

## Brian's Story

Brian was referred to SHAID's Social Isolation Navigator by The Wellbeing Team, a home visit was made to Brian who was feeling very low and isolated. He had recently had a health scare and had spent the New Year in hospital.

Brian was following a weight loss program and was hoping to have weight loss surgery. To make him eligible for the surgery Brian was instructed by his consultant that he must firstly lose a set amount of weight.



Discussions were held on the pro's and con's of such surgery, Brian was unaware of many of the cons associated with such a procedure.

Brian and the Social Isolation Navigator discussed his feelings of isolation and worked out a plan of how to tackle this. Brian was given information on SHAID's Cree Men's group held at Wear Road Community House. Brian was keen to get involved with the group and a visit was planned with myself for the following week.

Brian had concerns going out on his own on subsequent weeks, so SHAID's worker also provided him with information on a voluntary cab service that would take him door to door.

The following week Brian and the Social Isolation Navigator went as planned to the Cree Group. Brian was made welcome straight away which put him at ease allowing me to leave him in the knowledge that he felt comfortable.

The change in Brian's outlook has been remarkable. Brian now attends the Cree on a weekly basis. He travels there and back on his own using the volunteer cab service. He is a very active member who loves doing the quizzes and planning the weekly meals. He has even decided to become a volunteer himself now at the Cree. He is talking at looking at going away for a few days along with other Cree members.

Because of Brian's increased confidence he has also been attending additional services at Wear Rd including the weekly Healthy Eating cookery course facilitated by the local Well Being Team

Brian has exceeded his weight loss goal set by the hospital. Following a recent conversation with Brian he is reconsidering having weight loss surgery as he is in more control of his eating now.

Brian has come so far in such a short space of time. The change in him is fantastic.