

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Connections that bring smiles

Issues

K is 92 years old and has a hearing impairment. He is also a little unsteady on his feet. K uses a walking frame/stick around his home. K was referred by the Link Worker at his doctor's surgery. Her main concern was K's feelings of loneliness and he explained he would like company during the long days when he is on his own. K was widowed a number of years ago and lives alone. K has a large family that visit during the week and carers that call in the mornings. However, K likes to be independent and makes his own meals and cares for his own hygiene needs.

Intervention

During conversations with K and his adult daughter, I was able to discuss B Friends and explained how they offer long term support with carefully matched volunteer who would call and spend time with him weekly to chat and have a coffee. K expressed an interest in learning more.

With K's permission I referred him to B Friends where a suitable volunteer was matched with K's interests, the volunteer now visits weekly and this is going very well. They enjoy chatting about gardening, history and sport.

K has also been invited to weekly B Friends group activities and arrives by taxi which his daughter, who is a non-driver, organises for him. K looks forward to his new weekly activities that offers a routine and something to look forward to.

K enjoys the group sessions of crafting and has created many items to take home. He has also attended the B Friends Christmas meal at a local restaurant - wearing a Christmas jumper for the occasion!

Outcome

K is now attending regular weekly social activities and is making new friends. This eases his loneliness and offers lots of conversation and singing and laughs with other group members of similar ages. K is experiencing new crafts ideas and learning new skills.

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



K is keeping physically and mentally active by attending the social group. The craft sessions encourage him to participate, which is helping to develop K's confidence and self-esteem.

K is also having weekly visits at home from his B Friend volunteer where they spend time chatting about their interests and sharing stories. This helps him to feel less isolated other days of the week.

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