



**Image credits:**

**Left:** Wedding day.  
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# LILETH WARFORD

Born c.1930s, Guyana

- **1956**  
Migrated to England and began training in mental health nursing in Epsom.
- **1964**  
Married and moved to Cambridge to complete Part II Midwifery training.
- **1965**  
Worked as a District Nurse Midwife for Cambridge City Council.
- **1966 - 68**  
Lived and worked in Iran and Sierra Leone.
- **1996**  
Returned to Guyana for a visit.

Mrs. Lileth Warford was born in Guyana and moved to England in 1956, where she trained as a mental health nurse in Epsom. Having arrived with idealised ideas of British life, shaped by films like *My Fair Lady*, Lileth was quickly confronted with the realities of working-class life and the social isolation that often came with being an immigrant. The warmth and interconnectedness of her Guyanese village, where community and family were central, contrasted sharply with the anonymity of British society, making the transition especially emotional.



In 1964, after marrying her husband, who worked professionally at Pye, Lileth relocated to Cambridge. She continued her professional development, completing her Part II midwifery training and later working as a District Nurse Midwife. This role allowed her to integrate herself into the fabric of post-war Britain's healthcare system, marking a significant step in her personal and professional journey. Through her work, Lileth contributed to the development of maternal and child healthcare, expanding her role beyond the hospital to support families and communities. Between 1966 and 1968, Lileth lived in Iran and Sierra Leone, where she took on a pivotal role in establishing a community antenatal clinic and a nutrition support programme for local women and children. The clinic, which was funded through grassroots community efforts, had a lasting impact on the health of mothers and children in the region.

In 1996, Mrs. Warford returned to her village in Guyana for the first time. She was deeply disappointed by the changes she saw. The return served as a poignant reminder of how memories can be idealised, and the passage of time brings change in ways that can be difficult to accept. Her life is a testament to the resilience and strength of Caribbean women who played an instrumental role in shaping both the British National Health Service (NHS) and healthcare systems abroad.

