

Supporting a patient through a bereavement.

What happened

The patient had recently suffered a very difficult bereavement and was struggling to cope with day to day life.

As well as suffering depression due to the bereavement the patient was also suffering from various health issues including arthritis, asthma, high blood pressure, IBS and loneliness.

They felt like their life had come to a bit of a standstill and did not know what to try and tackle first.

How we helped

The Social Prescribing Link worker assigned to this patient supported them access the following service providers:



Bassetlaw District Council installed a home call alarm and provided access to Money Advisors.



Aurora Wellbeing Centre provided bereavement counselling and friendship groups.



BCVS Volunteer Coordinator for volunteering opportunities.



Christians Against Poverty for CV and job interview support.



Everyone Health for weight management support.

Key outcomes and impact:

- ✓ Improved mental health as a direct result of the counselling sessions.
- ✓ Reduced loneliness, after making friends at the friendship groups.
- ✓ Increased physical activity after attending aqua-aerobics and working with a weight management team.



Patient Quote:

“ Things feel very different for me now - thank you for your help. ”

