



**Be a
Volunteer**

*Every mum deserves a moment just for her.
Be the reason she gets one.*

Are you a mum with lived experience
of mental health challenges?

Join The Happy Mums Foundation to support peer-led support groups
across Cumbria. Whether you're passionate about facilitating meaningful
discussions or helping behind the scenes, we have a role for you!



Group Facilitator

Lead sessions by setting up the space,
guiding discussions, and ensuring
every mum feels heard.

Manage session flow, share your experiences when
appropriate, and help signpost additional support.

Group Helper

Set up, serve refreshments, and support mothers
by engaging with their little ones during sessions.

Help create a warm, welcoming
space for everyone to share their
experiences.



Time Commitment: Minimum 20 hours per year
(flexible scheduling options available)
8-12 hours training

**Training
& Support:** Comprehensive volunteer induction
Online, completable at own pace
Ongoing well-being support
Travel expense reimbursement

Brampton: Thursdays, 9:45–11:15 am

Carlisle: Tuesdays & Fridays, 9:15–10:45 am

Cockermouth: Wednesdays, 12:45–2:15 pm

Maryport: Fridays, 12:45–2:15 pm

Online: Mondays, 9:45–11:15am & 7:15–8:45 pm

Penrith: Tuesdays, 12:45–2:15 pm

Workington: Fridays, 10:15 to 11:45 am

Ready to empower and be empowered?

Apply now at happymums.org.uk/volunteering