

Engaging People Project Case Study

Team: HALE

Date: 16th November 2018

Title: Self Care Session

Outcome: Better Engagement

i.e: better engagement, better information or better decision making

Background (brief intro)

These are in the words of the gentlemen's daughter who rang us to share this.

"My father stopped working due to his long term injury and as a result he became depressed and isolated as all his socialising took place at work.

He used to visit the doctors on almost a daily basis, having lots of medication (nasty side effects) and was constantly frustrated and feeling like a burden. Doctors would fob him off by increasing medication or refer him to services that didn't meet his needs.

He attended a diabetes training course, where they didn't speak his language and the food they tried advising him to eat was not even part of his daily diet. No point telling a man how to cook pasta if he's never even had it before- this just puts people off learning to eat healthily.

What we did, who was involved (project activity)

My father attended the mosque and was chatting to your staff member (can't remember name) who gave general advice on how to stay healthy.

What motivated my father was that this staff member shared his experience of weight loss and how to cook healthy Asian foods (foods that my father actually eats). My dad found this very inspiring and motivating.

Speaking to a younger man from the same background motivated him to take control of his own food and try to make it healthy.

Outcome (results, recommendations, learning, added value)

The staff member also gave recommendations on places to visit in the local community and advice on accessing a bus pass as he wasn't aware that he was entitled to a bus pass

and neither was I.

Since that day, my father has been getting in the kitchen...cooking scrambled eggs, curries and cutting down salt. He has also cut down on Asian biscuits which are very high in salt and sugar. As a family we have tried to tell him to cut down for many years, but he would eat outside or with friends instead. Now he is motivated and is making changes himself. He wants to apply for bus pass and get into a gym.

Just wanted to say that it's great that you guys are visiting the local community in their own local groups, where people feel comfortable. Before this I had never heard of HALE even though I live in Bradford. My father is very thankful that he has been motivated to care for himself and asked me to let you know that your project is very good."

What next (future plans, spin offs)

We will continue to build our relationships with the mosques for both Self Care Sessions, working closely with our HOPs team who offer blood pressure testing and Healthy Heart sessions.