

## Case study 2: expectations and goals

### Vedas

Steve had been unemployed for 12 months and had received no feedback from numerous job applications made. He had kept himself busy, however, by keeping fit in the local gym and taking up cycling as he found this helped him stay focused and positive.

Steve received advice and guidance about job search from *nextstep* and was referred to Age-No Concern (A-NC), a project for clients aged 50+. During the A-NC workshops and *nextstep* sessions, Steve was able to set himself further goals and discuss training.

“What about training other people aged 50+ and advising them how to get fit?” Steve couldn’t believe he hadn’t thought of the idea of setting up individual peer support ‘get fit’ sessions himself. So Steve spoke to a couple of people from Vedas and at the gym who could advise him on how to achieve his new goal.

Steve is now working as a volunteer going on bike rides with a variety of people helping them to get fit and set their own goals. He is also looking at starting a further education course which will help him get the qualifications he needs to pursue his ambitions in this area.