



**Diocese of Edinburgh**

**Mothers' Union Newsletter**



**October 2015**

# *Letter from the Diocesan President: October 2015*

Dear Friends

This is my last letter to you as we will have, hopefully, a new Diocesan President in 2016.

Thank you to all who have supported me and helped with jobs that needed doing.

Several Trustees are retiring, we **URGENTLY** need a **TREASURER**.

It is an exciting time as we have been asked to think about several important topics and reply to Mary Sumner House – these have been collated and sent to the relevant places – e.g. Scottish Parliament.

Please continue to share your views – for us to do nothing we cannot then complain if laws are passed that we disagree with but haven't bothered to use the opportunity to give our views.

Please discuss and reply to the Membership questionnaire and the future of Civil Marriages.

The Membership discussion is very important as we need to look at ways of growing the Mothers' Union within Great Britain and Ireland. Does the present system stop people supporting our work?

I know that you are taking part within your congregations and local communities.

This November, please take time to observe the 16 Days of Activism Against Gender Violence.

To many of our overseas' members this is a reality, not something they read/hear about.

The trees and bushes are turning to wonderful Autumn shades, my favourite colours, although the thought of winter, cold and snow is not appealing.

Our Chaplain, Frances, has retired and we have enjoyed her variety of services and Quiet Days. We wish her well for the future.

Take time to enjoy life, look at the colours and give thanks to God for all that He has given to us.

With Blessings for a peaceful Christmas and a 2016 full of joy as we serve our church and communities.

*Angela*

TRUSTEES

We also need : Diocesan President: secretary, Co-ordinators for Action and Outreach (This is mainly writing to our Link Charges and watching the website for any news from Mary Sumner House, and sometimes a 3 day conference), and 1 General Trustee.

PLEASE do not be shy about volunteering.

**STOP PRESS:** Pray for Ivy Morrison, long standing member of the Edinburgh MU, who is in the Royal after a fall. For many years, Ivy lived on a croft in the Hebrides and used to come down for the Lady Day Service. She now lives in Edinburgh.



Report from Provincial President:  
*omitted from March Newsletter*  
**2014 - A Very Busy Year!**



I am beginning to feel as though I could write a book about all the different and amazing events I have to attend and participate in; however to prevent the onset of tedium I think it would be easier (for the editors sake) if I were to resort to a “calendar summary” - so please excuse the brevity!

**February** – a week at Swanwick in Derbyshire for 3 days of **Worldwide Trustee Board** followed by 2 days with all the **MU Diocesan Presidents from the UK and N-Ireland**

**April** - the **Annual Provincial Retreat was held again in Perth** – lead by Rev Celia Matthews on “Praying Through the Senses” and organised by Pat and Paul Hindle. A thoroughly relaxing but thought-provoking two days. - **The Provincial Council met in Perth** for a day (all the MU office bearers from across Scotland attend)

**May** – **London to the B&I meeting** (Britain and Ireland Trustees only), with an **Audit committee meeting** the day before.

- Two days later off to **Dumfries** to the celebration of 65 years since the inauguration of the Dumfries and Galloway District. The **Worldwide President**, Lynne Tembey came and it was a wonderful, happy event, with Lynne preaching and then tree-planting.

- Three days later I was in **Glasgow for the Forum meeting** – interdemominational as all heads of Christian Women's Organisations attend.

- At the **end of the month we held the “Reaching Out Day”** which was a great success for many reasons; not just the format of the day or the content but the fact that we all left with the knowledge of how to advocate successfully.

A bonus was the chance to meet all the staff from one Unit (ie Department) at MSH (the MU head office in London) – in fact this aspect was a great success with most people because usually they do not have that opportunity. It was a demanding day but people left feeling empowered, enthusiastic and happy and was so successful that it is being repeated in Ireland when the staff visit later this year.

**June** - **The Queens' Garden Party at Buckingham Palace** with a member of staff, two Diocesan Presidents, a Unit Committee Chair and a Trustee. We had a wonderful day and we felt very proud to represent the MU.

- Later in June there was the annual **General Meeting** in the **Belfast Waterfront**. There was a great friendly atmosphere throughout the two days, with a good hotel for the Scottish contingent (and Trustees!) to enjoy. I hope that the good experiences will be shared with others so that next year, more members will go to Nottingham this June.

**September** – Off to London again to attend a **Provincial President's meeting with the Worldwide President** followed the next day the **B&I meeting**

- Then the **Worldwide President** came to three Scottish dioceses:- We “did a Diocese a day” – **St Andrews, Edinburgh and Aberdeen**. She was overwhelmed by the welcome she received and was impressed by our enthusiasm and passion.

Adding this years' two visits together, I reckon she has met between 270 – 300 members, which is amazing considering that we are below 800 now. So a good turn-out!

**October** - a 6- yearly **Worldwide Provincial President's week** (Monday – Sunday), overlapping with the arrival of the **Worldwide Board of Trustees when we had a week's meetings**.

( Followed by total exhaustion!).

The most memorable experiences of the year have to be sharing the fellowship and friendship of members when the Worldwide President came to Scotland, and the visits to Buckingham Palace and Lambeth Palace with the other Provincial Presidents. This latter was an experience of a lifetime; to be a VIP visitor to the heart of the Anglican Communion where we had a special conducted tour, celebrated the lunchtime Eucharist in the 1000 year old crypt and saw the jewel embellished Bible given to the



Archbishop of Canterbury by the Pope when he visited Rome – the first by an English Archbishop for 400 years. Meanwhile we are looking forward to the all-Scotland Conference (open to all) in September this year and hope that as many people as possible will be able to come. Once again we will have two members of staff from Mary Sumner House to lead and inspire us, together with some home-grown experts to help us with communication throughout MU Scotland. It promises to be a day to remember.

With love and prayers to you all,

Jean McPherson – Richardson ( *MU Provincial President* ) 3

## Reflection from Rev'd Frances Burberry Edinburgh MU Chaplain



### Blessings on the Path

Joyce Rupp is well known for her work as a writer, and retreat and conference speaker. She is a member of the Servites (Servants of Mary) community. In her book, *Walk in a Relaxed Manner*<sup>1</sup>, she presents her adventures on a 37-day pilgrimage along the Camino de Santiago in Spain. The Camino de Santiago (the Way of St James) is a large network of ancient pilgrim routes stretching across Europe and coming together at the tomb of St James (Santiago in Spanish) in Santiago de

Compostela in north-west Spain. At the age of 60, Joyce undertook this arduous journey of 450 miles with Tom Pfeffer, a retired pastor and close friend.

Most pilgrims on the Camino journey get their 'Pilgrim Passport' to get it stamped along the way, documenting their progress.

It seems to me, with preparations for our church's AGM now under way, that there are times – perhaps many times – when engaging in church and secular business can feel a bit like documenting progress; at regular, or all too frequent intervals. We often hear folk say they want, they need to 'tick all the boxes' – to satisfy all of the apparent requirements for success (however one might define 'success') – as they journey from year to year, from job to job, from place to place.

Spiritual journeys are not like that...

What follows is Joyce's reflection at the end of her Camino journey ... and the blessing<sup>2</sup> that follows her reflection, was given to her for the Camino journey, and seems to me to be a good blessing for all of us on our own journeys; for spiritual journeys are not about ticking boxes.

'Walking the Camino would have been a very different journey for the two of us if we had not had the experience of the pilgrim community. Tom and I would

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<sup>1</sup> Rupp, Joyce, *Walk in a Relaxed Manner*, (New York, Orbis Books, 2005).

<sup>2</sup> Macrina Wiederkehr

have lacked the richness of personalities and diverse languages. We would have missed great stories and witnesses of courage, felt more alone in our struggles, and weakened by our challenges. Instead the community of pilgrims enlivened our days and revitalised our verve...This immersion into a vast array of foreigners can be exciting or threatening, depending on one's attitude toward the widely diverse community of companion travellers. One has a choice of either resisting whatever is contrary to one's own cultural comfort and personal ease, or moving into the unknown and the unusual with an openness to accept what one normally would not experience.

This is true for all people on our planet, no matter what life-path they travel. If we are aware and attuned to the larger community of humankind, we will gain strength and hope from our commonalities. If we look outward and allow our minds and hearts to stretch, every day we will be connected to the hum of humanity. As we walk the road of life we will find we are united at a deeper level with each person we meet.

Only on the surface do we experience differences. Beneath what seems to separate us as human beings are comparable hopes and numerous opportunities to enrich and encourage all. What a changed world it would be if the hum of humanity became loud enough to drown out the deafening roar of what separates and divides us.'

*May flowers spring up where your feet touch the earth.*

*May the feet that walked before you bless your every step.*

*May the weather that's important be the weather of your heart.*

*May all of your intentions find their way into the heart of God.*

*May your prayers be like flowers strewn for other pilgrims.*

*May your heart find meaning in unexpected events.*

*May friends who are praying for you carry you along the way.*

*May friends who are praying for you be carried in your heart.*

*May the circle of life encircle you along the way.*

*May the broken world ride on your shoulders.*

*May you carry your joy and your grief in the backpack of your soul.*

*May you remember all the circles of prayer throughout the world.*

Blessings,  
*Frances*



## Extract from August 2015 Newsletter from Mary Sumner House

### Meet our new Chief Exec: Mrs Beverley Jullien

We are delighted to welcome our new Chief Executive Mrs Beverley Jullien to Mothers' Union.

Beverley has great experience with companies such as AstraZeneca and London Southbank University and we are thrilled that she has come on board to lead our organisation.

### **Extract from October 2015 Monthly E-Newsletter**

Membership Survey: Are you a member of Mothers' Union? If so we want to hear from you! We have created a survey to find out how you feel about Mothers' Union and what your membership means to you. Please do take the time to prayerfully answer the questions which answers to will form an important part of our work into membership.

### **16 Days of Activism**

November 25th marks the beginning of 16 Days and Mothers' Union is once again proud to be part of this global movement to end Gender Based Violence.

We have an engagement pack and powerpoint presentation so get involved!

### **Beyond The 16 Days Conference**

On the 25th November Mothers' Union are holding a conference to discuss and raise awareness of the many forms of violence against women and girls, across the world. Key note speakers include Caroline Dineage MP, Minister for Women, Equalities and Family Justice. (See page 12)



### **From Faith & Policy Watch – Oct 2015 (left & right)**

**MAY GOD BLESS US WITH DISCOMFORT** at easy answers, half-truths, and superficial relationships, so that we may live deeply within our hearts

**MAY GOD BLESS US WITH ANGER** at injustice, oppression, and exploitation of people, so that we may work for justice, freedom and peace

**MAY GOD BLESS US WITH TEARS** to shed for those who suffer from pain, rejection, starvation and war, so that we may reach out our hands to comfort them and turn their pain to joy

**MAY GOD BLESS US WITH ENOUGH FOOLISHNESS** to believe that we can make a difference in this world, so that we can do what others claim cannot be done

### **New 16 Days of Activism pack**

The 16 Days of Activism Against Gender Based Violence 2015 pack has now been released, and contains updated statistics on gender based violence as well as ideas about how to get involved with the campaign.



The pack and accompanying PowerPoint presentation can be found on the Mothers' Union Website at: <http://www.mothersunion.org/get-involved/campaign/16-days-activism-against-gender-violence>

## CALENDAR – See Editorial on p.8 re Lady Day Service

**TAKE TIME JUST TO BE - Annual Scottish Provincial Retreat** is to be held between Tuesday 19th and Thursday 21st April 2016. If you haven't already applied, I hope you will want to come and that you'll encourage others to come too. The website has been updated with all the information available at present. The link to the page is <http://muscotland.org.uk/Retreat.htm> and there is also a Retreat link under the Spirituality tab at the top of each page of the website.

Due to St Mary's, Kinnoull taking much longer than expected to complete the major upgrade to their facilities, I have again had to find an alternative venue for our Retreat in 2016. You'll see from the website that I have arranged to go to Conforti Institute in Coatbridge. This is a modern conference and retreat centre offering all-ensuite accommodation and lift access to all floors, so it should be a good location for those who have mobility difficulties. There are pictures of the venue and a map showing its location accessible from the Retreat page of our website.

Our leader is Paul Watson, who is the MU Chaplain for the Diocese of Aberdeen and Orkney. He is going to use the MU theme 'A Celebration of Faith' and has suggested a sub title could be 'Living with God in the Every Day'. He has an interesting range of experience to share with us. He spent 10 years in India during his childhood and youth. He studied at St Andrews where he met his wife Ina. They spent 9 years in Glasgow where they started a service to International Students called Friends International which is still thriving today. His curacy was in Pollokshields Glasgow, followed by 5 years in Sri Lanka with CMS where he worked in a large Anglican Church and Ina (who is a psychotherapist) developed a counselling and training service. They have two daughters of 20 and 18 and have been in Aberdeen since early 2009. As well as his current role as Mothers' Union Chaplain, he was very involved in supporting the work of the MU in their church in Sri Lanka.

Linked to the Retreat web page is an online application form. That sends me the details I need and saves them directly to a database, which saves work and reduces the scope for error (*at least by Paul and me*). For those who need a paper application form, a letter with the form attached can be downloaded in Word or PDF form via a link below the online application form (we're really keen for you to see the online form first in the hope you'll see how easy it is to use – Paul and I have already put in our applications this way to make sure it works). As some of you have done over the last two years, the online form can be used by friends to apply on behalf of those who are not on email provided they are prepared to act as the email contact. Again, as last year, I'm asking those who do not apply via the website to send me a stamped self-addressed envelope for me to use to send the final joining instructions. Also due to the change in venue and payment arrangements, I'm again asking for payment to be made earlier than has been the norm over the last few years. **COST £165 pp** – full board - £10 reduction for sharing a twin ensuite room.

It would be very much appreciated if you would do what you can to promote the Retreat. There is a poster in PDF format attached that you can print out and display. To help you give an idea of what the Retreat is like to those who haven't been before, the Retreat web page has reports and photos from previous retreats as well as photos of Conforti Institute taken when Paul and I visited to see if it would be suitable.

As before, I am looking for volunteers to serve/administer the chalice for Paul Watson at the two Eucharists we have during the Retreat and to lead the intercessions including the Wave of Prayer. We'll also have the usual sign-up sheet for those willing to read the lessons.

If you have any questions, please feel free to phone me on 0141 776 3237 or email me at [retreat@muscotland.org.uk](mailto:retreat@muscotland.org.uk) (reply to this email will do that).

Paul and I are very much looking forward to going to the Retreat ourselves again this coming year and hope to see you there.

*Pat Hindle MU Provincial Retreat Organiser.*

**MU GENERAL MEETING 2016** - Celebrating 140 years of MU the meeting will be held on Friday 23<sup>rd</sup> September in Hampshire Court Hotel, Basinstoke. There will be a service in Winchester Cathedral on the afternoon of Sept 22<sup>nd</sup> to and other events on the 24<sup>th</sup>. There is a possibility of having a coach and D,B&B booking.

**News from Doris Bilton:** Thank you for your care and prayers for Diana, Elaine and myself. Diana has read your email and the prayers and has asked me to pass on her personal thanks for yours and the way our prayers have been answered. She is much like her old self, left arm and leg still not good, and left sight, but she now has an electric chair so gets round the house herself, much more independent in some every day events, uses her computer with her right hand, doing some research papers on CF and the latest treatment and drugs, she tires quickly and gets a bit frustrated with herself and us, but that is all on the good side really, we have so much to thank God for. Please pass on my love and blessing, and thanks for prayers to those who remember me.  
Take care Many blessings *Doris*

## Literature

**MUe: Greetings Cards For Sale: Birthday, Sympathy, Get Well, Welcome**  
Also, if you have any ideas as to **how many Diaries/Year Planners you want for 2016, please let Angela know.** Christmas cards selling fast, so if you want any do not delay. Apply to Mrs Angela Sibley a.s.a.p. Tel 01968 674211  
17 Rullion Road Penicuik EH26 9HS - Email: [angelasibley@talktalk.net](mailto:angelasibley@talktalk.net)

**Editorial: Contributions** should be sent to: Email: [jean@jrhindle.co.uk](mailto:jean@jrhindle.co.uk) or post to Mrs J Hindle 24 Mauricewood Park, Penicuik EH26 0BP – Tel 01968 674591

I am grateful for the wonderful response from the branches and groups for this issue. Keep up the good work. Since this Newsletter goes to every member in the diocese as well as to the Province and past members who have left the Diocese, it is a golden opportunity to show news and in what activities members are taking part.

Items for the **next Newsletter** should be with me by **February 2016** in order to save on postage by distributing copies at the **Lady Day service. Since Lady Day falls on Good Friday, it was decided to hold it a week early on Friday, March 18<sup>th</sup> at St Ninian's, Comely Bank.** News of branch activities, special birthdays, anniversaries etc. plus photos are always welcome.

If you can receive Newsletters, Intercession Leaflets by email please let me know since this would save on postage for Edinburgh MU. Those of you with access to the web can view this Newsletter in colour and read a fuller report of the General Meeting, at: [www.muscotland.org.uk](http://www.muscotland.org.uk) *Jean Hindle*

## Round the Branches and Groups

**The Livingston Branch:** The branch members of the Livingston group are continuing to take turns in holding the monthly meetings in each of our homes. The group enjoyed a day out to Dunblane in June and had a meal in a new restaurant – formerly churches house. We will be holding a wave of prayer afternoon on the 17<sup>th</sup> October. In November we plan to organise a buffet lunch for the ministers and their partners of Livingston United parish church, this is an annual event and every one looks forward to meeting up and of course enjoy the lunch which the members have prepared. In December we plan to hold a carol and communion service.  
*Fay Edgar, Secretary* 8

**Christ Church Morningside:** Elisabeth Swan passed away on 12th September 2015 aged 94, she was an active member of Dore M.U in her earlier years and remained a member at Christ Church for the rest of her life. We at Christ Church remember her especially for the wonderful Christmas parties held in her home and the soup she provided for M.U. Council meetings for many years.



*Vera Jones*

*Right a young Elisabeth*

*Vera very kindly sent me a copy of the Obituary printed on the Funeral Service. I for one wished I had known her life story earlier. It makes incredible reading and contributions like this will always be welcome for the MU Diocesan Newsletter. Jean Hindle*

**Obituary from Elisabeth's funeral service at  
St Michael and All Saints on Wed 30<sup>th</sup> Sept  
Elisabeth Swan : 18 November 1921 – 12<sup>th</sup> September 2015**

Elisabeth was born on the 18<sup>th</sup> November 1921. Her childhood was spent in Hampstead, London, along with her younger sister, Mary. Her parents, Jim and Helen Edie, had many friends in the world of art and music. In her teens Elisabeth spent a year with her family in Tangier before returning to the UK to do a degree in Medicine at Edinburgh University. She went on to work as a GP and the diary of her experience in midwifery reads like something out of 'Call the Midwife'.

During her time at Edinburgh University she met Harold and, after he had completed service in the Far East as a Surgeon Lieutenant in the Royal Navy, they were married in December 1951. Sheffield became their family home and the three boys, Andrew, Philip and Martin, benefitted from their mother's decision to devote herself to family life.

As time passed Elisabeth built on the links established through the three boys' attendance at Birkdale School in Sheffield by becoming their first 'Lady Governess', a role she performed with great skill, compassion and efficiency. She was actively involved in the Dore Mothers' Union and indeed remained a member of the MU throughout her life. In Sheffield she was a Volunteer at the newly opened St Luke's Hospice and continued as a visitor over many years.

On Harold's retirement they moved to Albert Terrace, Edinburgh, which has remained their home. The four storeys made it possible for their granddaughters, Eileadh and Anna, together with Dominic and Benedict to live in the same house, an arrangement which worked so well and which expressed the particular role which Elisabeth and Harold were able to play in their lives over the years.



The family's annual summer holiday on the island of Tiree was for Elisabeth a real highlight of the year. She attended extra-mural classes in theology over the years and took particular interest in Celtic Christianity. She both received and gave much to the life of St Michael's and All Saints, particularly in her years in charge of the flowers. Reflecting her gift for friendship, she would be keen for as many of you as possible to join 'the party' afterwards at Christ Church Hall.

**St Ninian's, Comely Bank:** MU meeting in June - a visit from Seann and Amy Gibson - missionaries in Taiwan - *by Cherry Campbell and Pat Treherne*

Cherry writes - We were privileged that Ellen Gibson's missionary son and daughter in law came to speak to the Mothers Union Fellowship on June 8th. The talk was well attended, and we heard about their remarkable work in Taiwan. Seann started by asking us to imagine a culture in which a Good Samaritan and his compassion for others did not exist. The ordinary Taiwanese they met distrusted foreigners. Their priorities were personal survival, and the importance of placating the ancestors by producing male children who would outlive their parents and so on. Seann and Amy, together with their two daughters, have made a home in Taiwan. They want to reach out to non-professional classes (street traders, taxi drivers, street walkers) to whom a traditional church format would not appeal. They find creative and productive ways to break through the barriers, and introduce a loving Jesus who cares for them and their neighbours too.

They live on faith and prayer and they ask us to pray for their work and for increased human and capital resources.

Pat writes –

*Seann and Amy are both passionate about their work, and very much committed to their service to the people of Taiwan, where they have been missionaries for 15 years.*

*Currently they are working in a poor rural area in the south of the island. Christianity is very much a minority religion and there is one church (Presbyterian) in the area for 50,000 people!*

*Seann and Amy are not 'church based' as such. To establish a rapport with the local people they have opened up the ground floor of their home and established The Big-Nose Cafe!! (Based on local perceptions of their different facial features!). It has become very popular and they run a variety of activities for different age groups through the week: English classes, using bible stories; (of course, Amy and Seann had to spend many months at the beginning learning the local language)! Also: crafts and storytelling for the children; guitars, music and song to draw in disaffected teenagers. Amy has set up a group especially for the women who value a safe place to discuss their own particular problems.*

*In a place of folk religions and ancestor worship, of capricious beings who have to be appeased to prevent 'bad things' happening, Seann and Amy are trying instill the idea of a loving and caring Creator God, who expects us to love and forgive others, as he loves and forgives us.*

*We wish them well as they return to Taiwan to continue their ministry.*

Ellen tells us that they are on sabbatical at present, but that she looks forward to seeing them when they pass through Edinburgh on their return journey.

More info at: <https://omf.org/asia/taiwan/taiwan-tinder/>

**St Peter's, Musselburgh: Diamond Wedding Congratulations**

Jean (a member of St Peter's Musselburgh Mother's Union) and Bill Millar were married in St Peter's church Musselburgh on 24th September 1955.

They met when their families moved into Ashgrove Place, Musselburgh. Their fathers were miners. Bill was 17 and Jean was 15 years old. Jean became good friends with Bill's 3 sisters. Jean began training to become a nurse at Dean College and on completion, aged 18, began working at Glasgow Fever hospital.

During this time Jean and Bill saw each other once a week on Jean's days off. Bill asked Jean to marry him and she said "yes". They were married in St Peter's church Musselburgh on 24th September 1955. Bill said "Janice came along 2 years later and Dorothy 2 years after that. We have 2 sons-in-law ; 4 grandchildren, 2 boys and 2 girls. We have no great-grandchildren yet, but you never know what is to come"

Bill and Jean have had several 60th wedding anniversary celebrations with both family and friends.



## St James Penicuik:

Everyone has returned refreshed after the summer break.

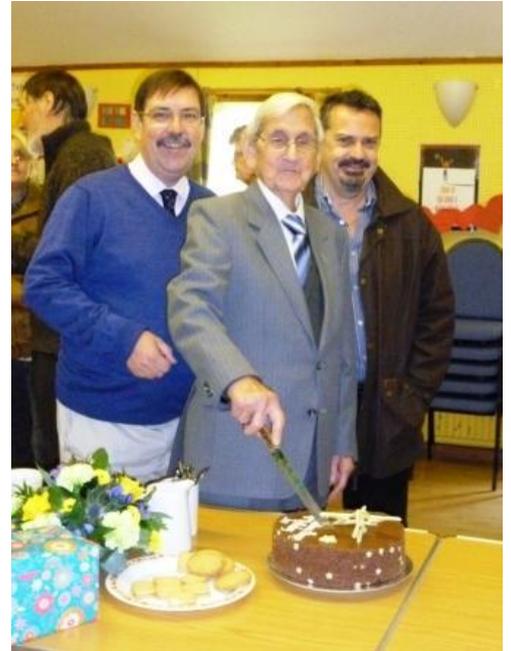
Since the the last Council meeting we have been busy. In April we did a World Day of Prayer Bible study and had a Knit and Natter day, some of us knitting angels for Advent - our Rector wants to hang them from trees in the town. We enjoyed a lunch out at Giovanni's, a local Italian Restaurant, highly recommended.

This session will see a varied syllabus. Already we have had the Wave of Prayer and used our last meeting to look at the discussion paper about Civil Partnership / Marriage. We continue with Diocesan Council and will have an Act of Remembrance at our next meeting.

Other topics will include a talk about L'Arche, The Delhi Brotherhood and the continued sponsorship of a child there and our Rector will lead us during Advent.

*Margaret Coull*

Ian MacLennan, who was Diocesan Treasurer of MU for many years, celebrated his 90<sup>th</sup> birthday on Sun 8<sup>th</sup> September. He is pictured with his sons cutting a cake in St James church hall. *Photo taken by Jean Hindle.*



**Ivy Morrison:** Ivy has had a fall and Angela visited her in hospital. She said she was walking a lot better but has no date for coming home. Keep Ivy in your prayers.

### **Scam telephone calls – Warning – 22<sup>nd</sup> October 2015**

#### **Frightening consequences for vulnerable people**

I have just had my son, Paul, on the phone re scam tel. calls. He had just had one claiming to come from TalkTalk. It was a scam and showed up on his phone as coming from TalkTalk. Paul was suspicious and asked questions that only genuine TalkTalk should know.

‘Rip Off Britain’ (9.15 on BBC 1 TV) had highlighted this latest scam which can show up on your phone as coming from companies and people you know. One couple had lost £50,000 to somebody convincingly saying they were their bank and that their account had been hacked and they needed to transfer money into another account. By the time they started being suspicious, they were only able to get back about £30,000 and so ended up £20,000 out of pocket.

‘Rip Off Britain’ recommended that you ask the caller questions that only the caller should be able to answer. This will verify if the call is genuine. Hang up if suspicious and call the caller on a different phone from which you have received the call, (*mobile or landline*). Scammers can hang on the line for several minutes. You need to be sure that the line has been cleared

# Create a law to protect models from getting

## Dangerously skinny



I'm a 23 year old model, a clothes size 8 to 10. The girl in the picture is me. When I walked into one of the UK's biggest model agencies last year they told me I ticked all the boxes except one -- I needed to lose weight. So I did. Four months later I lost nearly a stone, 2 inches off my hips. When I returned to the same agency they told me to lose more weight, **they wanted me "down to the bone"**.

When I look in the mirror I see someone that is healthy and comfortable in their skin. That's because I had the guts to carve out my own path and refuse to let people pressure me into losing more and more weight. But with **London Fashion Week the reminders are everywhere that we need a law to protect young girls, and boys, who are put under pressure to be dangerously thin.**

Modelling can be a very lonely place, especially for girls working internationally who are away from the usual support network of friends and family. When models travel overseas they are often put into shared accommodation with other models, and being surrounded by girls who are all striving to stay thin can perpetuate bad eating habits and encourage eating disorders. I've been on shoots for up to 10 hours where no food is provided -- **the underlying message is always that you shouldn't eat.**

**The agencies managing and recruiting models have a responsibility to the wellbeing of girls on the catwalk at fashion week, and in the industry as a whole.**

Earlier this year **France became the latest country to vote to criminalise the use of models who are dangerously thin.** Those breaking the law face fines and up to six months in jail. And there is growing momentum for change in the UK -- Caroline Nokes MP is the Chair of the All Party Parliamentary Group on Body Image and is campaigning for the Government to look at the possibility of legislating to ensure models are of a healthy weight. The time is now for us all to come together. *Rosalie Nelson*

**If you wish to support this, you can write a letter to the Minister for Women and Equalities Caroline Dinenage asking her to Create a law to protect models from getting dangerously skinny.**

**See also page 6 – [Beyond The 16 Days Conference](#)**

*Editor's comment:*

*Having had a granddaughter, who suffered from Anorexia Nervosa, and who nearly died, I recognise the importance of this appeal. The Fashion Houses do not appear to realise the dangers into which they are luring/forcing their models and through them other young women.*