

Silver Connections: Maureen's Story

When suffering from depression and health problems, Maureen was referred to Silver Linings Tea & Talk club to help lift her spirits. Then when the government lockdown restrictions were put in place, she found her mental health was negatively affected again, as she was unable to see her family and often felt alone.

Joining Silver Connections really helped Maureen as not only did the sessions break up her day and build her confidence, she enjoyed the interaction with others and it gave her motivation to wash her hair in the morning and to look nice.

“You can go your whole day, from the minute you get up to when you go to sleep without speaking to anyone, so this gets you to speak to people going through the same thing and helps to break up the week. Before these sessions I felt like I was just existing, but this let me get to know people and brought me out of my shell.”

Maureen shared that the skills learned in the programme were small achievements that she would have never achieved before, and also learned to spot out scam emails. “If it wasn't for Ben, I'd be completely wiped out.”

As an added bonus, Maureen has also made new connections from the programme, as she's made a friend who's introduced her to a Zoom Bible studies group, which she wouldn't have been able to use without the lessons from the Silver Connection sessions, as before she had only ever used her iPad for games.

“I'm going to really miss Naomi and Ben, they really are genuine people and it was great to be around them for the quizzes. There's still a lot for me to learn though and I felt very upset when it all came to an end.”

