



TOWER HAMLETS - WALTHAM FOREST - NEWHAM

Maternity Voices

Working in partnership to improve maternity & neonatal services



Helena Morais

Introducing our Waltham Forest MNVP Chair:

"I am a bereaved and earth-side mother who grew up in Waltham Forest. My passion is to normalise difficult conversations in maternity to offer families transparency and permission to advocate for themselves.

Particularly when it comes to bereavement, I imagine a maternal space that is inclusive of all journeys of motherhood for less isolation and better aftercare.

Being a writing facilitator and my studies as a birth & bereavement doula allows me to truly listen to people's lived experiences and push for positive change in maternity.

As MNVP Chair, my goal is to bridge the gap between families and maternity services, ensuring all voices, especially those affected by trauma or underrepresented in care, are heard, valued, and acted upon.

When we learn and prepare for the worst, we achieve the best."

Contact Your MNVP Chair:

mnvpchairwalthamforest@cbplus.org.uk

Latest Updates & General Inquiries:

Tower Hamlets - Waltham Forest - Newham MNVP

mnvptwn@cbplus.org.uk

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