

# Health as a Cross Cutting Theme

## Working with ESF Beneficiaries

### Case studies

#### Case Study 1

Bill is 51, and has been out of work for 9 months following being made redundant from the firm where he had worked for the previous 16 years. He is married with 3 children – two sons, aged 14 and 7 years and a daughter of 12. His wife is a teacher at the local primary school and is also a carer to her elderly mother who lives half a mile away and who suffers from Alzheimer's. Bill drives his wife and youngest child to school each day on the way to his training and three evenings a week drives to collect his wife from her mother's before going to the pub.

You have noticed that on the few occasions when Bill uses the stairs rather than the lift to the classroom on the 2<sup>nd</sup> floor, he arrives extremely breathless and quite distressed from the effort. On Tuesdays when your whole class uses a room in another building half a mile away, you have noticed he finds it hard to keep up with the rest of the group. Bill is noticeably overweight for his height, smokes at every opportunity, and, from what you have overheard from his conversations in the class, he spends the evening in the pub several times a week where his many friends buy him drinks as they know he is out of work. Bill is gregarious by nature, has a great sense of humour and gets on well with everyone in the class.

#### Questions

1. What are the potential risks to Bill's health?
  2. What might he do to reduce those risks and improve his health?
  3. What are the barriers he might face in seeking to address his health issues?
  4. How might you/your organisation help him?
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#### Case Study 2

Mel is 23, single and rather monosyllabic. She finds mixing with others in the class quite stressful, preferring to go outside for a cigarette at break times rather than talk to others in the group over coffee. She appears quite anxious for much of the time and often arrives looking tense and tired.

Mel shares a flat with her boyfriend but otherwise little is known about her.

1. What might be the potential health risks facing Mel?
  2. What barriers might she face in trying to address them?
  3. What help might you/your organisation be able to offer?
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#### Case Study 3

Jessie, aged 39, was born in Zimbabwe and came to the UK 19 years ago with her fiancé who came to study law. She worked as a Receptionist at the Royal London Hospital until the birth of her second daughter in 2002. She has three daughters aged 11, 9 and 5 years, and a son aged 8. She separated from her husband 2 years ago and now shares a house with one of her two elder sisters. Both sisters have developed diabetes in the last 5 years and you know from what Jessie has said in class that she is aware of the potential risk of becoming diabetic herself.

Jessie is a lively, enthusiastic and a natural 'leader'. Her life revolves around her family. She loves cooking and brings cakes or biscuits she has made into class several times a week – much to the delight of her fellow trainees!

#### Questions

1. How might Jessie reduce her risk of developing diabetes?
2. What barriers might she face in trying to reduce her risk?
3. How might you/your organisation help her lessen her risk of diabetes?