

Dave

Age range: not noted

Dave, not his real name, led a life characterised by profound isolation as a single man facing a multitude of chronic health issues. His life had become highly medicalised, and his primary source of social interaction revolved around the health care system. Despite his isolation, Dave was quite talkative and expressed a desire to become more physically active. His Doctor recognised the importance of increased social contact for Dave's overall wellbeing and referred him to our program. Upon initial assessment, it became apparent that Dave required support in multiple areas, including financial support and various services. In my first meeting with Dave, he mentioned he rarely left his house, except for essential activities such as food shopping and medical appointments. I realised we needed to support Dave with a gradual approach into a more active lifestyle, I encouraged him to consider joining the men's walking group. Dave, however, expressed concerns about his ability to keep up with the group, given his physical limitations. To address this, I recommended he walk as far as he felt comfortable and then tram back. This would allow him to participate at his own pace. During his initial walk with the group, Dave walked for a certain distance and returned to the Community Hub with not only a sense of achievement but with a big smile on his face! This experience was the beginning of his regular participation in the Men's Walking Group, and he continues to join the group every week. Through our ongoing interactions, we have created a safe and supportive environment which has enabled us to identify numerous issues affecting Dave's health and wellbeing.

In my first meeting with Dave, he mentioned he rarely left his house, except for essential activities such as food shopping and medical appointments.

“During his initial walk with the group, Dave walked for a certain distance and returned to the Community Hub with not only a sense of achievement but with a big smile on his face! This experience was the beginning of his regular participation in the Men's Walking Group, and he continues to join the group every week.”

[North Richmond Community Health](#)

23 Lennox Street, Richmond, Victoria, 3121

Contact:

Mel Simmons

Link Worker Coordinator-Community Empowerment and Development Program

Link:

[Community Empowerment and Development Program, including Social Prescribing](#)