

# Case Studies

Here are some case studies of how the CHAT team have improved lives



**Exercise to Music—South Asian Women—Wavertree Sports Centre—** This group of women came together originally from the Wellington Avenue Community Centre (WAM). The initial activity organised for them was a weekly walking group which proved to be very successful with 3 of the attendees going on to do NHS Walk Leader Training in order that the walk could be made sustainable after the initial 12 weeks. One of the walks organised incorporated visiting the local sports centre as none of the ladies had ever been inside although it's in their community. Sometime later the Community Centre that they regularly use was closed down and the CHAT team arranged for the ladies to have their Exercise to Music classes within the sports centre.

**Contact around Bowel Cancer Screening through Facebook—**We were contacted regarding our posts on Facebook around a campaign we were doing around Bowel Cancer UK, manuscript is available, we were able to give a lady information regarding accessing bowel cancer screening.

**Cancer—**The UV scanner was used at an event and highlighted a patch of dark skin on a lady's face, therefore the CHAT team advised to attend her GP to follow this up. The lady was a weekly user of sun beds. Immediately the lady stopped using sun beds and this has resulted in the dark patch of skin reducing.

## **Cycle for Health, Multi-Cultural Group**

This cycle group is very multi-cultural, the women are from various places such as Pakistan, Bangladesh and the Yemen. The group meet on a weekly basis for a ride around Sefton Park and the age range is from 20-35 years. With the help of the Cycle for Health Co-ordinator from Liverpool Community Health, the women went from not able to ride a bike to cycling around Sefton Park. The women who attend, hadn't either ridden a bike before or the last time was as a child.

One of the women had never been on a bike before and said that "she thought she would never sit on a bike, never mind ride one!"

All of the women agreed it is the best feeling when you are riding around, you forget your worries and cares.