

# 10 Mother loves

Emma France, 41, is the Global Development Director of charity MOTHERS2MOTHERS, supporting HIV-affected mothers in Africa

**WHAT MAKES YOU HAPPY?** Very small things. The secret to happiness is a low happiness threshold. Being with my three sons, Zebedee, nine, Huxley, seven, and Rafferty, three, and hearing them laugh. Beaches. Flowers. Cake. Flamingos. Feeling like I am making a very small difference on planet Earth.

**WHAT INSPIRES YOU MOST ABOUT YOUR WORK AT MOTHERS2MOTHERS?**

Watching the tangible difference women can make in each other's lives. On a recent visit to see our work in Malawi, I met a truly incredible woman, Martha. She is one of our Community Mentor Mothers. She tracked down a client she knew was sick and had never visited a clinic – mainly because the nearest one is a five-hour walk away. That client had three children, was pregnant with a fourth and seriously ill. Martha found her and supported her to prepare to visit the clinic, and helped her to access treatment. As a result, her client gave birth to a HIV-free child and all four children now receive our support. Martha is the epitome of everything mothers2mothers (m2m) stands for. She travels miles knowing how it feels to walk in another woman's shoes.

**CAN YOU EXPLAIN WHAT A MENTOR MOTHER IS?**

'Mentor Mothers' are HIV-positive women, employed and trained by m2m to provide health education and services to other women, families and communities. The model means our services are delivered by someone who understands what her clients are going through.

**DESCRIBE AN IDEAL SUNDAY.**

It would involve a lie-in, pancakes cooked by my husband, Sebastian, church with the boys, and then a walk and a picnic in the sunshine. We rotate

Former Mentor  
Mother Nozi  
Samela with Salma  
Hayek Pinault



Emma with  
her three boys,  
Zebedee,  
Huxley and  
Rafferty



Emma and  
Nozi

between Hampstead Heath, Highgate Wood and Kew. The day ends with a roast and a massive negotiation over a family movie.

**HOW DO YOU BALANCE YOUR DEMANDING JOB WITH FAMILY LIFE?**

I don't entirely. That's my project for 2018. I do keep Fridays free to be a mummy and that really helps – I get to spend time with my little one and drop the big ones at school and take them swimming. Knowing that they are proud of me makes it easier to get on planes and leave them.

**TELL US YOUR MOST 'PINCH-ME' MOMENT OF THE LAST YEAR?**

Seeing Nozi Samela, a former Mentor Mother and m2m spokeswoman, with our patrons Salma Hayek Pinault and Annie Lennox at an event at Salma's home – it was a striking example of mothers and women as a powerful force for change.

**YOUR WORK IS ABOUT THE SISTERHOOD – HOW ARE YOU PASSING THAT ON TO YOUR BOYS?**

By raising three feminist little men who truly believe in equality. It helps that their daddy is a feminist too.

**WHAT IS YOUR PROUDEST ACHIEVEMENT?** My boys. Experiencing the preciousness and path to motherhood in all of its primal heart-wrenching glory.

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