

# *THE RESOURCE*



## *ALL by MAMA Network*

**SUPPORTING MOTHERS TO RUN A BUSINESS ALONGSIDE RAISING A FAMILY**

We feel there is a lot we can do to help you.

We have compiled this handy resource to give you the information you need to navigate through this time of uncertainty. The Resource includes some great ideas on how to keep your little ones occupied, whilst you run your business. We really hope you find it useful.

To help you stay connected with the community don't forget to join in with our FREE Virtual Meet Ups over the next coming weeks.

Gemma and I are here if you need to talk.

Sending lots of love and light.

Donna & Gemma x

### *Table of Contents*

**1. BUSINESS**

**2. RESOURCES FOR KIDS**

**3. VIRTUAL EVENTS**

## *Business Resource*

### LEARN A NEW SKILL

Use your time to learn a new skill.

- Learn anything about Facebook & Instagram marketing via Facebook Blueprint. The courses are completely free. [Facebook Blueprint](#)
- Google Garage. A free online marketing training to get the digital skills you need to grow your business. [Google Garage](#)
- [HubSpot](#). A free business and marketing resource. All the above courses provide certification which you can add to your LinkedIn profile.



### EXPAND YOUR MIND

***“THE MORE THAT  
YOU READ, THE  
MORE THINGS YOU  
WILL KNOW. THE  
MORE THAT YOU  
LEARN, THE MORE  
PLACES YOU’LL GO.”***

Elevate your business and expand your mind with some key business book recommendations

- DotCom Secrets & Experts Secrets by Russell Brunson
- The One Thing by Gary Keller
- Jab, jab, Jab, Right Hook - Gary Vaynerchuk
- How to Fascinate by Sally Hogshead
- No BS Marketing by Dan Kennedy
- Confession of an Advertising Man by David Ogilvy
- Do Open: How a Simple Email Newsletter Can Transform Your Business (and it can) by David Hieatt
- Hashtag Authentic: Finding creativity and building a community on Instagram and beyond by Sara Tasker
- Hype Yourself by Lucy Werner

## *Business Resource*

### PODCASTS TO LISTEN TOO

Inspire your business with these Podcasts

- Social Media Marketing Podcast by Social Media Examiner
- Science on Social Media by Buffer
- Marketing School by Erin Siu and Neil Patel
- Online Marketing Made Easy by Amy Porterfield
- Copyblogger FM by D.Vesterfelt and T. Stoddart
- The Wot Pod by Frankie Cotton
- The Juggle Is Real by Digital Bon Bons
- Dreaming and Doing by Nicky Raby
- Second Life by Hillary Kerr
- In Good Company by Otegha Uwagba



### APPS & TOOLS

Find a new way of working for your business

- Best for general productivity: Evernote, Wunderlist, Pocket
- Best for time tracking: RescueTime, Toggl, Eternity Time Log
- Best for project management: Basecamp, Trello, Asana
- Best for team communication: Slack, Stride, Skype for Business
- Best for customer relationship management: Streak, Insightly, Nimble
- Best for accepting payments: Square, PayPal Here, Dwolla
- Best for accounting: QuickBooks Online, Freshbooks, Wave



# *Financial Support*

## GOVERNMENT ADVICE

The Chancellor has set out a package of temporary, timely and targeted measures to support public services, people and businesses through this period of disruption caused by COVID-19.

This includes a package of measures to support businesses including:

- A statutory sick pay relief package for SMEs
- a 12-month business rates holiday for all retail, hospitality and leisure businesses in England
- small business grant funding of £10,000 for all business in receipt of small business rate relief or rural rate relief
- grant funding of £25,000 for retail, hospitality and leisure businesses with property with a rateable value between £15,000 and £51,000
- the Coronavirus Business Interruption Loan Scheme offering loans of up to £5 million for SMEs through the British Business Bank
- a new lending facility from the Bank of England to help support liquidity among larger firms, helping them bridge coronavirus disruption to their cash flows through loans
- the HMRC Time To Pay Scheme

### **Support for businesses who are paying sick pay to employees**

We will bring forward legislation to allow small- and medium-sized businesses and employers to reclaim Statutory Sick Pay (SSP) paid for sickness absence due to COVID-19. The eligibility criteria for the scheme will be as follows:

- this refund will cover up to 2 weeks' SSP per eligible employee who has been off work because of COVID-19
- employers with fewer than 250 employees will be eligible - the size of an employer will be determined by the number of people they employed as of 28 February 2020
- employers will be able to reclaim expenditure for any employee who has claimed SSP (according to the new eligibility criteria) as a result of COVID-19
- employers should maintain records of staff absences and payments of SSP, but employees will not need to provide a GP fit note
- eligible period for the scheme will commence the day after the regulations on the extension of Statutory Sick Pay to those staying at home comes into force
- the government will work with employers over the coming months to set up the repayment mechanism for employers as soon as possible

### **Support for businesses that pay business rates**

We will introduce a business rates retail holiday for retail, hospitality and leisure businesses in England for the 2020 to 2021 tax year.

Businesses that received the retail discount in the 2019 to 2020 tax year will be rebilled by their local authority as soon as possible.

A £25,000 grant will be provided to retail, hospitality and leisure businesses operating from smaller premises, with a rateable value between £15,000 and £51,000.

Any enquiries on eligibility for, or provision of, the reliefs should be directed to the relevant local authority. Guidance for local authorities on the business rates holiday will be published by 20 March



# *Financial Support*

## GOVERNMENT ADVICE

### **Support for businesses that pay little or no business rates**

The government will provide additional funding for local authorities to support small businesses that already pay little or no business rates because of small business rate relief (SBRR).

This will provide a one-off grant of £10,000 to businesses currently eligible for SBRR or rural rate relief, to help meet their ongoing business costs. If your business is eligible for SBRR or rural rate relief, you will be contacted by your local authority – you do not need to apply.

Funding for the scheme will be provided to local authorities by government in early April. Guidance for local authorities on the scheme will be provided shortly.

### **Support for businesses through the Coronavirus Business Interruption Loan Scheme**

A new temporary Coronavirus Business Interruption Loan Scheme, delivered by the British Business Bank, will launch next week to support primarily small and medium sized businesses to access bank lending and overdrafts. The government will provide lenders with a guarantee of 80% on each loan (subject to a per-lender cap on claims) to give lenders further confidence in continuing to provide finance to SMEs. The government will not charge businesses or banks for this guarantee, and the Scheme will support loans of up to £5 million in value. Businesses can access the first 6 months of that finance interest free, as government will cover the first 6 months of interest payments. Further details, including on the lenders providing access to this scheme will be announced in the coming days, and the scheme will be available from early week commencing 23 March 2020.

### **Support for larger firms through the COVID-19 Corporate Financing Facility**

To support larger firms, the Bank of England has announced a new lending facility to provide a quick and cost effective way to raise working capital via the purchase of short-term debt. This will support companies which are fundamentally strong, but have been affected by a short-term funding squeeze, enabling them to continue financing their short-term liabilities. It will also support corporate finance markets overall and ease the supply of credit to all firms. Further details, including on how to access this funding will follow in the coming days, and the scheme will be available from the week commencing 23 March.

### **Support for businesses paying tax**

All businesses and self-employed people in financial distress, and with outstanding tax liabilities, may be eligible to receive support with their tax affairs through HMRC's Time To Pay service. These arrangements are agreed on a case-by-case basis and are tailored to individual circumstances and liabilities. If you are concerned about being able to pay your tax due to COVID-19, call HMRC's dedicated helpline on 0800 0159 559.

### **Insurance**

Businesses that have cover for both pandemics and government-ordered closure should be covered, as the government and insurance industry confirmed on 17 March 2020 that advice to avoid pubs, theatres etc is sufficient to make a claim. Insurance policies differ significantly, so businesses are encouraged to check the terms and conditions of their specific policy and contact their providers. Most businesses are unlikely to be covered, as standard business interruption insurance policies are dependent on damage to property and will exclude pandemics.

## *How To Manage Overwhelm*



### **Exercise**

Turn off any media, close your eyes and take a deep breath.

Now listen to each breath as you inhale and exhale.

Open your eyes when you feel the oxygen flow through your body.

Okay, now I have your full attention. Before you did that little exercise, how did you feel? Stressed, walking about with a heavy feeling of anxiety, unsure where to start? You were experiencing overwhelm. Overwhelm comes when you have too much to do and you don't know where to start. Overwhelm happens to the best of us, even those who seem like they have it all under control. Recognising and managing overwhelm could be your secret to success.

I have a few tips on how to manage overwhelm:

### **STOP**

Overwhelm can be crippling and cause unnecessary stress. It may feel engulfing. So, this is the time to Stop. Find ways to switch off. Focus on something that requires 100% of your attention and be kind to yourself. You might want to consider:

- Meditation: Meditation is a great way to calm the body and recentre your mind. It has been proven to reduce stress and anxiety and allow you to regain focus. You don't have to meditate for hours on end. Download a meditation app and factor in between 1-5 minutes of meditation per day.
- Cooking
- Colouring or crafting
- Going for a walk without your phone.
- Listen to your favourite music

### **Learn How to Say No, Guilt Free**

It has taken me most of my adult life to use and mean the word NO. No closes the door to stress and can be the most empowering word especially during times of overwhelm. So how do you say No? Look at your situation and identify what you can and can't take on and say no to everything that is beyond your capacity.

# *How To Manage Overwhelm*



## **Make Progress**

The feeling of making progress, can lessen the sense of overwhelm. It will motivate you to get through your 'To Do List' in the most effective way. Review each project and identify what can be done quickly and what will need a longer league time. Focus on the smaller tasks for quick wins..

## **Block Schedule**

Allocate time blocks to focus on your tasks. For instance, schedule between 90-120 minutes on each task and then take a break. Refuel, go for a walk, answer any non-work messages or just close your eyes for a few minutes. Block scheduling is a clever way to help you make progress and can really help you visualise how long a task will take to complete.

## **Manage Your Media**

Believe it or not, external factors such as social media can have a big impact on overwhelm. Looking at a photo or reading a post about how someone or a competitor is making tons of sales can have be very demotivating. It would seem obvious to stop looking at those social accounts, but curiosity is likely to get the better of us.

So, switch off the noise by:

- Turning off notifications
- If you still want to follow these accounts, why not restrict access to those individual accounts so you don't see their updates.
- Unfollow

## **Ask for help**

I am so guilty for not asking for help and it has really landed me in a pickle. After I had my son, the amount of help I was offered by friends and family was truly out of this world. It got me thinking about why we don't ask for help. They say it takes a village to raise a child and it really does. You don't have to juggle motherhood and a business alone. So lean on friends, colleagues or loved ones. People are always happy to help. Ways you can do this:

- Childcare swap – Organise playdates between your Mum friends, so you each take a turn of looking after your little ones. It may help you buy yourself a little extra time to focus on your to do list. Lockdown permitting.
- Delegate tasks to colleagues
- Outsource the work to a freelancer

## *A Resource For You*

### MINDFULNESS

Bring a little Mindfulness into  
you & your family's life

- Anti Anxiety Guided Meditation by YesMum. [Listen Here](#)
- Free Mindfulness Exercises. [Listen Here](#)

***"WE ARE FOREVER  
ANTICIPATING WHAT IS  
TO COME OR  
REMEMBERING WHAT HAS  
GONE. DON'T FORGET TO  
BE PRESENT"***



### Mindfulness, Sleep, Anxiety, Meditation Apps

- [Headspace](#)
- [Calm](#)
- [Aura](#)
- [Stock Think Breathe](#)
- [Inside Timer](#)
- [NHS](#)



## *Resources For Talking To Your Kids About The Coronavirus*

Child Mind Institute provides some great tips on talking to your child about the Coronavirus



### **Talking to Kids About the Coronavirus**

What parents and other adults can say to kids about the coronavirus COVID-19. How to answer their questions and keep kids feeling safe.



Dr. Ranj's Coronavirus Advice for Kids

A really handy video by Tom Fletcher to help your kids understand why they need to wash their hands.



# *Top Tips For Transition From School to Home Learning*

*by #letsasklivvy*



Livvy Gormally, from Let's Ask Livvy is a Parent Coach and Children's Behaviour Expert offering solutions to your everyday parenting challenges.

From tantrums to sibling rivalry, separation anxiety to nightmare bedtimes. Livvy can offer practical and personalised solutions to suit your family that will really work.

With over 20 year experience working with kids she offers structured, step-by-step support helping parents overcome any issues our kids may throw at us. Livvy is a training ABA Consultant and is an expert at dealing with any aspect of challenging behaviour.

Today Livvy shares with us her top tips to managing the transition from school to home learning

# *Top Tips For Transition From School to Home Learning*

*by #letsasklivvy*

1. Be prepared-Assess your environment, where will the kids learn-Assess this based on age, number of kids (a Yr R child does not and cannot maintain a learning environment conducive to how Yr 7 child learns).
2. Look to what makes school a successful environment for kids.
  - Schools are usually set up by year group and are timetabled for age.
  - Lessons are planned and broken down into manageable sections with clear learning objectives and defined outcomes.
  - School offers regularity, structure, routine with regular opportunities for praise and reward.
  - Scheduled and Regular breaks and movement times.
3. Clear expectations are key.
  - Knowing that being at home in place of school is not the same as a weekend or a holiday- Discuss this ahead of time so it's not a shock!
4. Consistency and clear boundaries are key to successful behaviour change so make sure you make changes that are long term, that work for you as a family and that you feel you can stick to-guided by your own families needs.
5. Be realistic with your expectations. It is unlikely you will be able to replicate a full school day. This does not mean that the kids are not learning. -you can build learning into everyday activities, but try not to put unrealistic pressures on yourselves and your kids.
6. Set realistic screen/TV and Movie times.
7. Lots of change at once can have a big impact on families. Being prepared can help you feel more in control.
8. Remember use resources that are on offer, there is so much content and so many ideas out there, you do not need to re-invent the wheel.
9. Your best will always be good enough. In these very unsettling times home needs to feel safe and nurturing.
10. Ask for help if you or your kids are finding this adjustment a challenge.

## Educational Resources

If you are affected by school closures due to the Coronavirus, we have compiled a collection of fantastic resources to keep your little ones busy through this uncertain time.

### Khan Academy

<https://www.khanacademy.org>  
Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

### BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>  
This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

### Futurelearn

<https://www.futurelearn.com>  
Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

### Seneca

<https://www.senecalearning.com>  
For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

### Openlearn

<https://www.open.edu/openlearn/>  
Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

### Blockly

<https://blockly.games>  
Learn computer programming skills - fun and free

### Scratch

<https://scratch.mit.edu/explore/projects/games/>  
Creative computer programming

### Ted Ed

<https://ed.ted.com>  
All sorts of engaging educational videos

### National Geographic Kids

<https://www.natgeokids.com/uk/>  
Activities and quizzes for younger kids.

### Duolingo

<https://www.duolingo.com>  
Learn languages for free. Web or app.

### Mystery Science

<https://mysteryscience.com>  
Free science lessons

### The Kids Should See This

<https://thekidshouldseethis.com>  
Wide range of cool educational videos

### Crash Course

<https://thecrashcourse.com>  
You Tube videos on many subjects

### Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>  
As above for a younger audience

### Crest Awards

<https://www.crestawards.org>  
Science awards you can complete from home.

### iDEA Awards

<https://idea.org.uk>  
Digital enterprise award scheme you can complete online.

### Paw Print Badges

<https://www.pawprintbadges.co.uk>  
Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

### Tinkercad

<https://www.tinkercad.com>  
All kinds of making.

### Prodigy Maths

<https://www.prodigygame.com>  
Is in U.S. grades, but good for UK Primary age.

### Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>  
Listening activities for the younger ones.

### Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>  
A lot of these can be done in a garden, or if you can get to a remote forest location!

### British Council

<https://www.britishcouncil.org/school-resources/find>  
Resources for English language learning

### Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>  
Lots of free resources for Primary age

### Big History Project

<https://www.bighistoryproject.com/home>  
Aimed at Secondary age. Multi disciplinary activities.

### Geography Games

<https://world-geography-games.com/world.html>  
Geography gaming!

### Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>  
If you have a stamp and a nearby post box.

### The Artful Parent

<https://www.facebook.com/artfulparent/>  
Good, free art activities linked to from this Facebook page

### Red Ted Art

<https://www.redtedart.com>  
Easy arts and crafts for little ones

### The Imagination Tree

<https://theimaginationtree.com>  
Creative art and craft activities for the very youngest.

### Toy Theater

<https://toytheater.com/>  
Educational online games

### DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktmnpaxqZbkudD49l71ep8-sjXmrac>

### Twinkl

<https://www.twinkl.co.uk>  
This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the evening



# Fun Activities For Your Kids

## FUN HISTORY ACTIVITIES

Digital archive of history  
<https://www.bunkhistory.org/>

An interactive way to learn history  
<https://www.mission-us.org/>

Allows students to type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help them learn about history.  
<http://www.whatwasthere.com/>

## FUN SCIENCE ACTIVITIES

Daily free science or cooking experiment to do at home.  
<http://www.clubscikidzmd.com/blog/>

Interactive video earth science based curriculum supplement.  
<https://www.everyday-earth.com/>

This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals.  
<https://climatekids.nasa.gov/>

A human visualization platform that allows students to explore the human body in really cool ways. <https://human.biodigital.com/login?returnUrl=%2Fdashboard>

Innerbody explores the 11 bodily systems in depth. With interactive models and detailed explanations, this website will help them learn more about the internal mechanics of the amazing human body.  
<https://www.innerbody.com/htm/body.htm>

## FUN CULTURE & COUNTRIES ACTIVITIES

35,000 pages of online content on the cultures and countries of the world.  
<https://www.countryreports.org/>

<https://kids.nationalgeographic.com/>

## FUN ARTS & CRAFT ACTIVITIES

Free Weeks of Maker Stations to keep your children creating at home! Each challenge includes simple instructions using materials around the house, QR code video resources, and a student recording sheet.  
[bit.ly/freemakerstations](http://bit.ly/freemakerstations)

Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art. <https://artsology.com/>

Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design. <http://www.kidsthinkdesign.org/>

<https://docs.google.com/.../1oCM2Ue9w32EUIGfRXsjw.../mobilebasic>

Crafts, activities, mazes, dot to dot, etc.  
<https://www.allkidsnetwork.com/>

Fun games, recipes, crafts, activities  
<https://www.highlightkids.com/>

<https://classroommagazines.scholastic.com/support/learnathome.html>

## INDOOR ACTIVITIES FOR BUSY TODDLERS

[https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tjRAzLExpPcj04rApLsKtgL0AwghzxgnhwOajc4auX6o12\\_xw](https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR3tYXAqw7tjRAzLExpPcj04rApLsKtgL0AwghzxgnhwOajc4auX6o12_xw)

300,000+ FREE printable worksheets from toddlers to teens  
<https://www.123homeschool4me.com/home-school-free-printables/>

Play games and learn all about animals  
<https://switchzoo.com/>

Math and Reading games  
<https://www.funbrain.com/>

Educational games K-12  
<https://www.breakoutedu.com/funathome>

## FUN COOKERY ACTIVITIES

Recipes encourage culinary skills, literacy, math, and science. Illustrated recipes designed to help kids age 2-12 cook with their grown-ups.  
<https://www.nomsterchef.com/nomster-recipe-library>

## FUN BOOKS, POETRY AND MUSIC ACTIVITIES

<https://www.thewell.world/mindful-music/mindful-poetry-moments>

Fave kids books read by famous people  
<https://www.storylineonline.net/>

## VIRTUAL EXCURSIONS

Places like zoos, The Louvre, The Great Wall of China, farms and some cute animals. <https://docs.google.com/.../1SvldgTx9djkO6SjyVPDs.../mobilebasic>

The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!  
<https://kids.sandiegozoo.org/>

Tour Yellowstone National Park!  
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Explore the surface of Mars on the Curiosity Rover.  
<https://accessmars.withgoogle.com/>

This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.  
<https://www.farmfood360.ca/>

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies.  
<https://britishmuseum.withgoogle.com/>

No need to travel to one of the Smithsonian's zoos or museums — this website brings your child everything from live video of the National Zoo to the Smithsonian Learning Lab right to their screen <https://www.si.edu/kid>



## *Fun Activities For Your Kids*

### MENTAL HEALTH & EXERCISE

Movement and mindfulness videos created by child development experts.

<https://www.gonoodle.com/>

Kid-friendly workouts

<https://app.sworkit.com/collections/kids-workouts>

At home OT, PT, and ST resources designed to build skills in children through movement and play.

<https://www.theottoolbox.com>

Joe Wick Monday to Friday at 9am, work outs for kids on Youtube or

[https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k)

[list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k](https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k)

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

### EDUCATIONAL SHOWS

<https://homeschoolhideout.com/educational-shows-on-netflix/>

<https://www.travelandleisure.com/.../museums-with-virtual-tou...>

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=RmzjCPQv3y8&feature=youtu.be)

[v=RmzjCPQv3y8&feature=youtu.be](https://www.youtube.com/watch?v=RmzjCPQv3y8&feature=youtu.be)

<https://www.kennedy-center.org/education/mo-willems/>

### FREE COURSES FOR ADULTS AND OLDER KIDS

<https://www.coursera.org/moma>

<https://www.classcentral.com/collection/ivy-league-moocs>

[https://www.thegreatcoursesplus.com/lp/t1/freemoo?](https://www.thegreatcoursesplus.com/lp/t1/freemoo?source_id=FREEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR1vajx-3_aCdyE75S0fTJg4JZ_jl6KjvsJb4CnXY03tnfTm3FdglanNpYs)

[source\\_id=FREEMO&utm\\_source=Social\\_Media&utm\\_medium=Facebook&utm\\_campaign=1000614&fbclid=IwAR1vajx-](https://www.thegreatcoursesplus.com/lp/t1/freemoo?source_id=FREEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR1vajx-3_aCdyE75S0fTJg4JZ_jl6KjvsJb4CnXY03tnfTm3FdglanNpYs)

[3\\_aCdyE75S0fTJg4JZ\\_jl6KjvsJb4CnXY03tnfTm3FdglanNpYs](https://www.thegreatcoursesplus.com/lp/t1/freemoo?source_id=FREEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR1vajx-3_aCdyE75S0fTJg4JZ_jl6KjvsJb4CnXY03tnfTm3FdglanNpYs)



## *ALL by MAMA Virtual Events*



Join us for a virtual meet up!

Connect with other like minded Mums in business.

Our virtual meet ups are a place to meet other mothers who are running a business - connect, share a challenge, celebrate a win and come with or without kids in tow.

The vibe is relaxed, friendly and supportive.

Our virtual meet ups are FREE to everyone.

Dates

Wednesday 25th March at 12.30pm

Wednesday 8th April at 12.30pm

Wednesday 22nd April at 12.30pm

Sign up for free by email [events@allbymama.com](mailto:events@allbymama.com)

For VIPS (only)

Let's Talk Sessions

Monday 23rd March at 8pm, with special guest Livvy Gormally, of Let's Ask Livvy. Parenting Expert Livvy will be taking us through how to transition your child from school to home learning.

Free online courses for VIP only, soon to be announced.

You can join the ALL by MAMA members community here: <https://join.allbymama.com/vip/>



## *Thank you*

Established in 2015, ALL by MAMA is a community for mothers in business.

We support you from idea generation to customer acquisition with monthly meet ups across the UK, virtual meets up that you can join from home, a marketplace or services directory to promote your business, business resources to help you grow and much more!

We understand your motivations and your challenges and believe that, with the right support, you can make running a business alongside family life work for you.

Over the last five years, we have built an amazing community of women who are all running businesses and raising families.

Check out some of our members at [www.allbymama.com](http://www.allbymama.com).

Join today and your welcome email will land in your inbox within the next 24 hours, with our FREE 'How to create beautiful photography using you phone' guide.

Join now and become a member for £20 a month. Cancel anytime.

<https://join.allbymama.com/vip/>

