

Tea

with the

Changemakers



Shownotes.

Kate Valentine

Singing Mamas, Founder and CEO



This week on the podcast, Kelly's speaking with Kate Valentine, founder and CEO of the national non-profit, Singing Mamas. Bringing together 120 community leaders, the song sharing network was founded to tackle the alarming statistic that suicide is the leading cause of death for women, both during pregnancy and in the year after giving birth.

It is scientifically proven that singing together acts as a natural anti-depressant and is proven to improve health and wellbeing, and through their online and in-person classes Singing Mamas can support mothers and their little ones. Singing Mamas is so effective and successful in supporting maternal mental wellbeing that it is now available on prescription!

The Singing Mamas approach utilises the NHS's 5 steps to well-being, which means that participating mothers will feel more connected to each other and their baby all while stimulating cognitive function.

If you are struggling or know someone who would benefit from Singing Mamas then make sure to visit Kate's website, where you'll find a whole host of resources!.

Episode talking points...

04:09 - "There is an appetite for this" - Kate

06:07 - The importance of local leaders.

12:04 - "Suicide is the leading cause of death for women during pregnancy, and one year after birth." Kelly

16:58 - "Everybody can sing" Kate

20:14 - Singing Mamas is available on prescription!

25:09 - One of Kate's favourite success stories.

Visit Singing Mamas to find out more about the power of collective singing!

www.singingmamaschoir.com



Episode 11, Kate Valentine, Singing Mamas Founder and CEO, 12/07/2022.