



Borough of Telford and Wrekin

Health & Wellbeing Board

Thursday 28 September 2023

Living Well

Cabinet Member:	Cllr Kelly Middleton – Cabinet Member: Healthy, Safer & Stronger Communities and Partnerships
Lead Director:	Liz Noakes - Director: Health & Wellbeing
Service Area:	Health & Wellbeing
Report Author:	Louise Mills – Service Delivery Manager Health Improvement & Libraries
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Wards Affected:	All Wards
Key Decision:	Not Key Decision
Forward Plan:	Not Applicable
Report considered by:	Health and Wellbeing Board - 28 September 2023

1.0 Recommendations for decision/noting:

- 1.1 The Health and Wellbeing Board is asked to note the updates provided on all programmes of work.

2.0 Purpose of Report

- 2.1 The report provides an update of the work being undertaken across Telford and Wrekin that contributes to the boards strategic priority, Living Well. The programmes of work summarised are largely funded from the public health grant and are led by the council's Health Improvement team working collaboratively with our health partners and the community and voluntary sector. Case studies have been included in Appendix A to highlight the impact programmes have had on local people accessing the support.

3.0 Background

3.1 Priority one: Delivery of 'Live Well' programmes aimed at encouraging healthy lifestyles and improving mental wellbeing

From April 2022 – March 2023, 1753 residents received support from the council's **Healthy Lifestyle Service**. A further 650 residents have received support from April – September with 70% achieving their lifestyle goals. A large proportion (60%) are residents from our most deprived communities and 30% of our quit smoking caseload are from routine and manual occupation groups. The lifestyle service has worked hard to engage under represented and higher risk population groups. The majority of clients (90%) have at least one long term health condition and 12% are people from ethnic minority backgrounds.

'My Advisor provided me with practical advice that was personalised and achievable for me'

'My diabetes has improved and my knee pain has gone completely'

In addition to direct work with clients the Healthy Lifestyle team also support local partner projects. Since September last year the team has supported the TELDOC Diabetes Care Pathway providing an opportunity for our Lifestyle Advisors to introduce patients to the lifestyle service. Of those referred 160 patients have gone on to access our 12 week programme in a community clinic close to where they live.

'I managed to lose 8% of my body weight. My HbA1c reading reduced to 40 and my liver function tests are now normal. I've halved my diabetes medication.'

Reference Appendix A Case Study: Healthy Lifestyle Service (Weight Management Support)

In addition to our well established Healthy Lifestyle Service residents can also access support to 'live well' through our local **social prescribing** teams. Social prescribing enables GP's, nurses and other primary care professionals to refer people to a range of local, non-clinical services to support their health and wellbeing. Local social prescribing arrangements are coordinated via our Primary Care Networks (PCN's) and Telford MIND as our local mental health charity are a main delivery partner. Patient access to a social prescriber is a commitment within the NHS Long Term Plan and PCN's are therefore reimbursed for this scheme through their GP contract.

From April 2022 – March 2023 our local social prescribing teams supported 3,800 local people. An additional 1000 people have been supported from April – June 2023. Presenting issues for support include anxiety, depression, low mood, loneliness and social isolation. Over time social prescribing teams and roles have evolved in response to unmet patient needs. For example roles now include a Green Social Prescriber and Health and Wellbeing Coaches.

The **Health Inequalities funded projects** described in the November 2022 report have continued with participant figures reaching 3500 across 13 different activity programmes. Activities have included cricket, football, netball, healthy eating/cooking, fitness classes for men and women, yoga for women, martial arts/mental health sessions, craft/chatter sessions, music and mindfulness, swimming, walking and seated exercise for the 50+.

The activities have been coordinated and delivered by community groups including: CEIA, STUWA, Noor's Women's Wellbeing, TAARC, Nasara, Oakengates Gurdwara and Sangat Parchar Sabhar Gurdwara Community Cohesion Centre, with links also with The Interfaith Council, One Voice and ACCI.

Several community leaders and local residents as volunteers have been supported to attend courses and achieve accredited qualifications to support delivery of the projects, adding to the longer term sustainability of the activities within the communities.

Time has been committed to continuing to build and maintain relationships with the community with a focus on how to sustain the health and wellbeing activities beyond the initial funding period. Regular visits have been made to the various groups and activities to obtain user feedback and testimonials. Listening and talking with the community has led to the development of additional projects. For example TAARC are now seeking funds from Sport England, with the support from the Health improvement Team, for a new grant funded project which includes gym instructing and circuits training for TAARC members and local volunteers, as part of a whole community health & wellbeing/fitness project, which will involve the wider local community in training, events, activities and fitness sessions for the Hadley area.

Reference Appendix A Case Study: Health Inequalities Funded Project for the Black and Asian Community

Building on our health inequalities programme the council's health improvement team has delivered a series of **outreach sessions** to large local employers, religious settings and community interest groups. This has provided an opportunity to develop our 'health promoting' networks; to share health data with local people; to gain valuable insight from some of our under-represented groups including our Turkish, Syrian and Ghanaian communities; to raise awareness of the importance of leading a healthy lifestyle; delivery of physical health checks including blood pressure checks and signposting to local support services. In addition to healthy lifestyles, sessions have focused on cancer and diabetes prevention.

Just under 600 people have engaged in the sessions from a broad range of settings including: RICOH, MOD Donington, Kuehne + Nagel Ltd, Telford Central Mosque, Chinese Cultural Centre, Men's Sheds, HYVE and Deaf Awareness Wellington.

Reference Appendix A Case Study: RICOH Wellbeing Days

The last Living Well update in November 2022 outlined our work with Energize, our Active Partnership and how we work collaboratively to invest Sport England grant funding to support **community driven physical activity projects**. Our most recent

collaboration involves the Shropshire Cycle Hub and an investment of £12,500 to develop the KOG Community Cycling Project. This project is teaching residents of Ketley Bank, Oakengates and St Georges how to ride and fix bikes; providing training and sessions in schools; and recruiting and training local people to undertake volunteering opportunities in bike maintenance and leading group bike rides. The project is on target to reach 1500 individuals.

Reference Appendix A Case Study: KOG Community Cycling Project

RICOH continue to sponsor local physical activity projects for some of our most vulnerable residents and for those living in areas of higher deprivation. This years sponsorship has enabled our four delivery partners; A Better Tomorrow, the Park Lane Centre in Woodside; Telford CVS and Telford Mind to provide a range of activity opportunities for people with long term health conditions and/or learning disabilities, and for people who are homeless and/or in recovery from drugs and alcohol.

Reference Appendix A Case Study: RICOH Sponsored Project Telford & Wrekin CVS

Our network of **Health Champion volunteers** continue to provide advice, information and support in their communities. Over recent months we have seen an increase in volunteers from some of our under represented groups which will support our health inequalities work. Health Champions have supported Men's Health week; dementia wellbeing events; Telford's Big Walk Week and more recently completion of blood pressure training has enabled them to support our community based hypertension case finding project.

"I wanted to volunteer. Blood pressure interests me. It's something different and nice to have variety in my volunteering".

"I was a little apprehensive at the first event but I looked at the reminder sheets from my training. Once I was there, I was on a roll. I was honest with people that I am not a clinician"

"I really enjoyed being part of the health and wellbeing event at Madeley Anstice. Lovely to meet new people and old friends. The attendees were really engaging with the event. It was a good turnout very worthwhile".

The **Feed the Birds** volunteering project continues to be a success in Telford & Wrekin. The scheme involves a thorough process to ensure high quality matches between volunteers and clients, and currently has 17 clients matched who are visited on a weekly basis. These clients are socially isolated and experience loneliness. Both clients and volunteers benefit from the visits and share positive comments about the project. A small number of volunteers supported Telford's Big Walk Week; helping to lead walks allowing for conversations about wildlife and physical activity.

Feed the Birds volunteers have also been instrumental in identifying unmet needs that their clients may have and through discussions with the project coordinator have been able to ensure that their clients receive the appropriate social care and third sector support that they require. Volunteer recruitment is ongoing with further training scheduled for October.

Reference Appendix A Case Study: Feed the Birds

3.2 Priority two: Delivery of Making Every Contact Count (MECC) training to our frontline practitioners

Making Every Contact Count (MECC) is an evidence based behaviour change initiative to embed prevention and health promotion into the everyday practice for health and care staff and volunteers, including those who are non-specialist and have little to no experience in public health.

Lifestyle factors, such as alcohol consumption, stress, poor diet, smoking, and lack of physical activity, combined with wider, socio-economic determinants of health (e.g., education, employment, and income) are strongly associated with the development of cardiovascular and respiratory diseases, cancers, diabetes, musculoskeletal disorders, and other non-communicable diseases. Many of which are preventable.

MECC aims to utilise the multiple interactions health and social care practitioners have with the public as health promotion opportunities. Staff are trained to deliver very brief or brief interventions, targeting lifestyle behaviours, ranging from simply raising awareness of health risk factors and signposting to relevant services, to supporting behaviour change through discussion and encouragement. A MECC very brief intervention can be delivered in as little as 30 seconds, and a brief intervention in 5 to 15 minutes. Building self-efficacy and empowering individuals to take ownership of health behaviours is important for improving outcomes.

A mapping exercise for existing training providers and courses has been completed and preferred options will be piloted with cohorts of staff over forthcoming months. We will then look to invest non recurrent public health grant funding to deliver the training initially to our adult social care workforce.

3.3 Priority three: Delivery of public health campaigns that align to our priorities

In March we launched '**Green Spaces Are Go**'; our 2023 public health campaign and project to increase the use of Telford & Wrekin's parks and green open spaces for physical activity. Small grants totalling £40,000 have been awarded to a broad range of not for profit community and voluntary sector organisations to fund initiatives including 'on the ground' improvements, equipment, promotional materials, use of tech and/or events and activities, to provide opportunities for local people to take part in any sport, exercise or physical activity in any of the Council's parks, nature reserves and green spaces. A broad range of activities including cycling, 'Parkour', nature walks, practical conversation work, outdoor pursuits,

orienteering; outdoor gym fitness sessions, Nordic Walking and Tai Chi started during the summer months and will extend into next year and are expected to reach 8000 people.

A further £28,000 has been invested with council teams to support the creation of new geocaching trails, new bench to bench walks and new walking interpretation materials, plus family and individual cycling sessions.

The promotional campaign includes the development of new webpages <https://healthytelford.com/green-spaces-are-go> , newsletter articles and adverts on social media. Social media posts promoting the activities have been seen 220,000 times.

Reference Appendix A Case Study: Green Spaces Are Go – Tai Chi in the park

3.4 Priority four: Embed health improvement advice and lifestyle interventions within the clinical pathways for cancer, heart disease, diabetes, musculoskeletal and mental health

The ICB have developed a high level CVD Recovery Strategy and a 2023/24 Milestone Plan which identifies key CVD prevention priorities and projects which will improve CVD prevention across the patch. A strategic group has convened chaired by the CVD Prevention Clinical Lead to maintain assurance, oversight and to challenge progress against the plan.

Priorities are:

- Promotion of healthier lifestyle choices (alcohol and substance misuse, weight management, physical activity and smoking cessation)
- Physical health checks (NHS Health Check, Annual Health Checks for learning disability and autism; serious mental illness; those experiencing homelessness, substance misuse and mental health issues)
- Case finding and ongoing management

Work is underway with the Midlands Partnership NHS Foundation Trust to co-locate Lifestyle Advisors within secondary care to work alongside the nurses completing the physical health checks for adults with a serious mental illness. This will allow for a greater focus on the promotion of healthier lifestyles with onward referrals to our lifestyle service and community support.

Significant progress has also been made towards implementation of the **Hypertension case finding project** for which both local authorities are the main delivery partner for the ICB. This project involves training volunteers as CVD Champions to take blood pressures within community settings, offering lifestyle advice and incorporating 7 day monitoring for those identified as having high blood pressure.

The project launched in Telford and Wrekin in July. To date 16 volunteers have been trained; a further 22 have been recruited and await training over the next couple of months. Community events have provided the best means of engagement.

Volunteers have completed 288 blood pressure checks with 6% of those checked requiring 7 day monitoring for high blood pressure.

Reference Appendix A Case Study: Community Hypertension Case Finding

3.5 Priority five: Embed preventative approaches and signposting to health improvement interventions across adult social care practice including further development of community based support

Service Managers across Public Health and Adult Social Care have met to consider the current pathways, assessment points and to better understand how we can maximise opportunities to take a preventative health improvement approach. Over the next 12 months we intend to invest non-recurrent public health grant funding in non-statutory preventative approaches and community based support to respond to some of the demand management pressures within adult social care where its identified that a community intervention could provide an effective and suitable alternative to meeting local need.

Key actions will include:

- Improved targeting of the Healthy Lifestyle Clinics at the Independent Living Centre to prioritise referrals from adult social care
- Development of the pathway between the Annual Health Check (Learning Disabilities and Autism) and lifestyle services / community support
- Health Improvement Practitioner and Advisor involvement in the Community Hubs service offer
- Working with the voluntary sector to expand community support for befriending, loneliness and social isolation
- Bespoke weight management support for adults with a learning disability including 1:1 support, group work and training for carers and the care sector
- Consider options to extend the current falls prevention support programme commissioned by the ICS.
- Low level support for people leaving hospital
- Prevention and healthy lifestyles training for frontline practitioners
- Further development of community support for service users and carers living with and caring for someone with dementia

4.0 Summary of main proposal

4.1 The report provides an update of the work being undertaken across Telford and Wrekin that contributes to the boards strategic priority, Living Well.

5.0 Alternative Options

5.1 Not applicable.

6.0 Key Risks

6.1 There are no risks associated with this report.

7.0 Council Priorities

7.1 Improve the health and wellbeing of our communities and address health inequalities.

8.0 Financial Implications

8.1 The programmes of work are being delivered from within existing resources (public health grant) and therefore there are no financial implications arising from this report.

9.0 Legal and HR Implications

9.1 There are no direct legal implications arising from this report. Legal advice has been and will be provided on individual strands of work as and when required.

10.0 Ward Implications

10.1 The Healthy Lifestyles Service is available borough-wide. Community focussed projects are targeted towards priority wards and under-represented groups as part of our ongoing work to reduce health inequalities.

11.0 Health, Social and Economic Implications

11.1 The programmes covered by this report describe close working with the NHS and wider health partners. Our preventative work with the ICB, primary care and MPFT has the potential to deliver considerable cost savings as part of the clinical pathways.

12.0 Equality and Diversity Implications

12.1 All of the programmes of work contribute towards reducing health inequalities and will have a positive impact for residents living in some of our most deprived wards; adults with a learning disability and people from ethnic minority backgrounds.

13.0 Climate Change and Environmental Implications

13.1 None.

14.0 Background Papers

Health and Wellbeing Board Report – Living Well Update 24 November 2022

15.0 Appendices

Appendix A – Case Studies

16.0 Report Sign Off

Signed off by	Date sent	Date signed off	Initials
Liz Noakes	12/09/2023	13/09/2023	LN
Finance	12/09/2023	19/09/2023	MB/TS
Legal Services	20/09/2023	20/09/2023	RP

APPENDIX A – CASE STUDIES AND IMPACT STORIES

Case Study – Healthy Lifestyle Service (Weight management support)

Date of interaction: June – September 2023

Style of delivery: telephone calls

Referral source: Self-referral

Background information on client:

- Age: 73 male
- Long term conditions: osteoarthritis, mobility issues
- Weight management history:
- Weight at start of intervention: 123.8kg
- BMI at start of intervention: 36

Aim of interaction:

- To lose weight

Recommendations of Advisor including referrals/signposting:

- Increase water intake
- Vary food choices
- Slow down on speed of eating food
- Reduce carbohydrate portion sizes
- Start to use static bike and slowly increase use

Summary of results of interaction

- Client achieved 11% body weight loss
- Weight at end of intervention: 110.2 kg
- BMI at end of intervention: 32.1
- Reduced waist size
- Exercising daily – managing 10 mile per day on static bike
- Improved muscle strength enabling client to walk up the stairs
- No longer requires the stair lift to get up the stairs
- Reports having more energy
- Finding getting dressed easier

Conclusion/recommendations/notable quotes

Client achieved 11% body weight loss. He plans to continue with all the changes he has made over the past 12 weeks

Client feedback after sign-off:

I personally found the 12 week course very inspiring. We discussed my targets and eating choices and set out a plan so as to give balance and variation with meals without feeling hungry.

This helped immensely and gave varied choices of the right foods, so it made my lifestyle changes very easy. I have taken up daily exercise which has improved muscle strength to my legs, and I can now walk upstairs where I used to use my wife's stair lift. I am happy with all of my choices and with the help of my mentor I am now converted in my life style changes. I would recommend this to friends as a valuable service, so thank you for your help.

Case study - Health Inequalities Funded Project for Black and Asian Community:

Arvinder - Arvinder is 51 years old, a mother to 2 children and grandmother to 4 grandchildren, and was very keen to take up one of the Level 2 Fitness Instructor training course places at Telford

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College funded as part of the project, so that she could volunteer in her local community to deliver fitness classes to women and young people. According to Arvinder and other women in her local community, to tackle their sedentary lifestyles, increase their activity levels and increase social interaction, the women wanted fitness sessions delivered by a woman, in a venue they trust, and in a style they felt comfortable. So in September 2022, Arvinder and her daughter-in-law Lavinder commenced the training course, which they completed in February 2023. As soon as she qualified, Arvinder started delivering fitness sessions at the Sangat Parchar Sabhar Gurdwara Community Cohesion Centre for women and young people from the local community, with a style, duration, dates and times most suitable for the attendees.

Regarding the fitness sessions, Arvinder said:

“I have really enjoyed the challenge of being able to attend the training at TCAT which has enhanced my knowledge of fitness and now allowed me to be qualified gym Instructor. This in turn has supported me to deliver regular voluntary women's fitness classes which I have been running for women within the ethnic minority groups with ages ranging from teens to over 50.”

“I now feel confident to lead sessions including aerobics, stretching, toning, relaxation, standing and floor work, plus use of mats/steps etc.”

She continued that “It's not only rewarding to put something back into the community but it's kept me physically and mentally very healthy which is of course key in dealing with life's challenges. Most of all it's made me feel that even at an older age, we can still find new interests and great opportunities to gain further qualifications. I find it immensely rewarding to help others and put back into our local community.”

Some of the women attending Arvinder's sessions said:

“I feel it has empowered members of our community to do exercise and be less sedentary. Arvinder can now lead group and individual fitness sessions at our Gurdwara for any age and ability”

“Our women really value being able to come to a venue they know, trust, feel comfortable in, to do fitness activities that they want to do, with people they know, trust and feel comfortable with, when it suits them to do so”.

Thanks to the success of her training through this project, Arvinder and some other members of her local community now wants to do swimming instructor training to support some of their community to learn to swim and increase their health, wellbeing and fitness through swimming too, so funding sources are currently being investigated to support this new initiative.

Case Study - Ricoh Wellbeing Days June 2023

Health Improvement worked with a variety of partners to deliver three wellbeing days at Ricoh UK Products Limited. The aim of the days was to target and enable men aged forty plus from manual and routine occupations to seek and make healthy lifestyles choices and behaviours. Different teams were given time off to attend the event. A presentation was made at the start providing some hard hitting data around health inequalities and promoting the Council's Healthy Lifestyles Service. After attendees went through to speak with a range of services whom could support them in making changes to their health. These included the Healthy Lifestyles and Stop Smoking Service, T & W Leisure Services, X-pert Diabetes and Lingen Davies Cancer.

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Links have been made with our Health & Wellbeing Coordinator as Ricoh are interested in more of their workforce becoming Health Champions.



Feedback forms were completed by the staff, all of which summed up the event;

‘Thought provoking’,
‘Thank you Valerie very informative’,
‘Was very good’,
‘Enjoyed the information’,
‘Great’, ‘Enjoyable’, ‘Great information’,
‘A good introduction to healthy lifestyle. I intend to get in touch and hopefully get help to become a new me’,
‘It was a good event and lots of information thanks’,
‘Glad I visited and has motivated me to make more effort to lose weight’.

Case Study - KOG Community Cycling Project – Community Cycling Event, Oakengates

Ella – Ella is in her early 20’s, lives in St Georges, and attended one of the Shropshire Cycling Hub (SCH) Community Cycling Events in Oakengates in August to gain some support, information and practical help to get back into cycling, so that she can use her bike which although purchased last year, has been sitting in her shed unused since then. Ella said that “I haven’t cycled since childhood but have become interested in cycling again recently, but feel that I need reassurance that I’m safe to cycle first, before making a start”. SCH talked her through safe cycling routes, issued her with a Telford & Wrekin Council Cycling Routes Map and has signed up for the KOG Community Cycling Project group led rides to help her get her cycling confidence back.

Here’s Ella having her commuter bicycle fixed by SCH volunteer mechanic Chris during the event.



Case Study from Ricoh sponsored project – Telford & Wrekin CVS

Tom – Tom is one of the adults with severe learning disabilities who attends Café Aspire ran by Telford & Wrekin CVS.

According to Tom's mother, she has been "so thrilled at his progress" thanks to the funded programme of activities which Tom attended. She said "the difference Tom has made in the past few months has outweighed any other provision he has been part of in the past."

Both staff and Tom's mother found that "His confidence has improved as well as his sense of achievement. He now loves being in people centred activities as well as participating in the activities you provide - boxing, dancing, yoga you name it!"

This is so very important due to the link between people with learning disabilities and obesity. Indeed, Tom's mother affirmed that "It is imperative that Tom has a healthier lifestyle and loses some weight due to an increased risk of significant health issues, and what you and your team are doing improves both his mental and physical health. Long may it continue."

Case study – Feed the Birds

Volunteer Laura has been matched with client Olwen under this scheme for three years now. Laura has been visiting Olwen weekly to help her to top up her bird feeders and to have a chat about the birds and more!

Olwen says: "I have really appreciated Laura coming weekly. I enjoy the visits and I have learnt from her.

Every year, we do the Great Big Bird Watch. We wait in the conservatory for the birds to come. Sometimes they are shy that day but they do normally visit! We both enjoy it and get something out of it."

Laura says: "I've visited Olwen for three years and I really enjoy it. I have learnt so much from her and I think it's good for inter- generations to mix - you learn more that way. We put the world to rights. We both get something out of it and I think everyone should volunteer!"

Case Study - Green Spaces Are Go project – Tai Chi In The Park

The Chinese Cultural Centre has been funded to provide a number of "Tai Chi In The Park" sessions on Sunday morning at Telford Town Park. Attendance has been extremely pleasing, with an average of over 40 attendees per session.

The friendly expertise of instructors, volunteers and helpers from the Chinese Cultural Centre, and the beautiful setting of the Park, has no doubt contributed towards the success of the sessions, which by the end of the programme will have potentially reached approx 250 people.

Paul – Paul is 63 and a sufferer of rheumatoid arthritis, he attends the sessions to get some relief from his symptoms of this chronic, incurable condition. He heard about them from the Shropshire Star website and has found that the sessions have helped to reduce inflammation, stiffness and pain, improve flexibility and quality of sleep, and decrease levels of medication with the support of a medical professional.

Paul said "the sessions are very well organised, the instructors, volunteers and other people are very friendly" and "the sessions are easy to follow so just fly by".

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He added that “It’s very nice to do Tai Chi with like minded people in the open air. I feel a kind of ‘energy’ through the group during the sessions and come away from them feeling relaxed and energized”.

Paul continued that because he’s “thoroughly enjoying the sessions” which he finds “very good for mental health and mindfulness too – like ‘moving meditation’ “, he now intends to join a local beginners class due to start next month in the evenings.

Paul said “I can’t see myself stopping now. I’ve even encouraged others, and haven’t met anyone who hasn’t felt the benefit.”



Case Study – Community Hypertension Case Finding

As part of our Community Hypertension Case Finding Project, CVD Champions attended the Telford African and Afro-Caribbean Resource Centre Event at Hadley Learning Community.

A member of the public, 28 years of age asked for their blood pressure to be taken. The readings were high at 154/100, 154/96, 152/94 with a pulse rate of 74,74,71 (flagging the ‘at risk’ range)

Our lead CVD Champion Coordinator spoke at length with the individual about their blood pressure, providing a ‘Know your numbers’ information leaflet with their written blood pressure readings and advised that they visit their GP Practice the following Monday with their readings, to ask for an appointment. Phone numbers were exchanged so we could follow-up with the individual to see how things went.

The individual’s GP Practice arranged an urgent appointment for the Monday afternoon and sent them away with a ABPM for 24 hours. On the Wednesday morning the individual received a call from the GP who found that the blood pressure readings were even higher. The individual is now working closely with their GP to manage their high blood pressure through medication and healthy lifestyle advice. Whilst at the GP they were also offered a blood test which identified high HbA1c (pre-diabetic) and high cholesterol.

The individual is looking to make changes to their diet, exercise regime and said this was ‘the wake-up call’ they needed to improve their lifestyle. They are now looking to join a local walking group to improve their fitness and lose weight.