



## Wellbeing Work

We run a number of groups and activities to improve peoples mental health and wellbeing, often using an indirect approach which we call 'Health Through The Back Door'.

Our Networker scheme works with people on a one-to-one basis to help those who have become socially isolated to link back in with their local community. We also support Refugees and Asylum seekers via our Stepping Stone scheme.

Our Befriending scheme matches trained volunteers with people over 65 who feel they would like some company for an hour or so a week.

Our Midwife Drop In Sessions promote health and wellbeing for expectant parents and those with young children, with a midwife and breastfeeding support worker on hand for advice.

## Case Study

Mr A was referred to our Networker scheme by his GP practice after his wife was placed in long-term residential care. The extent of her dementia and isolation that Mr A experienced left him low in mood, distraught and depressed at the reality of now being alone. He was overjoyed at the thought of a Networker who would link him into his local community and dispel the feelings of extreme isolation he suffered with for so long. His Networker visited him to discuss a range of options and within just two weeks, had arranged for Mr A to attend our Guys & Dolls group, Gentleman's Club, and Wellbeing Café. She also arranged for a Befriender to visit him at home once a week for some company. Mr A is delighted with his new social life and reports that he never thought he would be so lucky to feel happy again.

