



HEATHER FORDHAM

Coach
County Coaching Secretary
Vice Chair – Club

Tell us about your work as a volunteer

Started as Junior coach. Now assistant satellite academy coach and County coaching secretary. Also vice chair of local netball club where I also coach junior and youth. Coached back 2 netball and netball now for local NDO.

How long have you been volunteering?

3 Years

Why did you start volunteering and why do you continue to?

Started coaching when my **daughter started playing** and it is now just what I do. Due to the **enjoyment and love** of the sport.

How has volunteering benefitted you?

I have **mentally** and **physically**. I am now more **confident** and have better **self-esteem**.

Why would you recommend volunteering to someone thinking about getting involved?

The **satisfaction** that it can bring. And the **wonderful people** and coaches you meet.

Tell us about your best volunteering experience....

Volunteering for my daughter's club and team was extremely **rewarding**. I saw first-hand the benefits of being involved in **team sport**. It not only benefitted her but the rest of her team mates. Their **self-confidence** and **self-awareness** has just improved tremendously. As well as their **assertiveness**. They also just enjoy themselves.

How has volunteering affected your social life?

What social life? **Netball is my social life**.

How has volunteering helped you in your professional career?

I am a veterinary surgeon. And I have been doing that a while. I found **being a coach and a vet was very similar at times**. They augmented each other.