

**The Ernest Foundation**  
**The Wellness Programme – Case Study**

**A quote from yourself / project co-ordinator welcoming the funding**

“The fund from The People Health Trust has helped The Ernest Foundation (TEF) to strengthen the support for people living with HIV/AIDS, as it has enabled us to deliver one of our primary goals for the year, that is, to deliver a constructive leisure programme and wellness workshops for individuals who live in profound distress. By this fund, the People’s Health Trust has demonstrated its belief in TEF to engage and support people living with HIV and AIDS in a profound way” (Mr. Ernest Nkrumah, Director, The Ernest Foundation, June 2012).

**A quote from one of your beneficiaries / customers / clients**

“I have found the exercises during sessions exciting and beneficial. I used to get tired the little thing I do, but I feel relax and good after each session. How I wish I could exercise more often and also watch what I eat to stay healthy? Wish this programme will continue for a long time (Service user, June 2012)

**Your organisation’s logo (preferably in JPG or EPS form) and any guidelines you have for using it**

See attached

**Details of your website / Facebook page**

- Website: [www.theernestfoundation.org](http://www.theernestfoundation.org) – the site has not been updated for some time now due to lack of funding.
- Twitter: We have a twitter; theernestfoundn
- Facebook: Not yet

**Further information about any special event(s) you may be planning**

TEF is currently working on the group’s interest to have a day out at the seaside during this summer. We are planning on applying for funds to extend the project due to the increased demand from the users

**Further details about the case studies / individual(s) with a story to tell how your organisation has made a difference to their lives and how the funding will continue to make a difference**

**Case Study – Mr B**

**Background:** Mr B joined TEF four years ago under distressful condition following illness and diagnosis of HIV infection. His initial desire was to just to live a normal life and adhere to is medication. Now, Mr. B observes, “I have increased my confidence and found peer support group extremely helpful”.

According to Mr. B, TEF has been more of a family to him. He observes: “I thank the day I joined. My confidence and self esteem had been very low but thanks, the training and workshops have been of tremendous help to me. The group is now helping me to come to terms with the disclosure, which I believe with time I will be able to deal with”.

**Healthy exercise and eating intervention:** Prior to this programme, I was used to eating 5 fried eggs a day for my breakfast, something which I really enjoyed. During one of the workshop sessions, we were asked to give a story of our life style and I gave mine. I was

subsequently shown the picture of the heart and the effect of cholesterol. When we were asked to perform some exercise, I could hardly do anything as I was easily tired.

I have taken on board the suggestion by the facilitator with regard to my eating habit. I can say that this programme has been more beneficial to me in particular and wish it will be a continuous one. I would personally like to thank the Director for organising such programme. I now feel happier and healthier.