

## Appendix A 'Good News Stories from Services'

### Weight Management

#### Participant 1

"I've been on the Motivate programme since August 2013, I'd put a load of weight on and thought 'It's time to lose it'. I'd seen Motivate advertised before but thought 'Nah it's not for me', but then I thought, well I'll give it a go and see what it's like. I didn't think with the running and that, I didn't think I'd last, but I've been here for 6 months. I've lost 4 ½ stone since I started and I feel a lot better for it. I don't feel fit yet but I'm getting there slowly. I was 21 stone when I started. I was walking past a shop window and just happened to see my reflection, and I thought 'no that can't be me' and it was. I'm not getting any younger and I thought I'd end up having a heart attack. The exercise has helped a lot, I probably wouldn't do it if I wasn't doing Motivate, and in fact I wouldn't do it. Sometimes you do things 'should I, shouldn't I' but I push myself to come. I enjoy it, it might sound wrong, but it gets me out and it's something to do.

"My diabetes has improved since losing weight, I've come down on some of my tablets and when I get reviewed next I expect I'll drop a few more. I get phone calls from the NHS and they tell me I'm not obese anymore and they're happy with my progress.

"My life's not changed a lot, but it's costing me a lot of money at the moment because I keep having to buy new clothes! I've gone down from a 56 inch waist to a 48, so I must be doing something right. I try not to look in the mirror still but my weight doesn't bother me anymore, I knew I need to lose it and I have been.

"I eat a lot healthier now, I've cut out all the crap, crisps, chips and stuff like that. I'm still tempted when I go past the chip shop, but I don't go in. I was comfortable eating through the day and I don't anymore. I stick to 3 meals a day with the occasional treat.

"The Motivate coaches push you, they keep you going, they let you do it at your own pace but they push you to improve your fitness."

#### Participant 2

We recently spoke to Steve a Motivate participant about what it was that made him want to sign up to the weight loss programme and just how much of a difference it has changed his life!

*"At its height I must have weight around 36 stones. In 2011, I was recorded as weighing 30 stones",* Steve explains when talking about his past issues and what doctors describe as "morbidly obese".

When we spoke to Steve in June he told us he now weighs 13 stones 3lbs. He had lost a whopping 17 stones in just a year. Expressing our amazement at losing such an impressive amount of weight in a year, he explained: *“Yeah a fair amount, but I don’t see it as that. I had to do it with my medical problems and nearly dying, it wasn’t an option. I wasn’t giving in.”*

Steve had found himself in hospital, critically ill and fighting for his life after being admitted with a case of life threatening pneumonia. *“I nearly died from pneumonia. I now have scar tissue on my lungs because I was that ill.”* Steve explains. *“I had a range of problems that were being compounded by my weight.”*

Steve was battling a range of problems that had been building for years: diabetes, liver problems, reduced mobility, the list goes on. Whilst in hospital Steve also developed severe depression due to his loss of freedom and control over his life.

*“I just had a break down, there was something new wrong with me every day and I just couldn’t deal with it. I was in hospital in a room on my own and only had visitors for 4 hours a day. I was on an hourly prick test to test my blood and change my IV, so the nurses were waking me up every hour, so I never got any sleep. I was in a lot of pain, so I was on morphine and sometimes I didn’t understand what was happening, I just knew they were wheeling me down for another test or taking me somewhere else and never knew the test results. At one point they thought I had cancer. I was in isolation for the pneumonia and it just allowed the depression to fester. It got to the point they had to bring a psychologist in.”*

But after lifesaving treatment Steve was told he’d be able to leave the hospital and had a great attitude towards the problem he had found himself in. This attitude allowed him to accept his situation and move his life forward to turn his life around.

*“I didn’t blame anyone, it wasn’t society’s fault. I hadn’t come from a bad background, I have a brilliant loving family. It was me. I caused this, I couldn’t blame anyone. It was me. So when I got told in the hospital: “look you have two options, you either change your ways or you pick the handles for your box. If you don’t change your ways, you’ll die. You nearly died when you came in here, you were severely ill and days away from dying.”*

*“My hospital notes said: “Mr Goodwin will have an upstairs existence”. I felt like the hospitals were sending me home to die.”*

Like most people who put on weight, it didn’t happen overnight, but at the time he didn’t realise he was going to end up at a life-threatening weight.

*“I’ve looked after my dad for years and started to become house bound. I became introverted. I never got any exercise and I ate more takeaways. I comfort ate. I got into the situation where I started to put on weight, stopped going out with my friends and found takeaways and convenient foods easier than cooking. I became self-conscious and started to make excuses. I also ate at the wrong times. I became less and less motivated.”*

Steve returned home and went to see his doctor, the hospital had suggested he look into getting a gastric band, but his GP knew he'd have to do more to lose the amount of weight that he needed to. Which wouldn't be easy at Steve could only get around with the assistance of a walking frame.

*"I joined Slimming World to help me change the way I ate and then started doing more physical activity with a physiotherapist. Because my fitness was so bad, and it was bad, being 30-odd stone, I could hardly walk let alone consider running. Eventually, the physios told me I was ready to start exercising and to start Motivate."*

*"The physiotherapist suggested I sign up to the Motivate programme, as soon as Notts County FITC rang me up and said "Yes we'd love you to join" that was just another olive branch. It was just another avenue for me to try and right the wrongs."*

*"It'd be no good me doing it if I didn't embrace it, when other people get on board and said "I'll help you", then I'm not going to look a gift horse in the mouth if they're going to give me all that encouragement and help. All of sudden I was doing it for other people. I had to use it to my advantage to get the most out of it."*

Steve started to go to the Motivate sessions. At Football in the Community we understand that joining this kind of programme can be very intimidating. But Steve explained that this was a short lived problem for him.

"The biggest reservation I had was opening that door for the first time. The biggest relief was letting it close behind me, because I had arrived. Within the first week or so, Craig [Health and Fitness Coach] got an understanding of where I was and where I needed to be and where you could get to within 12 weeks. So he tailored the sessions to me and made me feel at home.

"When I started Motivate there were people much fitter than me, but that didn't bother Craig. He's so brilliant like that, because he tailors different exercises to the individual. At no stage did I feel like I was out of my depths.

"After week six Craig said "You don't have a problem losing weight Steve, because you're embracing what we're telling you." After just 6 weeks of the first 12 weeks of the programme I had lost enough weight to qualify me for the next round of 12 weeks. I don't drive as much anymore, I'll walk somewhere and I no longer have to think about it. I just walk to the shop and pick up a pint of milk, whereas we used to get our shopping delivered or I made an excuse to drive to the shop.

The Motivate programme is set up to allow participants who make their weight loss targets in the first 12 week course to move on to a second round of sessions. If they achieve their new targets they move onto their final and third round of 12 week sessions. Sooner or later participants need to keep up the good work and weight loss under their own steam. Steve is positive about what life will be like after Motivate, *"At some stage I'll finish my time with Motivate and I now know how to keep training and have a new ethos about exercise and training. All through what Craig has taught me and what I've learnt at the gym."*

Steve credits the Motivate programme and its staff for helping him reclaim his life.

*"Now I feel normal. I'm no longer the centre of attention. When you're big and walk into a room you're the centre of attention, you have to be larger than life."*

Now at a healthy weight, Steve's life and health conditions have got to a point where they are under control and just need monitoring.

*"I never wanted to be a certain weight or at a certain level of fitness. I just wanted to be normal and healthy."*

Steve also wants to use his experience to help others who are facing a fight with their weight, even if their situation hasn't reached the same critical level.

*"If I can help someone else by telling my story, if people can look and say "yes I'm going down that road, but there is another option" then the fight hasn't been in vain. "*

To finish the interview Steve said that Motivate had given him "the confidence and motivation to change for the better."

### **Participant 3**

"I found the setting of a personal target as well as a weight loss target very helpful. In my case, I decided that I wanted to drop a trouser size by Christmas and, thanks to the Motivate programme, I did so. I was pleased that I had to buy a new work suit and pair of jeans just before Christmas.

"The exercise sessions have struck the right balance between being enjoyable and challenging. I have used the techniques learnt in those sessions and the "homework sheets" in my other gym visits.

"I was very pleased to meet my weight loss target. Since I started Motivate, I have lost 13.6kg. That's 30lbs or 2st 2lbs. I started at 104.9kg and this week I weighed in at 91.3kg, having dropped from 16st 7lb to 14st 5lb in 6 months, a 13% reduction. My BMI has dropped from 38.1 to 33.1. The weight has gone down steadily at an average of 1/2kg (or 1lb) a week thanks to the advice and support provided by the team at Motivate programme.

"Friends and work colleagues have commented on how much better I look, and I feel confident that I will maintain my "motivated" lifestyle." - Bob

## **New Leaf "good news stories" from Aspley, Bilborough and Broxtowe**

Client A is a woman who stopped smoking because her small child had several admissions to hospital this year with breathing problems. This was very stressful for all the family and stopping smoking has been very positive.

Client B is a middle aged man who has heart disease and smoking more than 50 cigs a day, now successfully stopped

Client C is an older lady who has accessed the service several times and not stopped long term. She has realised as her breathing is becoming more difficult and she is determined to stop for good