

Beryl.

When I first went to Emotional Wellbeing in Stafford about two and a half years ago, I didn't have any idea of what to expect or if it would help. I was referred by my G.P as I was struggling to cope with my husband having cancer.

I would get very down and cry for no apparent reason. I felt lost and inadequate as if I couldn't do anything right.

Talking to someone outside the family really helped me focus on the important things that I could do and not the things I couldn't do. It was amazing to realise the amount of support that I had around me through family and friends.

After a few weeks I was passed to a volunteer worker from The Social Hub to work on a one to one basis. We would meet for coffee and a chat which was an enormous help, just knowing there was someone to share my thoughts with.

Now I attend The Social Hubs coffee morning in Stone each week. I've found that other people who have had similar feelings as me can talk freely, and as a result, find that I can pass on things I have learned to help others.

It's very important to me to have the on-going support with people who understand what I have been through, as they have had similar experiences.