

Barbara's story

Catching up with friends on the community bus helps Barbara's wellbeing.



**'it makes you
feel better within
yourself'**

Barbara uses the Whitchurch Community Bus provided by Bristol Community Transport every Wednesday to get to the supermarket and catch up with her friends.

'The highlight of my week is to see my little community bus coming along. I eagerly await the driver's cheery voice as he assists me on to the bus,' explains Barbara, who lives alone and would otherwise be housebound due to a fall.

For Barbara, being able to get out of the house, do things for herself and catch up with friends has had a direct impact on her wellbeing.

'I have made seven more friends since I joined the bus. Before this I was very lonely and sometimes very sad, I would say a depressive state. Being part of the community, enjoying my time out, doing a little bit of my own shopping – and popping in to have a chat and a coffee or hot chocolate with my friends makes all the difference when you are on your own. It makes you feel better within yourself.'

'If this service did not exist we would be all back to square one – it's a lifeline for everyone. I can say that because that is how we all feel, I have encouraged three new members to use the service and would recommend it to anyone.'