

# Case Study Three

## **Bailiwick Social Prescribing: making an impact on lives in the community**

A client was referred with sight impairment who wanted a new challenge in their life. They felt that everything they wanted to access was either not a challenge or too complicated to arrange.

They agreed to try climbing with Climb LBG, who are one of our Quality Assured partners and after meeting with Chris, the trainer, they started 1:1 sessions of indoor climbing. The client reported that they were finding transport a challenge, so we arranged to transport them each week using Health Connections Voluntary Car Service, this removed the anxiety of using public transport.

This client has now trained to become a support volunteer for Climb LBG, helping other people with their climbing, their confidence has increased significantly, and they have even competed successfully in competitions in the UK and Europe, arranging their own travel.

The client is not the only person to have benefitted as Chris at Climb LBG has now trained as a para-trainer to enable him to support people with disabilities and this has enabled him to expand his own charity to help more people both locally and now in the UK.