

CHAMPIONS FOR CHANGE MANCHESTER YMCA SOCIAL PRESCRIBING PROJECT APRIL 2022 – JUNE 2022 PROGRAMME



Case study of the difference Champions for Change has made to a client.

Client X is a 22-year-old of BME ethnicity. Lives with parents and siblings. Works full time. Been attending the Be Well Service Burnage Weight Management Group; felt our Champions for Change Project would be perfect next step to promote and protect her wellbeing. Weight always been an issue; finding it 10 times as hard to lose it compared to others. Although was losing weight, was a very slow process. Getting disheartened. Feeling her lifestyle was very restrictive.

She had an initial assessment with the Project Co-ordinator and designated Personal Trainer (PT) to identify health goals, barriers, assess current activity levels, nutritional knowledge. She participated in a programme of 10 one to one weekly sessions with PT at the Y Club, Manchester YMCA leisure and fitness centre. The PT tailored sessions to her needs, comprising physical activity using gym equipment and nutritional support for a healthy lifestyle.

HEALTH NEEDS

- Never been a healthy weight, was really important now, didn't want health complications.
- Felt "being more active is good for me".
- Lacked confidence to go to the gym, didn't like people looking at her.
- Described herself as a "very stressy person", overthinking, negative self-talk, affected by negative comments from others.

HEALTH GOALS

- ·Increase stamina; get up, do things, a "yes I can" attitude.
- ·Incorporate fitness into her lifestyle.
- ·Be happier in herself.
- ·Increase self-confidence.



JOURNEY TO ACHIEVE HER GOALS

On a scale of 0 -10, where 10 was achieving her goals, starting point was 2 and at the end of her programme she scored it as an 8.

01 New eating habits

- More control over what she's eating, notices cravings for certain food groups.
- More aware of portion size, "I notice more beforehand what will make me full in terms of portion size".
- Plans for meals.
- Less unhealthy snacking.
- Recognised "if I have a more fulfilled life, I don't feel the need to eat things I would usually eat".

02 More active and more psychologically and socially confident

- Increased confidence in herself:
- Weight affected how she socialised. Now more chatty when out.
- Going by herself to the gym; gets on with the gym plan, focuses on herself/her goal, less bothered about others, "I'm there for myself". Tries to go whenever she can.
- Increased mental wellbeing:
- WEMWBS scores increased from 19 to 29.
- A lot more cheerful, finding what makes her happy, maintaining a positive mindset, not letting work stress be consuming, "making time for things which give me a bit of peace and make me happier".
- Lost inches; noticed an outfit was loose around the waist when on holiday.
- Lost weight.
- Increased stamina; did the Pretty Mudder, 5 k muddy obstacle course, in Tatton Park, with staff from her workplace. Realised can run longer distances, without breathlessness and needing to stop.

Has continued going to the gym. When unable to do this, does workout at home.



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"If I have a more fulfilled life, I don't feel the need to eat things I would usually eat".

"Making time for things which give me a bit of peace and make me happier".

