

Curriculum Vitae

I wrote for my school magazine and later contributed to my student paper. Among other items, I did the anonymised gossip column for a few terms. I wrote and edited campaigning articles for the students' union and the women's group. Sadly – or probably not – no traces of any of these have survived in my archives.

1975-78

- ❖ Wrote for newspapers, magazines in S. Wales and London.

1978-80

- ❖ Assistant Editor: Parents magazine.
- ❖ Freelance journalist, researcher, and author, in all areas of the media.
- ❖ Contributed to newspapers, magazines and websites on health, family life, education, human interest.

Print clients:

- | | | | |
|--------------------|--------------------------|--------------------------|-------------------------------------|
| ❖ The Guardian | ❖ Tesco Baby Club | ❖ Home & School magazine | ❖ Weight Watchers Magazine |
| ❖ Independent | ❖ Practising Midwife | ❖ Junior Education | ❖ Lighter Life Magazine |
| ❖ Daily Telegraph | ❖ Community Practitioner | ❖ Yours Health | ❖ Sure Start Magazine |
| ❖ Evening Standard | ❖ Right Start | ❖ Plus | ❖ Knitting Magazine |
| ❖ Sunday Post | ❖ Nursing Times | ❖ Independent Nurse | ❖ The Knitter |
| ❖ Daily Mirror | ❖ Child Education | ❖ Mslexia | ❖ My Weekly |
| ❖ New Statesman | | | ❖ Fabulous (Sun on Sunday) Magazine |
| ❖ The Critic | | | |

Web clients:

- ❖ UKParents,
- ❖ BabyCenter,
- ❖ Planet Medica,
- ❖ Net Doctor,
- ❖ Dipex,
- ❖ The House Partnership (psychotherapy),
- ❖ Mother & Baby.

Managed the Community section of Freeserve's iCircle Health channel, and supplied a daily news item, uploading copy each day direct to the site.

Managed and produced editorial for major parenting website, for Huggies, published by Citrus publishing; chief content provider for Huggiesclub.com.

Agony:

1979 - 2000

- ❖ Edited the advice pages in Parents magazine.
- ❖ Advice columnist for teen magazine Rage, Prima Baby, UKParents, Right Start.
- ❖ BBC North radio Agony Aunt.

1998-2010

- ❖ Edited 'Ask Us' for NCT's consumer website.

Contract publishing:

1993-1996

- ❖ Edited Natural Choice, published by Media Partners on behalf of Holland & Barrett.

1997-98

- ❖ Edited Media Partners' Village Hotels' Leisure Time.

1998-2002

- ❖ Edited Media Partners' Health Today, for Natures Store wholesalers.
- ❖ Wrote the 2000 and 2001 editions of Huggies Mother & Baby Club, for Citrus Publishing (on behalf of Kimberly-Clark).

2008

- ❖ Wrote a booklet to support and inform parents of prospective higher education students, for government via Consolidated PR.

2009

- ❖ Wrote parents' materials in webzine format for Procter and Gamble.

2014-2016

- ❖ Edited Baby Café newsletter for NCT

Marketing, PR, and communications:

1995 to 2000:

- ❖ Media and Communications training delivered to individuals and groups, marketed as Lemon Lime Media Training.
- ❖ Marketing support for Procter & Gamble; Kimberly Clark; various PR companies inc major names in UK and Europe; educational case studies for educational software company; interviews for major Danish PR company on behalf of hearing aid client; report for PR company on use of innovative medications for pharma client; fronted media tours for consumer products.
- ❖ Several years on the Board of Directors for Mslexia magazine - the magazine for writing women.
- ❖ Several years on the Royal College of Obstetricians and Gynaecologists Consumer Forum committee.
- ❖ Presenter/producer for several community radio stations.

Other:

- ❖ Co-wrote evaluation report on ante-natal education in Bosnia-Herzegovina, for UNICEF, from field work in Sarajevo and Banja Luka, published 2001.

- ❖ Developing Baby Express: age-related parents' newsletter, piloted in Newcastle supported by a consortium of public bodies, and backed by Home Office, from 2003 to date. Later sold and published by Best Beginnings charity.

2000s

- ❖ Edited The Exchange, bulletin for Regeneration Exchange.

1995-2010

- ❖ North East training for NCT Professional - the professional and training development arm of the National Childbirth Trust.

2000 +

- ❖ Devised and delivered parent education workshops for the Network for Caring (staff support for workers in UK Government's Department of Justice).
- ❖ Occasional tutor at the Centre for Lifelong Learning, Newcastle and Sunderland Universities, teaching writing for publication.
- ❖ Taught adults on various courses such as writing for publication, learning with your child.
- ❖ Devised and developed teaching programmes for NCT/University of Worcester, including online modules for practitioner professional development.
- ❖ Wrote campaign materials for the Health Education Board for Scotland, backing TV ads for breastfeeding, consultant on video.
- ❖ Wrote materials for NHS Health Scotland weight management project.
- ❖ Wrote materials for NHS Health Scotland physical activity programme.
- ❖ Commissioned as a ghost writer for a book on healthy eating for a well-known TV doctor.
- ❖ Edited award-winning special needs book for ERIC (Enuresis Resource and Information Centre).
- ❖ Edited 'Don't Make Me Laugh' - self-help with continence problems for Northumbria Health Care Trust.
- ❖ Appearances on TV and radio. Radio research for features, news, and current affairs.
- ❖ Scriptwriter and director of health education video 'Breastfeeding: something to be proud of' commissioned by Tyne & Wear Health Action Zone.
- ❖ Scriptwriter and director of video/DVD 'Expecting more than one' for Twins and Multiple Births Association

Publications:

- ❖ Authored booklets for voluntary, professional, and corporate bodies, including leaflets on travel, a guide for fathers, maternity choices, colic.
- ❖ Authored patient leaflets for the RCOG, and the British Dental Health Foundation.

Books:

- ❖ The Illustrated Dictionary of Pregnancy and Birth (Unwin Hyman 1986, 1987).
- ❖ Complete Mothercare Manual (Conran 1987; 1994).
- ❖ Toilet Training and Bedwetting (Thorsons 1987, 1988).
- ❖ The A-Z of Feeding in the First Year (Unwin Hyman 1988)
- ❖ All Change (Health Visitors Association, 1988, 89, 90, 91)
- ❖ Guide to Baby Clothes and Equipment (Conran Octopus 1989)
- ❖ Sleep & Wakefulness (Conran Octopus 1990)
- ❖ Successful Potty Training (Harper Collins 1993; 1998)
- ❖ Feeding Your Child from 0-3 (HEA 1994)
- ❖ GH's Comp. Book of Parenting (contrib; Ebury 1996)
- ❖ How to get a Good Night's Sleep (Thorsons 1995)
- ❖ Breastfeeding Facts Pack (HEBS, 1996)
- ❖ Breastfeeding: A Good Start (HEBS, 1997)
- ❖ Complete Book of Child Health (ed; Marshall Cavendish 1997)
- ❖ Marshall Health Guide to Pregnancy (Marshall Editions 1998)
- ❖ Readers Digest Pregnancy Book (1998 for USA , Canada)
- ❖ Ready Steady Baby (HEBS 1998)
- ❖ Stay Active, Stay Supple, Stay Healthy with Angela Rippon (Ebury 1998)
- ❖ Postnatal Depression (Thorsons 1998)
- ❖ Healthy Eating in Pregnancy (Ebury for Sainsbury's 1998)
- ❖ Healthy Eating for Your Child (Ebury for Sainsbury's 1998)
- ❖ Notes for facilitators, breastfeeding video (HEBS 1999)
- ❖ Marshall Factfiles x 2 - on sleep; on breastfeeding (Marshall Publishing 2000)
- ❖ Little Book of White Lies - weight management (HEBS, 2001)
- ❖ Feelings after birth (Harper Collins 2003)
- ❖ Teach Yourself Getting Pregnant (Harper Collins 2007, revised and updated as
- ❖ Take Control of Your Fertility 2009)
- ❖ Successful Infant Feeding (Carroll and Brown, 2011)

Education:

Attended a state grammar school, later changed to a comprehensive school, in North Shields.

- ❖ A level - French, Spanish, English

- ❖ BA (hons) Italian Studies, 1975, Reading University
- ❖ City & Guilds 7407: Adult Teaching qualification, 2005
- ❖ MSc, Health Studies, Northumbria University, 2010

Volunteer and community life

- ❖ Appointed a School Governor
- ❖ Long-serving volunteer and tutor with the NCT, now retired.
- ❖ Co-founded and co-administered the NCT's Breastfeeding Line (telephone helpline) in the early 2000s. Provided continuous support for 12 years Supported and developed other volunteers working on the helpline.
- ❖ Volunteer writer for the Cochrane Collaboration in 2010 - writing plain language summaries of medical research papers for the lay public.
- ❖ 2017 – 2023: Volunteer support worker with Support Through Court, helping litigants in person facing or taking legal action in the civil courts (including the family court). During Covid lockdowns, I helped staff the telephone helpline from home. I wrote some of the training and information materials for other volunteers.
- ❖ Founded and continue to run a local women's book group.
- ❖ Other volunteer work includes charity shop work; teaching English conversation to migrants; running a parent and toddler music group.
- ❖ Co-administrator of 'With Woman' <https://with-woman.org> - a collective of women working/volunteering in maternity and women's health sectors. Contributed to the blog, and in 2024 wrote an online toolkit <https://with-woman.org/with-woman-toolkit>

Personal

Married to an educationist with whom I have three adult children and six grandchildren. I was raised in Tyneside and returned to the North East in 1984 following 9 years living and working in London. I'm a Jive dancer and from 2009 – 2022 lived part of the year in Nice, France. I speak French and Italian, and keep up my Italian with regular advanced classes.

End.