Participant case study template

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| Introduction  (max 100 words) | Please provide a little bit of information about the participant and their experience of physical activity and / or mental health. |
| Case Study  (max 500 words) | To develop the case study, please consider the following questions:   * Why did the participant decide to join the programme? * What makes the activities successful? * Why do participants like engaging in your delivery? What is the specific support they receive from staff / volunteers / coaches that has made the difference? * What were the participant’s key challenges in joining or participating in the sessions? How did you and your partners work to overcome them? * How is the participant continuing to be active? What type of support are you or your partners providing to support them? |
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| Quotes or testimonies |  |
| Contact details for further information |  |