



# 'Live Life' Project

## **Introduction:**

The project involved identifying selected group of physically inactive men and women, assess their life style, deliver health and well being session to raise their awareness related to choice of healthy food, cooking and eating styles to enhance the wellbeing, benefits and practicality of exercise and remaining fit and active. The session also encouraged them to produce an action plan which was followed up to ensure that the participants benefited from the project in terms of their health and wellbeing.

**Participants:** The project involved 13 men and 6 women.

## **Assessment:**

The selected individuals were assessed through a questionnaire and on one to one basis. The questionnaire and the discussion captured their personal and health related details. (see attached questionnaire). The participants were informed beforehand and made aware of what project involved.

Men's Session: 27<sup>th</sup> May 2012 at Catherine Beckett Centre, Preston

Women's Session: 9<sup>th</sup> July 2012 at Hamaara Centre, Castleton Road, Preston

The sessions were delivered by professionals from community health background who possessed significant experience in delivering health and wellbeing training with a view to make positive difference to the lives of people through practical advice and guidance. The sessions included the basics of good health, practical session on safe exercising, circuit training, balanced diet, fitness and an action plan. The sessions were interactive and provided valuable opportunities for participants to interact with each other, discuss and ask questions. The men's session was delivered by a male health professional and women's session was delivered by a female health professional.

## **Action Plan:**

The individual action plan enabled participants to identify the areas of development and make commitment to improve their life style. (see copies attached)

## **Evaluation:**

Participant's progress was followed up on regular basis through one to one and telephone conversations in order to ensure that participants were putting in efforts to make difference to their life style, respond to queries they may have, providing advice on overcoming barriers and importantly demonstrating long term commitment to lead a more healthier lifestyle. The results has been very positive and all participants recorded positive outcomes in terms of making slow but steady progress in the areas of physical activities, eating and cooking habits and being more aware of their well being.

## Case Studies – Good Examples

**Mr Shaikh:** Mr Shaikh's mobility was negligible and he did not undertake any physical activities including walking around the block. He was committed to make difference to his life style by taking on walking as his main priority. He started with three wheeler rollater, which he already had but never used it. He started with 10 minutes walk round the block three times a week and gradually increased the frequency and time. This according to him benefited him greatly as his breathing had improved and he felt more active. He had always relied on his family members to take him to his GP's surgery which was couple of streets away from his house. His biggest achievement was when he walked down to his GP's surgery on his own using his three wheeler rollater. Since then he has been to local shops using his walking stick. He is committed to continue with his walking routine.

**Mrs Riaz:** Mrs Riaz suffers from low energy and tiredness. This makes her feel unwell all the time and as a result does not put in any efforts to make her life more fulfilling. She was aware that bringing positive changes in her lifestyle was vital for her wellbeing. She demonstrated her willingness at the workshop to undertake small and manageable tasks to improve her wellbeing. Her husband worked part time and is not in receipt of any benefits as she does not have any children. She identified her financial situation as one of the main factor contributing to her declining health due to worries and pressures. She received advice to be more aware and pro-active. She will enrol herself in ESOL classes and have found part time work in a factory which she is happy about. She walks to work and enjoys interacting with people. The change in scenery has encouraged her to take ownership of her personal issues. She is now positive about her future and would ask her employers to work full time.



**Mr Saeed:** Mr Saeed suffered from multiple conditions and this was not only affecting his physical abilities but mentally as well. He remained depressed most of the time due to his restrictive lifestyle. His loss of appetite was something he wanted to tackle as lack of sufficient and nourishing food was impacting on his sleep. The cocktail of medicines he had to take made him lethargic and de-motivated. He took advice from community health professional regarding his diet. He was assessed and provided with an action plan on things to eat, when, how to cook, information on vitamins, calories etc. He strictly adhered to the plan taking into consideration his fluctuating conditions and mood swings. He is now into sixth week of his programme and according to him has been able to regain energy which he thought he never had. He now feels more refreshed and eager to do things. He now plans to extend his activities to include more physical activities including taking his grand-children to park.



**Mr Khan:** Mr Khan suffered from over-weight and can be considered as obese. He volunteered for two community groups assisting with admin tasks. The distance between the two locations was approximately one mile and he finished with one and went straight to another, as per the timing agreed with both organisations. On the way he would pick up burger and chips due to lack of time. He followed the advice from the community health professional to change his routine. This involved changing the timing of start time with one of the organisation to give him a gap of one hour. This enabled him to go home and have a light lunch and walk instead of driving. He has now developed a structured food habit which makes him feel lighter and more energetic. He is now planning to undertake a rigorous weight reducing programme, which he knows is going to be very difficult. The positive difference due to change in his routine has encouraged him to take a step further and he is eager to put other measures in place to control his weight.





**‘Live Life’  
Health &  
Wellbeing  
Project**

**9 July 2012**

**Hamaara  
Centre**





# **‘Live Life’ Health & Wellbeing Project**

**27<sup>th</sup> May 2012**

**Catherine  
Beckett Centre**

