

Holistic Mums

Northern Ireland · Charity number 109955

Details

Status Registered

Registered 2024-08-30

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address 31 Mount Eagles Ave
Dunmurray
Belfast
Bt17 0gt
BT17 0GT

Phone 07821 054 158

Email info@holisticmums.co.uk

Website www.holisticmums.co.uk

Activities

Purposes: 2. THE PURPOSES OF THE CHARITY ARE TO: 2.1 Relieve poverty, sickness and promote the benefit of the inhabitants of Colin and district area of Co. Antrim and its environs (hereinafter described as 'the area of benefit') without distinction of age, gender, race, political, religious or other opinion, in a common effort to advance education, and to provide facilities in the interests of social welfare for recreation or other leisure-time occupation, with the object of improving the conditions of life for the said inhabitants; through the advancement of citizenship and community development; 2.2 Build the capacity of new and expectant mums to improve their mental and physical wellbeing during the early years of their babies' lives through provision of evidence based approaches; 2.3 Reduce social isolation through provision of a peer support network; 2.4 Empower new and expectant mothers to learn about and embrace a holistic lifestyle to improve their mental and physical wellbeing, through advice, education and signposting to other relevant services; 2.5 Organise or assist in organising classes, programmes, projects and activities of interest to local mothers and mothers to be; 2.6 Recruit and train volunteers with the relevant skills to carry out the purposes of the charity.; 2.7 Carry out or assist in carrying out, research, surveys, and investigations with local residents to identify local needs. 2.8 Lobby and campaign relevant decision-makers in order to improve health outcomes for local mothers.

What the charity does: The advancement of citizenship or community development

How the charity works: Advice/advocacy/information,Community development

Who the charity helps: General public,General public,General public,General public,Physical disabilities,Voluntary and community sector

Finances

Period end	Income	Expenditure	Assets	Employees	
2026-03-31		£0	£0	£0	0

Trustees

Name	Role	Appointed
Dr Aoife Maire Mulholland		
Miss Orla Mccabe		
Mrs Mary Mc Donnell		
Ms Alana Scott		
Ms Michelle Carew		
Ms Nicole Downes		
Ms Sarah Jane Mcaughey		
Ms Susan Curran		
Ms Tara Herron		