

Jenny Carton



Jenny is from the Victoria Ward and is mum to two children under 4

“Immediate and longer-term positive impacts”

“Since being on maternity leave with my second child, I have had the opportunity to attend a few of the A Better Start Southend sessions. While each was distinct and specifically tailored, the welcoming atmosphere, dedicated staff and crucially, the provision of high quality crèche facilities, meant that all the sessions I attended were accessible and enjoyable. The way in which the sessions were facilitated encouraged not only the recognition and development of my skills, but helped to break down the isolation that I was beginning to experience as a mum, and allow me to regain some self-confidence. In particular, the session that was run in conjunction with Mind, has had both immediate and longer-term positive impacts. With my imminent return to work, and all the guilt and anxiety that this brings, being able to access a session which not only allowed me to voice and recognise these fears but through peer discussion, realise how universal they are, gave me both perspective and hope. Moreover, the practical suggestions of how to cope with the demands of career and family commitments, have given me some concrete strategies, and allowed me to feel more positive about returning to employment.”



“Helped to break down the isolation”

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