Empowering

Safe

The Happy Mums Foundation



"Being a peer group facilitator has given me skills and hope for the future, knowing my experiences can support others."

Sarah, Group facilitator

Looking after you

We're committed to supporting you every step of the way.

- To start, you'll receive two days of training (three for facilitators) to equip you with the skills you need.
- We also offer regular support chats to check in on your well-being and ensure you have everything you need. Facilitators benefit from 6-weekly group supervision sessions for extra guidance and support.
- Your mental health is our top priority. If you ever need a break or want to step back, we're here to support you.

Apply Now:

www.happymums.org.uk/Volunteering

Contact info@happymums.org.uk or 01228 592301 for an accessible version of the application form



Be a Volunteer

Every mum deserves a moment just for her.
Be the reason she gets one.

www.happymums.org.uk

Peer-Led

Sustainable

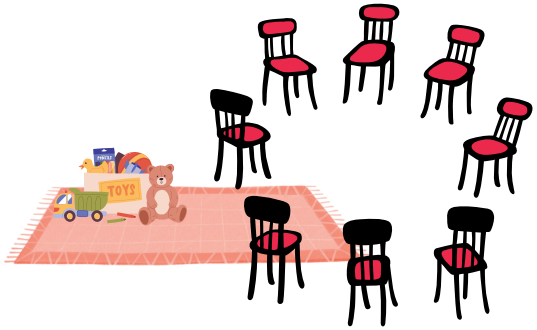
Inclusive

1 in 5

women experience maternal mental health symptoms during pregnancy and motherhood

Could you use your experience with mental health issues to support others?

The Happy Mums Foundation provides vital peer support groups for mums and mums-to-be to have a safe space, across Cumbria and online, to share how they are *really* feeling.



We can't do what we do without our amazing volunteers.



Group Facilitator

Make sure the group meetings run smoothly. Get there early to set things up, introduce yourself to new people, and go over the rules.

Encourage the first person to speak. Use your experience to empathise if needed. If someone needs help, point them in the right direction. Chat with them one-on-one after the meeting if they need to. And finally, help tidy up before you leave!

Group Helper

You'll be the friendly face welcoming everyone to the group. You'll help set up the room, make sure everyone feels comfortable, and play with the kids so mum can speak. You'll also help out with refreshments and keep an eye on things.

Basically, we're looking for someone who's friendly, helpful, and can keep things running smoothly.



Group Welcomer

Imagine walking into a new group and feeling a bit nervous. That's where you come in! You'll be there to meet new members before the group starts, put them at ease, and help them feel welcome. and after the meeting, you can check in to see how they felt about the experience.



Inclusion Champion

As an Inclusion Champion, you'll be a bridge between Happy Mums and your community. You'll help spread the word about our groups, make sure they're accessible to everyone, and work with us to make sure our services meet the needs of mums mums-to-be and those who identify as mums in your community.



Ambassador

Help spread the word about Happy Mums by talking to people, sharing our information, and even sharing your own experiences. You'll also help us improve by giving us feedback, suggesting ideas, and taking part in surveys.

