

# Our Co-worker Journey

New diagnosis

Low confidence and self-esteem

Discharge from hospital

Unemployment

Not coping well with condition

Lack of routine

Trauma

Social isolation

Accident or illness

Boredom

Unable to engage with other services

Loneliness

Physical ill health/pain

## Meaningful activities

planting

Fresh air

growing

Green space

seed sowing

Learning new skills

propagating

Gentle exercise

creating art

cooking

Working together

sharing

fixing

Supporting others

learning

environmental

Sharing experiences

conservation

Hope for the future

Improved social skills

Managing condition

Feeling grounded

**Improved health and wellbeing**

Social inclusion

Community member

Increased confidence

Better sleep

Feeling useful

Increased independence

Living well

Sense of belonging