

Beneficiary Case Story

<p>1. Health Trainer Contact Details</p> <p>Phil Ainsworth, Tel: 07595863142 Email phil.ainsworth@pss.org.uk</p>
<p>2. Name of Client, Age, Gender and Health Assessment's pre and post?</p> <p>Stan Cusworth, 71 male Wt 15st 6lbs now 14st 2lbs, Waist was 42 now 40, BMI was 30.1 now 27.62</p>
<p>3. The beneficiary's needs, problems or issues</p> <p>List the main needs / issues for the beneficiary. What did they want help with?</p> <p>Out of breath with short bursts/periods of exercise Also wanted help with weight loss and healthy eating</p>
<p>4. How were needs, problems or issues tackled?</p> <p>Describe what the beneficiary and the service did to help overcome the issues identified. At first I knew very little about food and the different groups. I simply eat what my wife put in front of me, and too much! Phil taught me about the different food groups, ideas, to get a balance in my diet, but also how to manage food diary's and portion sizes. We also now attend the gym which I never thought I would do.</p>
<p>5. Outcomes and impact</p> <p>Overall I feel fantastic in comparison to when I first started. I have dropped a size around my waist and have had to put extra holes in my belt (15.6 to 14.2) My confidence and knowledge around healthy eating and exercise has also improved dramatically as I knew very little before, I no longer feel out of breath when going for short walks with my wife.</p>
<p>6. Please include a statement from the beneficiary. Use the questions below as prompts if necessary:</p> <ul style="list-style-type: none"> ▪ How did you first come into contact with the project? ▪ How did you feel before engaging with the project (e.g. knowledge, skills, behaviour, and health status)? ▪ What has changed as a result of your involvement with the project (e.g. health status, any activities you do now that you didn't do before?) ▪ Please tell us about any impact on / changes to your health and well-being? <ul style="list-style-type: none"> • I had a letter through the post. I was shocked at the immediate response I got, and the time between my contacting the health trainer office plus Phil ringing to arrange an appointment. • I felt unfit breathless and overweight • I felt a lot better about myself, I consciously think about what I'm eating and an able to identify good and bad foods from their labels (never previously looked at) and through this my wife has also benefitted and lost 3kg herself. • I now attend a gym and try swimming which has helped my bad shoulder. • I am now walk longer distances without feeling out of breath, it has helped me in my job as a lolly pop man
<p>7. Please include a statement from the project worker / volunteer / Health Champion Use the questions below as prompts if necessary:</p> <ul style="list-style-type: none"> ▪ 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?

Didn't know where to start, having contacted the health trainers (Phil) as helped me lose weight, feel better and become fitter.

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.

Never too old or late to make a healthy lifestyle change.
Small changes can make a big improvements

9. Next steps

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

The project helped Stan gain knowledge around healthy eating and exercise, rather than just eating what was put in front of him. Contact and information through me was relayed to his wife who was preparing the meals for Stan so this got her on board as well.
Stan was a useful client for experience as I had not worked with many elderly clients.
To continue to lose weight and attend the gym and become more involved with the food and cooking with my wife

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Signed.....

Date...14/09/2012

Your Name (print).....Stan Cusworth.....

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Thank you for taking the time to provide this case story