

Skilled for Health – changed behaviours for healthy eating and exercise

Vicki is a 24 year old single mum from Wansbeck in Northumberland. She left school with no qualifications but has been doing voluntary work with a friend who set up a parents' group for mothers with children who are in a similar situation to themselves.

She joined her local Sure Start, attending various informal learning programmes and continues to attend any courses she finds interesting. She enjoys the social time at Sure Start and feels she can help others by learning new techniques to pass on to others.

Vicki lives in a very small area with a high rate of unemployment, so diet and money are big factors in health. By attending the SFH course, Vicki realised she was very overweight and need to improve her diet. She has since lost 2 stone in weight and feels much healthier. She has taken her new skills into her home life and is improving the lifestyle of her young son by her knowledge of the importance of exercise, healthy food and drink, safety around the home and basic first aid.

Northumberland NHS Trust

