



Case study: Dorothy from Stradbroke

How did you hear about the Active Well-being service?

I heard about it through the Patient Participation Group at Fressingfield GP surgery.

Tell us about your experience with physical activity:

When I was younger I used to do athletics. Throughout my middle aged years I played stoolball (which is sort of like cricket) and netball. As I've got older I enjoy bowls and walking.

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

My main motivation was the fact I am getting older. After my hip replacement, I experienced lots of pain and inconvenience so I was encouraged to get a doctor's referral.

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



Dorothy, 81

I joined the gym which has been the most helpful. I am still very stiff sometimes but I do exercises on the apparatus such as the treadmill and the exercise bike and these help.

Has getting help from the Active Wellbeing service

helped support and encourage you to remain or become physically active? If so, how?

Yes, very much so. It is the set up for me which made me carry on and remain physically active.

Has getting help from the Active Wellbeing service benefitted your emotional wellbeing?

Yes, definitely.

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

I have always helped in my community since coming to Stradbroke.

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

Yes, just keep going! If you go to the gym I would recommend a personal trainer to help you with the exercises and to help you stay motivated. Walking with friends is also a great way to keep fit.



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

