

Healthy Habits Case Study

About the person

Leon is 78 and lives with his wife in North Shields. Leon retired 10 years ago but continued as lead singer in a band with his brother. He is also a radio presenter on an Irish radio station and has a country music show.

What was the situation?

Due to COVID-19 the band had to stop playing and Leon also found the lockdown impacted on enjoying other activities. He also found his mental health began to deteriorate.

What did Age UK North Tyneside do to make a difference?

Tom our Healthy Habits coordinator offers Leon weekly one to one sessions, on top of the group sessions, to provide social contact as well as various advice.

Just the act of listening and chatting helps Leon feel valued and he appreciates the guidance, advice and support that Tom gives him.

Tom has had chats with both Leon and his wife together and individually to assess and guide the direction of advice needed.

What outcomes were achieved?

With advice from the Healthy Habits coordinator, Leon has managed to reduce the sugar in his diet. Despite not being a cook, Leon has agreed to attend our Healthy Habits cooking sessions with his wife and since then has cooked for them both.

Since starting the programme Leon has gone from being very negative and defeatist to being much more positive in his language, approach and his engagement in general and in the sessions has increased.

He has also agreed to take part in intergenerational sessions and writing questions for our up and coming quiz.

Feedback from the customer

“Being involved in Healthy Habits with Tom’s positive attitude gives me something to look forward to every week.”