

CASE STUDY

ARUN'S JOURNEY

MOTIVATING OTHERS

Arun, in his thirties, is living with a number of health conditions. Joining us in lockdown, he spent most of his time in the house eating food that wasn't good for him and his mental and physical health were at serious risk.

Ambitions of finding work and starting an activity club had been shelved and social isolation was increasing.

Although our initial online sessions were a struggle, we could see Arun had much to offer - in spite of a tendency to channel his nerves into dominating the conversation or not engaging at all.

Weekly 'Tune in Tuesday' sessions on Zoom helped him focus and participate in living a healthier lifestyle alongside his peers. 12 sessions in all and each one completed by Arun - participating in quizzes, sharing ideas, listening to others, taking the lead and putting tips to keep well into practice.

He even devised a few quizzes of his own with some support!

Now his own Facebook page - set up with his connector's help - shares ways to cope with isolation, photos from his walks, regular exercise tips and comments from followers. His new online skills have helped Arun reconnect with old friends and make a few new ones too.

Arun bucked the lockdown trend by actually losing weight and continues to be active and healthy each day.

Collaboration Station by Grapevine

