Mums on the Move

Mums on the Move was set up by a new mum after she experienced post-natal depression following the birth of her daughter. What began as a small walk with five mums has developed into a thriving community that supports mothers' mental health, reduces isolation and encourages physical activity.

Impact:

The group's main impact has been on reducing isolation and improving wellbeing during maternity leave.

Success factors:

Lived experience: Founder Lauren created the group based on her own experience of post-natal depression and recovery, making it relatable and authentic.

Accessible activity: Walking is free, inclusive and suitable for all fitness levels, making it less intimidating than organised exercise classes.

Welcoming culture: Members consistently describe the group as non-judgemental and supportive.

Varied locations: Regularly changing parks and walking routes keeps the experience fresh, helps families discover new green spaces and improves accessibility for different communities.

Strong communication: Facebook, WhatsApp groups, photos, videos and personal messages help people understand what to expect and reduce anxiety about attending for the first time.

Peer-led support is powerful: Women often found it easier to connect with others experiencing the same life stage rather than accessing more formal support services alone.

Members report that the group has:

- **Helped them feel less alone during a challenging life stage**
- **Improved their mental health by providing social connection, routine and time outdoors**
- **Improved physical health, supporting recovery after childbirth and building fitness gradually**
- **Increased confidence in meeting new people and trying new activities**
- **Created lasting friendships and supportive peer networks**
- **Provided practical advice and emotional support through WhatsApp groups and in-person conversations**
- **Helped women maintain a sense of identity outside of motherhood**





"Five of us went on a walk to the park and I thought if this makes me feel better surely it's going to help other people feel better too and then from there I created Mums on the Move."

"It's been really great to meet other mums that are going through the same hard times, same things that we are. Just to be able to have a good chat and get out in nature."

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