



## Case Study:

# MSK Connect Group Sessions

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**The MSK Connect group sessions in Kirkby-in-Ashfield** were created as a collaborative initiative to support Universal Credit customers living with musculoskeletal (MSK) health conditions. The sessions were organised through a connection with the Disability Employment Advisor from the Department for Work and Pensions, who is based across Ashfield and Arnold. Our goal was to bring together a small group of participants for a supportive programme that not only encouraged learning but also helped attendees connect with local providers who could support their health and wellbeing journey.

The sessions took place every Tuesday over a six-week period from 11am to 1pm, offering a different focus topic each week. To enhance these sessions, I worked closely with **ABL Health**, who provided expert-led content and engaging resources to support participant learning on the third and fourth sessions.

For Session 3, we delivered a practical taster session on physical activity, which was complemented by a handout of simple exercises that could be done at home. Each participant was also given a resistance band to encourage continued movement beyond the session. This hands-on approach proved to be both informative and enjoyable for the group.

Session 4 shifted focus to nutrition and healthy habits. Participants explored how to read food labels, learned how to measure sugar and calorie content, and took part in a fun and educational quiz around portion sizes and food groups. There was also a strong emphasis on the importance of hydration. Each person left the session with a helpful resource pack outlining key information about healthy eating and its connection to managing MSK conditions. In a generous gesture of community support, Morrisons in Kirkby-in-Ashfield donated healthy food for attendees to take home following this final session, helping to reinforce the themes discussed.

With eight participants in total, the group was intimate enough to allow for meaningful conversations and personalised support. The feedback we received was incredibly positive, with participants expressing appreciation for the practical advice, the supportive atmosphere, and the opportunity to connect with others facing similar challenges. It was also encouraging to see such strong interest in the Your Health Notts resources, with many leaflets distributed and further conversations initiated about ongoing support.

Overall, the MSK Connect sessions were a valuable step in helping individuals out of work due to MSK conditions feel more informed, empowered, and supported. The combination of education, local partnership, and a caring community approach truly made a difference.

