



Case study: Carol from Brockdish (age 52)

How did you hear about the Active Wellbeing service?

I was referred by the diabetic nurse at my new GP practice

Tell us about your experience with physical activity:

I used to do a lot - horse riding, cycling, netball and tennis but life got in the way. I had an ankle injury and a back condition and I just stopped doing stuff because it hurt! I spent six years festering on the sofa and was diagnosed with Type II Diabetes.

What was your main motivation for becoming more active and how have you managed to remain active?

Moving to Norfolk and changing GPs gave me the push to do something about it because they made me see that everything was too high. My new Diabetes nurse referred me to Annie at Active Wellbeing, and our first meeting was very informative. She had loads of suggestions, useful information and contacts. I signed up for the Stradbroke Gym and booked personal training sessions, I booked a course of Nordic Walking lessons, a course of Pilates

through the gym, I got my bike serviced and joined a badminton group in my local village hall.

What activity, class, or type of exercise has been your most enjoyable or most helpful?

I'm enjoying all of it. I've loved the Nordic Walking because I love being outside but I've also enjoyed Pilates because it doesn't come naturally to me so I have to push myself. Being back on my bike again is great too, riding around the streets of London wasn't a lot of fun but riding around lanes of Norfolk is!

Has getting help from the Active Wellbeing service, helped support and encourage you to remain or become more physically active? If so, how?

It has, a lot. I was at quite a low point when I met Annie, I felt I wasn't going anywhere and I was bored. When I'm bored I eat rubbish. Annie is very upbeat and positive without being pushy and patronising. I know I'm 52 and overweight but I don't need to be told that. The information sheets she provided me with saved me having to do much

Has getting help from the Active Well-being service benefitted your emotional wellbeing?

Yes. Definitely. I'm more upbeat, I enjoy the exercise I'm doing but I don't think I would have done any of it without the help from Active Wellbeing.

Do you feel more connected to your community as a result?

I think so. I meet people when I play badminton and there's always someone to talk to in the gym if I want to

Is there any advice or tips that you would give to somebody who has just joined the Active Wellbeing service?

Yes. Just dive in and do it. I've lost weight, I feel better in myself and I've made new friends.

Is there anything else that you would like to add?

Not really, just a thank you to Annie for her help and support and that gentle little push to start me off.



What is Active Wellbeing?

Active Wellbeing is a bespoke approach from Active Suffolk, in partnership with Babergh and Mid Suffolk District Councils.

The Active Wellbeing services helps to support older adults who are physically inactive to become more physically active.

With the support of one of Active Suffolk's Physical Activity Advisors, clients will be able to discuss their motivations to get active, different options that are available locally to them and overcome any barriers, issues or concerns they might have.

The service is focused on the individual, and the Advisor will support clients through consultations, phone calls and on-going reviews to provide support, motivation and advice.

For more information, visit:

www.activesuffolk.org/health-and-wellbeing

