

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Emerging from bereavement

Sk was contacted in September to reengage on community activities having isolated during the pandemic.

She said during the lockdown it was really difficult for her as she suffers from anxiety and depression. Just before the lockdown she had suffered a breakdown and was seen by the Crisis team from the hospital. She was in contact with people, but missed having a hug, from friends and family.

Her father had also passed away recently. This was a massive shock for her and her family, as his death was unexpected.

SK is finding it difficult to process the bereavement and is struggling with grief. In her culture there are a lot of family and friends visiting for the first 30 days. She was very close to her father and his passing has left a massive hole in the family. Her sister is suffering with mental health issues; something that is culturally not understood. She feels that there is an attitude against medication for mental health issues in her community, and that prayer is often the only solution.

Our adviser supported SK to reengage with a local Zumba class. She has found this to be great benefit to her mental health. She has gone on to engage with other activities too such as health cooking classes and British Sign Language Training,

SK finds staying at home very difficult, it felt empty without her father so she was keen to re-engage with groups. She says it gives her something to focus on and provides structure to her day. She enjoys meeting other people and for a while putting her grief aside. She is very grateful that the Unity Centre has re-opened and she feels safe and welcomed here.

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