

Make a Move



Do you work with **Mums**

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 9th March 2021

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 a 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.

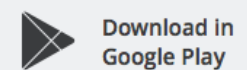
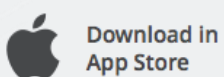
Courses run for 8 weeks

(please note there will be a break for holidays between 6th – 14th April 2021)

Tuesday morning 10:45 am – 12:00 pm
Tuesday afternoon 13:45 pm – 15:00 pm
Wednesday morning 10:45 am – 12:00 pm
Wednesday evening 19:45 pm – 21:00 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@virgincare.co.uk

Mothers can also contact directly using this email:

or call/text Danielle on 07592103325

info@makeamove.org.uk

