

# Beneficiary Case Story

<b>1. Health Trainer Contact Details</b>
Kelly Ainsworth Priory Campus Pontefract Rd Lundwood Barnsley S71 5PN
<b>2. Name of Client, Age, Gender and Health Assessment's pre and post?</b>
Carol is 50 years old. She weighs 73.6kg pre assessment and 68.4kg post assessment.
<b>3. The beneficiary's needs, problems or issues</b>
List the main needs / issues for the beneficiary. What did they want help with?
Carol was referred from her doctor because she had high cholesterol and wanted to loose weight. She has fibromyalgia and connective tissue damage so struggles with exercise. She was seeing a physiotherapist for the exercise side of things.
<b>4. How were needs, problems or issues tackled?</b>
Describe what the beneficiary and the service did to help overcome the issues identified.
I supported Carol for 12 weeks and covered different aspects of healthy eating each week. I went into particular detail about portion sizes because her husband cooked her meals and she felt that her portions were too large. I showed her what a normal portion should look like and she admitted she was having too much at the minute.
Carol was also snacking on biscuits every time she had a cup of tea, so throughout the day she was having large amounts of high fat snacks. I explained to her that she should aim to cut these snacks down to just two biscuits a day. We discussed replacing biscuits with healthier alternatives.
I gave Carol recipes for healthy evening meals and also advised her to change her current breakfast cereal of crunchy nut cornflakes to regular cornflakes with sultanas to sweeten.
<b>5. Outcomes and impact e.g. weight loss, increased confidence.</b>
When I first met Carol she had to walk with the aid of a stick and was quite immobile. After three sessions she came in without a stick, looking a lot better in herself and had a much more positive attitude. She lost over 5% of her body weight and is well on her way to loosing 10% of her body weight.
Carol has achieved this by swapping her cereal for a healthy alternative, cutting down her portion size and completely cutting out biscuits. She is also having a more balanced meal for her evening meal as previously she as just having a sandwich.
Carol has improved in her confidence, attitude and health.

**7. Please include a statement from the project worker / volunteer / Health Champion Use the questions below as prompts if necessary:**

- What were the main difficulties the beneficiary faced at the start? What did they want help with?
- How did the project help? What did you do?
- What changes have you observed in the beneficiary since their engagement with the project? What did they achieve?
- What did you learn from working with this person? What might you do differently next time?

**8. Key learning for others**

List the three main things that you'd like people to take away from the case story. Think about what worked well and what worked not so well.

- 1) Don't disregard anybody if they have some sort of disability
- 2) Go into more depth with certain issues around someone's diet if you see fit.
- 3) Show people physical examples of portion sizes or fat samples, as visual aids can help motivate people more than just talking.

**9. Next steps**

An indication of where you / the beneficiary intend to go from here.

Keep monitoring Carol and ensuring she knows the service is here if she needs further support.

**CONSENT FOR USE OF PHOTOS / IMAGES**

Where possible, we would like to include at least one image with each case story. Please supply a key photo or image that represents your case story.

Please sign below if you give consent for us to use your image in our publicity materials and / or use within national, regional or local media. Please tick boxes below as applicable:



I give permission for this image to be used in Publicity Materials including web based materials



I give permission to this image to be used within national, regional and local media.

Signed .....

Name (please print):.....

**CONSENT**

I give permission for PSS to use the information in this case story (including quotes) for promotional purposes in order to share impact & best practices within national, regional & local media.

Signed.....

Date...

Your Name (print).....

***IMPORTANT:*** Please obtain permission from the relevant volunteer/beneficiary before signing the above boxes. On signing you are confirming that the relevant permissions have been obtained

**Thank you for taking the time to provide this case story**