



We at Abbey SureStart have been working hard to remain connected to families that access our services.

We have done this by coming up with innovative ways, thinking about how we can do things differently.

The programme I am going to share with you is called **Strength and Nourish**. This programme is looking at how we can look after our overall wellbeing by adjusting our eating habits and building in exercise.

We know that the climate we are currently living in has taken its toll on us all so the positive feedback that I am going to share with you was just too good to keep to ourselves.

This is just one of the activities that shows us the importance and value of what we do.

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Just a wee email to say a very big thank you to you all in Abbey SureStart especially Lana and Kaana.

Firstly, I don't know where I'd be without the help I got from Kaana at our weekly meetings I always left feeling slightly less crazy! I really appreciate all the help and support.

As for Lana, well from I got told that I had a place on strength and nourish I felt so motivated and excited to get started! After being put on medication for postnatal depression and bad anxiety I truly felt like a failure and so low but from I've started these weekly videos I feel like I have something to focus on for myself rather than just the kids and the house. I enjoy every video I do even though some of them nearly kill me because I am so unfit! I look forward to the coming weeks for both the content videos which really get me thinking about bad habits that I have with my diet and the exercise videos, when I finish one I feel like I've achieved something in the day apart from home schooling my 6-year-old and listening to a crying teething baby!

So thank you all again for everything you have done for me from years with K and now with R, I'm looking forward to being able to get back to face to face contact again and having some lovely toast or scones and a good moan!

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Having a baby and then entering lockdown when he was 7 months old I have not only piled on weight but lost most if not all of my fitness. I started the strength and nourish class through Abbey SureStart two weeks ago and wow what a change already. My muscles feel much more firm and my fitness levels are improving daily. Lana is fantastic she makes each class fun and caters to everyone's needs by showing the exercises then showing how to step it down or step it up depending on where your fitness is at. Each workout is a good mixture of exercises so it's not boring or if you don't particularly like an exercise you don't have long to do it. She interacts with us to find out what we prefer and tailors her workouts around our needs. Personally I have found this class also helps my mood as being in lockdown and suffering with post-natal depression can result in me prioritising everyone else as I know most mums do too. This class is something for me to improve myself and I'm already sad to think about the 6 weeks ending. Lastly the videos that go along with the workouts help us to understand why we've been making the bad choices with food etc. and it all makes sense. I hope they continue this class for many others to benefit like I am.

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I'm not completely sure how to put into words how Strength and Nourish is helping me because I'm so grateful for it.

I've had a lot of anxiety from having R at the start of lockdown and home schooling I just felt lost. I had planned how I was going to spend my maternity, going to Abbey SureStart doing Baby Yoga getting her socialised from no age. Sadly, that hasn't been the way and it messed with me.

Having Lana give us workouts has made me focus on me and to give an outlet for that stress. It has made me realise that I'm stronger than I give myself credit for. I look forward to a Monday to be sweaty. The videos are so helpful for reminding you of things that you've maybe been complacent on or genuinely didn't know.

I can't wait for the day that we can all be together but until then I'll eagerly await her videos and motivation to keep going.

Thank all you so much for all you do!

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I'm taking part in the Fitness & Well-being programme at the minute & I love it.

Its giving me something to look forward to each week & the fact we have to send proof makes it a bit more motivating. I always feel a lot better after doing them & more energised.

Lana also shares really good information on eating habits & emotional eating that's been so helpful. Over all really enjoying it & think it's been a massive help especially in this lockdown.

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I just want to say how much I love the Strength and Nourish programme.

I'm not having a good time with my mental health just now and this programme completely changed my life. My mind set is so much stronger and I feel empowered in a way I've never felt before.

Lana is absolutely amazing! Honestly, I can't thank her or Abbey SureStart enough.

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I just wanted to give some feedback on the course with Lana.

I have really enjoyed taking part in the Strength and Nourish class so far. I found it hard to get the motivation and time to do any form of exercise since having my little boy, never mind throwing COVID in the mix too. The fact that I can do it from the comfort of my own home and at a time the suits me perfect. Having the WhatsApp group with all the girls and Lana has been fabulous. It's great to see others have completed their workouts then spurring me on to do it myself. Also the support from Lana has been amazing she's has taken everyone's feedback on board and is continuing changing the workouts or even giving us more information things beyond just the workout that is personal and relevant to us. So glad that I signed up, and big thank you to Lana. :)

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Just an email in reference to the classes we are currently doing with Lana. Personally I find that these lockdowns are getting longer and getting me down not being able to see friends, family or being able to go to work, I found myself in a real rut. When starting these classes, I didn't really have much hope of me doing any of the workouts as I had become very lazy with no motivation but with Lana's encouragement and tips I have gotten a sense of will power again and am really enjoying keeping fit and starting to change my eating habits and lifestyle that benefits both myself and my son. It's great having the group chat with all the girls and great sharing stories and pictures of how we are all getting on. I myself have lost 6 pounds in total so far so I am over the moon and can't speak high enough for the work Lana and all the Abbey SureStart team are doing.

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I am participating in the Strength &Nourish programme with Lana and the other mums. I just want to say how grateful I am to have this opportunity to so such a positive programme. Lana has been great in making sure we are all educated on certain topics and has shown she genuinely cares about our health and well-being. Having this wee community has me feeling more supported and allows me to invest in myself which overall has an impact on my family life. The connection with other mums during this time is so important to me, being a first time mum I feel I need to have this support especially in times we are in!

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I'm find it really enjoyable at the minute! The way everyone sends messages with how they're getting on, and the fact that Lana always takes time to respond really helps keep up the motivation. I've tried to start working out/be healthier lots of times in the past year, but doing it on your own at home is difficult and I never manage to keep it up for long, so having Lana there to give us tips along the way and keep us motivated is really great! I was almost not going to sign up to this class in case I didn't stick at it, but I'm so glad I joined as I'm starting to see the benefits already :)

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I really like Sure Start programmes for myself & little one. Really appreciate your team efforts in such pandemic time. Though I've knee injury I really want to do all the workouts sent by Lana. She is really motivating by sending videos. Nutrition & eating videos also helping in everyday life. These programme helps to stay fit & positive. Thanks to Lana.

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With the pandemic right now, it can be very difficult to get motivated to exercise and eat healthily. The Strength and Nourish programme has helped me to do this. The videos Lana post are brilliant, informative and for every fitness level. Sweaty selfies keep me accountable for what I do. They also keep me motivated to get the workout done. The other videos on healthy and emotional eating have been very insightful and have helped me keep on track.

Lana is a brilliant teacher and also someone you can feel confident talking to. I am loving this programme!

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Just sending through some feedback from the current Strength and Nourish programme. I have a lockdown baby who is 10 months old. I have struggled with postpartum depression/anxiety over the last months.

Having a programme that is centred around me taking the time to look after myself and be more active has been such a huge help. Lana has been brilliant and really encouraging. The programme is really well balanced and the workouts really fun while being challenging. Knowing there are other mums out there doing the same thing has been so helpful when so much of our lives are restricted. Lana has been great at getting everyone involved and taking part. Abbey SureStart has been an incredible resource to me and my new family!

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The programme is fantastic. Lockdown has been really testing at home as a single parent with a 4-year-old and a 2 year old. I absolutely lost myself and my self-care. The programme has given me a kick in the right direction again. Lana is very professional and so supportive and the workouts are brilliant as always. Exercising definitely ignites a positive mental attitude and it reflects on mood and attitude massively.

I really miss SureStart classes so it's great to be involved in the group chat on WhatsApp and have some adult chat with the same focus.

Hopefully won't be too long until you can get the crèche up and running again so we can get some exercises done without the kiddies climbing on us lol

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The videos are amazing and are help me a lot with my daily exercise

