



MAKING EVERY CONTACT COUNT (MECC)

Lucy is 46, separated and has 2 teenage children, she works full time about 20 miles from home and although life feels hectic she is managing to keep the finances balanced. In the past this wasn't the case and she was starting to feel stressed and anxious about the future. She very recently found out about a yoga class close to home that fitted in with her work hours and has been attending once a week for the last 4 weeks, she feels like her batteries have been recharged each week and the fact that her children have agreed to cook the evening meal on her yoga day has made them feel like a family again which wasn't always the case.