



**mothers
at home
matter.**



Autumn 2021

STRONGER TOGETHER

Helen Keller, the inspiring American educator and disability rights advocate, once said, 'Alone we can do so little; together we can do so much.' I find this to be true on many levels but particularly so when thinking of Mothers At Home Matter.

The MAHM team consists of a handful of mothers from different walks of life who are all passionate about wanting parents to have true choice when deciding where to care for their children. We are mothers with very young children, teenagers, grown children and even grandchildren.

We squeeze MAHM volunteering into our limited available time. As a mother of four school-aged children and volunteering alongside other mothers with babies and teens, it amazes me how much can be accomplished when together we combine snippets of time between schools runs and playpark visits, nappy changes and bedtimes, inspecting homework and listening to teens. This is not even mentioning all the other things that call for our attention and brain-space!

We'd like to say a big thank you to the few who stepped forward to fill some roles over the course of this year.

However, we still need more hands on deck! What skills do you already have, or would like to develop? Could you volunteer with us? Some mums find volunteer work with us to be an excellent way to keep their existing skills sharp or even learn some new expertise. Do turn to page 11 to see how you could help.


With the website update completed last year we turned our attention to research what

topics are close to the hearts of mothers, with an emphasis on those who want to be at home with their child/ren. On pages 4 and 5 Maria Lyons summarises the initial report of the focus groups which she and Joan Currie ran this year.

'The choice of women to stay at home to care for their children should not be a privilege that only the rich can afford, it should not be seen as an inferior choice or second best. Let's give all women real freedom and real choice over both their work and their family lives,' said Miriam Cates MP in the House of Commons on International Women's Day this year. Miriam is our guest speaker for our annual conference in November. Flip over to the back cover to see how to book your ticket to this online event and discover the other topics we will be discussing.

MAHM is over thirty years old now but member Harriet Rudd has written an introduction to the much older La Leche League, founded in 1956. Her brief account of the breastfeeding support organisation could be very timely for readers who are pregnant or have a small baby.

Our local support groups continue to grow and, for some women, have been the first place where they have ever met another stay-at-home-mother! Open to all mothers, each is headed up by a MAHM member and takes a different shape, reflecting the uniqueness of women who join them. Turn to page 3 to find out how to get involved.

When each of us reaches out—even a little—together we truly can do so much to make our voices heard! 

**Alone we can do
so little; together
we can do so much.**

Helen Keller

**We'd like to say a
big thank you to
those who stepped
forward.**

Philippa Nicholson, Editor

From the Chair



Mother of six boys, **Anne Fennell**, reflects on the way we talk about motherhood and looks ahead to our annual conference in November.

I sit writing my Chair's piece on the eve of the departure of two of my sons to university. Have they got everything they need? Are they prepared? Will they be ok? It seems only yesterday they were playing trains and dinosaurs. Now it's time to let them go out into the world. It is a time of reflection.

As I look back over the years I feel enormously grateful that I have been able to be there for them. In many ways it feels a golden time. This for me is the purpose of MAHM: to help as many mothers as possible have the chance to experience this 'golden time'. It is not always golden and it is indeed full of challenge but yet there is so much happiness, joy and fulfilment in raising children which is so little spoken of.

We do need to be bold, talk about the joys and benefits and spread positive vibes. I am excited to be launching a few new ventures this autumn.

We need to be bold — talk about the joys and benefits.

Tamsin Abiola, MAHM's Salisbury group leader has offered to begin a new Facebook group for inspiration, connection and practical tips and advice on being at home. We will also soon be starting 'Tea Talks with Anna & Ang', two lovely members, who will open up the conversation about staying at home, looking at some of the challenging issues, as well as talking about the joys, interviewing guests and reaching out to more mothers. Watch this space!

With Miriam Cates MP we will be launching the Family Finance Project this Autumn. This campaign will endeavour to change the attitudes towards mothers at home at Westminster and look at what policy alterations are practically possible. Miriam, together with Imogen Sinclair, conducted three video sessions with our members and friends in June. These were successful in giving mothers a forum to speak to an MP about the challenges but also the joys. It also allowed members to share what they felt was needed to change the way stay-at-home mothers are perceived, but also what can be done to help mothers be able to be there for their children. We would really like this project to have cross-party support so if anyone has any willing contacts in other political parties we would love to follow up.

Miriam will be addressing us at our conference on Tuesday 9th November; do come to listen and join the discussion.

Our support groups have grown in strength and we are delighted that Lauren Lewis has come on board to help Becca to manage these. I have also had some interest from India and the States so maybe one day we could be international!

Maria Lyons & Joan Currie have done some fantastic work in setting up focus groups and reporting back with your thoughts and aspirations. We will be reflecting on these over the coming months to see how we can incorporate your views into our campaign and open up MAHM's appeal to a wider audience.

We are a small group of volunteers and we would really welcome more hands on board. Everyone always has something to offer, so please do come forward.

I would really encourage you to come to our conference this year. It is online, easy to access and we would welcome and value your contribution.

I look forward to seeing you there.

Anne

Local Groups



"Meeting other stay-at-home mothers has made me feel more capable and confident that what I'm doing is the right thing."

MAHM Local Group Member

Becca Woolgar, our Local Groups Co-ordinator and Conference organiser, reminds you of how you can become involved with our local groups which are spreading across the UK and enjoying the lifting of COVID restrictions.

Our groups have grown in number over the summer and we now have 16 local support groups, with many more in the pipeline. It's an exciting time for our groups as many are now meeting face to face after many months on Zoom.

Group meetings vary from park trips to soft play, to child-free dinners, to coffee dates and playdates. I'm hugely grateful to Lauren Lewis who is now looking after the groups with me.

For a full list of our current groups please go to mothersathomematter.com/our-community

If you have any questions about our groups or you'd like to find out more about setting one up please email groups@mothersathomematter.com and either Lauren or I will be very happy to help. 🏠

Dear MAHM...

We love to have as much feedback from our members as possible. Here is a selection of what you told us this year, including comment from our focus groups:

"I bought two copies of Untangled having read about it in your newsletter. I lent the other copy to a local couple who are guardians to two teenage girls, one of whom is very troubled — her early years, with her parents, were traumatic. The couple found they could really relate to it and liked the examples the author used [with] useful phrases/explanations to use. Untangled is very useful [to]put things in perspective."

"The pandemic opened my eyes to the value of time with my child."

"I would love to stay home, not have to use nurseries, but I'm not in a financial position being the main breadwinner for my family."

"There is the myth of independence, fear of losing independence. In the modern world, the myth is that nothing else happens when you have kids. Life does fundamentally change regardless of the choice."

"When I first heard about MAHM it sounded so old-fashioned... we considered my husband staying at home, but now I've got two children I feel mothering is really important, [so] representing mothers is really important."

When asked whether MAHM represented their experiences, half responded positively.



During the spring, Maria Lyons headed up focus groups to investigate and here she shares the summary of the report. This information is vital as we shape new campaigns.

Between February and May 2021 Joan Currie and Maria Lyons carried out a series of focus groups with both members and prospective members of Mothers at Home Matter (MAHM). The main purpose of the focus groups was to explore the experiences of mothers who have either chosen to remain at home with their children or who would have made that choice had the option been available to them. The results will be used to inform MAHM support and campaign work going forward. The discussions centred around six core themes:

1. What makes people want to or decide to be a stay-at-home mum?
2. What are the main obstacles to being a stay-at-home mum?
3. What helps people to be a stay-at-home mum?
4. What have been the effects of 'lockdowns' on stay-at-home mums?
5. How well does MAHM reflect the experiences and represent stay-at-home mums?
6. What should MAHM prioritise going forward?

What did we learn?

In a general discussion about what had influenced their desire or decision to be a SAHM, participants identified five main contributing factors:

- Their own childhood experiences and upbringing
- The attitude of their husbands [they all used the term]
- Their actual experiences of giving birth and having children
- Their family and community networks
- Their financial situation.

When asked what they considered to be the main obstacles to being a SAHM, five key themes emerged from the discussion:

- A lack of value placed by society on motherhood and child-rearing
- The difficulties of returning to work after a career break
- A lack of support networks and/or family and social pressure to return to work
- A feminist perspective which promotes 'work' over 'choice'
- Finance and financial vulnerability.

When those who had been able to remain at home with their children were asked what had enabled them to do so, the main responses were:

- Having a supportive husband (dual-parent household)
- Financial security
- The possibility of returning to work
- Long-term financial planning
- Confidence provided by information and (on and offline) support networks.

The impact of lockdown

Asked about the impact of lockdown on them personally, participants spoke of both positive and negative experiences. On the positive side they mentioned:

- Increased awareness of the value of spending time with their children
- Not having to send children to nursery
- Being more in touch with their children's learning
- Developing local connections
- Getting back to nature.

On the negative side, participants mentioned:

- Social isolation and a lack of support
- A lack of structure and routine
- Not enough activities for the children
- A lack of physical space
- Mental health challenges resulting from all of the above.

In terms of the more general impacts of lockdown and any shift in public attitudes toward parenting, responses were also mixed. The potential benefits mentioned were:

- A greater recognition of what mothers do and the amount of work involved in raising children
- Better understanding on the part of employers and greater flexibility in working hours
- A reduction in time and travel-related stress as a result of virtual meetings and home working.

On the negative side, participants suggested lockdowns have:

- Misrepresented what it is really like to be a SAHM
- Re-enforced the narrative which presents children only as a 'burden' or 'pressure'
- Disproportionately affected women
- Limited access to vital support services for children and families in need.

How is MAHM doing?

When asked whether they felt that MAHM represented their experiences, approximately half of the participants responded positively, two responded negatively, and the remainder stated they did not know enough about MAHM to respond. In reflecting on what MAHM does well participants referred to:


- The encouragement they received from knowing they are not alone
- Facilitating connections with like-minded mothers
- Campaign work around taxation and greater choice.

In relation to where MAHM does less well, participants suggested that MAHM:

- Appears to represent a narrow demographic/class of mothers
- Does not reflect the realities of life for families at the lower end of the income scale.

When asked what they thought MAHM should focus on going forward, responses included suggestions in four main areas:

- Challenging and changing dominant narratives around motherhood, work and childcare
- Campaign and policy work
- Broadening the appeal and reach of MAHM
- Resources and support that could be made available.

Thank you to all of the participants in these focus group sessions. We greatly appreciate the time taken to take part and give your responses. The full report will be available soon on our website. 



La Leche League

La Leche League leader (breastfeeding counsellor) and MAHM member, **Harriet Rudd**, introduces us to an organisation that has support for baby and mother at its heart.



La Leche League offers skilled breastfeeding support and information for all ages and stages, from pregnancy to weaning. Many mothers have heard of La Leche League (LLL). Some have benefited from their support and others may not be entirely sure of what they do. Both LLL and Mothers At Home Matter appreciate the mother's presence as vital for the wellbeing of their children and recognise that mothering is intense physical and emotional labour, which deserves support at every level. In my opinion, the two organisations have one great thing in common: valuing mothers and their role within the family and wider society.

I had known about La Leche League with my first two sons, but a combination of nervousness about picking up the phone and a feeling that I needed to prove I could manage on my own meant that I did not get in touch.

When I had problems breastfeeding my third child I finally cracked! I got such a warm welcome. LLL was

a source of compassionate, unjudgemental support. LLL was there to soothe my frayed nerves and to understand the value of what I was doing with all the emotional upheavals of early motherhood.

History

La Leche League was founded in 1956 by a group of seven friends who had noticed when they were breastfeeding their babies, that other mothers expressed interest. So they started running meetings with the affiliation of two doctors, who were able to help when medical information was needed.

La Leche League, which started as a grassroots organisation, began to challenge the medical establishment on breastfeeding, enabling women to feel more confident about their own judgement.

Now, 65 years later, many of the LLL recommendations have become normal practice within medical establishments, such as skin-to-skin contact and feeding within the first hour after birth.

La Leche League International (LLL) is recognised by UNICEF and the World Health Organisation (WHO) as a world expert in the field of breastfeeding. There are over 5,000 La Leche League leaders worldwide in over 80 countries and on every continent except Antarctica. LLL groups all provide mother to mother breastfeeding support.

Philosophy

La Leche League is a philosophy-based organisation. This philosophy revolves around ten concepts. Here are three of my favourites:

'In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.'

This concept acknowledges the intense attachment needs of babies who are hard-wired in their DNA to be cared for by their mother (or primary care giver) in the early years.

Raising babies in a culture which prizes independence over interdependence, can leave mothers and families feeling torn between following their instincts (what they feel is best for their child) and conforming with cultural expectations.

In this atmosphere where early separation of mother and baby is encouraged (for political and economic reasons) and is seen as normal or even good for the child, LLL philosophy recognises the distress that separation can cause to both mother and child when they are not yet ready for it. This distress can have a



lifelong impact on the child's mental health and also on the mother — child relationship.

'Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.'

This concept recognises that breastfeeding is not just a means of delivering food to a baby; it is also a relationship and a mothering tool. It can be as useful for calming an over-stimulated toddler, as for feeding a hungry baby.

In our culture there are many barriers to breastfeeding, such as the sexualisation of breasts and the shaming of feeding in public. Women are told that 'breast is best' (when in fact it is just normal for our species), yet they are not supported to breastfeed.

If breastfeeding fails, they blame themselves, when in fact it is a society-wide and governmental responsibility. This is why Unicef Baby Friendly Initiative has launched the campaign to 'Change the Conversation around breastfeeding' in the UK. Watch their call to action video here: [unicef.org.uk/babyfriendly/about/call-to-action](https://www.unicef.org.uk/babyfriendly/about/call-to-action)

'Human milk is the natural food for babies, uniquely meeting their changing needs.'

The amazing properties of human milk include hormones, growth factors, stem cells, living immunity, brain developing enzymes, as well as its anti-inflammatory and anti-bacterial qualities. (For more information, watch the Human Milk advert: [youtube.com/watch?v=2adriKweZTE](https://www.youtube.com/watch?v=2adriKweZTE)).

Yet, despite this knowledge, many health professionals have little training on breastfeeding (maybe just a few hours or days out of a whole degree course). This includes GPs, paediatricians and midwives.

This lack of training can send a message to mothers that breastfeeding is not valued and it doesn't equip health professionals to provide breastfeeding support adequately.

La Leche League GB today

Leaders are all volunteers who have breastfed or are breastfeeding their children and who have gone through an accreditation process focused on breastfeeding support and counselling skills.

We currently have 234 volunteer leaders nationwide. LLL is not a pressure group. We support mothers who want to breastfeed. LLL aims to meet each family where they are on their journey, whether they want to breastfeed for three weeks, three months or three years.

We host breastfeeding support meetings virtually and in person. We provide parents with evidence-based information, creating a space where breastfeeding is the norm.

The La Leche League GB website (laleche.org.uk) has Breastfeeding Information sheets on every topic from 'Adjusting to Motherhood' to 'Is My Baby Getting enough Milk?'

I hope this introduction to LLL has shed some light on the charity, its background and the work leaders do. Maybe one day our societal structures will be centred on the practical and emotional needs of parents and their children, so that they feel supported and cherished in their choices at every stage. 🏡

For more information visit laleche.org.uk or find them on:

Facebook [@breastfeedinglllgb](https://www.facebook.com/breastfeedinglllgb) and Instagram [@lalecheleague_gb](https://www.instagram.com/lalecheleague_gb)



La Leche League GB

Mental Health Support for New Mums



Our Mental Health representative, **Emily Tredget**, worries that new mothers are not getting the mental health support they may need. While juggling Covid-schooling and Happity work, she still found time to help support MAHM with tip-top mental health advice.

Where are our mental health checks for new mums?

Did you know that six weeks into motherhood, new mums should receive a mental health check? At the end of your six-week perinatal visit, your midwife should check on you as well as the baby. Well, there's a high chance that you are a young mother who was hastily questioned in a fluster towards the end of a visitation, or simply not asked at all. If you are a new mum struggling emotionally and/or mentally how can you seek out the help that you need?

The announcement of mental health checks for new mums

According to NHS UK, 1 in 10 mums suffers from PND. This figure is likely higher following the pandemic too, but this issue was being addressed in the past.

In 2018, the NHS introduced a brilliantly progressive

introduction to mental health checks for new mums. The idea being that six weeks after you have had your baby, your midwife should take time to check on your mental and emotional well-being.

This is a super important step forward in trying to tackle PND. The sooner that PND is diagnosed, the sooner it can be treated! If someone can pick up on signs of PND at six weeks, then support and help can be put in place quickly.

What's happened to the mental health checks for new mums?

Unfortunately, mental health checks have taken a dip from how highly they were prioritised on the agenda. Warning: here comes the numbers bit!

A high percentage of new mothers (85% — according to an NCT survey released April of 2021 — up 45% from 2019) say the focus on appointments has been mostly on their babies and 60% said their check has been rushed at the end of their visit. And 25% of parents said that they were not being asked about their mental health at all. This led to a lot of young parents feeling rejected, ignored, and placed on a back-burner, where they are potentially left!

What's the response?

The issue has clearly become an intimidatingly big issue through the duration of Coronavirus. But, thankfully, it is not under the radar of the government and the NHS. Following these results, the NHS responded by saying they would start opening "Mental Health Hubs" for new, expectant and bereaved mothers.

This is a long term plan, stating 'ten sites will be up and running within months' and 'every area will have one by April 2024'. As well as offering 'psychological therapies' these hubs will provide appropriate training for maternity staff and midwives. But what about those currently suffering? Some mothers don't have the vocabulary or the emotional maturity to explain their feelings. Often they show you their feelings through their behaviour.

How do I ensure I get a mental health check as a new mum?

If you are in a strong enough mindset, then it would seem that the answer is to just push. These checks are important and if you think you have it in you to fight for it either contact your GP or tell your midwife that you need it to be made more of a priority. And if it doesn't happen immediately, keep pushing!

But, not everyone always feels capable or able to push when in that grey-cloud headspace. Happity has a blog on 'How to manage anxiety— 5 top tips' if you are severely suffering. These are a good short-term relief if you feel at the end of your tether.

If you feel like you might know someone who understands what you're going through, it's a good idea to reach out to them! Whether they're parents themselves or you know they potentially suffer from mental health issues. It's very likely they will make for a good shoulder to lean on.

However, if what you're feeling is quite severe, we have some more information on support for PND on our PND support page (search Happity PND support). There are some brilliant charities that you can call (PANDAS and MumsAid just to list a couple). They specialise in

Things mums with PND wish you knew



It's an illness NOT a weakness



That we can look fine but not be coping



Sometimes it's more about feeling anxious than feeling down



That it makes us feel very lonely



We might turn down invites but please don't stop asking



That it can happen sometime after birth



Needing medication does not mean you're a failure



That it's OK to not be OK



That it IS recoverable



specifically helping parents suffering mentally. If you feel that you might be in danger, your best option will be to call 999 or call the Samaritans.

Regardless of how it may feel at times, there are people out there willing to listen. There are people who know how to help. Please, reach out to someone, because it can get better.

Stay safe.

A Happity update

Thank you to everyone who has been supporting Happity throughout the pandemic. We've had highs — being nominated for a parliamentary award for our work, and lows — seeing many providers go out of business. But it's been such a privilege to help so many new, and not-so-new mums, to beat loneliness, and we're not going anywhere!

Happity is being integrated into a "digital red book" app, taking on more Government Kickstarters (giving young people great experience whilst supporting our mission to end loneliness in new mums), and fundraising! If you, or anyone you know might like to invest in a socially motivated venture as an EIS Angel Investor please email on emily@happity.co.uk.

Mothers Matter

Mothers At Home Matter member, **Claire Paye**, updates us on her podcast: *Mothers Matter*. Claire was on our committee for many years — including roles as editor and media representative — and she covers a wide range of topics on the podcast. Look out for her upcoming episode this autumn with Erica Komisar.



definition is becoming ever more complicated as more of us work from home, or have school age children who we can work around because we can work from home!





It's interesting to see which podcasts are the most downloaded. By far and away the most popular podcast I've released is on divorce — almost twice as many downloads as the next one. I have just released a podcast on marriage to try to balance the divorce one. Guilt is the second most popular, recorded with Erica Komisar, a psychoanalyst with huge expertise in helping mothers to prioritise their children and manage their emotions when they can't.

Erica will record a third podcast with me (Mothers and Anxiety was her second) in October on teenagers, to coincide with the release of her new book called 'Chicken Little the Sky isn't Falling'. As the mother of teenagers, I can't wait to speak to her about them.

The podcast I'm most proud of is on secondary infertility. It was exceedingly difficult to find a guest for this. Interestingly, there are a great deal of anonymous posts on Instagram about trying for a second, or subsequent, child, but no one was willing to speak to me about it, even anonymously. Eventually someone replied to a post I put on an infertility group on Facebook and was willing to speak for the very reason I wanted to do the topic, because it is a significant, yet largely unseen and unspoken-about topic in the lives of very many mothers.

My aim is always to help mothers feel valued, affirmed and supported. Please feel free to message me on mothersmatter@outlook.com if you have any suggestions for guests or any feedback, particularly if it is good! I'd love to hear from you. I'm also on Facebook and Instagram as @PodcastMothers if you'd like to follow me (see links below). I post whenever I release an episode. Or you can WhatsApp or call me on 07972 727544.

Feel free to suggest topics or guests, or just share any insights you have on being a mother. As I record online now, you don't need to be local. Thank you to everyone who listens to the podcasts, and to Mothers at Home Matter for your ongoing support and help with spreading the word. 📍

-  <http://mothersmatter.libsyn.com>
-  <https://www.instagram.com/mothersmatterpodcast>
-  <https://twitter.com/PodcastMothers>
-  <https://www.facebook.com/mothersmatterpodcast>

How can YOU get involved?



Hello from the Mothers Matter podcast world, thank you to MAHM for giving me a spot in the newsletter. Having used the age-old technique of not thinking things through too deeply, but just launching into my first podcast nearly two years ago, the Mothers Matter podcast is still going and growing, which is due to my wonderful guests who all give their time and expertise for free. I've covered attachment parenting, benefits (largely Universal Credit), the home, dogs, joy and several other topics. I have listeners in India, the United States, Iceland and Saudi Arabia!

The professional podcasters always ask for ratings and reviews so that more people find them. I've stopped doing this because for some reason no reviews are showing up for my podcast since December 2019 and I'd rather save you the time. They also manage to get adverts (and, presumably, fund their podcasts through them).

On the one hand I don't have time to 'monetise' the podcast. On the other hand, I'm nervous about having anyone else direct the topics I'm covering in case I have to water down the (subtle) focus on available mothers (my name for what has been known as 'stay-at-home-mothers'— mothers who put looking after their children themselves ahead of paid work). This

The fact that you're reading this newsletter and likely to be one of our valued members is a great start to helping Mothers At Home Matter spread our reach to more mothers and policy makers. But have you ever thought about joining our committee in a voluntary role?

Our committee meets monthly for an hour or so via Zoom — we were ahead of the curve and 'meeting' like this before Zoom was a popular virtual meeting platform! We are all mothers in different stages of life with many things to juggle, so are always happy to have as much help as you feel able to offer.

Current roles on the committee that really need filling include:

Email Bulletin Administrator

We are looking for someone who can send out our regular email bulletins. These are usually every few months, using a programme called MailChimp which is straightforward to use. We'd give you all the information about how to use it and send the bulletins out.

This isn't a big volunteer role but it would make a huge difference to have someone volunteer to help us with it.

MAHM Representative/s at meetings

We like to have representatives at conferences and meetings that overlap or could be influenced by our aims and objectives. It reminds policy makers and others that we exist, while raising the profile of mothers who want the choice to care full time for their children. You don't have to be a member of the committee for this role — just some time to show up and maybe ask a question on behalf of MAHM. We obviously cover expenses and, with the majority of meetings now being online, this role has never been easier.

Please contact Anne, or any other committee member, if you feel able to volunteer with us. We look forward to hearing from you!

Other ways you can help include: retweeting or sharing our posts on social media; mentioning us in conversations with other mothers and encouraging them to join as members; mothers willing to talk to camera about what they feel is needed for change so that we can use your voice on media channels; and, writing to your MP — our Campaign Resource page is under development, so that we can make this as easy as possible. 📍

MAHM Annual Conference 2021



— A Voice for Choice —

Mothers who want to spend more time with their children should be empowered to do so.

Tuesday 9th November, Online, via Zoom, 9:50 am - 2:40 pm

£5 members, £10 non-members

Book at mothersathomematter.com/events/conference21

Come and join us for our annual conference on Zoom. Be inspired by this year's keynote speaker Miriam Cates MP, and hear all about the campaigning and support activities of Mothers at Home Matter. All are welcome!

Join us on Zoom for the morning from 9:50am to 12:15pm where we'll hear from our main speaker. We'll have a short break for lunch and then offer a choice of seminars in the afternoon from 1pm to 2:40pm.

'Motherhood is valuable, honourable and a deep responsibility - it is a privilege... We need to recognise that mothers who invest time in their children are doing a great service to society.'

A cry in the wilderness or the start of a quiet revolution? Miriam Cates MP, almost alone in Parliament and against a backdrop of cries for ever increasing subsidised childcare driving mothers back into the paid workforce, champions the choice for mothers to be able to care for their children at home.

Politics, it is said, is the art of the possible. Miriam will address Mothers at Home Matter on what is possible to achieve at Westminster; how we can change the nature of the debate and effect real change both economically and socially. Miriam, a mother of three, was herself a stay-at-home mother until entering Parliament as MP for Penistone & Stocksbridge at 2019 election. She sits on the Parliament

Advisory Board for Early Years Healthy Development Review and recognises the increasing evidence that a child's earliest experiences are a significant factor in determining how happy and healthy they will be as adults.

- 9.50 Event opens
- 10.00 Welcome from our Chair
- 10.15 Main Speaker: Miriam Cates MP
- 10.50 Questions
- 11.10 All about MAHM & the AGM
- 12.25 Lunch
- 13.00 Afternoon seminars:
 - Your Voice: The focus group response
 - Developing skills whilst raising the next generation
- 13.45
 - Family policy: What can we change?
 - MAHM support networks nationwide
- 14.25 Close



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Subs Renewal

If you've already organised payment of this year's membership subscription, or have joined in the last six months, please ignore the request for membership renewal.

However, if you're a long-standing member, please don't forget to increase your Standing Order at your bank to £12.50 for single members or £15 for couple membership.

If you have changed your address or email, please let us know. If you would like to set up a Standing Order, or need any additional information about membership payment, please contact pj.dudley@btinternet.com

OUR PO BOX IS NO LONGER USED.

Alternatively, you can [pay online](#) using Paypal.

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