

## My Journey with Daniel's Den

I first came across Daniel's Den when my son was born, I joined in a session after suffering from post-natal depression. I was met by a lovely woman on reception who smiled and immediately made me feel welcome and comfortable.

As I walked into the session, I felt nervous but was then greeted by Jo – her beaming smile, enthusiasm and energy was so incredible. She welcomed me and my son and at that moment I relaxed for the first time in ages! I was then offered a cup of tea by the lady on reception and she kindly held my son whilst I was made a drink. It was heaven! It's often these little experiences of kindness and understanding that we truly need in today's world.

Another lady then sat next to me whilst our children were enjoying the soft play area and confided that she had also struggled from having a career to becoming a new mum. It was so refreshing to have honest, open conversations and know that I wasn't the only one.

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When I returned to work, my husband continued to take our son to the playgroup which they both thoroughly enjoyed spending some quality father and son time together, being introduced to a range of toys, activities, songs and music. Sharing food and drink with new friends and other parents.

It was a joy coming home from work to find they had made me a special arty present which I proudly displayed on our fridge.

I then had the pleasure of being invited to volunteer for Daniel's Den. After some impressive and very well organised training I then was able to help out and give back some of my time at their wonderful community lunch and nativity play – which my son and husband also got to star in!

Through my work, I manage a large Employee Volunteering Scheme, so I actively engage with employees to support Daniel's Den via volunteering opportunities. So far five employees have taken part in the volunteering training and supported different events.

It's always a pleasure working with Jo and her team, they are highly skilled individuals and show passion and enthusiasm and truly live and breathe what Daniel's Den stands for.

***Laura—a local mum***