

Community Stories

Faye's Story - Making long-lasting connections

Step into Wellness with us



“We are very proud of Faye and the Social Group. Their success highlights the impact of Step into Wellness and the importance of connection”

Roy Perkins, Step into Wellness Volunteer



Faye's Story, is provided by Roy Perkins, Age UK Cornwall's Step into Wellness Volunteer.

Our popular Step into Wellness programme is about building confidence, independence, and friendships, so the ongoing challenge for us is to engage people in thinking about their own journey towards wellness.

When new participants join us, we ensure that they understand that Step into Wellness is about them and what matters to them as they embark on their journey.

One of the things we always look for, and encourage, is members of the group asking if they can connect with each other outside of the group sessions. When this happens, we will work with them to ensure they are happy to share their personal information before making connections.

Faye's story is a heart-warming example where we facilitated a connection between two participants. This connection developed, and then extended into a larger online independent group.

Faye

Our story begins during our most recent online 'Step into Wellness' sessions when Tracey, one of our participants, told the group how her anxieties severely affected her going outside of the house, so she stays at home. Tracey also shared her challenges with reading and writing and how she was trying hard to improve this with some professional help.

Another group member, Faye, who also has a debilitating condition that restricts her from going out, explained that she loved letter writing and wondered if Tracey would like to write to her, meaning they could connect, learn, and improve reading & writing skills together.

Tracey was very keen to take this forward, so we put the building blocks in place to make this a reality - Faye and Tracey now connect in a way that continues to improve their individual wellbeing.

Building on this, Faye also told us all about her interests in craft activities and wondered if anyone would be interested in her trying to set up an online craft group for like-minded people. Tracey, who was already connected to Faye was very keen, so we looked at ways that we could help Faye to get her passionate project off the ground.



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Building something for the Community

Our first action was to raise awareness of this new venture on our 'Step into Wellness' spin-off - Digital Café. We spoke about the values of this brilliant collection of people who had previously felt so isolated. Subsequently, three people, Katharine, Cathy & Jean, asked if they could join the group. Then in the following Digital Café session, we talked about the progress of the group and a further two more people, Shirley & Colette, asked if they could connect with the group.

In coming together, the group have built a special support network for each other. Not only has Faye set up the group online via Microsoft Teams, but she has also given it a name - 'Community Crafters'.

Community Crafters is a weekly session that welcomes crafters and anyone new who would like to learn. Although, Faye has never hosted any groups before, her aim is to promote relaxed crafting and chat sessions where all ideas are welcome and will bond the group.

Faye is ambitious, community-focused, and passionate, and we wish Faye and the group the best of luck - we will support them along the way. We would also like to praise Faye for her willingness, determination and drive.

Finally, we make no apologies for repeating: "Step into Wellness is all about you and what matters to you"



Step into Wellness

Step into Wellness – building confidence, independence, and friendships.

Do you sometimes feel as if you could be happier, healthier or a bit more supported?

If improving your wellbeing is the destination, then 'Step into Wellness' is the journey to help you get there. This programme is about you and what matters to you.

The free Step into Wellness programme is available face-to-face, or online if you prefer. If you would like to chat over tea/coffee, please feel free to join us and find out more.

Call **01872 266383** or email **stepintowellness@ageukcornwall.org.uk**

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