

# New iHV programme of Ready Steady Mums community groups

Health visitors play a vital role in ensuring that every child gets the best possible start in life. The iHV is now doing even more to help health visitors do just that with our Ready Steady Mums community exercise programme. The new programme invites mothers and their children to unite at volunteer-led movement groups: a free and fun way for mums to meet and support each other – while getting fit too!

**We know that being active helps mums:**

- embrace motherhood
- keep healthy
- feel good

Our community-based walking groups give mums the opportunity to improve their physical and emotional wellbeing through social support and activity in the great outdoors.



An iHV programme

The Institute of Health Visiting is a charity that works to improve the health of children, families and communities through strengthened health visiting services.

**iHV** Institute of  
Health Visiting  
Excellence in Practice

# Ready Steady Mums Walking Groups

## Eight easy steps to help you, as a health visitor, set up a volunteer-led community exercise group for mums in your local area:

1. Identify enthusiastic new mums and present them with the opportunity of starting a walking group in their community.
2. Focus on the simplicity of getting started: All it takes is a few mums, a location, a time, and a desire to socialise and get fit.
3. Help an interested mum to pick a time, day, place, start date.
4. Direct the mum to [readysteadymums.org](https://readysteadymums.org) and to the page 'start a group'. Help her to register her group.
5. Support your new group leader by helping to promote the group and by recruiting new mums to join early on.
6. Go along to one of the group's first sessions, to show support and to help empower her as a leader.
7. Celebrate the group leader's role as a volunteer community leader (e.g. on social media platforms).
8. Tell local radio, press and other media about this good-news story in the community.

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