

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Feeling useful again

### Issues

G is originally from Bulgaria; 80 years of age and now lives on her own following the death of her husband a number of years ago. G who speaks English very well, had a stroke 2020 and with her determination and support of physiotherapy initially, G is able to care for herself and home now.

G, a very caring lady who volunteered for charities for many years until her stroke, misses the social aspects of the work and now feels lonely and isolated.

G has a daughter, a nurse that lives close by and works for the NHS. G does have contact with her daughter regularly by telephone. She works unsociable hours so visiting can be difficult at times. They are very close.

### Intervention

To support G with her feelings of isolation we connected her with B Friends social group which she really enjoys and has made some friendships. G has enjoyed joining in with activities of singing and dancing.

We have also linked G with a group in her area that meet each week for coffee, chats and bingo. They have visiting speakers that she finds interesting.

We have made home visits to G and she has shared many memories of her husband and family with us over tea and a scone. We have also assisted G with shopping online; making her feel independent.

### Outcome

Due to our service G is now feeling less isolated and has found new friendships local to her area. She is able to meet and join in activities that are provided from other organisations too. G feels she is able to offer some of the skills she used as a volunteer for charities prior to her illness. It is priceless seeing G smiling again.

**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