

SEEING IS BELIEVING: REAL PEOPLE - REAL STORIES



MÔN COMMUNITY LINK



ABOUT US

Môn Community Link is a Social Prescribing service for people living on Anglesey. The service has a team of local asset co-ordinators who will help you if you are experiencing any of the following:

- Feeling socially isolated
- Wanting to improve physical health
- Lacking confidence
- Needing to find some practical support and information to improve your situation.

As a team we are following the 5 ways to wellbeing as a way of empowering people to make better wellbeing choices. This booklet shows how we use the 5 ways to wellbeing everyday.



Pum ffordd at les
Five ways to wellbeing

01248 725 745
Linc@medrwnmon.org

CAR LINC MÔN



Car Linc Môn is a voluntary social community transport scheme on Anglesey. The service is available to people who have no other means of making essential journeys.

The scheme is for people living in rural areas where public transport services are scarce, but is also for those who are not fit or able enough to use public transport.

Car Linc Môn provides an essential transport service for people who need to go to:

- Hospital appointments, visit the doctor, dentist, optician.
- Collect a prescription
- Do some shopping
- Visit relatives or friends

The cost to the passenger for every journey with Car Linc Môn is £4.50 for the first 6 miles, then 55 pence for every additional mile.

Would you like to volunteer as a driver?

The driver will receive 50 pence a mile per journey. An officer from Medrwn Môn administers all the payments.

**For more information please contact Bethan on:
01248 725745 Or Email on Linc@medrwnmon.org**

The Team



Lyndsey



I am the Project lead, responsible for co-ordinating the project, representing the project locally and regionally and keeping all partners informed. I enjoy working with the team and finding new opportunities for the project.

Contact: Lyndsey@medrwnmon.org

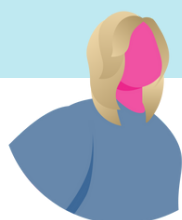


Bethan



I'm the Community Link Support Officer, I am the first point of contact for Môn Community Link helpline service, ensuring service delivery is in line with Medrwn Môn's ethos, values and aims. I'm responsible for answering calls to Link, receiving referrals from agencies and sending the referrals on to the Local Asset Co-ordinators.

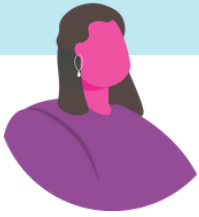
Contact : linc@medrwnmon.org



Anne



I have been working as a Local Asset Co-ordinator (LAC) since September 2019, covering the Bro Aberffraw and Bro Rhosyr area of Anglesey, helping people to find and take part in community activities and interests, supporting them to achieve positive outcomes.



Rhian



I am presently on secondment with Medrwn Mon to cover the existing Local Asset Co-ordinator Awen Dodd who is on Maternity Leave. We live in very difficult times post pandemic and I hope that I'll be able to make a difference with helping people in the community



Veronica



I have worked as a Local Asset Coordinator (LAC) for 5 years. I am lucky to be based in Gwelfor Community Hub in Holyhead. I was born and bred in Holyhead and have worked for most of my life in community development, therefore i know the people and the area well. I enjoy meeting and supporting people to achieve their goal in life.



Sheree



I have worked as a Local Asset Coordinator (LAC) for 5 years. I can speak English and Welsh.

I work in the areas of Llangefni, Benllech, Moelfre, Amlwch and Cemaes.

I enjoy working with people to connect them to community groups, especially musical and dancing groups.



Pum ffordd at les Five ways to wellbeing

Pum peth syml y gallwn ni i gyd eu gwneud i roi hwb i'n lles
Five simple things we can all do to give our wellbeing a boost



Bod yn sylwgar
Take notice

Cymrwch amser i chi'ch hun, sylwch ar bethau o'ch cwmpas a sawrwcw y foment

Take time for yourself, notice things around you and savour the moment



Cysylltu
Connect

Gwnewch amser i gysylltu â ffrindiau a theulu i helpu i gyfoethogi'ch diwrnod

Make time to connect with friends and family to help enrich your day



Bod yn fywiog
Be active

Mae bod yn fywiog yn gwneud i chi deimlo'n dda. Symudwch - dawnsiwch, canwch; camwch allan - ewch am dro, i redeg neu i feicio

Being active makes you feel good. Get moving - dance, sing; step outside - go for a walk, a run or cycle



Dal ati i ddysgu
Keep learning

Gall dysgu rhywbeth newydd fod yn hwyl, gwneud i chi deimlo'n dda a datblygu'ch hyder

Learning something new can be fun, make you feel good and build your confidence



Rhoi
Give

Fe all gweithredoedd o garedigrwydd, helpu eraill neu hyd yn oed gwirfoddoli eich gwneud i deimlo'n hapusach

Acts of kindness, helping others or even volunteering can make you feel happier



Pum ffordd at les Five ways to wellbeing

INDEX

8-11

Taking Notice

12-15

Keeping Connected

16-19

Be Active

20-23

Keep Learning

24-27

Giving

How are you feeling today?

Have a look through these stories, do any of them
realte to you?





Bod yn sylwgar
Take notice

TAKE NOTICE

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you.

Here are a few ideas:

- Get a plant for your workspace
- Have a 'clear the clutter' day
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work
- Visit a new place for lunch.



TAKE NOTICE



Betsan had a stroke 3 years ago, she has done well in her recovery and following a referral to Anne from Community Mental Health Team, she wanted to become more independent and work on her confidence. She wanted to go out and make new friends. Anne worked with the housing Community Mental Health Team and helped Betsan to access the wellbeing sessions. The group supports people to take notice and engage in activities and learn new skills, her confidence grew and now she enjoys travelling on the bus to attend the group .

Betsan, 46

Nerys' Story

Background

Nerys was referred to Linc through the Anglesey Council's Early Help Hub from the Young Carers project. She lives with her mum who has a long-term health condition. Nerys' mum had a care package through the Local Authority which means that she has carers to help with personal care. They have a close network of supportive friends and family.

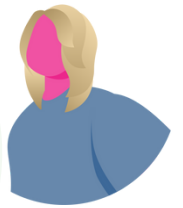


Issues

Nerys had been receiving support through the Young Carers project with Action for Children. Most of the activities she engaged with through them were online. Mum and the young carers wanted Nerys to have the opportunity to be out in the open, to have time away from the home and also take notice of her surroundings by going to outdoor activities.

Support

Following a discussion with Anne, Mum and Nerys agreed they would like to get out and engage in an activity together. This would give them the opportunity to be out in the open air, enjoy nature and their surroundings, learning new things and have fun with other people. Nerys and her Mum were referred to the Actif Woods outdoor bush craft project.



Outcomes

They thoroughly enjoyed the sessions, meeting new people, making campfires and cooking outdoors, foraging and taking notice, being in touch with nature and learnt how to recognise and pick wild garlic, something they continued to do when they went out for walks.

The sessions had a positive impact on their social and environmental needs.



“thank you so much for finding something for us to go to together, we are really excited, everything seems to be coming together for us now”



Roy's story

THE FLYING CLOUD

Roy is a gentleman of 85 years old and was referred to LAC through Ynys Môn Social Services to help with Memory Loss. Roy had found the COVID lockdowns very difficult, and he was feeling lonely following a recent bereavement.

Roy has always had a very keen interest in sailing and living locally he was in a perfect location with beautiful views, and access to his local surroundings. He enjoys being out and about taking notice of his local area however his current situation meant that he wasn't taking time for himself and wasn't taking part in hobbies that he once enjoyed. Following a chat with Rhian, Roy mentioned that he previously loved restoring old boats.

During a meeting with Menai Heritage Sailing, Rhian mentioned that she was working with Roy and that he had previously worked on a boat by the name of The Flying Cloud.

Henry from Menai Heritage Sailing said that they had the Flying Cloud at Gallows Point and so it was arranged for Roy's son to take him to the boat workshops at Gallows Point.



Once there, Roy noticed all the other boats in the workshop and memories came flooding back of him repairing boats when he was younger. In fact, one of the boats Roy had worked on years before, The Flying Cloud, was in the workshop!

Roy was able to have a chat with the men in the workshop and compare information and skills whilst there. Henry has also arranged for Roy to go out sailing.

By being able to chat with Rhian about what he enjoyed and finding out what was going on around him, Roy was able to start taking time to enjoy the moment and re-visit the hobbies that reminded him of good times with his wife.



“

"Thank you, I've enjoyed reconnecting with the Flying cloud, I didn't realise it was on my door step!!"



”

Trip out with North Wales Society for the Blind



The North Wales Society for the Blind had not met since before the COVID pandemic. The Society normally held regular sessions including a Reading Group for the Blind in Holyhead Library.

The sessions were a great opportunity for members to stay connected and was missed greatly during lockdown. Members became very lonely and isolated and were keen to get back to meeting people socially, some of them hadn't been out for two years.



4 members of the group were keen to attend the first meeting back since before COVID. A welcome back event had been organised at the RSPB visitor centre in South Stack, Holyhead. Medrwn Môn arranged to pick up the group and take them to the event, as well as a short drive around the area before going home.

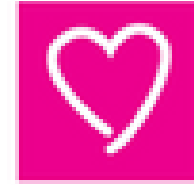
The ladies got to see South Stack and were taken along the coastal road; something that they hadn't been able to do all through COVID. Without the car being available, the group of ladies would not have been able to attend the event on the day or enjoy the sights on the way home! All ladies expressed that they felt so much better for being able to get back to the sessions and to meet up with people that they hadn't seen for a long time. They particularly enjoyed seeing the local sights, giving them something new to chat about!



"It has been so long since I have been out of the house. I have had a great day today, and I am so looking forward to getting back out again, nothing worse than loneliness. We are so grateful that the car was available"



CONNECT



Cysylltu
Connect

There is strong evidence that shows that feeling close to, and valued by, other people is a basic human need and one that helps us to feel well in the world. It is clear that social relationships are really important for promoting wellbeing and for helping to increase mental health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them.



Connect



Stan was referred to Linc by his GP for support after the death of his wife. He was low in mood and was struggling with motivation. Sheree referred Stan to Cruse Bereavement and introduced him to Anglesey Vintage Society. Attending the group has given Stan something new to do and connected him with people who have the same interests as him in old engines.

"I am not 100% right, but I don't think I ever will be but I am on my way. meeting new people and connecting with old friends has taught me that I can't change what's happened, but life is too short to sit and ask why"

Stan, 75

Jimmy's Story

Background

Jimmy is 36. He lives on his own and has many underlying health issues including Cystic Fibrosis.

Jimmy was referred to Môn Community Linc by Housing Support Services at Anglesey Council. Jimmy didn't want to connect socially and so the Linc Officer supported him.



WARM WALES
CYMRU GYNNES

Issues

The Linc Officer contacted Jimmy for a chat. Jimmy explained that he was struggling paying his energy bills and he had problems with his property such as rats in the garden, he also had problems with his windows and doors (the seals letting heat out). Jimmy lives in a County Council property.

Support

The Linc Officer contacted Warm Wales, a referral was made, and Warm Wales arranged a meeting at Jimmy's home to talk about his energy bills. The Linc Officer also contacted Housing Maintenance to arrange for a Housing Inspector Officer to do a site visit on Jimmy's property. The Linc Officer was in contact with Jimmy throughout the process giving him support and updating him of any news



Outcome

Warm Wales visited Jimmy's property . They gave him advice and supported him in contacting his energy suppliers, resulting in him being able to reduce his energy bills. The Housing Maintenance team visited the property and repaired the seals on the property windows and fixed his doors, the outdoor issues were also resolved. The Linc Officer continues to engage with Jimmy and supports him with other issues if and when they arise



“Thank you Bethan for putting me in touch with everyone who has helped me to solve these problems! I would never have known where to start otherwise!”



Janis' story



I had a very happy life with my husband, who was disabled. We lived in a lovely house by the beach and every school holiday our family would come to stay. We were kept busy with our grandchildren and had happy times and made beautiful memories in the 17 years that we were there.

When I became a widow my life changed dramatically, I left my home and returned to live with family on the Wirral. My dad became ill and lost most of his sight, I became his carer. About six months later my daughter had a baby who was born with medical problems and was in Alder Hey Hospital for months. With helping my dad on most days and looking after my grandchildren my days were busy but not happy. I had friends on Anglesey who offered me their house to rent, so I moved back, my dad came too.



My daughter and family moved to be near us as she was struggling with childcare and needed help.

Within twelve months my dad passed away, I continued to help my daughter with childcare until they moved back to the Wirral.

I was on my own for the first time in 8 years, I could look back at everything, and it was at this point that I started to grieve for my husband.

I had a few friends that stayed in touch but I was finding it difficult to go out on my own, I was getting into a deep depression, feeling anxious and I did not move from the house.

As COVID-19 started I was re-housed by the council, for many weeks I didn't see anyone. I needed a new life for myself!

The Housing Officer put me in touch with the Mental Health Team who put me in touch with Linc. I spoke with Veronica, I explained what had been going on in my life, that I needed to start doing more, enjoy the simple things in life and take an interest in the hobbies that I used to enjoy.

Veronica told me about groups, and sessions available at Gwelfor Hub.

Veronica would encourage me to come along to the centre.

"It took time to build courage to go, I was still anxious about leaving the house but I was glad I did, I made new friends and have joined the craft, exercise and IT class. I am going out more often and feeling so much happier. Starting to live life for me!"



Sylvia's Story

Making new friends and keeping active



Background

Sylvia is a seventy eight year old lady who lives on her own, but has previously had a very social calendar.

Sylvia was referred to the Community Linc service through the memory clinic as she is currently being assessed for dementia, she has diabetes and manages this herself and with the support of the practice nurse.

Issues

Sylvia was a little apprehensive about receiving any support as she has always been very independent but was willing to engage and see how it went as she wanted to start socialising and meeting new people again, to help her to keep active and to stop her becoming lonely.

Sylvia wanted to be more involved with community groups and activities, and to have a reason to get out of bed in the morning.

Support

Rhian introduced Sylvia to Caffi Ni and Caffi Cofio at Llanddona, she has since then been attending Caffi Cofio at Llanfairpwll with the Carers Trust and at the moment she is really enjoying it.

Sylvia has built up a good rapport with the Seiriol Good Turn Scheme, she has been shopping to Pringles in Llanfairpwll with the new group of friends that she has met through Caffi Cofio.

Outcome

The group leader has said that Sylvia always seems to be the light of the group 'she is very forthcoming and always ready to help others and thoroughly enjoys it, engages with all members and very sociable'. Sylvia has made a likeminded friend who shares the same interest, they enjoy sharing stories, photographs and books, she is so happy being out and about and being active again, this has had a positive impact on her physical and mental wellbeing.

**"I can't say thank you enough,
you take and you always want to
give back."**

BE ACTIVE



Bod yn fywiog
Be active

Regular physical activity is linked with lower rates of depression and anxiety across all age groups.

Exercise is essential for slowing age-related memory problems and for promoting well-being.

But it doesn't need to be particularly difficult for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise. Today, why not get physical?

Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Walk into work - perhaps with a colleague – so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a work sporting activity
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you leave for work in the morning
- Walk to someone's desk instead of calling or emailing.



Be Active



Helen had just moved to the area and was referred to Linc by housing support to help her settle in. Helen has a muscle wasting illness, and it is important that she keeps active. Sheree was working supporting another lady who lived locally and also wanted to keep active. She introduced the ladies and they now both go walking the dog together. This form of gentle exercise is a great way for Helen to keep active without causing her any pain.

"It is easy to give in sometimes, as it can be quite painful, she motivates me to keep going. I have made so many new friends, in fact I've made more friends in the last 7 months than I've had in the last 27 years of living on Anglesey"

Helen, 53

Keeping Active While at Work

Medrwn Môn staff put their best foot forward!

Medrwn Môn has been working with Public Health Wales to encourage Physical Literacy in the Workplace. The scheme comes under the Building a Healthier Wales Programme and looks to encourage staff to improve their mental and physical wellbeing and moving more throughout the working day.



During COVID-19 and the resulting lockdowns Medrwn Môn staff identified that as restrictions began to ease, they wanted more opportunities to meet up outside for informal staff meetings, to keep socially connected and to get out and about. Staff had been actively encouraged to make sure that they took time away from the computer and phone while working from home, however they tended to answer phones and emails due to the urgency that the pandemic generated, and many did not actually take that time out for themselves.

Working for the Link project, some of the staff felt that we should try and take some of our own advice and start looking at ways to keep active in different areas of the Island, and to look at the options available to the individuals that they worked with everyday.

The team has taken part in a number of walks in places such as Llanddwyn, Holyhead and Benllech and have recently tried their hand at paddleboarding!



Staff now walk as a group every lunchtime and continue to look for new forms of exercise to help keep them active!

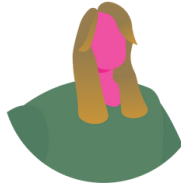
For more information on Physical Literacy please contact: lyndsey@medrwnmon.org or call 01248 724944

"Being part of the physical literacy programme at work has been beneficial to me, we walk every lunch time as a group, we chat and count our steps. Being out in the fresh air & physically active has a positive effect on my physical and mental wellbeing, keeping me motivated with a sense of achievement. It can be difficult finding mojo to go it alone! "



Sioned's Story

Keeping active - Keeping healthy



Sioned suffers from a chronic health condition whereby she has periods of becoming very unwell as she has been over the last few years, however her condition has been more stable recently and she is keen to build up her physical and mental strength.

Sioned was keen to try new activities and groups, but her main goal was to be fit enough to get a job, as she had been unable to work for a long time due to her illness. She likes arts and crafts and has started making resin pieces home.

She enjoys walking but could only manage a short walk before having to use a wheelchair, she also wanted to lose a little bit of weight.



Sheree and Sioned met for the first time in a cafe, Sioned explained that she was fearful of going out, so Sheree suggested we walk to the local craft shop to enquire whether they would sell resin crafts. Sioned has put her name down as a supplier for the craft shop, as there is a waiting list. This has inspired Sioned to create an online shop selling her crafts. Sioned was encouraged by Sheree to continue with the short walks and to gradually increase the distance. Sioned's confidence in walking has increased and is now walking further, she has lost weight and she is earning money.

“

"I am feeling a lot better now, my walking has improved massively, I haven't had to use the wheelchair in a while, and I've lost weight. My online shop is doing well and for the first time in a long time I am earning money.

Thank you so much Sheree"

”



Matthew's Story

Background

Matthew was referred to Linc as a young man who experiences severe anxiety. He had difficulty leaving his home to complete daily tasks, from collecting prescriptions to putting household waste out for collection. Matthew was also on the waiting list for an assessment from the Community Mental Health Team for further support .



Issues

Matthew had lost confidence; anxiety affected his ability to go out. He wanted further support for his mental health and wanted to engage with a local group to socialise, make new friend and build his confidence.

Support

Anne met with Matthew to go for a walk and discussed his interests and options. He wanted to go out, be active and connect with other people.

Together they identified a local walk and talk group who support anyone experiencing mental health and wish to meet new people in an informal environment.



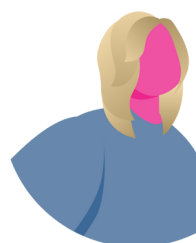
Outcome

Anne worked with Matthew to contact the local Authority, who arranged collection of the household waste. Anne attended the first talk and walk session with Matthew and introduced him to the 'Unlock Your You' group. Matthew was allocated a contact from the group and continued to attend the sessions on a weekly basis. Matthew thoroughly enjoys attending the sessions and this has a positive outcome on his emotional wellbeing.

“

This has been the best introduction to the best group ever, it has prevented me not being here and given meaning to my life'

”



KEEP LEARNING



Dal ati l ddysgu
Keep learning

Learning throughout life helps to build self-esteem and encourages social interaction and a more active life.

It is thought that the opportunity to take part in work or educational activities helps to lift older people out of depression and lifts their mood.

The practice of setting goals, which is often a part to adult learning in particular, has been strongly linked with higher levels of wellbeing.

Why not learn something new today? Here are a few more ideas:

- Find out something about your friends or work friends
- Sign up for a class
- Read the news or a book
- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a new word.



Keep Learning



Cliff was diagnosed with Dementia 3 years ago; he was referred to the Local Asset Co-ordinator by his GP for advice and support with the loneliness and isolation that he was feeling. Veronica helped Cliff identify groups and activities he would be interested in. Cliff joined Morlo Men's Shed and Mirili upcycle sessions, where he has learned new skills whilst making new friends.

"I look forward to attending the Mirili sessions, everyone's so helpful. I especially like learning new skills with the 'Bleak to Chic' furniture up-cycling project, sanding, painting and re-purposing pieces of furniture and see them come back to life! These pieces of furniture are then put on sale with all proceeds put towards the Mirili project"

Cliff, Holyhead

Charlotte's Story

Background

Charlotte is a full time carer for her partner, she was referred to Linc by the Community Nursing team, Betsi Cadwaladr. Charlotte wanted time to be able to follow some of her own interests and gain new skills.

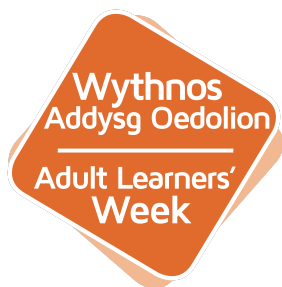


Issues

As a carer Charlotte found it difficult to take the time out from her day-to-day responsibilities but recognised that she needed to make time for herself and take care of her own wellbeing. She wanted to develop personal skills which would benefit her personal development and her interests in perhaps running her own small business.

Support

We discussed Charlotte's interests and explored how she could find courses locally that would help her to pursue them. Charlotte and Anne looked at what was available to help Charlotte to learn to sew with the hope of designing and creating her own crafts. They identified a taster session and course that was running during Adult Learner's week.

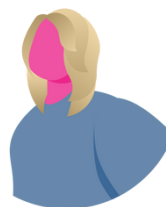


Outcome

Charlotte attended the taster session and enjoyed it so much that she enrolled on a 10 week course was identified through Coleg Menai, which was held at a local community centre. This was completed and Charlotte learned the new skills that helped her to pursue her interest and be creative with hope of creating a business venture with the support of Môn CF.

This has had a positive impact on Charlotte. Having the time to follow her own ambitions has helped her to gain some independence, and to look forward to the future.

“Honestly, this has cheered me up so much today, thank you so so much for your help.”



Bella and Joan's Story

Making connections while learning



Bella is a 49 year old lady who lives with her husband and dog, She is the main carer for her husband who has had a stroke. Bella had to give up her job as she was under a lot of stress and was struggling with low mood. Bella spent most of her days at home and rarely had contact with people, apart from her husband and dog. She was feeling very isolated and low. She had low self-esteem and lacked confidence in social settings.

Joan lives alone and had recently moved to the area and didn't know anybody. Joan is unable to drive and as there are not many busses that pass through the village, she was feeling very isolated there. Joan also has a physical disability that limits how far she can walk.

Joan stated that she didn't mind not been able to see her family and friends but would like to keep in touch with them over the internet but wouldn't mind meeting new people.

Sheree spoke to them both and explained their similarities and that they would both be attending the same IT sessions. As Joan could not drive Bella offered to pick Joan up to attend the IT sessions, which also helped Bella as she didn't have the confidence to attend the group on her own.

They both completed their IT course, and Bella has signed up for an extended course in college in September. Joan is now confident using the tablet loaned by Medrwn Môn, and has purchased her own. She is now in contact with friends and family online.

Not only have they both learnt a new skill and improved their wellbeing, they have created a new friendship together and have joined a larger circle of friends by attending other activities in the area together.



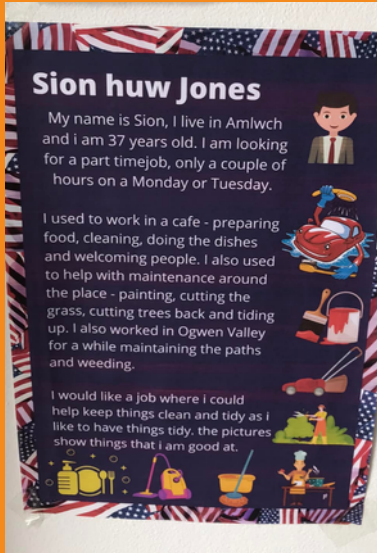
"Making new friends while learning has been a bonus. Having other people in the same situation and someone to encourage you to make changes does make a big difference. I wouldn't have done it without the push, thank you "



Sion's Story



Breaking barriers that people with learning disabilities face in accessing paid employment.



Background

Sion is a 37 year old man who has a learning disability. Sion was referred to Linc by his social worker, to explore activities in his local area. He is a very active man who enjoys people's company.

Issues

Sion has a great circle of support, but he felt that he wanted something else to keep him active. After a short conversation, Sion said he used to volunteer at a Pancake house and that he enjoyed working. Sheree asked if he would like a paid job instead of joining community groups - Sion was ecstatic and soon wanted to create a CV to hand out.

Support

Sion and Sheree worked together on the laptop to create a Poster CV - Sion typed about himself and searched pictures of all tasks he enjoyed doing. A local TV company was due to interview Sion about learning disabilities and inclusion. Sion wanted to use this opportunity to visit local businesses in Amlwch to hand out his CV. Within 2 hours Sion was offered 2 paid jobs.

Outcome

Janet, Sion's mum, said that she was "**Absolutely buzzing for Sion, he loves working and having his own money to spend. He has learnt new skills and made lots of new friends**"



GIVE



Rhol
Give

Taking part in social and community life has attracted a lot of attention from those who research people's wellbeing. People who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions that promote happiness has shown that carrying out an act of kindness once a week over six-weeks is directly to an increase in wellbeing.

- Helping others can be incredibly rewarding and creates connections with the people around you.
- Do something nice for a friend or a stranger. Thank someone, smile, volunteer your time or help someone.
- Join a community group, Look outward, as well as within.
- Be kind to yourself when you need a break, or need some time to do things that bring you joy.



Give



"Volunteering gives me a purpose; I volunteer at St David's hospice shop and help with fundraising. I hope to get a part time job in the future. I like giving back to the community and meeting new people. Veronica has been lovely and encouraging and has helped me get where I am. I recommend people volunteer, regardless of disability"

Julie, Holyhead.

Linda's Story

Background

At 68 I retired from my job as a carer for severely disabled children in their own homes. I realized retirement was isolating for me but with an active life with a big family, children, grandchildren, great grandchildren, and a parent to care for, my life at that time was more than enough for me.

Now that my grandchildren are in full time school, there is only so much housework to do with just myself and my husband at home!



Issues

During this time, I was starting to feel quite isolated, and I wanted to keep active and connected in my community. Not knowing what to do and who to ask, a friend suggested that I contact Community Link for advice about volunteering opportunities.

Support

I was put in touch with Veronica from Gwelfor Community Centre in Holyhead. Veronica gave me a list of potential volunteering opportunities, one being the lunch club. I enjoyed volunteering in the club and worked my way up to achieving a level 2 in Food, Safety and Hygiene qualification. I have also joined a few other courses. I have just finished Keep Fit for Over 60's course and I'm now into a computing course for people of my age and older.



Outcome

My volunteering experience didn't stop there, Veronica asked if I wanted to be part of the Dementia Steering Group, to raise awareness of Dementia within our community. Helping in the community has not only filled my days up and stopped me feeling isolated, but the act of giving back to my community has given me satisfaction that I'm helping others.

“

"Gwelfor has helped me fulfil my days and by the time I've rolled up my sleeves to clear up after this or that event, I have the satisfaction that I'm helping others as I've been helped into my retirement "

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Barry's Story

Volunteering as a Car Linc driver



Barry moved to Anglesey with his wife Janet about 30 years ago. They were both retired and were wanting to help in the community. They both signed up with Car Linc and started volunteering as community transport drivers. Janet sadly passed away but Barry continued to drive as a volunteer, Barry's been volunteering with Car Linc Môn for over 20 years, and is our longest running volunteer.

He has also Volunteered for the British Red Cross, Royal Volunteer Service's (RVS) and Age Concern as a Volunteer Driver.

" I love driving, meeting people, I've always got along with people, I'm a friendly person that has a good sense of humour."

Barry is an important part of Car Linc Môn, and a valued member of the volunteering team, and for this we thank him.



Barry has driven thousands of miles over the years, taking people to hospital appointments, shopping, GP's and other appointments. As a volunteer driver Barry uses his own vehicle, passengers receive a friendly service, and Barry helps them relax before a trip to a hospital.

'No one likes going to hospital, and I can help with one part of the process that makes it a little less stressful'.

Over the years Barry has had many regular passengers they are reassured by seeing a familiar and friendly face.

"I feel proud that I'm able to support others in their community. Volunteering has also supported me after losing my wife. I enjoy driving and meeting all sorts of different people taking them to hospital, GP appointments, shopping and even picking up prescriptions during the COVID lockdown"



"Volunteering as a Community Driver for Car Linc Môn does me a world of good, it gets me out and about and helping others gives me a purpose"



Enid's Story

The benefit of volunteering



Branwen contacted Môn Community Linc regarding her elderly aunt Enid.

Enid is 72 years old and that lives alone. She was feeling lonely and had low mood, Branwen got the number for Linc from a poster that she had seen locally.

Bethan contacted Enid and had a chat about her interests and her general health.



Enid told Bethan that she was in good health but had been feeling very lonely recently. She explained that she enjoyed gardening and had an interest in history

Enid also told Bethan had volunteered many years ago. Bethan asked if she would be interested in volunteering again and Enid agreed that she would definitely like to try!



Having chatted about the options available. Bethan made enquiries about a Volunteering role at Plas Newydd National Trust and passed the information on to Enid. Enid contacted them herself and began volunteering soon after.

"What a wonderful place to volunteer, I'm so glad that you got me volunteering again"



"I enjoy helping and giving some of my spare time, I've met so many nice people and enjoy the beautiful surroundings "

CONTACT US



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