

Nominee's Name:

Andrea Warner

Organisation Name:

Children Inspired by Yoga - Tatty Bumpkin Ltd

Your Nominee's place of work/volunteering:

Children Inspired by Yoga - Tatty Bumpkin Ltd – Cheltenham

Please provide a narrative (500 words max) about your nominee:

Andrea Warner is Children Inspired By Yoga-Tatty Bumpkin Franchisee. This is her story, in her own words, on how she became a franchisee.

"After 20 years in the insurance industry I was a successful Global Project & Change Manager. I was also a mum of a 2 year old, who I spent little quality time with due to my workload. As soon as she could talk she advised me 'Mummy always works'. Things had to change. I used fitness as a stress-buster in my corporate world and knew the benefits of yoga, so Tatty Bumpkin was a natural fit. It created an opportunity to learn how to play with [and teach!] children, and to support other mum's who are finding the ropes of motherhood challenging."

Andrea and her teachers provide yoga-inspired classes to children across Gloucestershire. As well as working in nurseries and schools, she has her own central, accessible venue for parent/child sessions. This is shared with fellow providers to give families a 'one stop shop' for activity and support.

Andrea teaches daily and, with weekend family classes, reaches approximately 600 children a week. Her sessions are not just for mums, she is there for dads, partners and grandparents too. She does what she does to build that family unit where a baby can thrive. Andrea has now gained a reputation of inclusion, parents are recommended to join her classes by midwives, GPs and other health professionals.

Supporting local charities is also important to Andrea E.g. Gloucestershire Bundles.

Andreas plans include:

- Building on her achievements, reaching out to more children and families. She knows the demand is there as parents put their baby on her waiting lists before they are born!
- Continuing to be the safe and supportive place to come.
- Consolidating and extending her charity work.
- Looking for new opportunities to make a difference. Andrea is making links with local Early Year Teams and Social Services Providers.

"Working with Andrea has been fantastic. One little boy has gained so much from attending the classes. He was diagnosed as having hearing loss due to glue ear and delayed speech. In Andrea's classes he absolutely comes alive! We cannot recommend Andrea and her classes enough." Local Nursery Manager

“The first couple of times (I attended Andrea’s sessions) with my daughter I was supervised by Mummy, but despite feeling nervous I was made very welcome by Andrea. As a father it is enlightening, comforting and pleasing to see how confident and assertive Maya became as a result of these classes. That is a testament to Andrea's dedication and enthusiasm.” Dad attending a session.

“Andrea has been a life saver for me and many of my friends. She provides a safe, non-judgmental, educational space for babies and mums to bond and learn together. The special thing about Andrea is her intuitive ability to read people sensitively and to provide a space for dads and other family members to get involved and connect, bringing the whole family together.” Local Parent.