

Wellbeing Matters – Julie Q&A



 <p>Salford Primary Care Together</p> <p>Gary Advanced Practitioner</p>	 <p>Julie Salford Resident</p>	 <p>Unlimited Potential</p> <p>Debs Community Connector</p>	 <p>Mustard Tree</p> <p>Food club</p>
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Julie was referred by **Gary** from Salford Primary Care Together to Wellbeing Matters' Social Prescribing service. Julie has been supported by **Debs** the Community Connector for Eccles, based at Unlimited Potential, to help with her low mood and confidence issues, due to living with a long term condition. Julie had accessed the service prior to lockdown and during the COVID-19 crisis. With **Debs** input **Julie** has received support from Mustard Tree, initially receiving a food parcel and she is now is a member of their food club.

Hi Julie. How were you feeling before Debs got in touch?

I was feeling very low, and felt hopeless with conditions including Fibromyalgia, a sleep disorder, anxiety and depression. I didn't leave the house.

How has the Covid-19 crisis affected you?

At the start I felt worried sick about how I would manage and rely on others to support me and with social distancing and self-isolation I didn't know what to do. I felt it would make finding help so much harder.

How would you describe the support Debs offered?

When the GP referred me to speak with Debs I was really worried and due to my anxiety I didn't know if I could attend the first session. Debs was able to put me at ease and relax from the beginning. I was surprised at how comfortable I felt and she was really understanding of my situation and I didn't have to repeat my story she already had the information from my medication review at the GP. I felt I could just talk to her. I've been through a lot and she understood that. A lot of people can confuse you and it can feel overwhelming in certain situations but the support offer and I was interested in taking this up. She always gets back to me and does what she says she will do, that's important! Even if you can't do anything I like people to be honest. Debs currently calls me each week for a check in and I have built trust in our relationship.

Would you recommend the support?

YES! I would recommend as it has been so helpful.

What would you say to your GP who connected you to Debs and Wellbeing Matters?

The service is so important it's a lifeline for me. Not all angels work in the NHS some are Connectors. It's not about the food it's the way it's been done. Without Debs I wouldn't have received any help, none of this would have happened and she was willing to try all avenues to get me the help I needed. In the past I've found it hard to ask for help but I trust Debs.

What was your experience with the Mustard Tree like?

I received the free food parcel and Debs connected me to the food club. A man and a woman dropped the parcel and they were lovely, I'm really grateful for the lovely note in the parcel. They are really nice and with Deb's support I have been to the Eccles store and felt comfortable to do this. I now feel better about being able to make some meals and eat properly. This has been really useful and has reduced my anxiety and will continue at the food club.