Helplines Partnership

Judges 2026

Aisha Butt



Aisha is a public health professional who has worked in the statutory, voluntary, private and health sector for 20 years, all in public facing roles. Aisha has held senior roles in services such as dementia, community development, mental health, brain cancer/tumours, and breast screening. For the last four years, she has worked as a civil servant.

Previous voluntary roles have included Trustee for Age UK Leeds and vice chair for 10 years. She has worked with diverse communities including people with visual impairments, Black and minority ethnic communities, and Holocaust survivors. She created bespoke dementia projects in Leeds for people with South Asian mother younger languages, and coached people with brain cancer and their carers to navigate the journey from diagnosis onwards.

James Hainsworth



James is honoured to be part of the judging panel for the Helpline Awards. Having experienced difficult periods with his own mental health, and having lost friends along the way, he understands how important it is for people to have somewhere to turn and someone to talk to when life feels overwhelming.

He believes there is still too much stigma surrounding mental health, particularly for men, and that far too many people feel they have to struggle in silence. He is passionate about changing this and recognises the vital role helplines play in breaking that silence, offering support and understanding, and sometimes saving lives.

James also has enormous respect for the diverse range of helplines available, supporting people experiencing mental health difficulties, abuse, illness, loneliness and challenges later in life. He recognises that helplines are there for people at all kinds of moments in their lives, providing support that can make an immeasurable difference.

In his professional role as Business Development and Sales Manager at ThinK Wine Group, James works in a very different sector, but people remain at the heart of what he does. Being part of the Helpline Awards means a great deal to him, providing an opportunity to recognise and celebrate the individuals and organisations that support people, whatever they may be going through.