



**Jennifer Gaskell** wanted to share her experiences with us in the hope that her story would encourage anyone else who may be feeling isolated and anxious to come along to the Cornerstone and get involved.

Jennifer has lived in Salford most of her life and regularly passed the Cornerstone on the bus.

Curious as to what went on inside she made a spur of the moment decision to call our reception and spoke to Sharon. Jennifer was reluctant and nervous about making contact, but really wanted to get involved in her local community. She was informed by Sharon that a Kurling class was taking place that afternoon. With no time to talk herself out of it, Jennifer made the decision to attend the group and has not looked back. She feels she has met such a diverse range of people who support her with her depression and encourage her in non judgemental way. She has learned new skills having never played before and has recently taken part in her first match. (NB:- Ann-Marie was glad to discover that she wasn't the only one who initially thought that Kurling took place on Ice!) She feels that the Cornerstone has helped her to feel part of society again. As a result of her positive experiences with the Kurling class, which she now attends twice a week, she felt confident to join our wonderful group of volunteers and support our Afternoon Tea service which takes place fortnightly. Here Jennifer will assist with food preparation and service to our customers, whilst also gaining her food hygiene certificate. Jennifer has also signed up to our beginners Salsa class which is due to start next month and is keen to take part in other activities at the Cornerstone.

Jennifer likes the structure that these activities bring to her week and feels that the Cornerstone has now become a large part of her life. She feels that she was supported and encouraged right from her initial contact through to joining the class and increasing her activities.

Jennifer describes the Cornerstone as a hidden gem.