

# Jean Anderson

one story

Jean learnt in early life that women are resourceful, 'Women don't want charity, they want to be listened to and given a helping hand to take the next step forward. You can't give away empowerment, give women an education and knowledge and they will empower themselves'.

It was with this spirit that Jean founded One Woman at a Time following a life times work in her role as community midwife and birthing educator supporting women and their families in the UK and also supporting women and families when living in Uganda, Zambia and Nigeria in the 1990s.

In 2012 Jean experienced first hand the challenges African women face – just because they are women - when she went to Kenya with an FGM charity as an observer to see the work being done in the Pokot tribe.

Whilst there she accounted Margaret Lulimas who had suffered complications in labour, and had to travel 40 miles by foot and motorbike to reach Ortum Mission hospital.

Margaret was in an exceptionally distressing condition and despite being told 'this is Africa, there is nothing you can do to help' Jean did everything she could and moved her to a city hospital. Sadly Margaret died three weeks later.

Jean made a decision that day, that if she couldn't save Maraget she would do everything she could to save her two daughters, aged 8 and 10, from FGM and forced marriage.

Jean and the team from Beyond FGM went to the village to find Margarets children had little shelter, clothes or food. Jean proposed to the children's father to fund the education of the two daughters and one son at Ortum primary school and this was the seed that started the education sponsoring program that has become One Woman at a Time.

Jean has always been at the forefront of women's rights and in 1990 raised money to create the first ever Birthing Room in Royal Lancaster Infirmary giving women a calm relaxed environment to birth in, she has also started birthing support groups in Manchester and Lancaster to ensure women got unbiased advice and support throughout pregnancy and 24/7 telephone support.

**ONE WOMAN**  
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AT A TIME

[www.onewomanatatime.co.uk](http://www.onewomanatatime.co.uk)