

TOUCHLINE MUMS QUOTES

Ashleigh Holtham, 34:

"I've always loved football and played on and off since childhood.

Unfortunately suffering from anxiety and panic attacks put a stop to me playing after having my children. Joining touchline mums has been massive for me as social events and new situations can trigger my anxiety. Ellie has really made me feel at ease and I've been able to fall back in love with the game again. My fitness level is improving each week and I'm really enjoying some me time too. Its making me think about picking up my boots properly again and getting back on the pitch competitively."

Michelle Kalvin, 46:

"It's been brilliant doing something for me, as mums are generally just chasing around after their children and their activities without taking time to do something for ourselves. Since joining touchline mums my fitness has improved and within the first 10 weeks I've lost around 5 lbs without even changing my diet!"

Natasha Braithwaite, 42

"Loving it and thank you for arranging it for us Mums! You've re-ignited the youthfulness in me and love for playing football! "

Kally Khan, 46

"I have always loved and played football, but there was never anything out there for mums. I was thrilled when I heard about MK DONS Touchline mums. Ellie and Molly welcomed me to the team. They are amazing and have devoted their time and effort in making Touchline mums a success. They give their time, dedication and heart to coaching us mums. We have great fun and laughter when learning new skills. I really recommend Touchline mums to all those out there who never had a chance and opportunity to play football in a team."

Marianne Berry, 50:

"The group is fab non-judgemental and inclusive it's been great to get out and have me time doing something I enjoy rather than slogging out at a gym where you are usually alone. Laughter is needed and this group brings it the fitness is an added benefit."