



ANNE

IMPROVING WELLBEING

Anne started to attend the Wednesday Wellness sessions in June 2021. She came to the Open Afternoon at the start of the program and felt this would really benefit her wellbeing, as she has been working from home in a shared space with her partner since the start of the pandemic. Anne has also approached her employer to take advantage of their scheme that allows employees to take 4 volunteer days per year which she uses to support Communigrow events.

We asked Anne few questions about her experience so far, you can read below what she shared with us.

What are/were you hoping to gain from attending the sessions at Communigrow?

Bit of fun and something different from my usual day to day activity, it's walking distance from my house.

What have you gained from attending the sessions?

Enjoyment of meeting new people, learning new things. Making new friends gets harder as you get older and this group whilst all being quite different from each other are friendly and welcoming.

Was specifically coming to Communigrow (as opposed to another service) a good opportunity for you and why?

It's local and provides me with motivation to go out which is challenging now I work from home. It's encouraged me to volunteer and nice that I can help and contribute to a local charity.

Where did you find out about the service?

Chatting to a friend and found out about the wellness group which was being held on my day off. I've been going along every since.



"It's encouraged me to volunteer and nice that I can help and contribute to a local charity"

"Enjoyment of meeting new people, learning new things. Making new friends gets harder as you get older & this group whilst all being quite different from each other are friendly and welcoming"