

## Ms C

Ms C was diagnosed with Recurrent Depressive Disorder and Chronic Fatigue Syndrome. Ms C had brain surgery over a year ago to remove a tumour which has caused her lots of memory problems. Ms C was living with her parents, this was for extra support after coming out of hospital. As a result Ms C lost confidence and didn't feel she could live alone anymore.

Our support with Mrs C was aimed at spending time in her own house and getting her used to her home environment again after nearly a year of being with her family. We started off spending a couple of hours supporting her to attend to household chores as well as a coffee and a chat. Ms C's confidence grew each week and she began to spend more time in her home independently. Her mood noticeably improved and she was more hopeful about the future.

Ms C identified she would like support to access her local community and gain confidence in going out independently again. We referred her to our Recovery and Wellbeing Programme to see if she was interested in any activities and/or courses that are available; and Ms C decided that she wanted to focus on a healthier lifestyle, she felt the walking group would be ideal. She joined the Monday afternoon health walk in Mold, Ms C thoroughly enjoyed the walks and also reacquainted herself with several friends she had lost touch with. This all contributed to an improvement in her overall mental wellbeing.

Ms C then started to stay at home a few nights a week which then gradually increased to full independent living. We continue to support Mrs C to build her confidence in the wider community, we have started using public transport as Ms C lost her driving license as a result of her brain injury.

Ms C has achieved a lot in the short space of time that we have been supporting her, she continues to set personal outcomes and feels that with the support of our team she can accomplish and succeed them.