

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Dealing with what matters most reduces loneliness, restores independence and enables a great later life

Joan is an 85 years old woman and until recently she has maintained her independent lifestyle. Joan had a chat with Kay from Age UK Rotherham and told her that in the last few months her feelings had changed.

She talked about how she felt isolated and needed something to break up the monotony of talking to the four walls of her house. Joan told Kay that she was recently suffering with dizzy spells. She thought it was something to do with not having her eyes checked since 19 'oh blob'. As a result, she didn't want to drive her car because of the dizziness and didn't feel safe behind the wheel. This meant that she didn't go out much and that her life had shrunk.

Age UK Rotherham booked her an eye test appointment for the following week at Specsavers at the nearby Crystal Peaks Shopping Centre. As her son wasn't available, Kay said that she would take her for the appointment. Joan was told by the optician that she did need new glasses. The following week we took her to collect her new glasses. Joan thought she looked very dapper in her "new gigs" 😊. A big bonus for her now is that she is back behind the wheel and doing what she is good at ie shopping! 🛍️👗🛍️. Joan can now also feel confident to get herself to appointments and act independently rather than relying on others.

At Christmas, I also took Joan to the Age UK Rotherham Christmas Carols and dinner at Clifton Methodist Church, where she thoroughly enjoyed herself. After dinner there was a bit of a sing song which she said was her favourite bit and that the good feeling stayed with her as she was still singing when she went to bed! Joan said if walls do have ears she would definitely have given them earache 🎵. She sent a big thank you to Age UK Rotherham and our partners from the Rotherham Team of the Mears Group for such an entertaining day where she met some lovely people and won two raffle prizes.

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



Joan is now starting to attend the Women's Institute (WI) at Whiston Village Hall from the first week of February for more company. She was due to go 6th January but they closed because of Covid. She can now take herself but Kay did say if she felt nervous going on her own she would be available to take her for the first time.

Joan is starting to enjoy life again and said it was all down to Age UK Rotherham and their thoughtfulness. She has started knitting again and reading, which is her pastime, because now she isn't "one of the three blind mice".

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