



# **New** Make a Move Offer

[www.makeamove.org.uk](http://www.makeamove.org.uk)

Make a Move is a small team of movement practitioners and therapists working in partnership with Virgin Care and B&NES to offer a service to mothers with postnatal low mood/anxiety.

**Our new online course is available on Zoom beginning 24th November 2020**

**Mums are invited to join our interactive, therapeutic sessions with other mothers who have babies and small children and feel overwhelmed, stressed and anxious.**

Our courses give mums space for themselves and chance to share their experience with others in a small group. We use movement, mindfulness and other therapeutic techniques.

We recommend that mums can get more from sessions if they are in the group on their own while their child is cared for by someone else.

Mums will then be able to concentrate fully on themselves to find understanding about their situation and some new personal tools for coping.

**Course will run for 8 weeks (please note there will be a break for the holidays between 18<sup>th</sup> December 2020 to 3<sup>rd</sup> January 2021)**

**Tuesday morning 11 am – 12 pm**

**Wednesday morning 11 am – 12 pm**

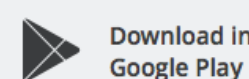
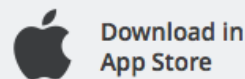
**Wednesday afternoon 2 pm – 3 pm**

**Wednesday evening 8 pm – 9 pm**

**Thursday morning 11 am – 12 pm**



We ask that mums are ready to sign in 15 minutes before the start time. A computer or phone with microphone and camera and access to Zoom is essential (Zoom is an App., available to download on mobile or tablet).



If finding alternative care for their child, or the times we offer are difficult, please still encourage interested mums to get in touch. We will find a way to accommodate them.

**Contact us on our confidential email suitable for referrals:**

**[makeamove@virginicare.co.uk](mailto:makeamove@virginicare.co.uk)**

**Mothers can also contact directly using this email:**

**or call Danielle on 07592103325**

