

# Case study:

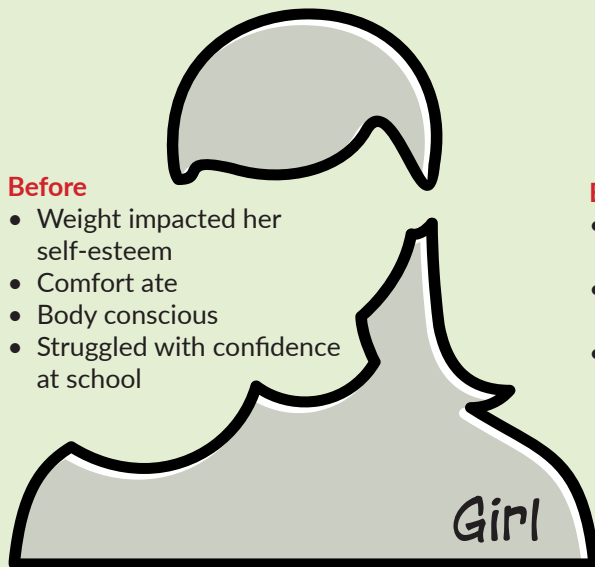
# Ruby

arun  
Wellbeing

A Family Support Worker from Early Help referred Ruby a 12yr old girl whose weight was affecting her self-esteem. The family had a complex relationship between the mother, father and siblings. This was unsettling emotionally for the whole family. The father is a lone parent and worked late. He was very self-conscious and was not able to include himself in the sessions at first, as he was not ready to talk about his own wellbeing.

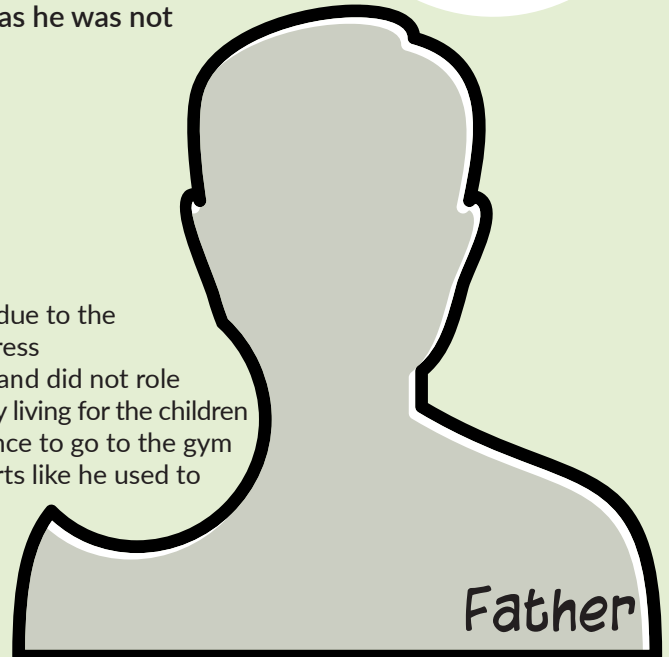
## Before

- Weight impacted her self-esteem
- Comfort ate
- Body conscious
- Struggled with confidence at school



## Before

- Weight gain due to the emotional stress
- Comfort ate and did not role model healthy living for the children
- Lost confidence to go to the gym and play sports like he used to



## How

- Cooking and recipe sessions for nutritional facts and portion sizes,
- Physical activity was disguised within games built confidence to use the gym with her older brother

## Outcomes

- Looked forward to her sessions
- Gained confidence from exercise
- Helped emotional wellbeing
- Weight loss, her school skirt tight before lockdown was too loose after
- Increased confidence socially and at school
- Belief in herself and does not let peer comments affect her
- Improved strength and fitness, increase in energy
- No longer takes food and father now does not find wrappers down the side of her bed anymore.
- The family wellbeing keyworker has liaised with the school and helped to provide specific support for the girls and their emotional wellbeing
- School were grateful for the support they have received from the Family Wellbeing Programme and now have a better understanding how they can continue the support

## How

- Father became comfortable with his wellbeing keyworker
- Talked about how he could fit exercise in with his working hours.
- Started to do couch to 5k running up and down his living room.
- Built confidence to run outside

## Outcomes

- Became animated during the sessions and proud of his achievement
- Stopped buying chocolate, biscuits and foods which the family used to unconsciously snack on.
- Recognised his influence and the impact of being a good role model for the children.
- Aims to run 10k and recently completed a 7.5km
- Lost weight (12kg)

## COVID

- During lockdown due to COVID-19 all sessions were transferred online.
- The sisters were able to make up games with their Family Wellbeing Keyworker using cards, dice, coins and many other items around the house.
- Father started doing Joe Wicks workouts and following his food plan. This had a positive impact on the whole family
- Children loved the interactive cooking sessions, making recipes up with what they had in the cupboards.
- They trusted and had confidence in their wellbeing keyworker