Wellbeing Support
For Older Adults
Going Home from Hospital

62 new referrals

Our Going Home from Hospital Community Link Worker connects people with their community and supportive services once they have left hospital.
We reduce the risk of readmission, improve wellbeing, and put the pieces in place for people to stay healthy and well in their community.
This is a partnership project with Age UK Bristol, Wellspring Settlement, and Knowle West Health Park.

> **I've found out about services and activities I didn't know existed. Cycling along the Strawberry Line felt very freeing - Sarah**

90% of participants reported progress in their wellbeing

When Sarah was discharged from hospital she experienced depression and her confidence to leave the house independently was low. She wanted to find a way to take part in physical activity.
We supported her to access outdoor activity through the Strawberry Line Cycling Project who supported her to use a power-assisted handcycle to go cycling.
Experiencing the outdoors and nature in this way has boosted Sarah's confidence and improved her physical health.