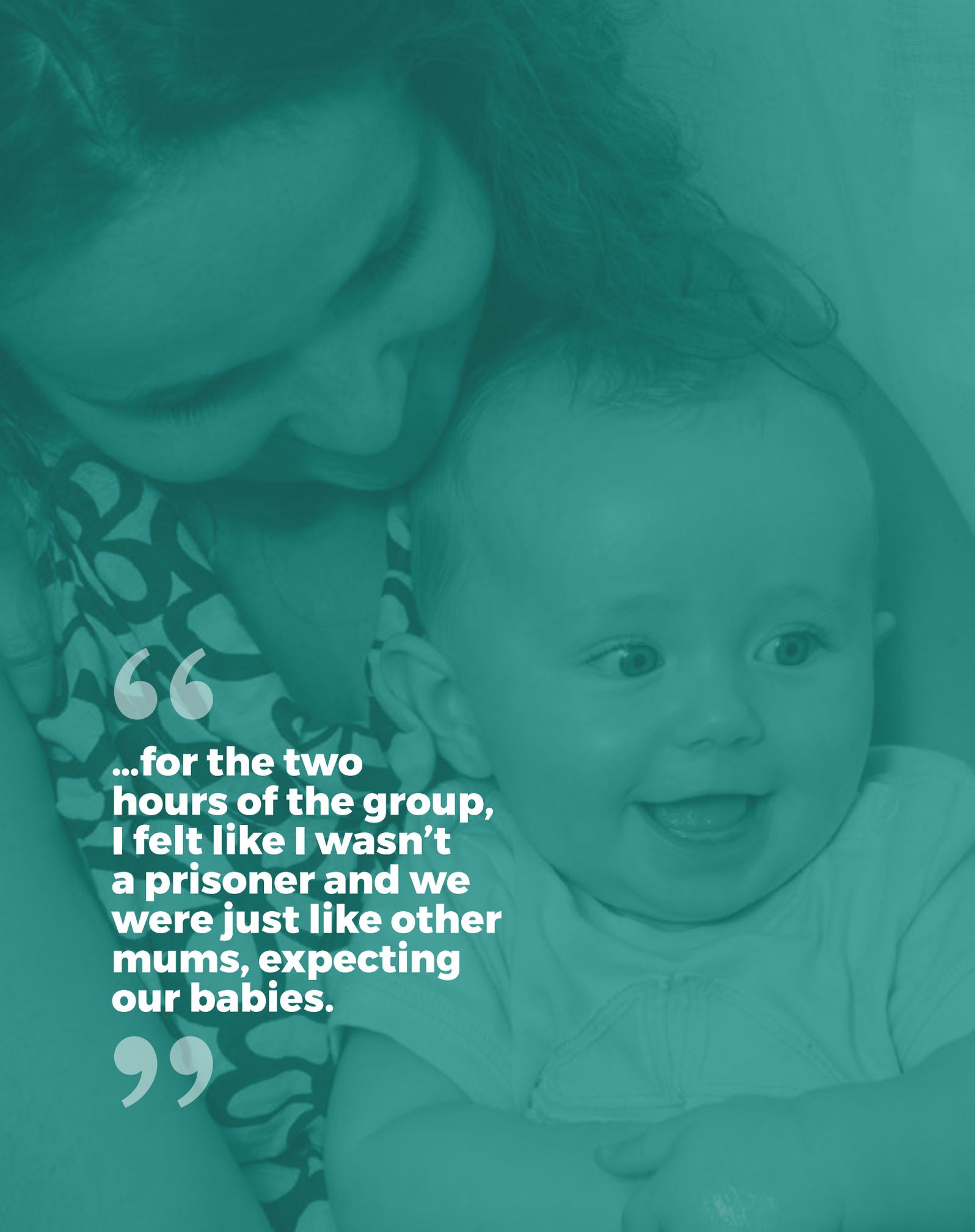


A close-up photograph of a woman with dark curly hair, smiling warmly as she holds a baby. The baby is wearing a bright yellow outfit and a white headband with a bow. The woman's eyes are closed in a joyful expression. The background is softly blurred, suggesting an outdoor setting.

# Annual Report 2016-17

A teal-tinted photograph of a woman looking down at a smiling baby. The woman is on the left, her face partially visible as she gazes down. The baby is on the right, looking up and smiling. The background is a soft, out-of-focus light color.

“

**...for the two hours of the group, I felt like I wasn't a prisoner and we were just like other mums, expecting our babies.**

”

# What we do

## **Birth Companions provides support to some of the UK's most vulnerable women who would otherwise have their babies alone.**

Through our frontline work over the last 21 years we have developed a way of working that is tailored specifically for women facing severe and multiple disadvantage whose needs are often misunderstood or ignored by service providers and policy makers.

Working with these women during their pregnancies, births and beyond supports them in giving their babies the best start in life and presents a tremendous opportunity to break cycles of disadvantage.

We offer emotional and practical support that is non-judgemental and focuses on the individual needs of each of the women we work with. The majority of the support we offer is delivered by volunteers.

### **Prison groups**

We visit Bronzefield and Peterborough Prisons each week to run pregnancy and early parenting groups.

### **Community Classes**

Our friendly and informal pregnancy support classes are available to women who live in Hackney and/or are planning to give birth at the Homerton Hospital.

### **Community Support**

We offer one-to-one support to women in the community in London during pregnancy, throughout labour and birth, and after their babies have been born.

### **Community Group**

Our weekly group provides a space for mums and babies to come together and support each other in a relaxed and friendly way. Pregnant women are also welcome.



# Influencing change

By Naomi Delap, Director

## What happens when you find yourself pregnant with no friends and family to help?

**“My baby was born just over a year ago. I don’t have my family here so I had no support: after she was born I just stayed at home, I didn’t do anything... I had literally nothing in the house”.**

The situation Zahra found herself in while pregnant is depressingly common. Each year thousands of very vulnerable pregnant women are referred to midwifery teams across the country. Approximately 600 pregnant women pass through the prison system in England and Wales. Yet only a small proportion of women like Zahra receive specialist, targeted support, despite the evidence of how this can improve outcomes for women and their babies. This situation is something Birth Companions is determined to change.

We have embarked on an ambitious new strategy. Over the next five years, we’ll develop our services and work with others to influence change. By doing this, we hope to ensure that many more women who face severe disadvantage during pregnancy, birth and early motherhood have the support they need to give their babies the best possible start in life and to fulfil their own potential.

# The women we work with face a range of issues which can adversely affect their pregnancies and early motherhood



- Lone Parent **88%**
- Housing Issues **65%**
- Social Services Involvement **61%**
- Financial Difficulties **58%**
- Domestic Abuse **42%**
- Mental Health **31%**
- Perinatal Depression **23%**
- Estranged from Family **15%**
- Language Issues **15%**
- Time Spent in Care **11%**
- Substance Misuse **7%**
- Human Rights Violations **4%**

# Our unique approach

## We are honoured to meet women and babies at a special time in their lives as they journey through pregnancy, birth and early parenting.

The women we meet have generally experienced traumatic events and life is often struggle for them but they are resilient and inspiring, and they want to give their babies the best start possible. Birth Companions' unique approach enables women to do this.

Towards the end of pregnancy, many women experience a nesting instinct and want to create a nice space around them. The women we support are rarely able to do this. They are living in temporary and unsuitable accommodation: a prison cell, a hostel or a refuge. There is a great deal of uncertainty about the future. A woman we meet may have just found out that she is pregnant as she comes in to prison. Another woman may have had to leave her country to flee political or family violence and be living in a hostel with shared facilities, where she is feeling unsafe. After she has her baby, she will probably be moved to an unknown city. These are the everyday situations that the women we work with are facing.

When we meet a woman in the community, we want her to feel as supported and safe as possible. Women often want the reassurance of knowing a birth companion will be with her for the birth, to hold her hand and offer encouraging words. Many worry that they have nothing to take with them to the hospital for their baby or for themselves, and nothing for their baby to sleep in when they leave. We work with PramDepot to supply women with lovely, nearly-new items, donated by other mothers. We offer to write a birth plan to ensure that her wishes are respected when giving birth. After the birth, we can support mothers with feeding and bonding and just be there to make the occasion special: to say congratulations, to admire her baby

and to take photos. We may be the only visitors a woman will have. Women tell us that our support helps them to feel less stressed and isolated which, we know from research, will also benefit their babies.

This year, we are also supporting women through our new mother and baby group in Islington. Pregnant women and mums with their children can relax and chat, have lunch and take part in activities. We have also started antenatal classes in Hackney. The group and the classes provide a space for women who find it difficult to go to other groups because of their experiences and living situations. Women who were in prison for their pregnancy or birth have told us it is hard to go to other mother and baby groups after they are released, for fear of being judged. One woman said: *"I can come to this group and everyone understands."*

For the women in prison in Peterborough and in Bronzefield our weekly pregnancy and early parenting groups can provide a haven in which they can access emotional support and information. Prison can be a harsh environment and women tell us that, for the time that they are in the group, they can forget that they are in prison and focus on their pregnancies.

**"...for the two hours of the group, I felt like I wasn't a prisoner and we were just like other mums, expecting our babies."**

Our staff and volunteers are committed to improving the experience of the women and babies we work with so that they can have the best possible start in parenting and in life. Our ethos and training is about being woman-centred and having an understanding of trauma. This means being reliable and clear about what we can offer; listening to women about what they need; offering a woman-only space and working together so that women can feel empowered.



“

**I can come to this group and everyone understands.**

”

# Supporting women during pregnancy

## Pregnancy in prison

We have been working with pregnant women in prison for over 20 years. Our weekly pregnancy groups in HMP Bronzefield and HMP Peterborough offer women a space where they can focus on their pregnancies, access information and get emotional support.

“

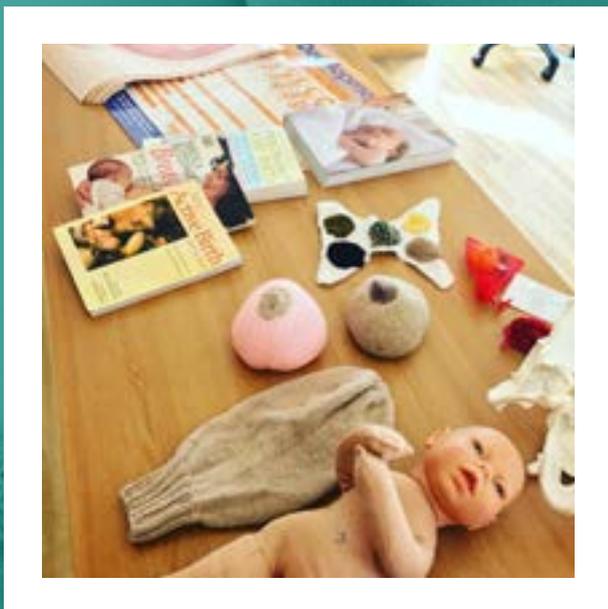
I first met Birth Companions in HMP Peterborough in June 2016 when I was 13 weeks pregnant with my first baby. I felt utterly distraught; I was lonely, scared, worried and didn't think I could or would cope. I was worried about other inmates and being physically hurt, missing out on the bonding time with my partner and being taken to my first scan in handcuffs, alone. I attended their pregnancy group regularly every week. It was, besides visits from my family, the only day I looked forward to.

I trusted the Birth Companions staff with all my concerns, I never once thought my trust would be abused. This was a big thing being kept inside a place where you cannot trust anybody. I loved being treated like a human, seen for who I am and not my accusation. Birth Companions were never judgemental. They had time for me every single week, always remembered what we had spoken about and were so personally involved I don't think I could find another similar group on the outside. I also took away with me the complete respect for all the Birth Companions ladies and their kind words, continued support and informative sessions about all things baby and pregnancy. The group helped me to connect with

**other pregnant women in the prison and helped me through my 12 week incarceration. The group made me realise how strong I was.**

**Things have been tough since leaving prison although they are getting easier and I now have a beautiful five month old baby girl. I am still traumatised by the events of 2016 and am pressing forward but also I am creating a group for others who feel they are in the same boat and need support and answers. My little girl is healthy and happy, I still have my job thanks to my supportive boss and I am getting married soon!**

”



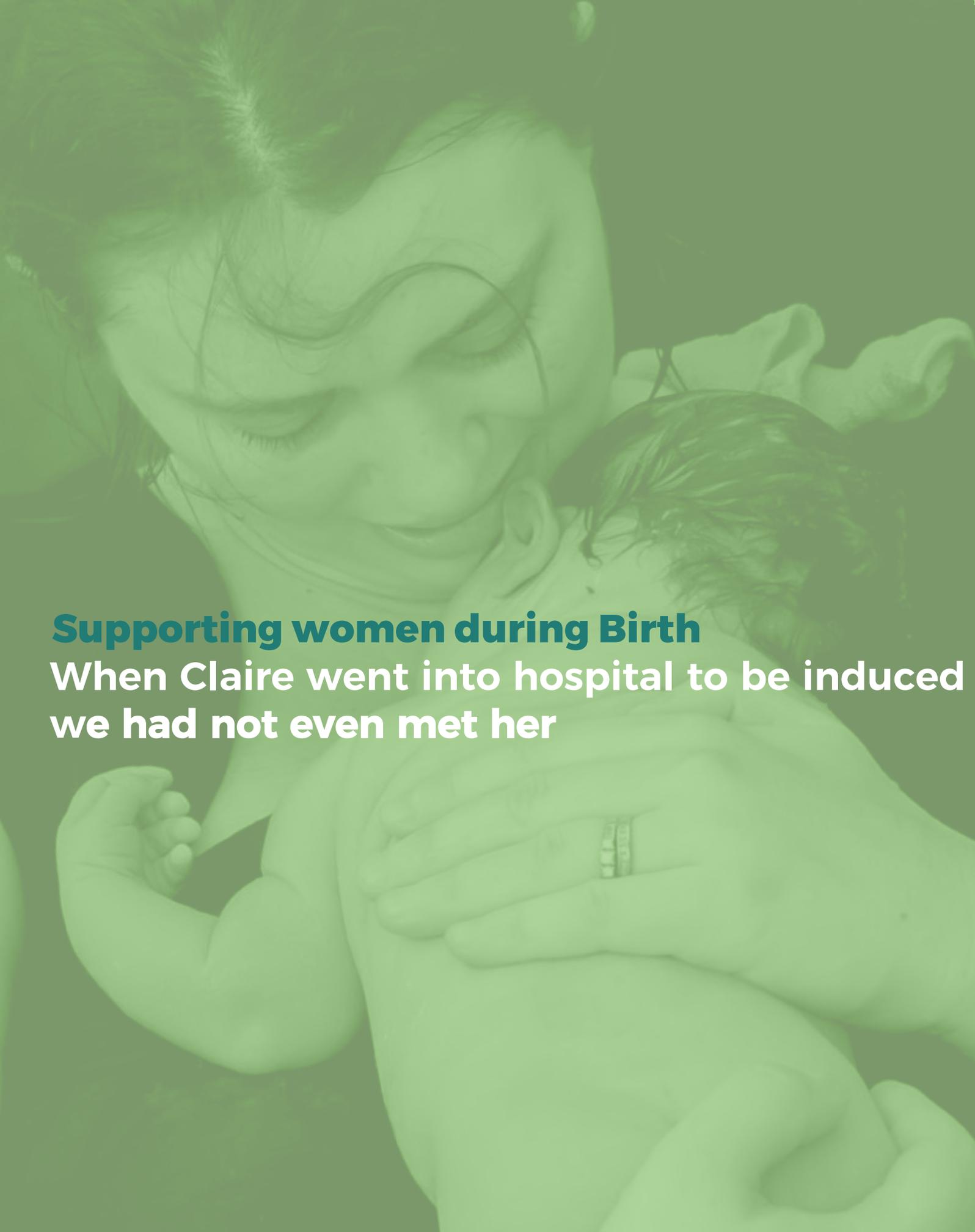
## **Antenatal classes in the community**

We are using this expertise developed through working with pregnant women in prison to offer similar targeted classes to women in the community who are unlikely to attend mainstream hospital antenatal classes. City and Hackney Clinical Commissioning Group are funding an 18-month programme of targeted antenatal classes for highly vulnerable pregnant women in Hackney. Our first six week course began in January 2017. As well as giving women support and information during our weekly classes,

we offer bespoke support between sessions: accompanying women to appointments, advocating for them when liaising with other professionals and case workers, and offering regular phone call and text contact to help women feel engaged and supported. Some women who have attended the course have also attended our community group or received birth and postnatal support from us.

**“I feel much more confident and prepared after coming to the classes, they have all been lovely and supportive. I felt very relaxed and able to talk freely”.**

**“Being with people who respect me and understand me, I feel safe and listened to”.**

A photograph of a woman with dark hair, wearing a white hospital gown, holding a newborn baby. The woman has her eyes closed and a gentle smile, looking down at the baby. Her hands are resting on the baby's chest. The baby is wrapped in a white cloth. The entire image is overlaid with a semi-transparent green filter. Text is overlaid on the lower-left portion of the image.

## **Supporting women during Birth**

**When Claire went into hospital to be induced  
we had not even met her**

## Timeline of our support

### Day 1

Claire is referred to us by the Safeguarding Midwives at the Whittington Hospital.

### Day 2

Group Coordinator Helen goes to meet Claire who is being monitored in hospital due to concerns about the baby's movement. They discuss the support Claire would like from Birth Companions and Helen helps Claire write a birth plan outlining her preferences for her birth.

**7pm** Helen receives a message from Claire's father that she is being induced that evening.

**8pm** Claire's birth plan and details are prepared and given to our phone-holders ready for whenever Claire calls. Helen starts contacting volunteers to find out who might be available to support Claire.

### Day 4

Helen stays in touch with Claire throughout the day by phone to offer support.

### Day 5

**8am** We hear from Claire in the morning – she is feeling fed up, scared and frustrated by her lack of progress.

**10am:** Helen arranges for a volunteer to visit Claire. The volunteer spends some time with Claire and speaks to hospital staff to ensure they understand her history and give her the support she needs.

**3pm** Helen arranges for another volunteer to visit in the afternoon. She takes Claire some small snacks and treats and spends a few hours with her keeping her company and reassuring her.

**5pm** Helen arranges two volunteers to support Claire when she is transferred to labour ward. Both volunteers have a copy of her birth plan which contains important information about Claire's specific support needs.

**6pm** Jill arrives to find that Claire's transfer to labour ward has been delayed because of an emergency. Claire is exhausted and overwhelmed.

**7pm** Helen finishes work for the day and hands over the co-ordination of support to our team of phone-holders who will be on call during the night.

**10pm** Jill contacts phone-holders to say labour is slow and steady.

**11.30pm** Flo arrives to take over from Jill. Both stay and support Claire for a few hours

### Day 6

**5.20am** Claire gives birth to her baby girl; both doing well and still in the labour ward. Flo stays with Claire for as long as she needs.

**6.45am** Flo calls to say all is well. Claire's family are coming to visit later and Claire would like a Birth Companion with her.

**8am** Karen arrives to support Claire while she settles into postnatal ward.

### Day 7

**2pm** We receive a message from Claire's father to ask if a volunteer could give her some breastfeeding support. Helen arranges for a volunteer to visit Claire in hospital.

### Day 9

Claire is discharged from hospital. She is doing well with the baby at home.

Over the next few weeks Claire receives several visits at home from Birth Companions.

## Supporting women during Birth

# Claire's experience of Birth Companions' support

*"I fell pregnant unexpectedly. My partner was very abusive and the relationship ended when I was in early pregnancy.*

*One of my main concerns was who would be with me at the birth. I'm very close to my dad but I didn't really want him there so my midwife referred me to Birth Companions. The first time I met someone from Birth Companions I had already been admitted to hospital. I still didn't know who was going to be with me at the birth and I was freaking out. Helen offered to come and see me - it was all so last minute, but she organised everything within a day.*

*Jill was there from the beginning of my labour. I think in some ways not knowing her made it easier - I had no history with her. She was just completely neutral - just there for me in that moment, there was no ulterior motive or other agenda. I knew her one purpose was to be there for me.*

*When Flo arrived I was already having regular contractions so there was no time for introductions - she was just there by my side. I felt so close to them both and I felt complete and utter trust in them. I had Jill, Flo, and the midwives and I felt so in touch with being a woman and this natural process I was going through. I felt so accepted. I'd never felt that before in my life.*

*The day after the baby was born Karen came and sat with me. I found it hard to sleep and let the baby be just in her little cot - I was worried my ex might come and try and take her. It was nice just knowing someone was there looking after both of us. It helped a lot having someone around who knew about birth and new babies. I was a bit anxious as a new mum and they reassured me the baby was fine.*

*My pregnancy was really traumatic - I did worry that I would have problems as a mum but the positive birth experience helped me so much. Birth Companions are the most accepting and understanding group of women I have ever met. There was no judgment, they never made me feel that the reason they were there is because I was a vulnerable mother. A lot of people have told me that women who have experienced domestic abuse end up returning to their abusive relationship after their baby is born because it's a very vulnerable time but I felt so empowered by the whole experience that it was the last thing on my mind.*

*I get a lot of help from services and I really appreciate that people are really kind to me but I'm always aware those services are there because of my experiences. With Birth Companions there was none of that. There was nothing that made me feel any different from any other mother which I think is so important for vulnerable women.*

*There's a stigma that you feel from other parents and everyone. I went to a Parentcraft class while I was pregnant and I felt a real stigma about being a single pregnant woman, but with Birth Companions I just felt like a normal mother. I've been going to a baby group at my local children's centre and I really don't like it. I went with my family support worker and it was as if the minute they saw me with a support worker I felt like the other women didn't even want me near their other kids. I just sat there and I wanted to say I'm not a bad person, I've just had bad life.*

*My baby is four months old now and it's the most amazing thing".*

## Supporting women during Birth

### Being a birth companion – Flo's experience

*"I started Birth Companions volunteer training in September 2016. I already work as a Doula supporting women during birth and post-natally so a lot of the content was familiar to me. However there was a big emphasis on non-judgemental and, most importantly, trauma informed care.*

*I supported my first birth for Birth Companion in March 2017. I was excited, but also a little nervous. However I was reassured knowing that an experienced Birth Companion would be there too. As I walked in to the Labour ward and told the person on the desk I was a birth companion I was greeted with smiles and open arms. When I entered, I was filled with calm and all my nerves just disappeared. The room was dimly lit and Claire was sat on a chair, eyes closed, breathing deep, calm breaths. The other birth companion sat on a ball behind her, rubbing her back. The midwife stood in the corner of the room and would occasionally break the quiet to monitor the baby. This was the scene for the next three or four hours. At the time it felt more like 30 minutes.*

*As Claire moved around, I stepped in and for some time me and Jill massaged her together. Gradually Jill stepped away, and after another couple of hours she left. The birth progressed really well. Around 5am Claire's gorgeous baby girl was born. I felt so proud of her. She had been so anxious and sure she wouldn't be able to cope with the labour but she expressed her wishes to the midwives who listened to her throughout and in the end managed the whole thing without any pain relief or other intervention. She was amazing!*

*I visited her at home six weeks later and she said that she enjoyed the labour. I can't put into words how it felt to hear that! I have supported two more women through Birth Companions now and both of the women would have laboured with no support in the room other than midwives if I hadn't been there. I've seen first-hand that Birth Companions can change women's lives, I am proud to call myself a birth companion".*

# Supporting new mothers

## Mum and Baby groups

Birth Companions have been running early parenting groups in prison for nearly two decades. This year we launched our new community mum and baby group. These groups provide a space for new mums and babies to come together and support each other in a relaxed and friendly way.

## Zahra's experience

*"My baby was born just over a year ago. I don't have my family here so I had no support: after she was born I just stayed at home and only went out to go shopping, I didn't do anything else. When she was about four months old I met someone from Birth Companions. She invited me to join a new group they were starting - that was six months ago now.*

*I've been to mum and baby groups in my local Children's Centre where you go along, play with your baby, and when it finishes you just go home. Sometimes the mums don't even talk to each other. The Birth Companions group is completely different, it's special. Everybody is really welcoming, everybody smiles and even if the staff members have a lot of things to do they will give us time. Every week when I come they all ask me: how are you, how was your week? They want to know about me and how I feel... that shows they really care about me. If I have any issue I will come here and speak to one of the staff members and they will listen to me and if they can, they will help me sort out my problem. When I got my new property I had literally nothing in the house. I spoke to the group coordinator and she found me a sofa and a small cabinet, and also clothes and toys for my baby. Even now if I need some new clothes for her or toys that are age appropriate, they help get those for us.*

*The other mums are very supportive too, even though our life experiences are very different we can still share these. We are encouraged to get to know each other and there's freedom to talk, it's really good to be able to share. If I have any problem I can bring it to the table and then we will discuss it to find a solution. The group is small and you have time to talk and spend time with everyone, and I get a chance to relax. It's not what you would normally expect from a mum and baby group, even from other voluntary organisations.*



*I come every week, I only missed once I think. I never make appointments on the same day as the group.*

*The atmosphere is great for the children too, I can see a big difference in my daughter since she started coming: she's so active now. The place is clean and they have enough toys for all the children: things we don't have at home my baby finds here so that's very good for her. Most of the women I know had support from Birth Companions when they were pregnant: they prepared everything for the woman and the baby and one of my friends told me they even gave her a massage! I wish I knew about this group before I had my baby.*

*I have recently started training to become a Birth Companions peer supporter and it's so interesting. I was really happy to have been asked to do it. I've learned so much, things I didn't know, even though I've been a service user myself. I'm building skills and soon I'll be able to help other women. I want to say thank you to Birth Companions for giving me this chance."*

***"The main thing I got from Birth Companions? Love: this group is like a family."***



Supporting new mothers

## Being a Mother in prison

**Birth Companions  
supports women and  
their babies living in  
Mother and Baby Units  
in Peterborough and  
Bronzefield prisons.**

*"The most difficult thing is that you are trying to be the best mum you can totally by yourself, no family, friends or even Google support. Trying to get to grips with the stresses of being in prison while having someone totally dependent on you. There are so many unknowns and uncertainties which can be very worrying, you feel helpless and anxious. But you are a mum no matter what. A baby doesn't care where they are, they care who they are with and being with their mum is the most important thing. So even though there are stresses and low points I got to be mum to my son, to cuddle him, soothe him when he was ill, make him giggle, watch him grow. I heard his first words, watched him take his first steps. My son knows I'm his mum and that I love him, and I would never have had that if it wasn't for the amazing opportunity of having a place on the Mother and Baby Unit.*

*Birth Companions groups are a life line of support in an isolating environment. It's a safe supporting space. Birth Companions help with parenting information and support, a kind word, a biscuit, and feeling supported can make the world of difference. They help you reset and have the stamina to keep on being the best mum you can be; they give you a positive perspective which really affects your outlook on parenting in prison and the challenges that brings."*

## Involving Service Users in planning our Services

**Birth Companions is committed to involving women involved designing and delivering services, and making decisions at every level of our organisation. Our peer support programme, which started this year, began by training a small group of women who have used our services in the past and now feel ready to support others.**

*"Being in such a dark place, your group used to come in and support us and give us hope. I wanted to give something back to you and to other women because I've been through it myself"*

*"I've done different types of volunteering. The reason for doing this is because it's Birth Companions and I've been there myself"*

*"It's something just for me. From what I've been through myself and having coped through that. I hope I can support women who are going through it themselves. Doing the peer support with Birth Companions is important to me because of what they represent. Being with other peer supporters who have been out of prison longer than me also gives me hope for the future"*



# Birth Companions

## Evaluating our work

Each year Birth Companions gather feedback from the women we support to ensure that our services are meeting their needs and are effective in making a difference in their lives.

### The women we supported

During 2016 - 17, we supported 164 women:

- 116 women were supported in prison
- 16 women were supported in hospital
- 12 women were supported during the birth of their babies.
- 27 women were supported one-to-one in the community
- 30 women were supported in a group in the community
- 68 women received breastfeeding support

### Improving mental health and well-being

- 97% of the women we evaluated felt we had helped improve their mental health and well-being
- 95% felt our support had helped them to cope better emotionally with their situation
- 95% felt our support had helped them feel better supported and cared for
- 93% felt our support had helped them to maintain their dignity and self-respect



### **Reducing isolation**

- **93% of the women we evaluated felt we had helped them become less isolated**
- **77% said our service had helped them get more support from other women in prison**
- **79% of the women supported in the community said our support had helped them access other services**
- **75% said our support had helped them maintain contact with their family and friends during the time of their baby's birth**

### **Enabling women to give their babies the best possible start in life**

- **98% of women were able to give their babies a better start in life as a result of our support**
- **91% said our support had helped them to know more about pregnancy, birth and motherhood**
- **92% said it had helped them feel more confident in making decisions about their pregnancy, birth and motherhood**
- **86% of women said our support helped them to better understand and meet their baby's needs**

# **Birth Companions**

**Annual Report  
2016-2017**

**Financial  
Summary**

In 2016-17 we brought forward £70,697 from grants received in the previous year and raised a further £346,522. Our total expenditure was £246,317.

We therefore carried forward £170,902 into 2017-18.

## Our summary accounts are as follows:

	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS 2016-17	TOTAL FUNDS 2015-16
<b>INCOMING RESOURCES</b>				
Voluntary income	27,490	318,990	346,480	199,755
Investment income	42		42	79
<b>TOTAL INCOMING RESOURCES</b>	<b>27,532</b>	<b>318,990</b>	<b>346,522</b>	<b>199,834</b>
<b>RESOURCES EXPENDED</b>				
Charitable activities		(246,317)	(246,317)	(86,464)
<b>TOTAL RESOURCES EXPENDED</b>		<b>(246,317)</b>	<b>(246,317)</b>	<b>(186,464)</b>
<b>Net incoming / (outgoing) resources for the year</b>	<b>27,532</b>	<b>72,637</b>	<b>100,205</b>	<b>13,370</b>
<b>RECONCILIATION OF FUNDS</b>				
Total funds brought forward	49,497	21,200	70,697	57,327
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>77,029</b>	<b>93,873</b>	<b>170,902</b>	<b>70,697</b>

Our accounts have been independently examined and a full set is available on request.

## Birth Companions

### Patrons

Baroness Helena Kennedy  
Professor Lesley Page

### Staff

Abbi Ayers – Bronzefield Prison and Hackney antenatal classes Coordinator, Breastfeeding Supporter  
Anna Wise – Operations Manager  
Sarah Stephen Smith – Peterborough Prison Coordinator  
Helen Benson – Community Link Coordinator  
Denise Marshall – Head of Services  
Kate Chivers – Big Lottery Project Manager  
Naomi Delap – Director  
Sara Gvero – Information and Administration Officer  
Wendy Green – Community Group Coordinator

### Trustees

Ann Sedley  
Anne Stephens  
Avan Wadia  
Diana Parkinson (Chair)  
Janice Fawell (Treasurer)  
Liz Hogarth  
Lucy Ball  
Michele Stokes  
Suzanne Collins  
Viv Gray

### Phoneholders

Chamutal Isaacs  
Eleanor Stapleton  
Jeannie Lorenz  
Joanna Wright  
Melanie Quacquarelli  
Sarah Bayley  
Scarlet Granville  
Sarah Stephen Smith  
Vicky Scarth  
Ruth Sabrosa  
Roisin O’Cearnaigh

### Prison Visitors

Abbi Ayers  
Abigail Salehi  
Anna Wise  
Claire Powell  
Elizabeth Chudley  
Jane Pope  
Jill Benjoya-Miller  
Linda De lange  
Julie Bickerton  
Laura Abbott  
Linda Sharples  
Lucinda Story  
Marjorie Dill  
Meghann Horner-Smith  
Sanita Ellis  
Sarah Stephen-Smith

### Volunteer Birth Companions

Anoushka Giltsoff  
Beverley Maragh  
Chamutal Isaacs  
Eva James  
Janice Martin  
Jeannie Lorenz  
Jill Benjoya Miller  
Karen Whiteread  
Kay Hall  
Lola Alcaraz  
Melanie Quacquarelli  
Michele Stokes  
Nicole Martin  
Scarlet Granville  
Ronke Oseni  
Sarah Bayley  
Sherridan Stymest  
Sonia Anderson-Cunningham  
Sonia Maynadier-Bolt  
Wendy Green



## Supporters and advisors

Adam McNamara  
 Alan Miller  
 Andrew Wells (Counterculture Partnership LLP)  
 Anya Delap  
 Beth McCann  
 Bridget Baker  
 Cath Longman-Jones  
 Christine Asbury  
 Cripplegate Foundation  
 Gill Thomson (University of Central Lancashire)  
 Hamish Hendry  
 Helen and Dan Delap  
 Karen Whiteread (PramDepot)  
 Kirsty Kitchen  
 Lesley Dixon (Revolving Doors Agency)  
 Louise and Ben Newton  
 Lucy Baldwin  
 Lucy Bracken (Helen Bamber Foundation)  
 Marie-Clare Balaam (University of Central Lancashire)  
 Miles Delap  
 Naomi Clewett (McPin Foundation)  
 Paula Harriott (Revolving Doors Agency)  
 Peek Creative Ltd  
 Rebecca Schiller (Birthrights)  
 Sam Matthews  
 Stella Smith  
 Uwe Kitzinger  
 Rayah Feldman (Maternity Action)  
 Rachel O'Byrne  
 Zeta MacDonald

## Funders

Big Lottery: Reaching Communities  
 Big Lottery: Women and Girls Initiative  
 City & Hackney CCG  
 Esmée Fairbairn Foundation  
 Harry Cureton Charitable Trust (administered by  
 Cambridgeshire Community Foundation)  
 Henry Smith Charity  
 Horner Family Foundation (administered by  
 Cambridgeshire Community Foundation)  
 Joyce Green Association  
 LankellyChase Foundation  
 London Catalyst  
 Noel Buxton Trust  
 Sir Alistair Pilkington's Trust  
 Tampon Tax Fund  
 The Besom Trust  
 The Rayne Foundation  
 University of Hertfordshire

## Picture Acknowledgements

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 Abbi Ayers



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Registered Charity Number: 1120934  
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**Design: [www.haveapeekatthis.com](http://www.haveapeekatthis.com)**

