



the care forum

Case Study – Greater Fishponds Community Champions:

Hillfields Library Social, March 2018.

How would you describe the project/activity/event that you have been a part of?

On the third Wednesday of every month an informal group of people meet at the Hillfields library for a drink and chat.

What was life like for you before becoming involved in the project? How did you feel?

Dawn (83) and Diane (over 70) have both become widowers within the last 5 years. While they do take part in various activities they do still feel anxious at joining new things on their own and life can feel strange without their husbands.

How did you find out about the project and why did you get involved?

Dawn lives around the corner from Hillfields library so when the flyer was dropped through her door she thought why not. She knew the library and felt she didn't have anything to lose by coming along. Meeting a friendly face and with it being on her door step she decided to come along again.

Diane knows Dawn through the Hillfields walking group which they both attend. At one session Dawn had talked about the library social and she thought as Dawn went she would come along as well. They didn't know each other that well but having someone she knew she could talk too would be good.

What has changed for you as a result of this project?

Dawn talks about how her daughters are amazed she came along to the group on her own and with growing confidence she has since also joined another exercise group on her own after meeting the tutor through a friend.

Dawn and Diane's friendship has also grown and they now go for lunch together after the session and are talking about taking trips together in Bristol and Weston Super Mare or the theatre, as these are not things they would feel comfortable doing on their own.

Both women have found become widowers very isolating after spending their lives with their husbands and particularly after having to care for their husbands in later life due to illness. Keeping active and meeting new people is important to them.

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