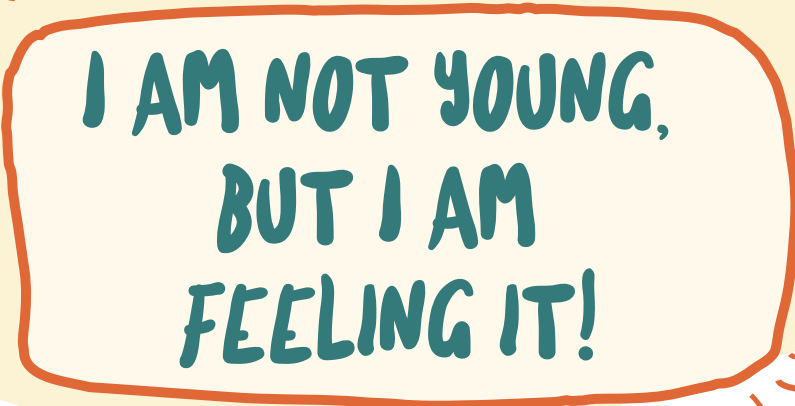




**I AM NOT YOUNG,
BUT I AM
FEELING IT!**

**well
together**

Some ladies have problems, many different problems, but when they are here, they are talking and their problem leaves a little bit, you know?



Mentally I am very ready for this women's group every Monday. The group makes me feel happy and active - feeling young, you know – I am not young, but I am feeling it! Since I retired, I am not going anywhere. Very lonely at home. Coming here is changing the scenery from home, all the time at home, depressed, but I come here and I see everybody and listen to everybody's stories, and tell them my stories, you know?

I moved from Pakistan 52 years ago. Long time ago, people are coming to each other's house, meet each other, but now it's finished. Now people are working, women are working, some are factory work, some are cleaning job - they have no time. When I am at home, I just watch the TV, I get fed up. So this place is very nice because everyone is coming.

My friend told me, "There is a nice group", and I said, "OK I will try it", and I come and it's nice. When I'm coming first time here, everyone is very cheerful and they say hello. Some were new here from different countries, nice ladies, slowly we began talking to each other and make a nice group. Now I come every Monday and I look forward to it. I have been coming for maybe more than a year, one and a half. Now I tell my friends to come. Yesterday I saw my friend and I said, "Come to the group, it's nice". I am very happy now. My husband, he is happy about me coming to the group – he says it makes me happy! Some ladies have problems, many different problems, but when they are here, they are talking and their problem leaves a little bit, you know? And we say, "Don't worry, it's OK", so that's a big help to them.

We have made friends, people say "hello", we ask them, "how are you?". Nice friends. If someone is not coming, we miss them, you know? It's like a family. We are from different countries, like Iran, Afghanistan, India, Pakistan, like this. When I see them, I feel nice, fresh. And we are welcoming and cheerful to new ladies. We are very lucky now to have this group.

We always cook something together every week, people all help and we make different food. I make things like chapati, curry and rice. Nice food we are cooking and eating. And we have made a cook book with our recipes. I take their ideas and they take my ideas. Nearly all the food is my favourite! We try lots of different new things, like soup, and one time we had roasted parsnip in the air fryer – it was so crispy! I had never tried it before. I share my ideas, like my recipe for fruit salad.

Yesterday I made a big bowl full of it at home for my daughter and her children coming. You know, children are not eating fruit, they are not taking fruit from the fruit bowl, but when I make fruit salad, they take a little bowl and then they eat it! When we cook here at the group, we can take some home, especially some of the ladies who are asylum seekers, they take some home, their priority is first. They are not allowed cooking in the hotel, and they have not enough money. This group is free, so they can come, it's very good.

We do all kinds of other activities too, we are sewing, knitting, cooking, chatting. I do embroidery too, and I bring in material and organise the embroidery project with the group. It is very fun here, we learn new things, everybody is very relaxed. The group makes us happy. I wish this group always carries on and never finishes!





To help us understand the impact of Well Together, for organisers and attendees of funded activities, we have used storytelling as a component of our evaluation framework. Storytelling is an approach based on the Most Significant Change technique that has been used by the Old Fire Station since 2017, who now offer training and support to partners across Oxfordshire.

The Well Together stories are being gathered from organisers volunteering or working for a range of groups and organisations, and from the people who take part in the activities provided by groups. They are being collected in 2025 by the Well Together programme team who have been trained as story collectors.

By telling their stories, participants taking part in this approach, have the chance to reflect on what has changed for them through their involvement in providing activities and / or participating in them. How has it affected their life? Why has it been important to them?

The stories were recorded, transcribed and then edited down to two pages each - aiming to use the teller's own words, retaining their "voice" and reflecting the teller's insights into the impacts and the significance for them.

*For more information about this methodology, and to read stories collected from a range of other projects visit the Old Fire Station's website dedicated to this approach:
[Storytelling: Human-friendly evaluation](#)*

With thanks to our story tellers

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