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If you are a student or employer looking for shorthand training, please see the list below to find a shorthand tutor in your area. Please contact the tutor directly for further information regarding fees, availability and method of tuition (many tutors offer individual, group or remote online sessions e.g. Zoom).

Some companies offering online or centre-based shorthand courses are also listed (this list is not exhaustive). Please see the linked company website for further information about the services offered.

If you are a **shorthand tutor** and would like to be included on our database you will need the following:

- Understanding of NCTJ shorthand exams
- A general teaching qualification (preferable) or;
- Applicable industry / practical use of Teeline
- A shorthand speed qualification

If you meet the above criteria, please do forward your CV to ellen.sanderson@nctj.com.

Please note: the NCTJ does not employ shorthand tutors directly and does not have a contractual agreement in place with the tutors (or companies) detailed on this list. Whilst the tutors on this list are not directly endorsed by the NCTJ, we do reserve the right to remove tutors from the list at our discretion. If you are searching for employment as a shorthand tutor, please refer to the [Accredited Courses](#) section of the website where you can obtain the details of NCTJ-accredited journalism course providers.

Shorthand courses

Pitman Training

Tel: 01223 319419

Website: www.pitman-training.com

Learn online, at one of a range of centres or a combination of both. Several Teeline courses are available, from novice to professional.

Teeline Online

Website: www.teelineshorthand.org

Email: admin@teelineonline.co.uk

Learn online, in your own time and at your own pace with tutor support if required. Learn Teeline from scratch with a complete theory course, or refresh your skills with an improver's course. Private lessons via Zoom are also available.

Free resources

Lets Love Teeline Together (Youtube)

https://www.youtube.com/channel/UC8C-I4BFOz6neY2KrQ_paQA

This popular YouTube channel is produced by Jo Goodall and Rosalie Watts, both of whom are experienced shorthand tutors and have taught Teeline at NCTJ-accredited journalism centres. The course

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firstly aims to give the shorthand novice a foundation in Teeline theory - there is a series of 20 lessons for inexperienced learners.

If you understand the theory and have got the basics, you can find a further series of lessons focused on speed development. These will help you to increase your speed from 60 words per minute (wpm) to 100 words per minute. 100wpm is the industry-standard benchmark that learners aim to achieve to increase their prospects of employment.

Additionally, for those learners preparing to sit an NCTJ shorthand exam, you can also find a succession of lessons focused on exam preparation.

Shorthand tutors

Tutors are grouped broadly by region for your convenience. However, many tutors are also able to offer remote online tuition. Please enquire directly with the tutor.

London

Angela Catto
Tel: 07785 788156 or 0208 876 2877
Email: angela_catto@hotmail.com
London and south west

Kate Charles
Tel: 0208 543 9186 or 07964 342133
Email: ccharles10@aol.com
London zone 1-3 and Surrey

Yohannes Lowe
Tel: 07788 660 583
Email: yohanneslowe73@gmail.com
London (all zones). Online sessions also available.

Mary Marc-Peterkin
Tel: 0208 508 3294
Email: dollina@btinternet.com
Up to Zone 1, within easy travelling by bus/underground train

Cherry Matthey
Tel: 0208 669 9794
Email: cmatthey@yahoo.co.uk
London, Surrey, Kent and Sussex

Lizzy Millar
Tel: 07758646186
Email: lizzy@shorthandtraining.co.uk
London zones 1-3 and via online webinar.

Jane Murphy
Tel: 01634 615810 or 07752 537205

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Email: jmurphytraining@aol.com

London, Kent, Essex/Surrey – close to the M25

Pyone O'Brien

Tel: 0771 4337881

Email: pyoneobrien@gmail.com

Central London, Greater London and Surrey. Also runs weekend courses in Richmond and Hammersmith

Bill Shaw

Tel: 07726 580093

Email: bill@billshaw.plus.com

London, able to travel a reasonable distance

Marilyn Somers

Tel: 01273 833987

Email: marilyn.somers@virgin.net

London, Sussex and Surrey

Richard Ward

Tel: 020 3561 9770 or 07717 341006

Email: gemini65@sky.com

London

Rosalie Watts

Tel: 07508 340051

Email: rosalieswatts@gmail.com

London zones 1-3

Pitman Training London

Tel: 020 7256 6668

Email: shorthand@pitmanlondon.co.uk

London – EC2 (City) and W1W (West End)

Teeline Online

Website: www.teelineshorthand.org

Email: admin@teelineonline.co.uk

Online shorthand courses available, including one day masterclasses held in London. Please see above website.

Tracey Schapira

Tel: 07956 255 102

Email: tracey.schapira@sky.com

North London, Central London, Hertfordshire

Essex, Herts, Beds and Bucks

June Beavers

Tel: 01992 560445

Email: beaversjune@gmail.com

West Essex and London

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Mrs R I Crocombe
Tel: 01295 261638
Email: enquiries@bss.eclipse.co.uk
Oxfordshire, Northamptonshire and Warwickshire

Jenny Locke
Tel: 01992 468610 or 07709 741536
Email: jenny.locke@btinternet.com
Hertfordshire and Essex

Charlie Moloney
Tel: 07901 850 319
Email: charlie@charliemoloney.com
Berkshire, Bucks, Oxfordshire and Surrey. Remote tuition available.

Jane Murphy
Tel: 01634 615810 or 07752 537205
Email: jmurphytraining@aol.com
London, Kent, Essex/Surrey – close to the M25

Jane Shardlow
Tel: 07740 371546
Email: shardlowj22@gmail.com
Hertfordshire, Bedfordshire and Cambridgeshire. Can also offer online distance tuition via Zoom

Tracey Schapira
Tel: 07956 255 102
Email: tracey.schapira@sky.com
North London, Central London, Hertfordshire

North

Christy Jade Biggar
Tel: 07821 885695
Email: Christy_live.co.uk
North West – Wirral/Merseyside. Also online sessions via Zoom.

Janet Bowring
Tel: 0114 230 7570
Email: janet6002003@yahoo.co.uk
25 mile radius of Sheffield

Milica Budimir
Tel: 07812 183809
Email: milica.1972@yahoo.co.uk
Stoke-on-Trent. May travel to Midlands, Derbyshire, Nottinghamshire and North West.

Kaye Carl
Tel: 01142 366659

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Email: furbycarlo@hotmail.co.uk
Sheffield - within reasonable travelling distance

Sam Cooper
Tel: 07951 072431
Email: sam.cooper90@yahoo.co.uk
Online tuition

Sandra Gingell
Tel: 01484 684797
Email: tamarisk33@talktalk.net
25 mile radius of Holmfirth, West Yorkshire

Susan Green
Tel: 07799 826361
Email: suegr2000@yahoo.co.uk
Preston to Wigan area

Gillian Hodgson
Email: gillian.hodgson@btopenworld.com
South Lakes to Manchester area

Kate James
Tel: 07512 641976
Email: katerellyjames@gmail.com
Liverpool City Region, Merseyside, Wirral. Can also offer distance tuition via Zoom.

Luke Jarmyn
Tel: 07738 686320
Email: lukejarmyn68@hotmail.com
Cumbria and surrounding areas. Willing to travel further and offer online distance tuition on request

Dora Johnson
Tel: 0115 848 4188
Email: dora.johnson@ntu.ac.uk
Nottingham and surrounding areas

Terry Kirton
Tel: 01900 815936
Email: terence.kirton@btinternet.com
Cumbria

Susan Pickering
Tel: 0191 584 6233
Email: susan.pickering6@gmail.com
50 mile radius of Sunderland, including Durham, Tyneside, Teesside, North Yorkshire and Northumberland

Pauline Sandor
Tel: 01670 519906
Email: paulinesandor@yahoo.co.uk
Northumberland, Newcastle and surrounding areas including Morpeth, Blyth and Ponteland. Willing to travel further on request

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Paul Thompson

Tel: 01457 859081 or 07751 691129

Email: paulthompson@sky.com

Derbyshire's High Peak, Tameside, Greater Manchester and nearby parts of Sheffield and Cheshire

Rosalie Watts

Tel: 07555240280

Email: rosaliesarwatts@gmail.com

East

Sarah Brown

Tel: 01553 767088 or 07984 047259

Email: Sarah.ibbetsonbrown@outlook.com

Norfolk, Suffolk and Cambridgeshire. Online tutorials via Zoom also offered.

Phyllis Maiden

Tel: 07593 263 822

Email: phyllismaiden@yahoo.co.uk

Lincolnshire

Rhoda Morrison

Tel: 07712 634 813

Email: rhodafmorrison1@gmail.com

Suffolk, Cambridgeshire and Norfolk. Online distance tuition also offered.

Jane Shardlow

Tel: 07703 101021

Email: janeshardlow@yahoo.co.uk

Cambridgeshire, Bedfordshire and Hertfordshire. Can also offer online distance tuition via Zoom

Pitman Training Cambridge

Tel: 01223 319419

Email: cambridge@pitman-training.net

Cambridgeshire

South

Pat Aplin

Tel: 01305 266500 or 07968 089668

Email: pat.aplin@btinternet.com

Dorchester, Dorset

Sarah Booker-Lewis

Tel: 01273 693154 or 07968 563928

Email: sb_lewis@icloud.com

Sussex and West Kent

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Sylvia Bennett
Tel: 01424 222170 or 07774 426946
Email: sylvia.bennett@learnshorthand.co.uk
Sussex and Kent

Kate Charles
Tel: 0208 543 9186 or 07964 342133
Email: ccharles10@aol.com
London zones 1-3 and Surrey

Sue Hackett
Tel: 07881 524015
Email: susanehackett@gmail.com
Hampshire, Dorset, Devon, Wiltshire, West Sussex, Online courses available

Joan Hooper
Tel: 07974 673380
Email: ljoan@btinternet.com
Cornwall, Plymouth and surrounding area

Nicki Jones
Tel: 01903 879525
Email: nicki@jonesukltd.co.uk
Sussex

Ruth Lumley
Tel: 07545 537 681
Email: ruth.lumley@gmail.com
Brighton & Hove, East and West Sussex

Cherry Matthey
Tel: 0208 669 9794
Email: cmatthey@yahoo.co.uk
Surrey, Kent, Sussex and London

Charlie Moloney
Tel: 07901 850 319
Email: charlie@charliemoloney.com
Berkshire, Bucks, Oxfordshire and Surrey. Remote tuition available.

Jane Murphy
Tel: 01614 615810 or 07752 537205
Email: jmurphytraining@aol.com
London, Kent, Essex/Surrey – close to the M25

Marilyn Somers
Tel: 01273 833987
Email: marilyn.somers@virgin.net
Sussex, Surrey and London

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West (including Midlands)

Jeannette Bond
Email: jeannette@bond-tss.co.uk
Gloucestershire and the south-west

Mrs R I Crocombe
Tel: 01295 261638
Email: enquiries@bss.eclipse.co.uk
Oxfordshire, Northamptonshire and Warwickshire

Daphne Little
Tel: 01380 860296
Email: little2000@totalserve.co.uk
Wiltshire and parts of Somerset

Janette McCutcheon
Email: teelineshorthand@gmail.com
Gloucester, Cheltenham, Forest of Dean, Ross on Wye, Monmouthshire and surrounding areas. Also offer online sessions via Zoom anywhere in the UK

Janet Poole
Tel: 07918 701205 or 01782 396525
Email: janetpoole2710@gmail.com
West Midlands, East Midlands, North West

Carol Tookey
Tel: 01386 870551
Email: carol@tookey.net
Evesham, Worcester, Stratford upon Avon, Redditch, Cheltenham, Birmingham, Solihull

Joan Ryder
Tel: 01384 394228 or 07800 596084
Email: joanryder24@btinternet.com
West Midlands, Worcestershire and Shropshire

Central

Mary Boothroyd
Tel: 01572 756097 or 07919 100853
Email: mcboothroyd@btinternet.com
Rutland, Leicestershire – Zoom tutorials also available

Elizabeth Davies
Tel: 01536 771512
Email: edavies@tresham.ac.uk
Leicester area

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Cornwall and Devon

Christine Burns
Tel: 07910 294586
Email: chris.burns12@btinternet.com

South-East Cornwall, South and Mid Devon

Sue Hackett
Tel: 07881 524015
Email: susanehackett@gmail.com
Hampshire, Dorset, Devon, Wiltshire, West Sussex, Online courses available

Fran McElhone
Tel: 07905 125822
Email: franmcelhone@gmail.com
East Devon – may be able to travel, please contact tutor for further details

Sue Norcross
Tel: 01326 573628
Email: sue.norcross@cornwall.ac.uk
West Cornwall – Camborne, Redruth, Penzance, Falmouth and Helston

Scotland

Charles Fletcher
Tel: 07774 405 279
Email: charles@caledoniamedia.scot
Glasgow, Edinburgh, Borders and West of Scotland

Donna MacAllister
Tel: 07818 569037 / 01667 451238
Email: donnamacallister@me.com
Nairn, Inverness and surrounding areas

Claire McCarthy
Tel: 07899 811389
Email: cjmccarthy@hotmail.co.uk
Tayside, Fife, Angus. Online sessions available for all candidates.

Wales

Janette McCutcheon
Tel: 07553 652054
Email: teelineshortland@gmail.com

Gloucester, Cheltenham, Forest of Dean, Ross on Wye, Monmouthshire and surrounding areas. Also offer online sessions via Zoom anywhere in the UK

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South West Wales

Marlene Lewis
Tel: 07871 555092
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South Wales (Pencoed/Bridgend area)

Northern Ireland

Andrew Balfour
Tel: 07817 086006
Email: balfour-a1@ulster.ac.uk/andrewbalfourapril04@hotmail.com
Northern Ireland. Can offer Zoom sessions.