



Greater Manchester
Moving > ^ < v



GMESS
GM Eczema
&
Skin Support

Together Fund

Phase 4 Case Study

Purpose

The project aimed to deliver wellbeing courses to support service users to:

- Understand the relationship between exercise, stress, hydration, nutrition and eczema
- Undertake sports centre activities based on service users' physical ability.
- Develop an exercise group that will utilise the equipment at Moss Side Leisure Centre.

The essence of the outlined activities is to support service users in developing a growth mindset around the importance of exercise for improved skin health and overall health and wellbeing.



Manchester

Outcomes

- Reduced isolation and develop peer friendships of people going through similar circumstances.
- Lower stress as stress can exacerbate skin flare-ups.
- Increase physical activity.
- Improved mood and general well-being.
- Better educated as to the benefits of exercise and how it supports skin improvements.

“I itch a lot so it affects my sleep. It's tight and painful sometimes so it's hard to walk. It stresses me out and it puts me down. Makes me feel self-conscious. I don't show my skin so it doesn't affect me that much when I go out”

Impact

GMESS is a relatively new charity treading new ground in the health and wellbeing space. Inflammatory skin conditions is not high on the agenda of local/national health priorities, but it is a priority for GMESS and the community we serve.

The funding is an opportunity to test out our lifestyle approaches to improving skin conditions that will support us in developing an evidence base for future and more long-term funding/ommissioning. It will also support us in developing an argument for changing the way these types of skin conditions are treated by health professionals.

The project has been able to provide 8 participants 1-to-1 coaching alongside a five-week wellbeing course for each participant and six-month gym membership.

“I appreciate this project, its very thoughtful and considerate. People who don't have this skin condition don't understand what I go through and this project is helping.”