

Get Going Parent Feedback

Mrs Chafer referred E to the Get Going team as she was feeling down about her weight and just not confident in herself. E was really nervous about starting this but I have to say it was the best thing for her.

A couple of get Going staff came around to the house to meet E and talk to her about how she feels, her goals and what she wants to come from this. Over the next 10 weeks we had a lady called Natasha who came to the house and did some exercises with E in the garden. After a few weeks they then went to the Pods to use the facilities there. E was given a Leisure card so she could attend whenever she liked and could also take a friend or family member. Natasha would also give nutritional information every week which was also really eye opening to myself.

The Get Going team invited us to the Get Going Olympics which was held at Quibell Park. This was a family event and was so much fun.

Get Going also hold a girl's club every Friday at Ridding's pool where they do different activities such as zumba, dodgeball, kick boxing, dance and much more. This group really helped E as she was very shy and had no confidence, all the girls there are in the same situation so helped her get over that.

Get Going also hosted an award ceremony at the Baths Hall which was an amazing night. They also got everyone together for a Christmas Party at the Pods.

E finished the 10 week course and at the end of this you could see a massive difference in her confidence. The 10 weeks does not end there, E has a follow up every 3 months for the next year and Natasha is always at the end of the phone. She calls every week to check if everything is ok or if we need anything.

The Get Going team are amazing and lovely people and I could not be anymore thankful to Mrs Chafer for referring not only E to the Get Going programme but the family as a whole. I would definitely recommend the programme to anybody else in any situation even if it's not weight issues as it was with E. They helped with her self confidence massively and also the nutritional information we learnt on the way.

Thank you so much Mrs Chafer for referring us.