

Norma had been nursing her husband for two years before his passing, in 2021. Following this, she felt lonely and isolated. She was looking for activities to help her connect with other people.



Her late husband had managed all their digital accounts, such as paying their household bills online. On a visit to Critchley Café, Norma was referred to Tech & Tea, to build her digital skills and meet new people. The course made her more digitally confident, more independent and less lonely.

Following the course, Norma joined the daily Age Friendly Salford Zoom sessions, to keep up her digital skills and continue meeting others. *"It was a fantastic way to connect with others, especially when you feel anxious about going out on your own. We've developed into a Zoom family."*



Being visually impaired, Norma wanted to use her own lived experience to improve the lives of others. She became a volunteer at the Eye Eye Group in Swinton, supporting other local people with visual impairments and recently she became chairperson of the group.

The future of the group was uncertain due to a lack of funding, but with help from Salford CVS, they've now constituted the group, found a volunteer to help with the finances and made a successful wellbeing grant application to cover their rent costs for a year.



Norma continues to be involved in the Age Friendly Salford programme. She recently completed the Wellbeing Conversation training and regularly takes part in Voice & Influence activities, making Salford a better place to age well.

When you're caring for someone, you forget to focus on yourself. I feel after years of being tied down, I'm now finding my independence and identity again."



To find out more, visit our website www.agefriendly.salford.org.uk