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emailing us at
hello@becomingmums.com

CREATIVITY CARE AND MENTAL HEALTH

WHAT ARE WE GOING TO DO ABOUT MATERNAL MENTAL HEALTH?

Whether you work in health, maternity services, mental health, social care, family support, community work, the arts or somewhere else entirely, come and join the conversation. Bring what you know, what you're wrestling with, what you've tried, and what you'd love to change.

Becoming Mums, in partnership with the University of Reading and Arts Council England, are bringing together people from across the UK who work with women*, children and families to talk about the arts, creativity and mental health. We want to identify gaps, share learning, and explore how collaboration and creativity can create more connected, person-centred support.

This is an Open Space event, which means there is no pre-set programme; YOU bring the questions, experiences, ideas and stories that matter to you, and together we create the agenda. This meeting is the start of an annual programme of cross-sector discussion and community building, meeting the needs of the sector to improve outcomes for women*, children and families.



Thursday 5th
Nov 2026



9.30am - 2.30pm.
Lunch provided,
please book a place



University of Reading
London Road Campus



The campus is
fully wheelchair
accessible. Please
share your access
needs when
booking

*When we use the term "mum" or "women", we refer to anyone who identifies as a mother, or as a woman or non-binary parent, whether through pregnancy, birth, adoption, fostering, kinship care, or as a co-mother.



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**Becoming
mums**
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