

Mamas Matter

Community Impact Report

Your reasons to become a

MAMAS MATTERS LOCAL BUSINESS HERO

WHAT IS MAMAS MATTER?

We are a non-profit Community Interest Company supporting maternal mental health in the Harrogate & Ripon district.

We help mums look after their mental health and wellbeing by providing free, funded access to activities that are clinically proven to support positive mental health postnatally and beyond. We offer mindfulness courses, movement classes and peer support groups.

WHY MATERNAL MENTAL HEALTH NEEDS SUPPORT?

20% of all mums experience mental health problems after birth and beyond.

That's around **348*** mums every year in the local area.

*based on average of 1740 births per year at HDH

Maternal mental illness can be **high risk**; suicide remains the **leading cause of maternal death** in the UK between six weeks and one year after pregnancy. This is not just the "baby blues".

HOW WE HELP - THE STATS

154! sessions annually across Ripon & Harrogate

MINDFULNESS

supporting at least **72** mums per year **100%** would recommend our support

currently supporting at least **30** individual mums per week

MOVEMENT

MAMAS MOVE supported 35 mums in 2024, 55 in 2025, on track to support 80 mums in 2026. **128%** increase

total of **68** sessions per year

MEET-UPS

up to **220** drop in contacts per year

increased to **22** sessions per year

WHAT WE NEED FROM LOCAL BUSINESS HEROES:

We're looking for local businesses to help us keep our doors open and our sessions free. Demand for places has increased massively and we need your help to ensure no mum in the Harrogate & Ripon District has to struggle alone.

By choosing to be a Supporter, Champion, or Super Hero, your annual donation directly funds our **154 yearly sessions**. It's a simple way for your business to provide a vital lifeline to the **30 mums who rely on us every single week**.

TIER	ANNUAL DONATION	WHAT YOU GET
Supporter	£150	Your logo on our website and digital badge for you to display.
Champion	£300	Includes "Supporter" perks plus a dedicated "Thank You" social media post.
SUPERHERO!	£600	Includes all previous perks plus quarterly social media spotlights.

Ready to be a LOCAL BUSINESS HERO? Email Jo McGregor at joemamasmatter.co.uk to get started.