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 |  |