

# MY HEALTH MATTERS

## Case study: Billy, 26, Rochford, Essex

We talk to Billy about what matters to him when it comes to his health and how he likes to keep on top of his wellbeing. Billy lives with a long-term health condition known as Fibromyalgia, so benefits from staying active with many different forms of exercise. He is a Youth Board Member for Active Essex as well as Coach Core and has a particular interest in helping to push forward the disability and inclusion sport agenda.

"I live with a long-term condition called Fibromyalgia and being active allows me to stay healthy and well, regardless of the fact at times my condition can be hard to manage. I have found various ways to help cope and manage with my daily symptoms and pain.

I like participating in events and campaigns that keep me motivated to stay active, and I also like the influence this has on helping other people to be active too.

I like a bit of spontaneity, and have a particular love and passion for super-hero fancy dress with my three-year old son. This really allows us to channel activity in our lives in a playful way and to be a bit adventurous! Our current goal is to walk 1,000 miles for the NHS Thank You Miles campaign and to fundraise for our local hospital's charity.

Through-out the years I've done lots of work with Active Essex and Coach Core. I started out as an Essex All Together Ambassador for Disability and Inclusion Sport at Active Essex. I did lots of campaigning relating to physical activity, social prescribing and personalised care.



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I then began an apprenticeship programme with Coach Core and Active Essex and was very proud to complete it with a triple distinction.

Unfortunately, this was just as the pandemic started and it led to my work being halted last year – but, I’ve not let that stop me from doing what matters. I’ve continued doing what I think is important; such as volunteering and focusing my efforts on sport, inclusion and physical activity as a Youth Board Member. I have remained an active volunteer and continued to support events and to promote inclusion sport and physical activity as much as I can.

I believe everyone should be active, in their own way, with the right support, tools and inclusion in place. Everyone should receive the same opportunities to be active and furthermore spread the benefits that being active can give people. I hope I can continue to promote others to be active and show how this positively impacts people, communities and society.”

For more information, visit:  
[bit.ly/myhealthmattersmse](https://bit.ly/myhealthmattersmse)

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