

Get Help To Get ACTIVE

Barry and Jeanette

**One
Life
Suffolk**

Barry and Jeanette, are almost 6 months into their time on the Get Help to Get Active service and have been regularly attending New Age Kurling since they started. Barry (72) was diagnosed with **type 2 diabetes** in 2007; whilst Jeanette (65) was diagnosed around 4 years ago. This married couple are so pleased to find themselves a new hobby which they love.

They initially heard about our service after being referred to a **DESMOND clinic** by their GP surgery, back in December 2017. There is an education course for people with type 2 diabetes to find out more information about how to manage their diabetes and covers various subject areas such as diet and physical activity. On this occasion Izzy, a Get Help to Get Active advisor was there to present to the group about physical activity and how the Get Help to Get Active service and the various other OneLife services can help them. As a result Barry and Jeanette completed the OneLife referral form and attended their initial consultation with Izzy in January 2018.

When meeting Izzy they were amazed by all the activities which were taking place in their local area and found the session very informative. On leaving the consultation they took an activity menu away and then both went through it individually to see what they liked the look of. Some of the activities Jeanette couldn't attend because of a knee problem however they both spotted New Age Kurling run by **Lowestoft Ogogo**, and started the following week. They couldn't believe that they found something which they both wanted to do.

They have both been attending the session every Wednesday afternoon ever since. Both Barry and Jeanette have found everyone at the session very friendly and have made new friends, as well as rekindled old friendships.



The instructors Sue and Alex have been really helpful and fantastic at making the sessions enjoyable.

Before joining the Get Help to Get Active service Barry and Jeanette hadn't attended any classes; but they now couldn't be happier. They are now walking more, lost weight and are making an effort to keep as physically active as possible. Both Barry and Jeanette had recently met with their surgery Diabetes nurses, who were very happy with Barry's current levels and found that Jeanette's levels had actually come down.

Other members of their family have also made use of the free OneLife Suffolk services such as Adult Weight Management and have been very pleased with their progress so far. With the wide variety and huge amount of activities which Jeanette and Barry were able to find out about through the Get Help to Get Active service, they were able to find something which fitted around their other commitments and that they enjoy. It is now their routine to attend the class on a Wednesday afternoon and really look forward to it!

“Give it a try and get involved....this class is a great way for us to socialise and keep active”