



New name!

'Mellow Mums' is now...
'Mums On Board'

**HOME
START**
South &
West Devon

Although the name has changed,
we are still offering the same
fantastic service!

A Zoom group for mum's with
low mood and/or feeling
isolated with a
child under 2 years old.

Each programme consists
of one session a week
over 8 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.
(This is a rolling programme)



*"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"*

Mums on Board group
starting after the Easter Holidays on
Thursday 20th April at 10.30 am
running for 8 weeks, finishing on
Thursday 8th June

Navy Mums on Board groups
starting in April, June, August &
October in partnership with



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