

Meet Mary

A story of encouragement and determination

Mary, an 80-year-old woman, prided herself on her independence despite managing hearing loss and occasional ill health. However, a fall that led to a hospital stay significantly increased her frailty, raising concerns about her ability to live independently.

Finding the Right Support

Through the "Let's Connect" program, Mary was introduced to the "Walk & Talk" initiative, where she met Sine, a dedicated Community Connections Officer. Sine began meeting Mary at her front door for regular walks, initially short but gradually increasing in both duration and distance.

Mary enjoyed the nice weather and walks to the nearby park, which boosted her confidence and improved her overall well-being. Encouraged by her progress, Mary soon started going on walks with her daughter as well.

The Impact

The benefits extended beyond physical activity. Through Sine's support, Mary was introduced to various social activities, allowing her to engage with her community and rekindle her sense of independence. She joined a local book club, participated in a weekly knitting group, and attended community centre events.

Remarkably, since engaging with "Walk & Talk" and these social activities, Mary has not experienced any further falls or required additional hospital stays. This newfound stability and independence have brought Mary great delight, and she continues to thrive in her community, enjoying her renewed physical health and enriched social life.

