

Helen Bye

Three years ago, Helen, then a health and fitness coach, developed an idea born out of a conversation with a lead midwife. This is where Active Mums™ began. What started as one small group, is now three continual rolling programmes, with a further three set to roll out later this year. Helen developed, in partnership with the local Midwifery teams, an antenatal programme for pregnant ladies with a high BMI. The programme aims to provide support, information and techniques to implement lifestyle changes in order to reduce risks for the baby and mum-to-be during pregnancy and birth, with these changes lasting far longer than pregnancy.

Helen took an initial idea from concept to delivery which is now in a growth phase, working with three midwifery teams across three district councils. The impact the programme has on the mums-to-be motivates Helen to work above and beyond her job role, advocating an active lifestyle. Helen has worked tirelessly, to grow and create a sustainable model, training and mentoring other members of staff within both Abbeycroft Leisure and in partner trusts in order to roll the programme out across the county.

Helen's new expertise is only surpassed by her passion to create a service that offers both mother and baby the best start at a life changing time. Having started with just 6 informal sessions more than 3 years ago; working extra hours, putting in additional time creating partnerships and relationships, Helen has created a trademarked programme that is delivered across Suffolk. Helen's impact will hopefully be felt for generations as the Active Mum™ programme continues to support health and wellbeing lifestyle choices for women, positively impacting public services and more importantly families toward a healthier future.

Helen has tested and developed a model for replication at each new programme roll out, which is now being fully utilised. Relationships Helen builds with key health partners plays an integral role in developing a positive reputation amongst health professionals, to be built on in further areas of the Trusts work, as a key focus for the sustainability and growth of the Trust. Helen, through Active Mums™, set a standard that delivers results for both health professionals and participants.

Helen has, throughout her career, been an advocate for physical activity, which starts with her own personal achievements as she pushes herself. As she constantly tries new things and enters new events she inspires those she works with and lives amongst to try new challenges. It is her passion for being active that has driven the impact she has had on so many lives.