



## **RECONNECTING WITH FRIENDS**

### **BACKGROUND**

X is a 74-year-old male, who was introduced to Community Plus via KNH, with a request for support to tackle his feelings of loneliness and isolation. X had recently separated from his partner, which left him feeling alone. X spent most of his days at home, watching TV and feeling frustrated that he had already watched the repeats of his favourite shows. X said he was unhappy with his weight as he tended to eat ready meals as he didn't feel like cooking for himself.

Having a "Good life conversation" with X, meant he was able to identify times in his life when he had felt happier, and he had enjoyed activities that made he feel better in himself. X had previously attended Darts tournaments and enjoyed playing Snooker.

### **WHAT WE DID**

- Gathered information around local venues that held Darts tournaments.
- Shared opening times of a Snooker Club locally.
- Delivered Healthy Recipe Packs from the Welcome Centre.

### **WHAT DIFFERENCE HAS IT MADE**

Once Covid restrictions were eased X started to attend a local Snooker club and met with some old friends to play darts.

X said he enjoyed making himself meals from the healthy recipe packs I delivered as there were lots of recipes that he had not tried before. X said he usually chose ready meals as he found it difficult to cook for one person but is now making the effort to cook a meal from scratch. X is now attending darts tournaments and plays snooker with friends every week.

### **3 MONTH FOLLOW UP**

- X said that he felt he had regained a sense of purpose and looked forward to regularly meeting with friends to play snooker and darts.
- X now regularly cooks varied and healthy meals for himself after discovering new recipes from the food packs I delivered. X said if he has made too much food then he freezes it and saves it for another time, which is something he has not thought of doing before.