



“Step into Wellness helped me to talk about things openly. It played a huge part in improving my mental health, provided me with the confidence to adopt my gorgeous dog and motivated me to see people.” Linda

Improving health and wellbeing

At both the beginning and conclusion of the course, we invite participants to evaluate themselves using a series of wellbeing measures. These assessments cover aspects such as their levels of optimism, usefulness, and relaxation; their clarity of thought and decision-making abilities; and whether they have experienced feelings of sadness, anxiety, worry, or a lack of enjoyment in the past two weeks.

Linda shared that her scores are at their highest since beginning the course.

Linda said that these improvements can be linked to the relief of speaking to our benefits support service—which helped alleviate her financial concerns—and the decision to adopt her wonderful dog. Linda mentions that she has engaged with many more people during their walks together, which has given her a newfound sense of purpose. She feels better both physically and mentally.

We asked about the impact of the Step into Wellness course on her life. Linda explained that it was the catalyst for positive change, further explaining that it encouraged her to open up about her feelings and think about ‘what mattered to her.’ She attributes her improved mental health to a mix of being part of the group, adopting her dog, and the necessity of getting out and meeting new people.

What’s next?

Linda is actively researching and advocating with the RSPCA to enhance the welfare of greyhounds; providing her with a wonderful challenge. Additionally, she noted that having her dog will help keep her connected, active, and healthy – it will help also her navigate the anniversary of her husband’s passing with greater ease.

To find out more about Step into Wellness, please email

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