

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Making a difference

### Referral

Client A is a single mum to four children. She was referred to us through the Primary Care Network Link Worker who is based at her GP service, via the Better Mental Health project.

She had been to see her GP as she was feeling very low and depressed. The Link Worker spent some time with Client A and ascertained what would help improve her mood and increase her self-confidence.

### Intervention

Client A confided that she had never attended any group activities although she had been living in Rotherham for over 2 years now. Client A felt lonely and isolated as she had no family or friends in Rotherham.

Client A was initially supported over the phone and then visited at home and informed about the different activities she could join. She liked the sound of the Monday group and I arranged to pick her up and take her to the session as I didn't think she was confident enough to go on her own as she was very tearful and emotional at our first meeting. I talked to her at length about going out and meeting new people, she wasn't very convinced it would do her any good mixing with people she didn't know. She confessed that she had never had a friend and had got used to her own company and didn't like the idea of meeting new people.

I supported Client A by encouraging her to engage in activities where she could meet other people and make friends. After visiting the group, she said that it had felt good getting out of the house, even though she had been very nervous and scared prior to attending. Once she had been in the session for a while, she felt comfortable with the ladies as they were very supportive, and it made such a difference to her mood and confidence.

Whilst at the first session she had a mini massage which she enjoyed, that was her first experience of massage. This also gave her the opportunity to be able to talk to

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someone whilst having a massage and she said she felt less stressed and enjoyed being able to speak with someone else and sharing her experience.

She also signed up to go to the local college to do conversational English and sewing classes as some of the women she had been talking to were also going to attend. They also talked about learning to ride a bike, she was hesitant, but I got the feeling she liked the idea, so I offered to go along with her to support her. She has said she will go to the Football Stadium for a session if I pick her up and go with her. This is not something I expected so early on and is a real positive engaging in social groups and activities.

## Outcomes

Client A has now attended 4 sessions and is doing well. She has exchanged numbers with a couple of ladies in the group and is looking forward to attending the Thursday market with them soon.

The outcomes achieved to date include:

- Improved confidence.
- Reduced loneliness and isolation
- Improved mental health and wellbeing
- Engagement in group activity- Knitting, exercise, massage
- Improved knowledge and skills
- Supported to join the library

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