



Return to Work, Return to Confidence for Working Mums

Donna Morrall, a police constable with the Metropolitan Police Service, recently took maternity leave following the birth of her son, Joseph. Coming back from any absence can be difficult, and is often accompanied with a dip in confidence, but maternity leave can have its own unique issues. For Donna, it meant returning to a new role with a different shift pattern to her previous experience. Coming back to work meant she was unable to breastfeed her baby, which made her feel angry and hurt.

When her line manager mentioned the Return to Work course offered by Women and Work|, Donna knew it was the opportunity she needed to shed her negativity and start afresh. The course brought together women from all sorts of Justice sector organisations to discuss their experiences, work on career coaching and build their confidence. Donna says 'The sense of relief from day one that I was not alone was incredible. Others understood me and I was able to listen and talk about so many experiences - It felt like a counselling session. Lasting memories - we all cried at some point or other and it was okay to do so!'

Despite having no expectations of the training, Donna was thrilled to find that it really did address her needs and make her happy to be at work again. Once the course was over, she turned her negative experience into positive action by creating MetMUMS, an innovative support group for Met Police colleagues on maternity leave (and their partners). The scheme gives parents a single point of contact for questions or requests for information - allowing mums to be in charge of the amount of contact they have with work.

Donna's life has been changed by her Return to Work course, and she is now happily working towards a promotion. If your organisation is interested in running this course through Women and Work, or finding about other opportunities, please contact the team on 0114 231 7392 or at womenandwork@skillsforjustice.com to talk about how we can help you. As Donna advises, 'Have an open mind and go for it - you get out what you put in!'

For more information

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