



Forward Programme

FIRST COHORT WELCOME PACK

By The Motherhood Group

Powered by Mumbrate

In collaboration with  Black Professionals
Network

Funded by Maudsley Charity • Supported by Leigh Day

July – December 2026 | First cohort: up to 30 mothers

POWERED BY



IN COLLABORATION WITH:



FUNDED BY:

**Maudsley
Charity**

SUPPORTED BY:

LEIGH DAY

Welcome to the First Mum Forward Cohort

Congratulations and welcome. You are part of the first cohort of the Mum Forward Programme: a five-month wellbeing, peer-support and professional mentoring programme created by The Motherhood Group and powered by Mumbrite.

The programme supports mothers navigating pregnancy, postpartum, maternity leave, returning to work, self-employment, freelancing, career development and new personal or professional beginnings. It connects maternal mental health and emotional wellbeing with practical support for confidence, work, identity and future plans.

What You Can Expect

- Psychological wellbeing support around identity, anxiety, overwhelm, guilt, boundaries and recovery.
- Peer support, honest conversation and community with other mothers.
- Three professional mentoring sessions with Vodafone Black Professionals Network.
- Support with confidence, self-advocacy, personal branding and communicating your achievements.
- Practical job-search, CV, interview, networking and transferable-skills guidance.
- An educational rights and advocacy session with Leigh Day.
- Opportunities to share your work, business, ideas and aspirations.
- An in-person Lunch & Learn at Vodafone's Paddington office in London.
- Ongoing programme access and cohort connection through Mumbrite.
- A final celebration, reflection and next-steps session.

The Three Programme Strands

1. Psychological Wellbeing

Led by Daniella Doon-Joseph, Psychotherapist at The Motherhood Group. Guided sessions explore emotional wellbeing, identity, anxiety, overwhelm, coping tools, boundaries and recovery.

2. Peer Support & Community

Led by Sandra Igwe MBE and members of The Motherhood Group Mums Advisory Board. These sessions centre lived experience, encouragement, reflection, networking and practical community support. Leigh Day contributes a specialist rights and advocacy session within this strand.

3. Professional Mentoring

Led by Taylor Mirkarimi, Group Diversity & Inclusion Lead and Chair of the Black Professionals Network, Vodafone with Vodafone colleagues. The mentoring journey covers Finding Your Voice, Define What You're Known For and Optimising Your Job Search.

Your Programme Calendar

Please protect these dates now. Virtual sessions are a maximum of one hour. The Vodafone Lunch & Learn is the only two-hour core session.

Tue 28 Jul | 7–8pm

Welcome to Mum Forward

Lead: Sandra Igwe MBE

Tue 11 Aug | 7–8pm

Motherhood, Identity & Wellbeing / My Story, My Support System

Lead: Daniella Doon-Joseph + Sandra Igwe MBE + Mums Advisory Board

Tue 25 Aug | 12–1pm

Finding Your Voice

Lead: Vodafone Black Professionals Network

Tue 15 Sep | 7–8pm

Managing Overwhelm, Guilt & Anxiety

Lead: Daniella Doon-Joseph

21–27 Sep

Black Maternal Mental Health Week — no core Mum Forward session

Lead: The Motherhood Group

Tue 29 Sep | 7–8pm

Knowing Your Rights During Pregnancy and Motherhood

Lead: Leigh Day

Mon 12 Oct | 12–2pm

Define What You're Known For — In-person Lunch & Learn, Vodafone Paddington

Lead: Vodafone Black Professionals Network

Tue 27 Oct | 7–8pm

Reflection Circle

Lead: Sandra Igwe MBE + Mums Advisory Board

Tue 10 Nov | 7–8pm

Boundaries & Protecting Your Wellbeing

Lead: Daniella Doon-Joseph

Tue 24 Nov | 7–8pm

Rest, Recovery & Moving Forward

Lead: Mums Advisory Board

Tue 1 Dec | 12–1pm

Optimising Your Job Search

Lead: Vodafone Black Professionals Network

Tue 8 Dec | 7–8pm

Looking Ahead

Lead: Sandra Igwe MBE + Mums Advisory Board

Tue 15 Dec | 7–8pm

Celebration & Programme Close

Lead: Sandra Igwe MBE

Vodafone Professional Mentoring Journey

1. Finding Your Voice – 25 August

A confidence-focused session beginning with how participants currently feel about themselves and their careers, particularly when motherhood or life has not gone to plan.

- Talking confidently about achievements and developing self-advocacy.
- Finding your community and sharing challenges.
- Stepping outside your comfort zone.
- Setting realistic goals that create momentum.
- Staying authentic rather than conforming to expectations of parenting and working.

2. Define What You're Known For – 12 October

An in-person personal-branding Lunch & Learn at Vodafone Paddington. The session focuses on articulating your unique strengths, value and contributions, increasing visibility, building a clear professional identity, and using networks, communities, LinkedIn and technology to build an authentic personal brand.

Location: Vodafone Paddington Office, London

Time: 12:00–2:00pm

Format: Interactive Lunch & Learn

Expected attendance: approximately 40–50 participants

3. Optimising Your Job Search – 1 December

A practical session sharing current job-market insights and supporting mothers returning from parental leave or seeking a new opportunity.

- Understanding what employers are looking for.
- Building strong and authentic STAR interview examples.
- CV writing, interviewing and networking.
- A transferable-skills exercise to reframe experience for new roles, industries or career paths.

Leigh Day: Knowing Your Rights

This educational session will cover maternity-care rights, informed consent, workplace rights, self-advocacy, medical-negligence awareness and where to seek appropriate support. It provides general educational information rather than individual legal advice.

Getting Set Up on Mumbrite

Mumbrite is the digital home of the Mum Forward Programme. Virtual sessions, programme updates and cohort connection will be managed through the platform.

- Download Mumbrite from the Apple App Store or Google Play Store, or visit mumbrite.com.
- Create your Mumbrite profile.
- Upload a clear profile photograph so cohort members and facilitators can recognise you.
- Complete your basic profile information.
- Look for the Mum Forward sessions as they appear on the platform.
- Open each session and click Book In.
- Add each booked session to your personal calendar where the option is available.
- Return to Mumbrite for session access, reminders and cohort updates.

Before Your First Session

Please prepare a short introduction. It does not need to be a formal pitch.

- Your name and a little about you.
- Where you are in your motherhood journey.
- What you currently do – employment, maternity leave, business, freelancing, studying, career break or otherwise.
- What you hope to gain from Mum Forward.
- One personal, wellbeing or professional goal you would like to work towards.
- Anything you would particularly like support, accountability or connection around.

How to Get the Most from Mum Forward

- Protect the dates and attend as consistently as you can.
- Come ready to participate, not simply listen.
- Ask questions of facilitators, Vodafone mentors, guest partners and cohort members.
- Share your work, business, ideas and aspirations where you feel comfortable.
- Use the cohort to build genuine relationships and networks.
- Try practical tools between sessions and bring reflections back to the group.
- Use Mumbrite to stay connected between formal sessions.

Your Official First Cohort

You are part of the first Mum Forward cohort, and we want to celebrate that. The Motherhood Group is creating an official cohort graphic introducing the mothers taking part.

Once your cohort asset is shared, we encourage you to post it across your own social channels, tell your network what being selected means to you and celebrate the journey you are beginning.

- Tag The Motherhood Group.
- Tag Mumbrite.
- Where appropriate, acknowledge the programme collaboration and supporting partners.
- Help us amplify the first cohort and encourage other mothers to follow the programme journey.

Community Expectations

- Respect the privacy and lived experiences shared by other cohort members.
- Allow different experiences and perspectives to be heard without judgement.
- Share only what you feel comfortable sharing.
- Keep personal disclosures from therapeutic and peer-support sessions within the spirit of a confidential community.
- Let The Motherhood Group team know if you need additional support or signposting.

Wellbeing, Safeguarding & Professional Boundaries

Mum Forward provides structured group support, education and mentoring. Psychological wellbeing sessions are not a replacement for individual therapy, medical care or emergency support. Legal-awareness content is educational and is not individual legal advice. Where appropriate, The Motherhood Group may signpost participants to specialist services. Safeguarding concerns will be managed in accordance with The Motherhood Group's safeguarding procedures.

Photography, Communications & Social Media

As explained during selection, The Motherhood Group may share your involvement as part of the first Mum Forward cohort across programme communications and social media. Confidential disclosures from peer-support or psychological wellbeing sessions will not be treated as promotional content. Where specific photography, filming, quotations or personal stories are requested, appropriate information and consent processes will be used.

Programme Team & Partners

The Motherhood Group — Programme Owner

Programme design, recruitment, safeguarding, facilitation, peer support, evaluation and overall delivery.

Sandra Igwe MBE — Programme Lead

Founder & Chief Executive, The Motherhood Group. Programme leadership, cohort connection and peer-support facilitation.

Daniella Doon-Joseph — Psychological Wellbeing Lead

Psychotherapist, The Motherhood Group. Leads psychological wellbeing support.

Mums Advisory Board — Peer Support Facilitators

Mothers with lived experience who rotate across peer-support sessions.

Mumbrite — Technology Partner

Digital platform powering virtual programme delivery, booking, communications and cohort connection.

Vodafone Black Professionals Network — Programme Collaboration Partner

Leads the three-part professional mentoring journey and hosts the in-person Lunch & Learn.

Taylor Mirkarimi — Professional Mentoring Lead

Group Diversity & Inclusion Lead and Chair, Vodafone Black Professionals Network. Leads and coordinates Vodafone's mentoring contribution.

Leigh Day — Programme Supporting Partner

Supports the programme with rights, advocacy and legal-awareness education.

Maudsley Charity — Programme Supporting Funder

Supports delivery and wider impact of Mum Forward.

What We Hope You Leave With

- Greater confidence in yourself and your next chapter.
- Improved emotional wellbeing and practical coping tools.
- A stronger support network and meaningful peer relationships.
- Greater confidence communicating your achievements and professional value.
- Practical personal-branding and job-search skills.
- Better awareness of your rights and how to advocate for yourself.
- A clearer personal or professional action plan.
- An ongoing community through The Motherhood Group and Mumbrite.

Key Details at a Glance

Programme: Mum Forward Programme

Dates: 28 July – 15 December 2026

Virtual platform: Mumbrite

In-person Lunch & Learn: Monday 12 October, 12:00–2:00pm, Vodafone Paddington Office, London

Programme owner: The Motherhood Group
Technology partner: Mumbrite
Collaboration partner: Vodafone Black Professionals Network
Supporting partner: Leigh Day
Supporting funder: Maudsley Charity

**Welcome to the first Mum Forward cohort.
We are excited to move forward with you.**