



## What to Expect

Welcome! It can feel a bit full-on turning up to a group for the first time, so hopefully this'll tell you what to expect from our Singing Mamas community.

At all groups are women and mothers, some bring their young ones and some mums have kids at school. We have women of ALL ages, stages and life phases. Singers, non-singers and shy-singers completely welcome!



Kate Valentine set up the Singing Mamas in 2011. Quite by accident! and learned

song-sharing on the job. The feedback from mamas to continue was what kept Kate going and balancing running Singing Mamas with her work in the NHS as a nurse.

Years later, Singing Mamas has become a national non-profit movement for which supports women across the UK to build song sharing communities that improve wellbeing. That means that as well as the group being a lovely thing for you and your little one(s), the profits we make (after costs have been covered) are donated to a great cause.

Each person pays a weekly amount that suits their financial situation, or a monthly subscription of £22 which guarantees you a place at any Singing Mamas or We Have Voices group. We also have a limited number of bursary places for women who are struggling financially.

(See separate info on payment)

### Where and when we meet

Our Singing Mamas group meets at the village hall in Wick St Lawrence  
**10 - 11.30am.**

The address is Wick Road, Wick St Lawrence, BS22 7YL



There is lots of designated parking for the village hall.

The doors will be left open so you can let yourself in and there's a step-free side door access and room in the hall where you can leave prams. We sit on chairs in a circle with a mat for babies in the middle and toddlers. Older children can set up a table to have their own activities if they choose.

### What we do

#### **Check-in:**

The warm-up is more of a chance to pause, feel your feet and reconnect with yourself. We do this through either very simple singing, or a game or a light-touch meditation/ mindfulness exercise. You can join in any aspect you want to, it's all invitations. This helps the group get focused as a circle and helps the little ones settle into a feeling of being held.

**Singing:** We sing in order to lift our spirits and connect with one another, and there is no expectation that we should sound a certain way. No-one will ever be asked to sing on their own, we will always sing together so our voices blend and no-one feels uncomfortable. We learn our songs by ear, which means there's no sheet music or even words written down. Morven will sing a line of a song and everyone will echo it back. If you're not musical or think you will sing out of tune that's ok. It's just about enjoying it.

#### **Tea and cake:**

Essential! For half an hour after singing you're welcome to hang about, chat, drink tea and eat cake. You can also help yourself throughout the session too. Gluten-free and vegan catered for.



### Whatsapp group

[If you wish to join the Singing Mamas Wick St Lawrence WhatsApp group - click here.](#) It's not a chatty group - but a good place to drop a message if you are running late or if you can't make and need to swap to a different group. It's a lovely way for us to know if you're away for a week -we will miss you - and to remember you :)

### Covid Safety

Covid is relevant to some people and not relevant to others. We hold this balance within our groups by asking the following:

- You should not attend if you or anyone in your household is symptomatic and testing positive for Covid
- You should clean your hands on entering and exiting the group
- Windows will be open and the space will be ventilated
- All mats and toys used communally will be cleaned at the end of each group

### Other Safety Guidelines

As well as the Covid safety measures we have, we also ask everyone to do the following things too:

- All hot drinks will be kept either cooled with water or milk or kept in cups with lids on to avoid the risk of scalding.

- You will not share photos of other people's children on social media without their parents consent
- No toys with small parts that present choking hazards should be brought to the group
- If you bring extra snacks or drinks for your child please supervise them to make sure they are not shared (other children may have allergies etc).
- You should not attend if you or your child has had sickness or diarrhoea in the last 24hrs.

### Managing Children

Whilst you're at the group your baby might cry and your toddler might shout or scream, and that is fine. Everyone understands. It's also likely that older children will take toys from one another, and that's fine too. We tend to let them work out this for themselves wherever we can, and only intervene if they get physical with pushing, pulling, hitting one another. Learning to manage relationships and disappointment is great for their development, and not having to referee every 5 minutes is great for our energy levels!

Often the toddlers are intrigued by the small babies and will approach the mat where they are lying with their mum. Sometimes it feels lovely to see your baby meeting an older child, and other times it becomes too stressful to have a bigger child near your baby. Because the adults can't always move around the space as freely, we ask that mums of small babies simply alert the mum of the toddler if they would like them to be moved away.

*Don't worry about remembering all of this, Morven will be there to remind you of the safety stuff and answer any questions you have. In the mean- time, if there's anything else you'd like to know, then just ping Morven a*

*message on 07938889028. See you soon*

