

**Yorkshire and the Humber Outstanding Learner of the Year
Sherrie Rhodes**

Sherrie: When my third child was born, I got severe postnatal depression and I wouldn't leave the house, get washed, get dressed, I didn't interact with my children.

Sylvia Kilvington (Willow, North Hull Women's Centre): Willow is women's centre.

Sherrie: There was doing some outreach programmes which was at the local school.

Sylvia: Sherrie attended. She then plucked up the courage several months later to actually come down to Willow and that was a big step for her.

Sherrie: I've done my Maths and English, which I never did at school. I've done University foundation accreditations.

Sylvia: She suffered panic attacks and she a lot of feelings of self doubt and didn't know whether she could actually attend, but she did.

Sherrie: I'd had so much help and thought it was about time that I helped some other ladies in my situation.

Sylvia: Sherrie attended volunteer training and she became involved with the Doula project where she goes out now and she's supporting women before, during and after pregnancy, some of the most vulnerable and isolated women in the city.

Sherrie: Because I've got on the management committee, it's given me the confidence to help put something back into Willow.