



HALE

Health Action Local Engagement
Healthy Living Project

HALE Befriending Service — Case Studies

Fred* is a gentleman in his 90's who is widowed and whose family lives quite a distance away. He is very deaf, struggles on the phone and doesn't get out much. He has one friend locally, but was generally pretty lonely and missed his wife. His son also passed away recently and at times he felt very low.

Fred was matched with a young woman, Susan* who was working as an occupational therapist and was used to working with older people. However, she had no older relatives close by and missed family contact with that generation.

The two were matched together and have been enjoying each other's company for several years now. They get on very well, Fred still enjoys baking and has made tray bakes for Susan's family and she has encouraged Fred, who goes out very little, to attend our social get togethers.

Jane* is a lady in her 90's who was referred into the Befriending Scheme because she was struggling with mobility and felt trapped in her flat in Baildon. There are a lot of steps at the flats entrance which Jane felt unable to manage. She had, had a large family but only her son with disabilities currently lives close by and whilst he helps with shopping, Jane feels he still needs a lot of her support. Jane has had a lot of hardship in her time, losing her husband and other family members to cancer and in recent years, suffering cancer herself. When I met Jane she was desperately lonely, suffering low mood and really missed someone to chat to.

Jill* is a young lady who has been befriending for many years on the befriending scheme and needed re matching, but in the meantime had, had a baby. She lived fairly near Jane and thought she sounded a good match. When I broached Jane about having someone with a baby she was thrilled and couldn't wait to meet them both. Since then Jill has been visiting once a week with her baby and Jane has spoken to us saying how grateful she is to HALE for bringing Jill and the baby into her life. She calls Jill, "**a little gem**", and loves to see how the baby is changing and growing. Jane says she still has her down days but she looks forward to Jill's visits and is so happy when they have been. Jane has also been linked to a telephone befriender who calls once a week and she enjoys a long chat which also helps to alleviate her situation.

**Names have been changed to protect identity.*