



My name is Eddie, I am 73 years old, I am concerned about my ill health and isolated in Cornwall. This is my Journey with Age UK Cornwall

In 2021, our Step into Wellness programme supported 360 people. [Patricia's Story](#) highlights the impact and importance of improving our wellbeing - [click here to view](#)

Feeling connected

As time went on, I started to feel more comfortable, more connected and more happy & healthier. During one of my weekly group meet-ups, the community coach asked if I would like to join Step into Wellness. The answer was easy, why not? So far, nearly all the ideas and groups put forward had been a success - working to improve my mental and physical wellbeing was one more step in the right direction. [\(Click me to view our Step into Wellness Infographic\)](#)

The skills, experience and support from Volunteers are essential to us, last year they helped us support to over 50,000 people. [Please read Mike's story - the impact of volunteering in your community.](#)

Giving Back

Not everything I tried was a success, but by working with community leads and my peers, I was able to find the right mix of activities, groups and support local to me. I was always inspired and in awe of the caring nature of Volunteers and staff from Age UK Cornwall, I wanted to give back. [So, last year, I decided to help with the vaccination efforts at a local community hub \(click to view our infographic\).](#) "In 2022, I plan to help out even more. [Watch this space for my volunteer application form Age UK!](#)"

Making Contact

My Journey started with a phone call, which sounds simple, but for me it was a big step. I spoke to a wonderful Lady called Helyn. She put me at ease, asked about my health concerns and most importantly, listened to me.

[Read Getting Social Again](#)
A Story by Jo Bakesef-Duncan (Inclusion Matters | Age UK Cornwall Community Coach)

Last year our Helpline received over 15,000 calls - taking 3,468 referrals - [click here to find out more about our services](#)

Next Steps

After listening to me, the Helpline team provided some ideas and information on local groups that I could connect with. However, I didn't feel quite ready for larger groups, so they linked me to a wonderful Community Coach in my area. "It was just so nice to chat with someone face to face again". Together, we made contact with a local breathers group, [iCareiMove \(an online strength & balance group\)](#) and met with a Social Prescriber, who was also part of the Age UK Cornwall team. We also arranged two calls per week via Age UK's telephone support volunteer service - here I could chat, check in and share how I was getting on with things.

During this conversation, I explained to Helyn that I had severe COPD, was unsteady on my feet & my wellbeing and general health was quite bad. I had distant relatives in the North of England and a carer that visited me twice a week. However, for most of the week I was alone - with only TV and radio for company.



