Researcher BN: Lovely. Thank you very much. So if you could just start by erm going through your age and gender.

SU5: I’m 60, oh I'm 61 now, just had a birthday, er me gender’s female.

Researcher BN: Lovely. Erm, and I thought we could start by talking about how you came to access (name of organisation) and what you do here.

SU5: I was using the old (name of organisation) and I've used it for so, for a, a good few years now,

Researcher BN: Ah right.

SU5: Erm, to access work use the, because I haven't got the internet at home.

Researcher BN: Right.

SU5: Erm, in, in past years I've always had a PC, but just, just to draft up letters. I couldn't connect it and I needed the internet here.

Researcher BN: Yeah. Okay.

SU5: Well, and at the old (name of organisation) so, and they’re very helpful.

Researcher BN: Yeah. And how did you come to here of (name of organisation)?

SU5: Ooh erm, it was a long time ago erm, it just had such a good reputation in the community.

Researcher BN: Yeah.

SU5: Erm, and I needed the service. So I thought I would try it.

Researcher BN: Yeah. So when you say it had a good reputation did you hear it from, hear about from other people?

SU5: Yeah, uhumm.

Researcher BN: Oh right yeah. Erm, so what-

SU5: And it was local, because it was at the bottom end of (name of location). Everybody knew where it was, you know, it had a good reputation it always has.

Researcher BN: Right, yeah. Uhuhh. Oh, that's good. So what do you tend to do here? How often do you come here?

SU5: Erm, I’m at the job centre now because I'm actively seeking work. Erm, and I've signed up with them for another contract. So I'm not coming here every day. Erm, and normally I guide at (name of location) over the weekend. So it, it just, everything fits in because I've, I’ve got to do my job search at either (name of organisation) or erm (name of location) now.

Researcher BN: Right.

SU5: Erm, and they actively give is erm, jobs to look through and things.

Researcher BN: Yeah.

SU5: But I use the service here for the internet.

Researcher BN: Right. Yeah. So you come into the drop in?

SU5: Uhumm.

Researcher BN: Is that once, do you come here once a week? How often is it?

SU5: It depends what me schedule is, because that varies now.

Researcher BN: Right.

SU5: Erm, I used to come in here from Monday to Friday. But that's like, just changed recently because I need erm, to I need to make appointments at the (name of location) for (name of organisation). Erm, that's another provider.

Researcher BN: Yeah. Okay.

SU5: Uhumm. So it varies now.

Researcher BN: Yeah.

SU5: I can't say I come in here every day. And sometimes erm, (name of organisation)’s got, if they need more rooms, because erm, other courses are taking place.

Researcher BN: Right.

SU5: They’re usually quite accommodating.

Researcher BN: Yeah.

SU5: Erm, but there's the occasional time when I need to go back up to the (name of location) to get PC access.

Researcher BN: Oh, really, because it’s so busy?

SU5: Uhumm, uhumm.

Researcher BN: Ah I see. So do you interact a lot with the staff, like (name) for instance, do you talk to the staff much?

SU5: They know I’m job searching but from time to time they'll give us like odd little projects to do. Like (name) said can you do some research, because he knows I research for (name of location), said can you do some research for Christmas for me? Erm, and the cost of living of the erm, the appliances like the electric and the gas, how it's going to affect people. So I did a little project for him.

Researcher BN: Oh, right. Oh, great. So do-

SU5: It helps me out because it gives me something to do and I'm using me skills.

Researcher BN: Yeah. So it's kind of a win-win, do you see that as?

SU5: Uhumm, uhumm.

Researcher BN: Oh, that's good.

SU5: Absolutely.

Researcher BN: Yeah. So do you tend to see the same staff most of the time? Or is it different faces?

SU5: Erm, there's a new guy just erm, erm coming next door I cant remember his name, I had a chat with him the other day, and he's a nice guy, and you now, they’re, they’re using their skills to help us so, we have to be, you know,

Researcher BN: Yeah (laughs).

SU5: Have to be grateful, yeah.

Researcher BN: (laughs) And what do you tend to talk about with the staff like (name), for instance?

SU5: Chiefly jobs, but just generally, erm, I get the newspaper every day I try to keep mentally active

Researcher BN: Ah great.

SU5: Erm, they’ve, they has given us some erm, erm internet access, because they gave us a tablet some time ago, but it's, it’s a small screen and I, I usually play games on it you know.

Researcher BN: Yeah (laughs).

SU5: But I get the news. I always, I'm always am reading the news.

Researcher BN: Oh fab. Yeah. So is that, do you tend, is that what you tend to talk about with people?

SU5: Dep-, depends. Erm, I think if you're news aware you’re, you’re work ready as well.

Researcher BN: Yeah.

SU5: Just generally what's going on in the community. They might have a gripe next door and they might be a conversation on, they might be having an argument what’s it been in the paper and, and if you want to join in you can join in.

Researcher BN: Yeah, so is there a lot of chats like that goes on?

SU5: There can be, uhumm.

Researcher BN: Yeah.

SU5: We, just recently erm, was it last year or the year before we were doing an English next door, and we would sometimes have chats for, to cover the English criteria.

Researcher BN: Ah right.

SU5: And like orals and things and,

Researcher BN: Yeah.

SU5: Yeah, it keeps you mentally active.

Researcher BN: Yeah. And what are they about, those kind of chats?

SU5: Erm, oh let me think, erm, erm, erm, erm, can’t remember the subject we were doing it was on me tablet, erm, just to cover the criteria for English.

Researcher BN: Right.

SU5: And, cycling, what, you know,

Researcher BN: Ah right.

SU5: Cycling proficiency and, and, and you don't hear about it now but there's a lot of cyclists on the road and they’re causing problems sometimes for general walkers and,

Researcher BN: Yeah, uhuhh. So what about you know when you say sometimes you'll have like a, you'll have a conversation about something, who starts that and what do you tend to talk about then?

SU5: It depends what, what's been brought up. Erm, somebody might come in and say oh, I've seen this in the paper, and, and, or (name) might say oh, you know, (name) usually starts it off.

Researcher BN: (laughs) Does he? Yeah.

SU5: it keeps people mentally active you know?

Researcher BN: Yeah, definitely. And so do you ever talk about health and wellbeing?

SU5: We can do, uhumm, erm, just because, just before the for, erm, the first COVID, I fell in the, in the erm, (name of location) and I broke me wrist.

Researcher BN: Oh, no.

SU5: I was in agony.

Researcher BN: Oh bless you.

SU5: And erm, you know, it's just, you know, COVID as well, it was erm, I was doing crosswords (laughs), to keep meself busy.

Researcher BN: Aww so it wasn't your dominant hand at least?

SU5: No.

Researcher BN: That’s alright.

SU5: I was so grateful, I could get in and out the bath and it wasn’t a leg, or a, or a, I don’t know, an arm, an arm it was just me wrist.

Researcher BN: Yeah. And you could still do your crossword on your dominant hand (laughs).

SU5: I tell you what I found really useful because erm, of me age and everything they told us to take vitamin D, which I haven't done yet, because I think I get that in me with fish oil and other things. I was taking turmeric and I could feel healing.

Researcher BN: Really? Wow.

SU5: Whether it was a placebo effect I don’t know.

Researcher BN: (laughs) Yeah. So did you talk about that with people here? Like, your health and wellbeing?

SU5: I brought it up from time to time yeah.

Researcher BN: Yeah.

SU5: Because I was getting the tablets. And erm, and some people were saying, oh you've paid 14 pound for fish oil that’s, but I found it, because I was doing me maths here as well. I'm saying no, by the time you work it out, erm 14 pound over what, three months, it works out at naught point naught per tablet per day I think that's quite good.

Researcher BN: Yeah (laughs). And how do, how do you find conversations about health and wellbeing here tend to go?

SU5: Erm, (name) had an eye erm, erm problem recently and he, I felt for him because it was, it was for his retina. And erm, he was telling everybody about it. And I've been to the RVI, not the RVI, it was the, the hospital to get me eyes lasered.

Researcher BN: Oh yeah.

SU5: Because my mam had glaucoma.

Researcher BN: Oh okay.

SU5: Erm, and as a precaution that, they wanted to erm, erm, erm dart me eyes, you know,

Researcher BN: Yeah.

SU5: And I’ve never had a an examination like it!

Researcher BN: Awww really was it awful?

SU5: It was both eyes, both eyes. But they said if I don't have it, I'll go blind. And there was precautions if anything went wrong with the operation, but I’ve had it and..yeah.

Researcher BN: Phew. It went well. That’s good. So did you talk about that here?

SU5: Erm, I mentioned, I think I mentioned it.

Researcher BN: Yeah. So do you ever talk about like smoking, diet, physical activity, alcohol? Do you ever have conversations about those kinds of things?

SU5 Well, I don't smoke and I don't drink alcohol but people do with it, you know, that’s their personal choice, isn't it?

Researcher BN: Yeah.

SU5: Uhumm.

Researcher BN: And so do they ever come up those kinds of topics?

SU5: Erm, I don't know whether they're allowed to smoke in here. I've seen erm, people vaping in here but I don't know whether vaping’s got the same criteria as smoking.

Researcher BN: Mmmm. Yeah. So you don't tend to talk about things like that?

SU5: No.

Researcher BN: No.

SU5: Maybe we should, I don’t know. If a conversation came up we, you know, maybe we should I don't know.

Researcher BN: Yeah. You mentioned about erm, the well, is it a wellbeing course you’re doing or what’s the course?

SU5: Yeah, I'm, I'm really enjoying it because erm it's, I'm learning teams on the internet.

Researcher BN: Oh great.

SU5: So we have a meeting erm, I agree and they send me the link on my email. And erm, when I open it up, erm, the chair person will, will set the stance of, you know or she'll start the meeting off with what we've been doing this week. We usually weigh in,

Researcher BN: Ah right.

SU5: Erm, see how much weight we've lost. I did lose a pound last week which I was delighted with but I haven't lost anything this week. I’ve been naughty this week.

Researcher BN: Aww (laughs)

SU5: Too many biscuits. Erm, yeah, and it's really good because it's a chat, everybody's in the same boat. Erm, it's really, erm been helpful.

Researcher BN: Ah okay. And how did you hear of that?

SU5: Erm it was through (name of organisation),

Researcher BN: Right.

SU5: It was one of their courses.

Researcher BN: Yeah.

SU5: It’s, it, to help you get back into work, to make you more work ready.

Researcher BN: Oh right.

SU5: Because I feel so slouchy after you know erm, I just need a spring clean.

Researcher BN: Yeah. Ah lovely. So what's, what is the course?

SU5, Erm, oh I think it's called health and wellbeing, erm, I can't remember the exact name of the course it's, it’s health and, it’s health and wellbeing.

Researcher BN: Yeah. So how, so-

SU5: And they cover, it covers everything, because we've got literature sent through the post. Erm, I just, I haven't really had time to have a look at that. I've been just focusing on the course and the chat. The chats are really helpful. Erm, because we're, we all kind of like team in, and it's really a nice group, because like I say, we're all in the same boat.

Researcher BN: Oh, that's lovely. Yeah.

SU5: And I think, I think there's one guy in there, but generally we're all female as well.

Researcher BN: Right. And do you think that makes a difference?

SU4: He's got problems as well why, you know, why section him out, you know.

Researcher BN: Yeah.

SU5: If he's a nice guy you what, you know.

Researcher BN: Yeah. So did you talk about, do you talk about health and wellbeing at (name of organisation)?

SU5: Erm, I mentioned it to them. And she had a look through her list. And she said we've got a course would you like to, you know, participate? And then I had to do, I had to mention it, I was chatting to somebody on the line, and she referred me to the course.

Researcher BN: Ah okay, so you initiated that?

SU5: Erm, they said this was available would you like to attend?

Researcher BN: Ah okay, yeah.

SU5: Uhumm. It's a 12 week course. So I'm, I’m, I’m, I’m coming up to me second week.

Researcher BN: Oh, wow. 12 weeks? Wow.

SU5: Uhumm. Uhumm.

Researcher BN: So do you-

SU5: And they look at everything. Erm, erm what you're eating, because I don't eat meat now. It's really erm erm, I can't digest it erm, and it makes us ill, erm I’m vegetarian, but I eat fish as well.

Researcher BN: Ah right.

SU5: Which I never did, never did as a kid. But it’s, yeah.

Researcher BN: Yeah.

SU5: Erm, they were going through erm erm, physical exercise last time. So I have kind of, I haven't really done much more. But I, I don't have a car. So I walk everywhere to (name of location).

Researcher BN: Ah right.

SU5: I used to walk from (name of location) to, to erm, (name of location).

Researcher BN: Is that a while away I don’t know the area very well?

SU5: It's about four miles there and back.

Researcher BN: Oh, wow!

SU5: I can't do that now I have, well, I say I can't do that now out and then do a shift there. Because I'm a volunteer. It's too much so I get the bus.

Researcher BN: Yeah.

SU5: But generally speaking, I do walk around (name of location).

Researcher BN: Oh great. Yeah.

SU5: Uhumm. And I do carry heavy bags I have. Yeah.

Researcher BN: (laughs) So, so you, you don't talk about that here though, like physical activity does that ever come on here, or (name of organisation) even?

SU5: Erm, I'll pass information on if there’s a jobs fair. Erm, erm yeah, it's just yeah.

Researcher BN: Yeah. So is there anything, would you say that would stop you from talking about health and wellbeing here, or at (name of organisation?

SU5: No, no. Uhumm.

Researcher BN: Nothing?

SU5: No, just the, if the opportunity comes up. I mean, depends who's in because usually I'm erm, in the other room by myself doing me job search.

Researcher BN: Ah I see you’re, so you’re usually by yourself here?

SU5: Uhumm. It's just because they’ve got the course on there. That next door is, is quite full, you know.

Researcher BN: Ah okay. I see. So is there anything that would help you talk about health and wellbeing here, do you think?

SU5: Erm, I don't know, it’s just when it comes up, you know, uhumm.

Researcher BN: Yeah.

SU5: It’s, it's a good thing to talk about because it’s, it affects everybody.

Researcher BN: Yeah.

SU5: Why not?

Researcher BN: So did you notice a difference in the kind of health and wellbeing conversations you had during COVID? Because I suppose you've been coming right through COVID have you?

SU5: Erm, it was closed during COVID.

Researcher BN: Yeah.

SU5: And I was at home erm, I couldn't go and see me aunty because she was elderly and because of the COVID restrictions. Like I say, I was just coming down the street doing me shopping. And if I could access a paper, I was delighted. Erm, and it was erm, it was an eye opener. But you know, you got through it, you know?

Researcher BN: Yeah.

SU5: There's nobody to talk to, I live alone so. Just, I was pleased I had me little device so that I could play games.

Researcher BN: (laughs) Yeah, the iPad. And so do you ever talk about, obviously employment is kind of the key thing you talk about here what about finance and housing? So like bills, things like that?

SU5: Yeah, I can bring me, if I've got a problem with bills I can, I know for a fact because I've done it before, I can bring them down. But they've made is more aware of, of, of what I spend, I’m a good diary manager now. And at the back of, I use an A5 diary, erm

Researcher BN: Oh yeah.

SU5: Week to view. And at the back of those there's always like erm, erm, accounts pages,

Researcher BN: Ah great.

SU5: So I put me ingoings and outgoings so that I can see at a glance where, where me money's going and, and if I save it, I've got enough sometimes at the end of every couple of months to buy things like shoes or yeah.

Researcher BN: Yeah. Ah fab.

SU5: And it’s a good way of doing it.

Researcher BN: So how did you kind of learn to do that, is that something you did on your own accord or did you get advice from anyone?

SU5: I got a huge bill ooh it was a good few years ago now, it was, I can't remember if it was from me electric or gas, and it was, it was about 900 an odd pound, and erm I was doing erm another course here (name of project), and he helped to sort out me finance.

Researcher BN: Right. So is (name of project) how you came to (name of organisation), or how do they kind of relate to each other?

SU5: No I was coming to (name of organisation) before (name of project)

Researcher BN: Ah right.

SU5: It was just, (name of project) happened to be located in here but they've moved now.

Researcher BN: Right. And what did (name of project) help you with?

SU5: Erm they got, he, he was helping is with me finances.

Researcher BN: Right. I see.

SU5: Uhumm.

Researcher BN: And did you ever talk about health and wellbeing topics with him, through (name of project)?

SU5: Oooh, erm, I can't remember if we, he wanted is to sort, he wanted is to sort me finances, I can't remember if he, we talked about health and wellbeing with him.

Researcher BN: Yeah.

SU5: Erm, he knew, he knew I had a fix on coffee because I mentioned it to him. I'm trying to reduce me coffee.

Researcher BN: I love coffee (laughs). I'm a coffee person.

SU5: Uhumm. You know even when you read it on the news sometimes, some news says it's very good for you and some, so maybe the amount you're consuming I think.

Researcher BN: Yeah I think that. Maybe I'm just in denial but (laughs).

SU5: Yeah. It starts me engine in the morning.

Researcher BN: Yeah, definitely I’m the same.

SU5: But I always have a water first.

Researcher BN: Yeah.

SU5: First thing in the morning I always have a water.

Researcher BN: Yeah, that's a good idea, you sound like you've got a lot of healthy habits. So do you think erm, there's anything that stops you from talking about finances and things here?

SU5: No, no. If, if, if the questions asked, I'll do my best to answer.

Researcher BN: Yeah.

SU5: But me finances are a lot better than what they were.

Researcher BN: Yeah.

SU5: I've actually got money in the bank.

Researcher BN: Ah that’s good.

SU5: Me, erm, me Gas and Electric metre, because I've got one of those erm meters that tells us what I'm using, the usage.

Researcher BN: Oh, yeah.

SU5: I’m, I'm with British Gas. And I'm seventy odd on one, and 100 and odd, 130 odd on the other, in credit.

Researcher BN: Great. Ah that’s good.

SU5: But you know, this Christmas, you know, the, because I've just had a recent billing forecasting me, me next year's bill, and it's gonna go up double.

Researcher BN: Scary, isn't it? Yeah. So is there, there's nothing that would stop you from, if you were struggling, from talking about bills and things here?

SU5: No. Uhumm, uhumm.

Researcher BN: Okay, that’s good. Is there anything that would help you talk about those conversations, here or at (name of organisation)?

SU5: Erm, if I had problems, I know I would bring it down. It was good (name) asked us to do that erm write up for Christmas because it's, not to scare people, it's to make them think and make them more prepared.

Researcher BN: So what was that?

SU4: It was for Christmas, erm, and the cost of Christmas with the erm, the electric and the gas and the suppliers.

Researcher BN: Oh right.

SU4: That’s what it was about. Yeah, it, I, he wanted us to do a write up and research how, what's the best way to, to save.

Researcher BN: Ah great.

SU5: Uhumm. I mean, he knows I research for, for (name of organisation) you see.

Researcher BN: Yeah. So is that something you just did independently or did you do it at, did everybody do it?

SU5: No. Yeah. Well, I don't know whether whether he asked anybody else but I did it, I did it for him, yeah.

Researcher BN: Ah right.

SU5: Yeah he might, I don't know.

Researcher BN: Yeah.

SU5: Seeing what's going about, how aware I am you know?

Researcher BN: Yeah. So would you say it's an appropriate environment to talk about health and wellbeing?

SU5: Yes. Yeah.

Researcher BN: Okay.

SU5: Because they're all friendly staff here and they know what they’re talking about, I might feel intimidated if they didn't know what they were doing. I might, you know what I mean?

Researcher BN: Yeah.

SU5: There's that trust there.

Researcher BN: Ah great.

SU5: There has to be that trust.

Researcher BN: Yeah. Well, that's good.

SU5: Uhum. Uhum.

Researcher BN: And you feel like you've got it here?

SU5: Uhumm. Yeah.

Researcher BN: Ah that’s really good. So what, and what about, does the same apply for talking about bills housing, things like that?

SU5: Yeah, yeah.

Researcher BN: Is it an appropriate environment?

SU5: Yeah. Uhumm.

Researcher BN: And is that for the same reason or different reasons?

SU5: Erm, like I say, if there's that trust there and you've got a problem, the problem is not going to go away, you need to bring it to somebody's attention if you can't deal with it.

Researcher BN: Yeah.

SU5: Uhumm.

Researcher BN: Ah that’s good then. And do you talk about health and wellbeing other people that come here?

SU5: Erm, if they ask, I don't know. Sometimes when I go to me, me auntie’s because she's elderly now, it's my dad's sister. We talk about health and wellbeing because she's, she's, bless her she's got Parkinson's now. And all my, me dad's side of the family, because erm, if they had a health problem they would tell you about it. So that, because it was, they thought it was generic, and you know, get it seen to, go to the doctors, we've got this, go to the doctors.

Researcher BN: Yeah.

SU5: Yeah. We've always been like that.

Researcher BN: Yeah. So do you, do you talk about those things with people here or is that more your family that you will talk about that with?

SU5: That might be me family yeah.

Researcher BN: Yeah.

SU5: Because her health is you know, her concern.

Researcher BN: Yeah, yeah. But in terms of your health, would you talk about that with people here?

SU5: I might.

Researcher BN: And, and what might en-, encourage talking about health and wellbeing with other people who come here?

SU5: I don't know, it's just a friendly, laid back atmosphere. And there's that trust there.

Researcher BN: With the other people that come here as well?

SU5: Uhumm.

Researcher BN: Yeah. Ah, that's good.

SU5: It depends what the health issue is, you know.

Researcher BN: Yeah.

SU5: Uhumm.

Researcher BN: And in terms of, so the staff and the volunteers roles here, what do you think their role is? Do you think it's just to provide the employment advice, or is there anything beyond that you think is part of their role?

SU5: They run an, it is through, it's mainly employment, and, and that kind of area. They'll, they'll cover, but if they're doing courses like English or maths, they might cover other things on that, and they do other courses as well, depending on what people want.

Researcher BN: Ah okay. So-

SU5: Generally speaking, I'm usually too busy to do the other courses, but English and maths is really important so I did that.

Researcher BN: Ah right, yeah.

SU5: And it’s a good update for your skills as well.

Researcher BN: Yeah, definitely.

SU5: Uhumm. They've done health and safety courses in the past.

Researcher BN: Ah right. So you’d say it's dependent on people want, do they kind of feedback as, do they kind of ask people what they would like?

SU5: Yeah. Uhumm.

Researcher BN: Yeah.

SU5: Because it's pointless doing courses if nobody's gonna attend.

Researcher BN: Yeah.

SU5: There's got to be that need for it there.

Researcher BN: Yeah. So do you think those conversations about health and wellbeing is part of their role or not?

SU5: Erm, it can be, depends what erm, depends what the issue is, I think. Erm, but like, they have always been good at job, you know, helping you with jobs, job related things.

Researcher BN: Yeah.

SU5: Your entitlements, that kind of thing.

Researcher BN: Yeah. Ah that’s great.

SU5: Yeah. Bit like Citizens Advice, yeah.

Researcher BN: Okay. Yeah. So have you ever been citizens advice?

SU5: Uhumm. Yeah.

Researcher BN: And did you ever talk about health and wellbeing with them?

SU5: Er no, that was when I first had money problems. Erm, but that's what (name of project) was sorting me out because he sent me to erm, citizens advice.

Researcher BN: Ah okay. Yeah. So do you think citizens advice would be an appropriate environment to talk about health and wellbeing?

SU5: Erm, I think it might be part of their service that was put there. Yeah. Uhumm.

Researcher BN: Ah okay. Yeah.

SU5: I mean, they're knowledgeable about everything aren’t they?

Researcher BN: Yeah.

SU5: Or they’re meant to be, if, if they don't know they can find out through the internet.

Researcher BN: Yeah. (laughs)

SU5: Oh I’ve got a dead leg.

Researcher BN: Oh dear, that’s not good!. So is there anything that you definitely wouldn't want to talk about with the staff here about health and wellbeing, or finance, housing? Is there any of those kind of topics that you wouldn't want to talk about?

SU5: Ooh I don’t know. Erm, I haven’t thought about it. (long pause) I’ll have to think about that.

Researcher BN: Yeah, Oh well if anything comes to mind let is know. So I suppose on the flip side, is there anything that you would like to talk more about regarding your health, wellbeing, and your kind of wider determinants of health?

SU5: Uhumm. Erm, like I say I'm enjoying the course currently. Erm, and it's covering a wide area by, through each week. Erm, I don’t know just passing the good news on, I don't know, erm, if they would do courses here.

Researcher BN: Yeah.

SU5: But like I say, I'm job searching so I, I've got to, I've got to job search rather than course scope but other people might benefit.

Researcher BN: Yeah.

SU5: (name of organisation) put is on because it's part of their course.

Researcher BN: Yeah. So did you talk, have you told anyone else about the wellbeing course or anyone here, that comes here?

SU5: I don't go out that much. And I haven't seen me auntie for a while. I saw me cousin and I told, ment-, I mentioned it to her because, because me cousin’s the daughter of me auntie.

Researcher BN: Yeah.

SU5: Erm, and I mentioned it to her but I, it depends who I see when I’m out.

Researcher BN: Yeah.

SU5: I live alone you know so, but,

Researcher BN: So no one that comes here or that goes to (name of organisation) or anything like that?

SU5: Erm, it's just the guys next door. Erm, I don't know whether they would be interested.

Researcher BN: Yeah.

SU5: Men, you know what men are like with their health. They’re the last people to go to the GP.

Researcher BN: Yeah.

SU5: The, the wife's got to drag them.

Researcher BN: Yeah. Yeah definitely (laughs). So do you think if you did talk to staff here about health and wellbeing, do you think that would ultimately have an effect on your actual health and wellbeing?

SU5: It might, why not? Erm, I think it might make you more, I don't know, relaxed, is relaxed a word? An offload? (laughs)

Researcher BN: Yeah.

SU5: I don't want to offload me stuff onto people like, you know what I mean. Erm, I don’t know, yeah.

Researcher BN: Yeah. So you, you would say yes?

SU5: Uhumm.

Researcher BN: Yeah. Ah that’s good. Well that was everything I had to ask you, is there anything you wanted to add? Or you feel like we haven't gone into enough?

SU5: Erm, I haven't really started me exercises yet. But, well, I've got to do a little bit more then and I'm not looking forward to it, but, I’ve just gotta get on with it.

Researcher BN: Is that part of the course?

SU4: Just being more physically, I do walk like I say, from, and I carry heavy bags. So I'm, I’m weightlifting a bit.

Researcher BN: Great.

SU4: Erm, but maybe I've got to just do a little bit more of it. Erm, I’m debat-, debating a fast day a week.

Researcher BN: Wow.

SU5: But I haven't done it yet. I think it might,

Researcher BN: It sounds a lot.

SU5: Yeah. Yeah I know. But I, you have no idea when I was, when it was really bad I was, I would get a packet of biscuits, chocolate biscuits, and I would wack them back. It was a sugar addiction as well. And the only thing that was curbing that it was, erm, erm, apple cider vinegar.

Researcher BN: Oh right. Yeah.

SU5: So I'm not, I'm not eating the packets now. I can enjoy a biscuit and not, you know, crave.

Researcher BN: Yeah, oh great.

SU5: I was really, really bad.

Researcher BN: So is that what led you to the health and wellbeing course? Or was that different time points?

SU5: It was at a different time point. But it's kind of moved is forward, because I'm coming out of it now.

Researcher BN: Ah great.

SU5: And even they said erm on the course, that you've come a long way.

Researcher BN: Ah wow. That sounds like a good course.

SU5: Uhumm. Uhumm.

Researcher BN: Yeah. Great. Well thank you very much for doing that.

SU5: I hope it's helpful.

Researcher BN: Oh, definitely. Yeah. I'll just stop this and-