

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Encouragement to step out, reconnects with a great social life and dancing again

Pat is 90 years old and a widow who, when we listened to what mattered most, wanted to get out and enjoy her life again after 18 months of isolation through Covid.

Age UK Rotherham's Wellbeing Officer visited her with her daughter present. Pat stated that she was pretty shy at meeting folk. However, during the hour or so our Wellbeing officer sat with her, asking her what she did fancy doing, she never shut up enthusiastically talking about all the things she used to do and would love to get back to doing. Pat is a lovely lady who just lacked company.

We suggested she try out a local lunch club at run by another group at a local pub and we offered to take her so that she wouldn't worry about using transport. When we arrived at "Sir Jack's" we were welcomed by a woman from Home Instead who helped Pat to her seat. Pat didn't sit until she had introduced herself to the rest of the group. Then we left her to it. On returning later to take her home, Pat was still chatting away and excitedly shared that she had been dancing and enjoyed the entertainer. Pat also seemed pleased to be a focus of attention for the men who had been "eyeing up my legs". Pat asked us to introduce her to other groups as the lunch club is only once a month.

Our Wellbeing Officer told Pat about the Knit and Natter at the library and again she asked us to take her and help her get started because of her shyness. By now we have worked out that this lady never shuts up and does deserve to be out socialising. Pat did go to the Knit and Natter as well as going to our Redwood Drive EngAge Rotherham Group. She has good mobility and walks to local activities but does get the bus to Sir Jack's now.

Pat is an inspiration. She says at 90 she is still a spring chicken and she has far more things to look forward to doing with the rest of her life. Both Pat and her daughter expressed gratitude for having introduced her to her now full social life. She cheekily comments that she now feels 89 instead of 90!

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 (REMA)** 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."

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

