

Kate is a 28-year-old mother of 3 young children, living in Kings Ash who has just found out she is pregnant. She hasn't yet made the decision as to whether she will continue with the pregnancy.

She has been referred to the Healthy Lifestyles Service by her GP who is concerned about her smoking and weight (BMI of 28.0). In the referral information, the GP relays that at a recent appointment Kate shared:

- That she often skips meals as money is 'tight' in preference of feeding the children and that she feels stressed about the increase in price of food.
- Her partner was made redundant when his company downsized due to the impact of COVID-19. He has recently picked up work with a new building firm, however most of his work is now outside of Torbay meaning he works long days.
- Her day usually begins at 6am and finishes at 7pm when her children are in bed. She usually feels exhausted and low in mood as she is feeling increasingly isolated from her friends.
- She feels ashamed of smoking and how this could be impacting her children and pregnancy. She frequently gets lectures from her parents about it and although she's tried to stop, she's been unable to. Her partner smokes. Smoking in the garden gives her '5 minutes peace' when she needs it.

Kate works in a school as a Teaching Assistant in the local primary school.