

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Verity

Verity is an elderly tenant who has been receiving friendship calls for over 12 months. A lively character who loves social interaction. Covid has left her isolated and in desperate need of company. She lives on her own in a small flat, with no local family. Lockdown hit her hard, Verity was very social prior to this and is finding everything really hard. Covid in general and lockdown has left her anxious and alone.

Verity was a regular traveller to Gambia, where she took suitcases full of donations to children who had very little, she would save what little money she had a fly out 4-5 times a year. This also did wonders for her mental health. Verity is also an avid rugby fan, she used to attend matches throughout the season, but recent events mean she hasn't attended in over 2 years and is now very anxious about returning. The project has enabled her to get back out into the community, with support she has attended a tenant voice buffet lunch event where she had a great time and is looking forward to future events. During the event she was confident to speak with housing staff about issues she has and these are being looked into.

Verity was referred to the Energy Know How and also to Money Management support and has received follow up appointments, she is over the moon with both services. Verity recently took part in some filming with Voluntary Action Rotherham. It is early days, but the project interventions have already made a massive difference to Verity's mental health and general wellbeing.

**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

