

Meet Yasmin

A story of isolation to activity

At 75, Yasmin faced daily challenges due to multiple health issues and mobility struggles, which deeply affected her mood and kept her confined at home. Seeking to improve her well-being, she accessed the Walk & Talk program in the summer of 2023. Initially, Yasmin gained confidence and felt brighter as she ventured out for walks. However, with the arrival of autumn and colder weather, her confidence waned, and she retreated back indoors.

Finding the Right Support

Recognising Yasmin's need for continued support, Helena, the Let's Connect Activity Coordinator, invited her to a Festive Luncheon organised by the team and their partners. With additional funding, accessible transport was arranged, allowing Yasmin to attend without worry. She was delighted at the prospect of socialising and enjoying the festive atmosphere.

The success of the Festive Luncheon highlighted the importance of accessible transport for clients like Yasmin. Consequently, she was included in the Friendship Group, which met fortnightly and provided transport via a minibus. One day, Helena noticed Yasmin looking anxious. Yasmin confided that she was scheduled for dental surgery and feared she wouldn't be able to eat the group's meals. Helena reassured her that discreet adaptations could be made to accommodate her dietary needs, allowing Yasmin to continue enjoying the sessions.

Taking Action

Yasmin also received support from the Information & Advice team to apply for Dial-a-Ride, a service that would enable her to attend additional groups. With Helena's help, Yasmin booked Dial-a-Ride for the first time, allowing her to join the Friendship Group and a Knitting Club with a new friend she had met on the minibus. Both Yasmin and her friend, inspired by a talk from the group leader, bonded over their shared interest in knitting.

The Impact

This comprehensive support network and the compassion shown by Helena and the team transformed Yasmin's life.

She now looks forward to regular outings, social interactions, and the prospect of resuming her walks come spring and summer.

Yasmin's journey from isolation to an active, socially connected life demonstrates the profound impact of personalised support, accessible transport, and community engagement on enhancing the quality of life for seniors.

