

Why Mums Don't Jump: Our Stories, Our Health

Workshop

16th November 2024

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Why Mums Don't Jump: Our Stories, Our Health

Workshop

Adult content warning: explicit content

Workshop hosted by
Helen Ledwick
Rosa Mulraney
Katharine Nicholls

Photographs by Maya Sharpe

Event organised by Falmouth University as part of Being Human 2024
Venue: Fish Factory Arts Space, Penryn



Artefact – Photographs of the workshop, part of a series of events for the 'Why Mums Don't Jump: Our Stories, Our Health' exhibition for Being Human 2024. The exhibition and this workshop invited the wider community together to share stories on a subject that affects 1 in 3 women (Kaiser Permanente Division of Research 2008), but no-one ever talks about (Anon 2022): pelvic floor problems like incontinence, prolapse and pelvic pain. Inspired by the stigma-smashing podcast *Why Mums Don't Jump*, animation students at Falmouth University created a landmark animated film that depicts - for the first time - the lived experience of pelvic organ prolapse after childbirth. The film uses animation to bring these personal stories to life, depicting their isolation but also their ideas for a joyful future they'd like to create; a feminist ambition to move from suffering to celebration (Teichart 2023). The workshop builds on this momentum with the ambition to help more people realise that this is a public conversation it is possible to have and that it can be fun (Ledwick cited in Mulraney 2022). The workshop took place on the last day of the exhibition on Saturday 16th Nov 2024.

The workshop was hosted from the exhibition site at The Fish Factory Arts Space, Penryn. The guests were welcomed with introductions by hosts Senior Lecturer Rosa Mulraney and creator of Why Mums Don't Jump and podcaster Helen Ledwick. Guests were invited to wear name badges and the atmosphere was very informal and relaxed. Most of the participants were in occupations related to postpartum health such as midwives and physiotherapists and some exhibition visitors joined in during the workshop. A passionate dialogue followed the introductions and continued throughout the workshop. Hosts and guests discussed and debated expertise and personal experiences around postpartum health. The workshop was also facilitated by Senior Lecturer Katharine Nicholls, who also acted as Safety Officer for the event. To encourage discussions, guests were invited to decorate their own vulva cake at seated tables, served with afternoon tea. The event was free and ticketed via Eventbrite. 25 tickets were available, 12 tickets were 'sold' and 12 attended with a few unticketed guests who popped in to view the exhibition.

Some epiphanies did seem to occur with one participant and one visitor acknowledging their pelvic organ prolapse publicly for the first time. It seemed to be both that they now understood the term properly and had also been inspired to acknowledge their experience. One participant said that they had 'just put it to the back of my mind' as something 'to just get on with' and the other said something similar about 'what did I expect after 3 children'.

What stood out from participant's feedback was gratitude for putting on the event on women's postpartum health:

“Thank you”

Midwife & Workshop Participant

“as a mum, thank you for doing events like this”

Exhibition Visitor

“Thank you”

Workshop Participant

Participants also noted how educational the workshop had been:

“Appreciated the chance to listen and discuss such important issues and building awareness”

Women’s Health Physiotherapist
/ Workshop Participant

“A super educational but fun day thank you”

Trainee Midwife / Workshop Participant

There was also feedback that highlighted how important they feel the topic is and how helpful they had found the workshop:

“It’s so important to talk openly about these things”

Exhibition Visitor

“Great experience, really helpful”

Workshop Participant

When asked 'What was your main reason for attending the event (workshop)?'

The answers in order of popularity were:

1. Educational or professional interest - relevant to my studies of work
2. To find out about new research
3. Reputation of speakers/presenters

Wanted to learn something new about a subject/topic

Subject/topic directly relevant to me, my life, where I live/come from etc.

When asked 'Do any of these statements apply to this event's impact on you?'

The answers in order of popularity were:

1. Increased my understanding of the subject's/topic's relevance to everyday life
2. Sparked an interest in research about the subject/topic
3. Inspired me to find out more about the subject/topic
I learnt more about research into the subject/topic

References:

Anon (2022), 'Culture of Silence on Prolapse is Doing Serious Harm to Women', *The Guardian*, Tue 12 April 2022, <https://www.theguardian.com/lifeandstyle/2022/apr/12/culture-of-silence-on-prolapse-is-doing-serious-harm-to-women> (last accessed 14th September 2023).

Kaiser Permanente Division of Research (2008). "One In Three Women Has Pelvic Floor Disorder.", *ScienceDaily*, 5 March 2008, <https://www.sciencedaily.com/releases/2008/03/080302150723.htm> (Last accessed 3 Dec 2024).

Mulraney, Rosa (2024), 'Why Mums Don't Jump: Animation as a Feminist Tool', *MAI: Feminism and Visual Culture*, No. 13, <https://maifeminism.com/why-mums-dont-jump-2023-animation-as-a-feminist-tool/> (last accessed 19 September 2024).

Teichert, Erika (2023), 'Feminism as Celebration: Photography & Abortion Activism in Argentina', *MAI: Feminism and Visual Culture*, October 5 2023, <https://maifeminism.com/feminism-desire-celebration-photography-legal-abortion-activism-in-argentina/#:~:text=%5B1%5D%20This%20article%20explores%20how,of%20feminist%20values%20and%20conviviality.> (last accessed 2 Jan 2023).

Film

Why Mums Don't Jump (2023), dir. Sammy Reavley. <https://youtu.be/kaY4Ruhkztl?si=1JeXcb5mV-iqyjP9> (Last accessed 3 Dec 2024).

Audio

Ledwick, Helen (2020.1), *The Ass Kick: My Story*, <https://whymumsdontjump.com/episodes/series-1/the-ass-kick-my-story> (last accessed 18 December 2023).

Events >

Why Mums Don't Jump: Our Stories, Our Health

- Event type:** Exhibition, Workshop, Discussion/talk
- Organisers:** [Falmouth University](#)
- Partners:** [Why Mums Don't Jump](#), [Fish Factory Art Space](#), [Cornwall Perinatal Pelvic Health Service](#)
- Contact:** rosa.mulraney@falmouth.ac.uk
- Is event online?:** No
- Accessibility features:** Accessible parking, Accessible toilets, Assistance dogs welcome, Baby changing facilities, Hearing loop, Pushchair/pram friendly, Quiet space, Seating, Sensory friendly, Step-free access, Wheelchair accessible
- Accessibility information:** You can let us know your access requirements before you visit by email or phone. Fish Factory: 01326 618364 fishfactoryevents@gmail.com
- Accessibility links:** [Fish Factory Art Space - Visiting](#)
- Region/country:** [South West England](#)
- Address:** Fish Factory Art Space
The Sail Loft (Ground Floor), Commercial Road, Penryn
Truro
TR10 8AG
- Booking required:** Part booking required





Maya Sharpe @mayasharpephotos











Special thank you to all the people that have made this workshop possible:

Being Human

Why Mums Don't Jump:

Helen Ledwick

Cat Pearson

Cornwall Perinatal Pelvic Health Service:

Rachel Mullins

Kirsty Sturgeon

Fish Factory Arts Space:

Camilla Stacey

Cassius Nice-Garside

Cora Stocker

Ed Shellard

Jasmine Blackmoore

Rose Hatcher

Sophie Craven

The Vagina Museum:

Zoe Williams

Falmouth University:

Nikki Marlborough

Derek Hayes

Katharine Nicholls

Dr Kingsley Marshall

Dr Anna Misiak

Paul Sewry

KEF Research Team

Students:

Sammy Reavley

Bonnie Harris

Mia Mackenzie

Tim Eweoya

Cadi Cornwell-Davison

Dee McCann

Archie Saunders

Eddie Ellsmore

Being Human

This event is part of Being Human Festival, the UK's national festival of the humanities, taking place 7–16 November 2024. Led by the School of Advanced Study, University of London, with generous support from Research England, in partnership with the Arts and Humanities Research Council and the British Academy. For further information please see beinghumanfestival.org.

Event funded and organised by Falmouth University.
If you have any questions you can email rosa.mulraney@falmouth.ac.uk

