



# 'Mums On Board'

Bringing mum's together to chat  
and make connections

**H&ME  
START**  
South &  
West Devon

**Mums On Board** is a Zoom group  
for mum's with a child under  
2 years old who are struggling  
with low mood and/or feeling  
isolated.

Each programme consists of  
one Zoom session a week  
over 7 weeks.

The group is an informal, facilitated  
group, bringing mum's together  
to chat and make connections with  
the aim of creating longer-term,  
sustainable networks beyond the  
programme.



**Mums on Board** group  
starting after the Easter Holidays  
**Thursday 25th May at 9.30 am -  
10.30am running for 7 weeks**

"I have been struggling  
with my mental health and  
felt really isolated.  
Mums On Board has given me  
the opportunity to make really  
good friends"



**homestart.shpt@gmail.com**  
**07307 873163**