

ONLY GIRLS ALLOWED

My Journey from Postnatal Depression to Happy and Healthy with Only Girls Allowed



I started coming to OGA in January 2018. I had seen it advertised on Facebook from when it started but I couldn't get myself there. I suffered from Postnatal Anxiety and eventually Postnatal Depression after my second daughter was born in 2016 and had recently moved to Worcester. At the start, my anxiety made it hard to leave the house but I was determined to do something to help myself.

That first session was hard. I tripped and fell flat on my face in front of everyone - it was circuits with Kirstie from Worcester Fitness Training. Then, afterwards, at the stay and play, I tried very hard to talk to the other mums but no one really spoke to me. I ended up retreating to the safety of my car, and cried on the phone to my husband.

But I was determined. I went back the next week and the next. My daughter happily went off to play in the creche with Sarah and the other creche team members from Cicciona's. I felt happy that she was in excellent hands. Slowly, I got to know Sarah and Laura (before she went on maternity leave) and then I got to know the other women who came most weeks.

Coming to OGA has been great for my confidence because I have had the opportunity to try things that I've never done before and have had a great time doing it! That hour every week when I don't have to worry about anyone but me is invaluable; and my time at OGA has been one of the supports that helped me to overcome the anxiety and depression.



I think it's also been good for my daughter because she has grown in confidence when I am not there. This meant that when she started nursery so that I could start my business, it wasn't a shock and she was happy to go and play without mummy. She now asks if she is going to play with Sarah on Wednesdays and my older daughter is gutted that it doesn't run during school holidays so that she could go too.

Last October, my confidence in myself was great enough that I started my own web design business, Black Pear Web Design, and Sarah was my first client!

I am so grateful for Kat and the Warriors Community Foundation because this programme has had such a positive impact on my life. Now that I am expecting again, I hope to help in the creche on days that I can't participate in the exercise. I want other mums to have the opportunity that I had to have that one hour to themselves. And I know I will be back with a new little one in tow.

If you are thinking of coming but struggle like I did, please come. Find me, I will be a familiar face happy to see you every week!

Patricia.

