

Kathleen's Story

Kathleen has been housebound since last winter when she had a stroke. This has affected her mobility and her eyesight and has taken her independence away. She lives alone and has 3 sons who check up on her occasionally.

Kathleen was feeling socially isolated so made enquiries with The Blind Society to join day care for the elderly. Unfortunately lockdown then came into force and her referrals were put on hold.

Kathleen was referred to us in May by her GP because she was feeling lonely and depressed. Our Volunteer Coordinator contacted her and explained we could offer her a weekly call from a volunteer Befriender which she agreed to.

"Since my stroke all I do is sit in my chair and do nothing all day because I can't see very well. I have been feeling very lonely and frightened at times because this is my life from now on. When I got my first call from the befriender, we spoke like we have been friends for ages. She now calls me every week and it is such a nice feeling to think that someone else cares about me besides my family. I look forward to her call every week because we always have something to talk about and I can put my worries aside."



Kathleen's sons have been supporting her with the shopping but sometimes they are unable to meet her needs. Her Befriender helps out at a food bank at a local church so has offered to deliver a food parcel for Kathleen as she has also mentioned she would like to put a face to the voice. Her Befriender has now been doing a food parcel delivery for Kathleen every week for the past 2 months. When she arrives she would put the food in the kitchen and converse from the doorsteps to comply with the social distancing rules.

"I am so grateful for the food parcels and talking to the Befriender breaks my day up."

Kathleen will be moving into a Retirement Living accommodation soon with extra care as she is no longer able to take care of herself. She has asked her Befriender to continue with the weekly calls because they have been beneficial and have elevated some of her loneliness.