



Sharing Journey's with Step into Wellness

Lesley's Story

3rd March 2025

Lesley, who is 60 years old and from East Cornwall, was referred to Step into Wellness via the Social Prescribing Network. They identified that Lesley was struggling with her mental health; she was extremely anxious and suffering from depression, and thought that Step into Wellness (SiW) could help alleviate her anxiety and improve her general health and wellbeing.

Following an initial conversation with Jan, Step into Wellness Lead, Lesley decided that she would like to give SiW a try but was worried about being around other people in a group setting. Jan explained that we would cover sessions at her pace and that SiW is about finding the right fit for her needs—**Lesley decided to give it a go!**

Important first steps

Lesley really enjoyed the first sessions, and as her confidence grew, she opened up and shared her ongoing concerns. Lesley was frequently alone, struggling with a challenging landlord and was facing eviction. She also had a complicated personal life that exacerbated her anxiety, which led to frequent panic attacks. Lesley explained that her living circumstances were getting too much for her and that she felt helpless in her situation.

Following one of the SiW sessions, Jan supported Lesley in contacting Kernow Community Gateway to get more information on possible solutions. **Kernow Community Gateway has trained professionals who are able to access a wide range of services throughout Cornwall.** Their guidance enabled Lesley to diffuse a difficult and tense situation with her landlord and helped provide pathways housing assistance. The Gateway also highlighted possible options for funding which helped ease Lesley's financial concerns.

"Thank you so much for everything, I feel more confident about my circumstances and have created a list of what I can do next."



Planning positively and creating friendships

This support, coupled with the ongoing SiW sessions lessened Lesley's anxiety and ensured that she could plan and positively move forward with her life. Knowing that she had more SiW sessions to participate in was an added bonus.

Lesley threw herself into the remaining sessions, making connections with other people who attend the group, who helped her find the right mechanisms to support her mental health.

Like many SiW gatherings, these bonds have blossomed into enduring friendships, rooted in shared journeys and mutual trust.

Though challenges still linger, Lesley now stands on firmer ground to tackle them.

Renewing confidence

At her final session, a radiant Lesley beamed with pride as she shared her triumphs with the group: she had embraced sobriety, shed excess weight, crafted a personal exercise regimen, and even treated herself to a new haircut as a celebration of her milestones—she radiated with newfound vitality.

Her transformation is nothing short of extraordinary.

With renewed confidence, Lesley acknowledges the hurdles ahead, yet she is resolute, moving forward in her life, one cherished step at a time.



01872 266383

For help and support, you can contact the Community Gateway, 365 days a year – 8am – 8pm.

welcome@kernowgateway.org.uk

You can find out about all Age UK Cornwall Services by scanning the QR Code below.

