

Katherine Childs, 23, describes her Get on Track experience



I was born and raised in Reading. My Nan moved to Reading from St Anne's in Jamaica and my Grandfather from Kingston, Jamaica. So my sisters and I are the third generation to be brought up in Reading.

My life has been tough since the get go. I went through something terrible at young age, leaving me angry, hating the world and wondering why me? This has stuck with me and is still there. I carried this through my childhood and into my teens. This showed badly in school. I had no respect for people in authority which the teachers got the brunt of. Then my parents got a divorce.

So based on my feelings, I decided to tackle the big bad world. What I found was that I was faced with unemployment and was at a turbulent time in my life. Everything was up in the air. I think the hardest thing for me is that I don't want to fail. I hate showing my vulnerability to people. But I always manage to set myself up for failure because of lack of trust and asking for the help that I really need.



I decided to go onto the Get on Track course. People always ask why I chose the course. I think it's always difficult to ask yourself why you have done something and of course you have done it for a reason. When you have lost sight of your goal obstacles begin to appear in front of you that seem too hard to climb. Then you ask what shall I do to improve my situation? For me it could have been an escape from life, to go on a different journey and see what I might be doing wrong. Going was probably one of the best things I have ever done.

The athlete mentors have become like a second family to me. Each of them has their own talent when it comes to working with young people. I can relate easily with Neil Danns. He comes from a similar family background and he loves to talk! Most importantly he can give advice that sits with you forever. He once told me I should choose my own path rather than listening to other people, because when I look back in 20 or 30 years I want to be able to say 'yes, those were my decisions and I am proud of what I have achieved'.

Describing Adam Whitehead, I would say he is a 'natural team leader'. He is passionate about young people and is honest. These are unique qualities and Adam is able to influence people to do better and succeed without pushing people over the edge, which is just as important as some people need that nudge.

Saving the best to last, Jenna can hold her own against the men! She does not judge a book by its cover, she looks for the best in individuals and she will go out of her way to make sure you're ok.

The Get on Track mentors have taught me more about my qualities and how I can use them in everyday life, and to believe and trust in my own decisions.

I think the charity can hold their heads high and say they are actually improving young adults' lives, even if it's that tiny bit of courage and confidence they give to someone.

Since completing Get on Track, Katherine has volunteered with the Thames Valley Police, where she even put a team together to fundraise for the DKH Legacy Trust in the Reading Half Marathon Corporate Relay Challenge.

In September 2012, Katherine began life at the University of Winchester, where she is studying to become a teacher.