

Colleague *stories*

Leighton Buzzard Twin Mums support group

I set up the Leighton Buzzard Twin Mums support group in 2023, when my twins were still tiny.

Adjusting to twin-mum life is hard. Not just for having double the babies you planned, but twin pregnancy/birth comes with lots of complications, and often involves lengthy hospital/NICU stays for families. We were very lucky and were home within a week, but for many families it can be weeks or months of hospital stays.

It's no surprise then, that mums of multiples (twins, triplets or more) have a much higher risk of developing postnatal depression & other postpartum complications. I realised that whilst we have the usual professional support from midwives/health visitors/Doctors, we often also need practical support or understanding from others who are in the same situation (not just unhelpful comments like 'double trouble' or 'I don't know how you do it').



There are lots of baby groups in most towns, but very few cater for twins. It's hard enough to get out (logistically), but most groups then charge 'per child' so twin families pay double but don't receive double maternity pay.

We meet monthly on a Monday. I turn up with my twins, playmats and toys. The library theatre opens their bar for tea/coffee, and we hold babies, play with toddlers, chat to parents, and dish out snacks (lots of toddler twins descend as soon as any packet is opened - it's like feeding time at the zoo).

I also work with the local health visitors and give them the dates of our meetings, and they send expectant/new twin mums to me if they want support or to meet other mums in similar positions.

We have pregnant mums and partners come as they have lots of questions – the most common being 'what do you do when they are both screaming at the same time?.' The trick is honestly just tend to whichever one is crying the loudest first and invest in some earplugs!

It's so rewarding to help others, particularly those who are struggling and just need a bit of support from someone who has been there and can know what they are going through.

Josie

Josie Gibbons
Senior Underwriter



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Behind the scenes for the Change and Check Campaign

In October I went behind the scenes at the ITV studios on the Lorraine show with Marti Pellow for the launch of the Change and Check campaign releasing the single 'Love is all around'. I did this with the Change & Check choir of ladies who have suffered from breast cancer, raising money/awareness for the Future Dreams breast cancer charity.

We then headed on to Piccadilly Circus with Marti to film the tour bus going past when the film was being shown on the big screen as Marti was going on tour around the country visiting hospitals, offices and even visiting the Coronation Street set, whilst promoting the single.

It was a lovely day, and I met some fantastic and inspiring people.

Janet

Janet Sheehan
Senior Mortgage Administrator

Congratulations to Chelsea!

A massive congratulations to our Business Development Manager, Chelsea Pordage who recently passed her CeRER (Certificate in Regulated Equity Release). A totally deserved achievement after a huge amount of hard work. Another string to an ever-increasing bow.

All of us here at HBS are very proud of you!

