaigns, we're trying to support more mums to get involved in politics and to make politics work for mums rather than the other way around.

Because actually getting these issues seen as a priority, I would say one of the really big issues is the cost of childcare, and the fact that it is very difficult for parents to combine looking after small children with having a job, if that's what they want to do. We take it for granted that motherhood has to be a struggle, and I think well we don't take other things for granted that they have to be difficult, we try to solve them and make it easier for people to do them, so why don't we have a crack at doing the same with motherhood.

It's a big ambition but I didn't go into politics to sit on the side-lines and throw rocks at other people saying that was a bad idea. You go into politics because you want to change things. The change with the breastfeeding campaign, that took quite a lot of effort but we got there, and there is so much more we can do. And I hope it gives people confidence that actually speaking out does work.

## **So lastly, how's life as a mother of two now?**

\*Laughs\* My little girl turned two in November and my little boy is now 5 months, so for a while I was a mother of two under two, which was really quite intense!

You know, it is difficult, and I have no maternity cover so I've been working the whole time which is really difficult. I've got my little boy here; he's fallen asleep on my lap so I'm typing one-handed which isn't helpful.

My partner does a huge amount and he's very involved but you know, he can't breastfeed, so it does create a bit of a barrier at this point in their lives. But it is lovely to see the two of them interact with each other, I have a terrible feeling they are going to be partners in crime when they get older.

## **Was there anything else you wanted to add?**

What has been incredible during the pandemic is watching organisations like 'Pregnant then screwed' really come into their own, fighting for mums and new parents, and being a voice. Definitely sign up for [thismumvotes.org.uk](http://thismumvotes.org.uk) but also follow Pregnant then screwed and join the fight. Because if we don't fight for our rights then we won't get them.

**Thank you so much for your time Stella, we really appreciate it here at BfN. We will continue to follow your campaign and support where we can.**



[To read more about the new legislation and what it means, click here](#)

# Move in May



We are excited to be planning our Move in May fundraising campaign to expand on the success of the last 2 years.

This year, the focus will be on taking part in 30 minutes of exercise every day to help your physical and mental health, while raising awareness and funds for the important work BfN does every day.

There will be lots of suggested ideas of activities, from taking your dog for a walk, to swimming or a gym session, as well as more adventurous activities like rock climbing, horse-riding or even shopping - anything that gets your heart rate up a little! For all of those that register, we plan to host some special live-stream workouts so you can get together with others and try out something new from a local or national fitness organisation. With our trackers and daily planners available with a refreshed look, it's going to be so easy to take part this year. There will be regular emails and blog posts sharing what you have been doing each week as well as ideas and inspiration to keep you going! For those that choose to fundraise, there will be a gift sent out when you raise over £35, as a thank you from us to you. We couldn't do this without you so keep your eyes peeled on our socials for information on how you register to get involved!

## Save the Date!

### Annual Conference 8th October 2022

Make sure you keep your diary clear on Saturday 8th October 2022 for our AGM & annual conference.

With great speakers, up-to-date information and lots of fun and inspiration, it's an event not to be missed!

More details to follow later in the year.



**SAVE THE DATE!**

BfN Conference 2022  
Saturday 8th October



# Latina and Hispanic breastfeeding support group

By Carla Montaldo, BF supporter



Why a breastfeeding support group for Latina and Hispanic mothers in London?

The beginning of this pandemic found me as a newly qualified peer supporter in BfN, and like many of us, I found the impact of the isolation hard and moving. At that moment, all the BfN support was moving to online style, and while thinking about how this might affect the new mums and their babies - along with other possible breastfeeding barriers - I realised that the language barrier could be huge.

It was then that I suggested to my Haringey service manager (Linda), to start a Spanish online support group. The group quickly expanded throughout London, and we took referrals from HVs and BfN colleagues with great pride. Today I understand that it is more than the language, as half of the mums I support speak English fluently. So, why is there still so much demand for this group?

The goal of this group today focuses not only on practical support with physiological problems or language support as a translator, but also on those social, cultural, and sense of community factors that we know influence the breastfeeding experience. On top of this, in the last 2 years, I could witness how these mums are affected by all these factors to different levels. It would be interesting to have the opportunity to research deep on this.

Today, the group keeps working on providing a space for everyone who lives in London and wants to share their breastfeeding and motherhood experiences with Latin and Hispanic backgrounds, preserving cultural values and family relationships. Knowing the influence of acculturation on breastfeeding is really strong, we believe that working within our own backgrounds and values can help support each other as a community. In short, we understand that the stress of being in a new environment can make breastfeeding challenging, particularly if the mother was taken from her own support systems in isolation, so these spaces are still essential.

If you require any more information on this great project, please email:  
[haringey.spanish@breastfeedingnetwork.org.uk](mailto:haringey.spanish@breastfeedingnetwork.org.uk)

# Update from the National Breastfeeding Helpline

By Hester Schofield, NBH Manager

I'm excited to be making my first contribution to the newsletter! I am blown away by the amazing contribution made by our volunteers and am so excited to be a part of this moving forwards.

In January we started our fantastic webinar series with a fascinating talk from the charity Positive About Down Syndrome, learning about supporting families breastfeeding a baby who has Down Syndrome. They shared this link; its personal stories from families who have been on this journey: [Lived Experience publication on breastfeeding a baby with Down's syndrome](#). We are looking forward to enjoying a program of webinars with our volunteers over the coming months.

We are coming towards the end of our evaluation of the Helpline with the University of Lancashire. A big thank you to all of our volunteers who have encouraged our callers and online users to complete questionnaires.

We have had a great response rate and this will give us some fab information. I look forward to sharing this with you next time. It's the final push now and if you volunteer with us and haven't yet completed a questionnaire on your volunteering experience you can do this here:

[Survey for NBH volunteers.](#)



University of  
Central Lancashire  
UCLan

[www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

# Welcome to our new National Breastfeeding Helpline Manager

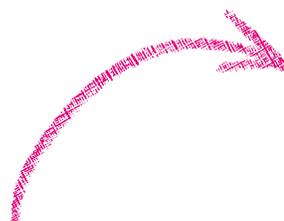


Hester Schofield

Hi I'm Hester and I started the role of NBH Manager in Mid-January. I am loving the new role and have been so inspired the dedication of the volunteers working on the helpline every day. Everyone has been very welcoming and I am happy to be part of the team!

I have come from a background of working as a manager in children's' and adult's homes supporting people with learning disabilities, mental health difficulties and adverse childhood experiences. Although I loved this work, after having a child myself I wanted to find something that would fit better with my home life. I then worked managing volunteers in a charity based in my home town Shrewsbury supporting people who are deaf and have hearing loss before finding this role!

I hope to carry on the great work that has been done making the Helpline a fantastic resource for breastfeeding families and celebrating the contribution made by our volunteers.



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

# Meet the Chair - Sarah Turner

By Josie Fowler, Marketing Officer

Sarah Turner recently took over as Chair on the BfN Board of Directors. We took some time to chat to her about her role and involvement with BfN.

How did you first hear about BfN and what made you want to be part of it?

As with so many women, I first heard about BfN shortly after having my first child. I don't live in an area that BfN covers, but after a horrendous first 4(!) months of poor feeding and lots of pain, I realised that, if I found breastfeeding to be the hardest thing I've ever done, chances are I wasn't alone.

I was aware of the huge pressure to breastfeed, and so thought the best thing to do would be to find a way to help those that wanted to breastfeed, but were finding it challenging. Some Googling later, I found Islington BfN, who took me through my Helper's course. Since then, I have been attached to BfN in Tower Hamlets, although now I do most of my supporting through the NBH webchat.



Sarah Turner

How long have you been involved in the board of directors?

I've been a part of the board since 2017.

What does your new role as chair involve?

Making sure meetings run to time! 😊 All the directors take their role as part of the board very seriously, but it is my responsibility to make sure we always make decisions that we consider to be in the best interests of the charity. In particular at the moment, to keep BfN running in line with its charitable objectives, to keep understanding how we need to respond and evolve as an organisation in a very strange time, and how to make sure that everyone involved in BfN, in any capacity, feels supported and heard when they need to be.

What would you like to see BfN doing this year?

I would hope for more stability in 2022, although I'm not convinced we will get it. I have been so impressed with the endless energy volunteers and staff have shown throughout the last two years to keep their services as available as they can be. I know moving to doing things online in particular isn't for everyone, so I hope that those who want to get back to supporting face to face can. And I hope we continue to explore what it means to support parents post-pandemic – picking up or modifying things we've not been able to do for a while, and integrating new things that have been shown to work over the past two years.

Continued overleaf...

## Cont...

### Are there any particular areas of BfN you have a special interest in?

As a volunteer, I'm somewhat biased: of course, I want every volunteer to feel that the time they give is valuable to them, as well as valued by those they help and the charity more broadly. I also have an eye on the increasing role of the Internet in all of our lives: I want to make sure that we understand how people may want to interact with us as we all spend more time online.



### What do you do outside of BfN?

At the moment, I am just entering the final year of a PhD in Cyber Security at the University of Kent. My areas of research are quite broad, but cover – loosely – how people and organisations understand the steps they have to take to keep their personal data (and other things!) secure. My PhD research focuses on how families manage cyber security for devices they have in the home, but I am also doing other research into how schools use technology for education and how that technology uses student data. When I'm not juggling all of that, I'll be trying to find the time to squeeze in a run, a quick climb at our local climbing wall or some yoga with Adriene! My children (aged 5 and 7) are just coming to an age where I can get small pockets of time without being summoned, so I'm slowly reminding myself of the pleasures of having time to read fiction or do cross stitch.

## New project launched in Shropshire



Emily Evans,  
Volunteer Coordinator  
Shropshire

A new Breastfeeding Network project has launched in Shropshire, Telford & Wrekin. Emily, the new volunteer coordinator (pictured) was recruited at the end of November 2021 and recruitment for a volunteer team began quickly.

The first Helper course training began on 1st March with 12 excited and passionate mums ready to learn.

With great support from the council, Shrewsbury & Telford Hospital Trust and Health Visiting teams, we hope to launch three in-person support groups in the Summer and train a further 12 volunteers in the Autumn. The project covers a wide area but initial focus is for Shrewsbury, Telford and Whitchurch.

# Forth Valley funding

By Kirstin Worsley

We are excited to share that we have secured funding from the "Good Food For All Fund" to run a short term project in Stirling, opening a new group and encouraging businesses to become registered with the Breastfeeding Friendly Scotland Scheme.

We have a new coordinator in place and the projects are just about to get started.

The aims are:

- The Breastfeeding Friendly Stirling (BFS) Peer Supporter will support volunteers and build links with local communities, partner organisations and businesses to raise awareness about the value of breastfeeding and how everyone has a role to support breastfeeding throughout the area. Part of their role will be to raise awareness of the Breastfeeding Friendly Scotland scheme in the area.
- Set up and run a new peer support group in a community venue, making sure it is accessible to as many parents as possible. The group will also offer a place for mums to meet other local women to help reduce isolation and build supportive social networks and somewhere to get support with their own mental wellbeing.
- Planning informal information sessions in the group to cover topics such as income maximisation, Best Start Foods and other Social Security Scotland payments and grants for families, access to free vitamin D supplements for breastfeeding women and infants and young children, accident prevention, dental health etc.
- To offer support via social media, phone call and Near Me video call if mums are not able to travel to attend the group.
- Deliver First Milk Matters Breastfeeding Awareness sessions to local council staff, partner organisations in the community including third sector organisations or to staff in schools.
- Work with local volunteers to encourage businesses and organisations in Stirling to sign up to the national Breastfeeding Friendly Scotland scheme. The BFS Peer Supporter and volunteers will talk to businesses and community organisations about the scheme explaining how signing up can help to support local business as well as local mums by removing barriers to breastfeeding. The aim is to sign up 30 businesses between Feb-Aug 2022.
- Use social media to promote the Breastfeeding Friendly Scotland scheme and the support available in the local area.
- Organise five 'Pop-up' breastfeeding group events in a variety of community venues or businesses that have signed up to the Breastfeeding Friendly Scotland scheme e.g. a local café, community centre or soft play. These events might be online if face to face events are not possible due to Covid restrictions.



# Midlothian update

NHS Partnership Funding has been secured to continue the project until at least the end of March 2023 and this will also allow us to train another 12 helpers to volunteer in all the local groups we run in the area. We are recruiting for a new coordinator to continue and expand our support in the area.

In Midlothian, the coordinator is responsible for around 20 volunteers, some BfN and some NHS. This has been a funded project for nearly two years now and with the funding extended for another 14 months, it allows us to continue the fantastic work that the volunteers are doing in the area.

## What does the coordinator do?

The coordinator is responsible for the day to day coordination of the volunteers, who run 3 indoor and 2 walking groups across the area.

In the area, the volunteers are part of the Midlothian Breastfeeding Alliance and are a combination of NHS and BfN volunteers. The coordinator helps the group to raise the profile of breastfeeding support in the area and encourages them to take part in local events, fairs etc. as well as running the groups.

They also manage all the social media for the area and, in normal times, arrange posters, leaflets etc. By having groups in the various towns across Midlothian, we hope to be able to support local mums to come to a group without having to travel long distances. The walking groups have been a very useful addition to the area, as they have been able to continue when we weren't able to meet indoors. It can be a bit cold sometimes though!

## Western Isles

Our group continues to run each week with lots of mummies and babies coming along.

We are now offering breastfeeding support, by phone and text, to every mum in the Islands when she has had her baby, if she chooses to access the service.



# Lighting up Portsmouth

By Eleanor Johnson, Service Manager Portsmouth

The Breastfeeding Network team within Portsmouth were honoured to be approached and asked to be part of a free community project called IN MOTION by FOURSANDEIGHTS and POMPEY BANANA CLUB, made possible by an Arts Council England National Lottery Project Grant. The project was aimed at engaging local creatives to respond to the brief, generating moving image or animated design content to be included in a large scale projection mapped exhibition at We Shine Art and Light Festival around the theme; COMMUNITY.

The creatives running the project wanted to also enable some local charities and non-profits to create content for the festival and exhibition which they could use on their social media channels in order to raise awareness of the great work they do too.

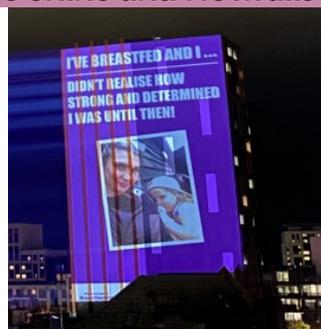
Marie from foursandeights says "It was great to get Portsmouth Breastfeeding involved. We worked closely with the Portsmouth team and did a call out for members of the Portsmouth BfN community to submit photos with a response to the caption 'I've breastfed and I...' to capture the incredible people and stories here in our amazing breastfeeding community in Portsmouth. We had so many great responses and included every single one in the final piece."

The work created was projection mapped and exhibited over 3 nights on a 200ft building in the heart of Portsmouth City Centre as part of the We Shine Art & Light Festival that took place in November 2021 and is now part of a static exhibition at the Freda Swain Room, Portsmouth Guildhall as well as showcasing footage from the large scale projections on the 'big screen' in Guildhall Square until March 2022. It was amazing to have so many families submit photos and quotes; attend and share the exhibition and to witness breastfeeding images proudly shining over the city.

You can read more about the project here  
[inmotionportsmouth.com](https://www.inmotionportsmouth.com)

You can view the full video over on our public facebook page  
Portsmouth Welcomes Breastfeeding here  
<https://fb.watch/aurMwzqUJG/>

This project was made possible thanks to an Arts Council England National Lottery Project Grant and supported by Portsmouth Creates, We Shine and Hotwalls Studios.



# Gaelic translation



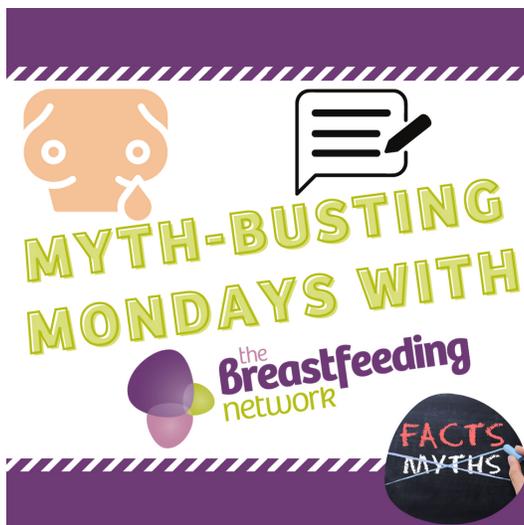
As part of our aim to be inclusive and diverse, we have recently produced a Gaelic translation of our NBH poster. This will be used in local areas in Scotland to reach parents and mums that might need NBH support.

# Good Luck



# Myth-busting Mondays

Keep an eye out for our upcoming series of social media and blog posts busting those breastfeeding myths you might have heard. If you'd like to be involved in this series of posts, please do let us know by emailing [alyson.spicer@breastfeedingnetwork.org.uk](mailto:alyson.spicer@breastfeedingnetwork.org.uk)



We would love to send a big Good Luck to Rose Clark as she starts her maternity leave from her role as Service Coordinator in Glasgow. Rose has worked for BfN in this role since last April and has also volunteered as a helpline supporter. Rose says the following about her time with BfN so far:

"I have most enjoyed working closely with such knowledgeable and lovely colleagues. I have enjoyed developing my knowledge and experience supporting families with breastfeeding.

In terms of challenges, I think I thought we would find it much easier to get referrals than we have done, so expected to be spending much more time speaking to mums than I have done."

**Congratulations to Emilia Raszteborska, our BfN Finance Officer, on the birth of her baby boy recently. We wish you all the best for a happy and joyful maternity leave making treasured memories together.**

# Congratulations

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

## Helpers

Emma Goodchild  
Kim Phillips  
Stacey Murray  
And their tutors:  
Shruti Arora / Lydia Murtagh

Frances Gillilan  
And her tutor:  
Carolanne Lamont

Renee Thompson-Murray  
And her tutors:  
Sarah Sehgal / Jane Neesam

Gen Mustard  
Patrycja Borowiecka-Ciompa  
Linda Okhuoya-Ologe  
Suzan F Kisembo  
Megan Hambly  
Julie Coyle  
Elizabeth Robertson Stewart  
Tanisha Lewin Cooper  
And their tutor:  
Aurore Lasne

Samantha Baker  
Vanessa Dobbins-Dale  
Lauren Fowler  
Charlene Lomas  
Kirsty Puddick  
Samantha Smith  
Lily Wilcock  
Charlotte Curley  
Francoise Devine  
Kirstie Parsons  
And their tutors:  
Crystal Golding-Smith /  
Eleanor Johnson

Sian Holt  
Nicola Haines  
Kate Fowkes  
Olivia Kania-Smith  
Claire Hegginson  
And their tutor:  
Eleanor Johnson

Farah Gilani  
And her tutor:  
Kirstin Worsley

Subrina Jacobs-Peters  
And her tutor:  
Anthea Tennant-Eyles

Laura Clements  
Helen Ansell  
Jo West  
Kirsty Tomlin  
Alice Banks  
Hayley Ngorand  
Katherine Free  
And their tutor:  
Donna Ebanks

## Helpline Supporters

Ellie Butler  
And her tutor:  
Kirstin Worsley

Rebecca Reeves  
And her tutor:  
Naomi Waters

Rachael Gardner  
And her tutor:  
Alison Garrod

## Supporters

Carla Montaldo  
Zoe Gardner  
Kasia Kropidlowska  
Charlie Tighe  
Fay Brookes  
And their tutors:  
Joy Jones / Esther Pierce /  
Naomi Waters

Kate Archer  
And her tutor:  
Eleanor Johnson

## Tutors

Debbie Roberts  
Lindsey Coffey  
Marie-Claire Ronaldson  
Sally J Carter  
Timea Bakaja-Dezsi  
Alys Vaughan-Williams  
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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.