

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Overcoming anxiety

ZA has been coming to the Kashmiri and Yemeni Older People's group for a number of years and really enjoys meeting people. During the Lockdown he was really worried and scared. He couldn't go to Mosque he couldn't come to the group. There were lots of rumours around about what was going to happen. Rumours of "The army on the streets", his daughter-in-law explained that he was in tears with fear. He and his wife were really frightened about catching COVID.

Since coming back to the group he has been much happier. He is able to see some of his old friends and meets with them for a chat and a catch up. ZA is often a bit reluctant to join in with the new activities but enjoys them when he gets started. He is a very sociable man and like to talk to everyone. When the group received a Royal Visit from Prince Edward, he asked the Prince "How is your family keeping" after he had seen the news on the TV of the Queens recent ill health.

ZA is very happy that the group is now back up and running. He has re-found his confidence and sense of peace.

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