

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Caterpillar to butterfly

Issues

V was a self-referral to the project. She was feeling very isolated in the area she has been living for over twelve years. V explained she has no friends in the area and feels very lonely, but with support is ready to break the cycle.

V has dyslexia and is on medication for her anxiety.

V has been wanting to use public transport to visit her family and friends in the area where she used to live before she was married. She now has two children. V wished she did not have to depend on her husband for lifts to her parents' house and wanted to become independent of him to do the journey herself while he is at work, and the children at school.

V explained she gets confused about the buses she needs to catch to see her family. Her dyslexia means that she's unable to work out the words on the front of the bus to know where it's going. This brings on her anxiety and she says she's not confident enough to enquire with the driver which makes her feel 'stupid' she says.

Intervention

We were able to connect V with one of our volunteers who made the return journey by bus with V. Paul met her at her home and indicated which bus she needed to catch into Rotherham and beyond; taking photographs of the bus stops; the Interchange; plus the number on the bus so she can make the journey herself when she feels confident to do so.

V was delighted to have had the opportunity to make the journeys and felt confident that she could now make them into Rotherham herself, to meet her mum and friends.

We were also able to connect V to a local Community Hub where she could join in activities such as the gym. V said she enjoyed keeping fit but was not aware of the Centre.

Rotherham Federation of Communities Ltd Charity no: 5913521, Company no: 1158600, **Voluntary Action Rotherham (VAR)** Charity no: 1075995, Company no: 2222190, **YAWR Services** Charity no: 1192406, **Rotherham Ethnic Minority Alliance** Charity no: 1140365, Company no: 04730630, **Age UK Rotherham** Charity no: 1039771, Company no: 1927474, **Rotherham Parents & Carers Forum** Charity no: 1147969, Company no: 07719951, **Live Inclusive** Charity no: 1065630, Company no: 3126759

Outcome

V is now beginning to feel confident and has made the bus journey herself to meet her mum in Rotherham to go shopping and for coffee. This has reduced V's anxiety levels and is making her feel independent of her husband. She doesn't have to rely on him now for lifts in the family car.

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