

A Cuppa and Connection

Llinos was keen to be part of a project that responds directly to the challenges of loneliness and isolation in the community. As she has worked in the field of mental health and community work for a number of years, she said that tackling loneliness and supporting others has always been very important to her. Llinos decided to join the Ffrindia' Newydd Project after seeing an advertisement shared on social media.



Llinos was paired with Ruth*, who lives in a remote and isolated area in Gwynedd, to support her by offering conversation and companionship. Llinos described the visits as relaxed and meaningful. Usually, the two meet at Ruth's home for a chat and a cuppa. When the weather's nice, they spend time sitting in the garden listening to the birds and sharing stories and memories of life. Llinos and Ruth, through their conversations, have discovered many common interests even though there is a 37 year age difference between them.

Llinos described the experience as one that has been beneficial not only for the individual receiving support, but for her as well. With two jobs and other volunteering commitments, Llinos finds it easy to forget the importance of slowing down and taking time to connect with others. She said that these weekly visits, the conversations, the laughter and the gathering of stories have been a "tonic" to her own well-being.

"A valuable opportunity to create a connection, listen and share mutually beneficial moments."
~ Llinos

She also shared the effect that the befriending relationship has had on Ruth. Ruth now looks forward to the visits every week, especially as she doesn't leave her home often, except for hospital appointments.

In Llinos' words, their conversations "have helped to reduce her worries and calm her mind at times when life can be challenging and frustrating."

