

Case study 1

Helping yourself to Wellbeing

Before the start of the course everyone on the waiting list was contacted. After a conversation with one participant, I felt she didn't want to come and was making excuses.

On further investigation I discovered she has a spinal disease which affects her mobility, she cannot get out of the house without her mobility scooter and struggles to mobilise around the home. I organised transport to enable her to get to and from the Children's Centre with her 2 year old who would be attending the crèche at the same time.

Alongside her physical disability she has mental health issues and sees a psychiatrist and remains on antidepressants and mood stabilising drugs. She also manages her pain through morphine tablets/liquid.

On the morning of the first session the participant arrived with a mobility aid (large wheeled frame) and was made very welcome by both myself, the other tutor and the rest of the participants. She started to cry and said "I've missed this"

She casually told the group that due to her degenerative disease she had to give up work.

The participant attended week 1 – 4. Her appearance improved each week from washing her hair and wearing it down to applying a full face of make-up. She grew in confidence each week and always had valuable comments to make.

Both the PHQ-9 scores and GAD-7 scores decreased.