

# Meet Clare

## A story of companionship

Clare was devastated by the loss of her sister, her last remaining relative and constant companion. The grief left her feeling utterly alone, and the absence of her sister, who had passed away in a nursing home, cast a deep shadow over Clare's life.

### Finding the Right Support

In her search for support, Clare self-referred to Age UK Sutton, where she was matched with Sue, a compassionate volunteer. Over the next five months, Sue and Clare participated in the "Walk & Talk" program, which brought Clare much-needed companionship and comfort.

Despite her own health challenges, including lung disease and decreased mobility, Clare found joy and relief in these regular walks. The walks gave her something new to look forward to and gradually started to lift the pall of grief that had enveloped her. Clare was particularly delighted to have someone patient and willing to "walk at my pace."

### The Impact

The companionship of these walks helped Clare feel more connected and less isolated. She cherished the feeling of being part of someone else's life and appreciated the shared moments of conversation and fresh air. This new connection made her feel valued and supported.

Through this newfound confidence and improved emotional well-being, Clare began to access additional community support. She no longer felt as alone and was more willing to leave her home, engage in light exercise, and enjoy the fresh air, all contributing to her overall improvement in mood and health.

Clare's journey from profound loss to rediscovered hope and connection illustrates the transformative power of compassionate community programs. She now faces each day with a brighter outlook, supported by a renewed sense of belonging and the knowledge that she is not alone.

