

Sway with Ray to Improve Your Health and Wellbeing

As life starts to return to normal, GTDT has been running a number of courses designed to improve learners' health and wellbeing, especially their mental wellbeing following two years of COVID restrictions.

Following consultation with residents it was clear that many of them were experiencing mental distress and wanted to learn techniques to manage this. Working in partnership with the Joseph Lappin Centre in Old Swan, we designed a course to address these emotional issues.

Our tutor, Ray, came up with the snappy name 'Sway with Ray' which made marketing the course much easier and we soon had a full cohort signed up.

The Impact – John

John was living alone and feeling isolated after two years of the COVID-19 pandemic. He spotted GTDT's Health and Wellbeing course running at the Joseph Lappin Centre and decided to give it a go. He was hoping to gain some new skills, meet people and learn about managing his emotional health more effectively.

John learned lots about mental and emotional wellbeing, healthy eating and exercise but the activity he enjoyed most was learning to dance.

At first, John said, he was nervous about being the only man in the dance classes. 'You can't imagine how I felt when I first went to that lesson. It was all women, I felt embarrassed. I thought

– there's 30-odd women in here, I'll make a show of myself. I've got two left feet. But if Ray can do it, I'm going to do it as well, so I went right round the back and did the best I could.

'It's changed my life,'
John added.

