

30 October, 2018

The Healthy Mummy partners with Gidget Foundation Australia for their annual *Bun In The Oven* initiative

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The Healthy Mummy have partnered with **Gidget Foundation Australia** to help raise awareness and funds during **Perinatal Depression and Anxiety (PNDA) Awareness Week** from November 11 – 17. This year, The Healthy Mummy has created a FREE **Bun In The Oven** healthy recipe e-book full of baking inspiration in the hope to encourage supporters to get baking and host their very own Bun In The Oven event.

The initiative asks for supporters to gather a group of friends, family, work colleagues or mother's group, register an event and book in a time for a morning or afternoon tea. Each guest is asked to offer a small donation with all proceeds going towards the Gidget Foundation.

To launch the 2018 initiative, The Healthy Mummy founder, **Rhian Allen**, together with Gidget Foundation's CEO **Arabella Gibson** and Ambassadors from both organisations, got together this week for their very own bake-off.

One in 5 mothers and 1 in 10 fathers experience perinatal depression and anxiety. It impacts 100,000 Australians each year and suicide is the leading cause of maternal death. The Bun In The Oven campaign is an opportunity to take some time out and talk a bit more about how you are feeling and share a morning or afternoon tea while raising funds.

Gidget Foundation Australia is a not-for-profit organisation that is committed to shining a light on the issue of perinatal depression and anxiety via programs that support the emotional wellbeing of expectant and new parents. Services include Gidget Houses, providing a haven for new mums with face-to-face specialist counseling, as well as free Start Talking video counseling providing support to new parents right across Australia from the comfort of their own home.

During PNDA Awareness Week, The Healthy Mummy will be sharing personal stories from within The Healthy Mummy community as well as stories from Gidget Foundation Angels and Ambassadors. The website will also feature educational pieces from The Healthy Mummy counselor, Shara Smith.

Founder of The Healthy Mummy, Rhian Allen said: "I am really excited and honoured to be partnering with Gidget Foundation Australia. We all know that parenthood is filled with challenges and new experiences that can be overwhelming. What better way for us all to have an opportunity to take some time out and talk about it over a morning or after tea. Healthy baking is a specialty here at The Healthy Mummy so it was a no brainer to get involved and

support the work of the Gidget Foundation.”

CEO of Gidget Foundation Australia, Arabella Gibson said: “Perinatal depression and anxiety often goes unrecognized but it can be treated. It’s so important that as a community we come together and support each other instead of suffering in silence. Communicating is always the first step to getting help. And that is what our Bun in the Oven initiative can help to deliver – an opportunity for people right across the country to get together and enjoy a catch up, and all for an important cause.

We really feel the partnership with The Healthy Mummy is a great fit. Ultimately, all your children want is ‘you’. Not the perfect parent. All they want is for you to be the happiest you there ever was. Often we forget that. And being healthy can help you to be the strongest and happiest form of you.”

To download a Free copy of Bun In The Oven recipe EBook go to:

[Download Bun In The Oven Recipe Ebook](#)

To get involved with Bun In The Oven go to:

[Host a Bun In The Oven event here](#)

For further more information or to arrange an interview with Rhian Allen from The Healthy Mummy or Arabella Gibson from Gidget Foundation Australia, contact:

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ABOUT THE HEALTHY MUMMY

The Healthy Mummy is Australia’s largest parenting health site, exclusively for mums.

Established in 2010 by Rhian Allen, a mum-of-two who is passionate about supporting women and mothers through their healthy living journey. The Healthy Mummy offers a holistic health program with a successful 28-Day Weight Loss Challenge, Healthy Mummy smoothie as well as other products and exercise plans

ABOUT GIDGET FOUNDATION AUSTRALIA

Gidget Foundation Australia is a national not for profit organisation. It exists to promote emotional wellbeing and to raise awareness of perinatal depression and anxiety amongst expectant and new parents, their families, their health providers and the wider community to ensure that those in need receive timely, appropriate and supportive care.