

AMAZING WOMEN AWARDS 2020

...SHE 750,000 HENS

Jane Howorth MBE, 59, founded the British Hen Welfare Trust in 2005 and has since rehomed over three-quarters of a million ex-commercial hens who would have otherwise been destined for slaughter. She encourages consumers to think about laying hen welfare in the supermarket, and the charity has had huge influence on the amount of free-range eggs now eaten in the UK.

Jane says: Because they're not seen as cuddly, chickens are hugely underrated. In fact, they have soft plumage and individual personalities; Marilyn, one of mine, always wants a cuddle. As family pets they are as good as cats and dogs – better, in fact, as cats and dogs can't lay you breakfast! I first became interested in hen welfare aged 19, when I watched the Panorama programme *Down on the Factory Farm*, which scrutinised animal welfare. The sheer numbers of caged chickens and their sad lives stayed with me and I turned vegetarian. In

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2005 I got proactive. Farmers buy hens in their thousands but after a year, when they can no longer lay on a commercial scale, the flock is sent for slaughter. My organisation intervenes at this point. We take from 500 to 4,000 hens at a time. Almost every hen we take already has a home waiting for her. They can live for years, still laying on a regular basis. My aim is to change the way people see chickens – not just as a cheap meal, but as an amazing addition to the family. Our other work involves the mental health benefits of interaction with chickens. I already have chickens in 16 prisons around the UK – the governors report caring for chickens positively impacts prisoners' behaviour. I want to continue to educate the public and inform egg purchase decisions – we influenced Hellmann's to start using only free-range eggs in its mayonnaise, a move that changed the lives of millions of hens.

...CAMPAIGN FOR WOMEN

Khatra Patterson, 52, was aged 10 and growing up in Scunthorpe, and was expecting a fun holiday to see family when her parents announced they were sending her back to visit relatives in Somalia. There she was subjected to female genital mutilation (FGM), without anaesthetic or pain relief. As an adult with a successful business and a family, Khatra now works with UK charities to support victims of FGM.

Khatra says: Despite FGM being illegal in the UK since 1985 and it being illegal to take children abroad for FGM since 2003, the shocking practice still occurs. There are an estimated 66,000 FGM survivors living in the UK. I did everything I could to bury the appalling memories of being pinned down and cut. I became a nurse, a midwife, then a health visitor. I now have my own aesthetics company, helping women feel more confident. My life's work is to empower women. I want to show girls and women that it is possible to achieve your dreams. >>

for Heroes. They were putting together a team to take to the 2013 Warrior Games in Chicago and were asking former service personnel if they had any sporting talent. I had swum competitively as a child and before my MS diagnosis had been a swimming teacher at an army base. To be considered I'd need to send in my times for 50 and 100m. Motivated by the challenge, I headed for the local leisure centre and came up with a training regime. I swam hundreds of lengths a day and found new focus, motivation and self-esteem. Receiving the phone call to say I'd made Team GB was very emotional. At the Games I swam in five events and won three gold and two silver medals. I was inspired by the resilience of my teammates, one of

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whom won bronze in the 50m freestyle, despite having had both his legs and one and a half arms blown off. From there I got involved in the Invictus Games, becoming the first female captain in the British team. Before my first event Prince Harry came over and whispered, 'Beat the Americans!' I did just that, winning gold. In 2017 I took up Para Badminton, and I have won medals in nine of the 10 tournaments I have played in. I've been helped hugely by the charity Path to Success, which sponsors me, giving me access to specialist physios, psychological and financial support. I've lived different lives before and after MS, but my diagnosis has given me a kinder, more empathetic heart and strength I never knew I possessed.

