



Hey Mama! | Mum's Collective

Mothers Doing Research: Participatory Research
Address Local Needs

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what is it?

“a participatory action
research project with low-
income mothers from
rental communities”

“a support system
for mothers in the
community by the
community”

The slide features a bright yellow background. In the four corners, there are decorative geometric patterns. The top-left and top-right corners have patterns of blue, red, and white shapes, including diamonds and horizontal lines. The bottom-left and bottom-right corners have patterns of blue, red, and white shapes, including circles and horizontal lines. The text is centered on the slide.

why do it?

Am I doing more of the same as a male social worker?



What would happen **if women were to lead the poverty transformation journey?**



why do it?

Challenges of being alone, where to get support and sustaining employment

Found friends that helped in my process, hence developed a passion for **creating a system of support for fellow mothers**



What did we find out?

Let's guess!

What are some challenges that come to mind when you think of low-income mothers in rental housing?





what did we find out?

Things that mothers want to talk about (Problem formulation)

Stress management
Post-natal depression
Childcare arrangements
Child abuse



what did we find out?

Activities **(Just talking is boring)**

Baking (for teachers' day)
Aromatherapy candle
Floral arrangement

what did we find out?

Ownership and Belonging

Mothers self-organize

Consistent and regular (as compared to other groups)

Self-report absence



what have we learnt?

Get to learn from others' experience to
deal with own challenges

Confidence – I have more potential than I
think I have

More empathetic towards others







what have we learnt?

People can selforganize and participate if
given the platform

To be community- centric, it takes a
partnership to work – mothers,
connectors and staff





q & a

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Hello Flowers!