

Last updated August 2026

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 emma.richens@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

Let's Love Teeline Together (LLTT)

Website: <https://www.letsloveteelinetogether.com/>

Email: admin@letsloveteelinetogether.com

This popular free website and 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 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. For those learners preparing to sit an NCTJ shorthand exam, you can also find a succession of lessons focused on exam preparation, in addition to other learning resources.

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.

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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: 07964 342133

Email: ccharles10@aol.com

London and Surrey

Yohannes Lowe

Tel: 07788 660 583

Email: yohanneslowe73@gmail.com

London (all zones). Online sessions also available.

Lizzy Millar

Tel: 07758646186

Email: lizzy@shorthandtraining.co.uk

London zones 1-3 and via online webinar.

Jane Murphy

Tel: 07752 537205

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

Richard Ward

Tel: 020 3561 9770 or 07717 341006

Email: geminis65@sky.com

London

Rosalie Watts

Tel: 07555240280

Email: rosalieswatts@gmail.com

offering lessons online, also including weekends.

Pitman Training London

Tel: 020 7256 6668

Email: shorthand@pitmanlondon.co.uk

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

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

Essex, Herts, Beds and Bucks

Sarah Hocking
Tel: 07540694859
Email: sarahjanehocking@gmail.com
Berkshire, Bucks. Can also offer online tuition via Zoom.

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

Jane Murphy
Tel: 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.

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

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

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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: katereillyjames@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

Susan Pickering
Tel: 07496 710905
Email: susan.pickering6@gmail.com
50 mile radius of Sunderland, including Durham, Tyneside, Teesside, North Yorkshire and Northumberland

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: rosalieswatts@gmail.com
Stoke-on-Trent / Aylesbury and also willing to travel a reasonable distance, offering lessons online, also including weekends.

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
Face to face in north Lincolnshire or offer anywhere online.

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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

Sylvia Bennett

Tel: 01424 222170 or 07774 426946

Email: sylvia.bennett@learnshorthand.co.uk

Sussex and Kent

Nicki Jones

Tel: 07734526655

Email: nicki@jonesukltd.co.uk

East and West Sussex

Ruth Lumley

Tel: 07545 537 681

Email: ruth.lumley@gmail.com

Brighton & Hove, East and West Sussex

Jane Murphy

Tel: 07752 537205

Email: jmurphytraining@aol.com

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

West (including Midlands)

Jeannette Bond

Email: jeannette@bond-tss.co.uk

Gloucestershire and the south-west

Daphne Little

Tel: 01380 860296

Email: little2000@totalserve.co.uk

Wiltshire and parts of Somerset

Carol Tookey

Tel: 07980924930

Email: carol@tookey.net

Evesham, Worcester, Stratford upon Avon, Redditch, Cheltenham, Birmingham, Solihull

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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

Cornwall and Devon

Fran McElhone

Tel: 07905 125822

Email: franmcelhone@gmail.com

East Devon – may be able to travel, please contact tutor for further details

Scotland

Charles Fletcher

Tel: 07774 405 279

Email: charles@caledoniamedia.scot

Glasgow, Edinburgh, Borders and West of Scotland. Online sessions also available

Claire McCarthy

Tel: 07899 811389

Email: cjmccarthy@hotmail.co.uk

Tayside, Fife, Angus. Online sessions available for all candidates.

Janette McCutcheon

Email: teelineshortland@gmail.com

Tel: 07810 564299

Highland and Central Region. Online sessions available.

Rhoda Morrison

Tel: 07712 634 813

Email: rhodafmorrison1@gmail.com

Edinburgh, Glasgow, Central Belt and Borders. Online sessions available.

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Wales

Cheryl Tootill
Tel: 07497 358193

Email: cheryltootill@gmail.com
South West Wales
