



## Bury Live Well Case Study

### **Name of patient & include photo:**

Janette Kenner



### **Referral Information**

Janette was referred to us in March 2022 from physiotherapy. She was suffering with neuropathy which was causing severe balance issues. She had experienced many falls, 1 of which had resulted in a broken nose. As a result, she was anxious about having further falls and had greatly reduced her activity levels due to fear. She also has Raynaud's disease and was getting very cold, white hands and feet which was painful and scary at times. She wasn't medicated for this and wasn't sure what she could do to help. She had been given exercises for her hands and feet by physiotherapy but was looking to take a wider-ranging approach to her health and to develop an overall more active lifestyle. She was medicated for restless legs which were worse at night and had suffered with vertigo in the past but put it down to stress. She also had bursitis in her hip and had injections some time previously which had helped with pain but had some limited range of movement and had lost some lower body strength.

### **Support Provided by the Live Well Officers (Cheryl and Bev)**

Janette had a face to face consultation with Cheryl in March 2022 at Castle Leisure Centre. At this time, Janette wanted some support and motivation to becoming more active again, and somebody to help her face fears of falling. She also wanted to ensure that any exercise she tried was going to be safe and effective. As a result, it was decided that classes would be perfect for her to cover all of these aspects. Cheryl provided a full wellbeing timetable as well as details on how to book classes, what each class covered and all other relevant information. Janette then started coming to my Monday morning class (Bev) in Ramsbottom, which is ideally located for her to walk to, thus already giving motivation to increase regular walking. Over the past 13 months, Janette has attended regularly and consistently on a weekly basis. Through regular strength, balance and cardiovascular



exercises, she has improved her fitness and strength levels as well as her balance. Janette has increased the weights she can lift, as well as her cardiovascular and muscular endurance. During classes, I also aim to educate members on how to help stay as safe as possible in their everyday life, for example foot placement when standing, techniques for going from sitting to standing safely and being aware of head movements, speed of movements etc. when doing any balance work. Janette has gradually grown in confidence too and now really looks forward to attending class for both mental and physical benefits. I also encourage class members to keep up their activity levels around classes too for further benefits. Janette is now walking almost daily in her everyday life, alone or with others, and feels this has given her a whole new lease of life. She is more able to relax at the end of each day, her restless legs have improved and as a result so has her sleep quality. This has also had a big impact on her quality of life, and her overall mood and mindset. Cheryl also kept in regular contact via telephone and text message for 12 months as standard, and Janette has continued to maintain her activity levels with class support now her year on our scheme has ended. She has achieved lasting behaviour change and developed healthy habits.

**Client testimonial and feedback:**

Speaking to the LiveWell team, I learned of opportunities for exercise that I didn't even know existed! I was worried that exercise would make things worse or make me feel unsafe or uncomfortable, but when I heard about exercise referral classes I knew I had to give them a go! I've been coming for over a year now once a week and get a whole body workout at each class. This boosts my circulation as well as challenging my muscles. My strength has really improved, as has my balance – which was a particular concern. As a result, I'm walking much more and being more active in my daily life, which has had so many health benefits, both physical and mental. The Monday class is always friendly and sociable too and really sets me up for a good week. I feel much more confident in my daily activities now and actually really enjoy exercise. The class is varied, and change often so there's always a new challenge and I'm definitely still progressing a year in.