

Join our Facebook groups to find information on our upcoming social meets – just search:

"Get Me Out The Four Walls Norfolk"
or

"Get Me Out The Four Walls Suffolk"

or

For PND/Mental Health Peer Support
search

"GMOTFW PND Support Group"



NO LOCAL AMBASSADOR IN YOUR AREA?

Host your own social meets in your community to meet local parents,. Full training, uniform and support provided!

Send an email to info@getmeout.org.uk for more information!



Get In Touch

Email: Info@getmeout.org.uk

Website:

www.getmeout.org.uk

Facebook:

www.facebook.com/gmotfw

Instagram: [@gmotfw](https://www.instagram.com/gmotfw)

Twitter: [@gmotfw](https://twitter.com/gmotfw)



Registered Charity
1177508



Parents supporting parents in your community:

- ♥ To prevent social isolation
- ♥ To promote mental wellbeing
- ♥ To offer vital peer support
- ♥ To offer access and signposting to national organisations and services

About Us

Get Me Out The Four Walls was created in 2015 as a community based peer support service, with the aim of preventing parents feeling isolated and lonely during the first years of parenthood.

Our founder, Naomi Farrow, had been experiencing post natal depression following the birth of her twins in 2014 and wanted to use her experience to connect with other parents who may be experiencing similar issues or who simply wanted to make a friend.

The organisation went on to become a registered charity in 2018, dedicating their service to those parents who feel isolated and providing them with a safe and supportive environment to connect with others and get support.

Get Me Out The Four Walls now offers peer support and informal social meets for parents and carers, living in Norfolk and Suffolk to overcome social isolation. Our informal social meets are organised by our team of volunteer Ambassadors. We offer support through information, advice, and guidance. We utilise the local network of voluntary sector and professional organisations to signpost parents and carers towards additional support.

Our Services



Our name tells you everything you need to know about our service! We aim to connect and support parents in the community by:

- ♥ Hosting Social meets for parents and carers to meet with others in community areas such as coffee shops, parks, zoo's and soft play centres.
- ♥ Offering online provisions for those who may struggle with anxiety or who are socially isolated, to connect with parents and receive support virtually.
- ♥ New for 2021 - Support & Play Small support sessions combining a play environment for children while parents seek mental health and wellbeing support with GMOTFW and other local organisations and services.

What makes us different?

The GMOTFW ethos is and always has been to offer an inclusive experience to all. We understand how scary it can be as a new parent to reach out for help or to even go along to a mainstream setting such as a play group.

We are there to help parents every step of the way, welcoming them into our meets with a friendly smile and an ear to listen! All of our Ambassadors are parents themselves, many of which have experienced mental illness and anxieties of their own, offering the "lived in" experience that can make parents feel at ease.

Our volunteers complete adult & child safeguard training and have undergone an enhanced DBS check for your comfort and safety.

**Parents
supporting
parents**