

Nominee's Name:

Sandy Motteram

Organisation Name:

Inspiring healthy lifestyles

Your Nominee's place of work/volunteering:

Inspiring healthy lifestyles, Community Weight Management (CWMT)

Please provide a narrative (500 words max) about your nominee:

Sandy first accessed our services aged 31, when he weighed in around 18 stone and lived a sedentary lifestyle and taking prescription pain killers to manage the damage he had done to his joints owing to his excess weight. After consulting with his GP Sandy joined the CWMT.

Sandy was very honest with the fact that he found the exercise sessions challenging at first. He was trying to tackle the harder levels and was devastated to find that he was unable to keep up. Rather than give up Sandy worked with his instructor to devise a more manageable programme which steadily increased intensity levels, allowing Sandy to set himself weekly targets to increase his fitness and eventually achieving the highest intensity levels. Within just under six months Sandy had achieved his target weight and lost a total of 4 stone 9lb.

As his weight decreased and health improved Sandy began to make other lifestyle changes, for example running to the weekly sessions rather than taking the car and walking and running with his pet dog.

Sandy now uses his own experience to motivate, engage and actively help others that he meets at the groups and throughout his life in changing their lifestyles. Last October, Sandy was approached to be part of our Lost Weight Feel Great Celebration Event which showcases participants' weight loss journeys and lifestyle changes. Sandy explained that he was nervous about it but if it would help to encourage other people to follow in his footsteps then he was up for the challenge.

"It felt good to promote the service and healthy living by sharing my story and even recording a short piece for a promotional video that IHL later shared on social media."

In November 2017, we invited Sandy to work with us on our bid to Wigan Council for the Men's Weight Management Programme. Sandy's journey was featured in our bid and such is his passion to inspire others to make a positive lifestyle change we asked him to join us at the interview stage of our bid. As a service user with real-life experience of our programme he provided significant and valuable insight into developing our service model. This unique approach was recognised by commissioners and played a part in our success in securing the contract.

Sandy is clearly an outstanding inspiration to his friends, family and many people he meets. He has been amazing in helping not only Inspiring healthy lifestyles but many members of the public by generously sharing his time, knowledge and experience with them. He is now a community champion for supporting 1000 men over the next year to make a positive lifestyle change on the men's weight management programme. He actively promotes healthy living with enthusiasm and warmth. He has faced his own challenges and overcome them, he genuinely wants to help and see others achieve their goals and his smile says it all!