



Bassetlaw



Centre



Making a difference throughout Bassetlaw

Community Car Schemes

Mrs B is 82 years old. She has mobility problems and lives alone in a rural village on the outskirts of Retford which has limited public transport available.

Mrs B joined the Community Car Scheme after her sister and a friend recommended it to her. She had become increasingly isolated as her health has deteriorated and she struggles with her mobility. She was not going out at all as she was no longer able to access the limited public transport available to her.



The only family Mrs B has locally is her sister who lives in Retford. The two ladies talk on the phone but neither of them could visit the other and they missed having that face to face contact. Since joining the Community Car Scheme, they take it in turns to visit each other.

Mrs B also uses the Car scheme to go shopping and attend doctors and hospital appointments. She said of the Scheme *'I now feel much more independent because I can get out and about and do the things I want to do so I'm not stuck in the house all the time. I feel much healthier physically and mentally because I can get out of the house'*.

Mrs B said that she finds the drivers extremely helpful and polite and enjoys chatting to them. She said she thinks they do a wonderful job and without the scheme she would not be able to make her journeys and would become very isolated very quickly again! This would have serious implications on her health – both physically, mentally and emotionally.

If you would like to join the scheme like Mrs B please contact our office by:

Telephone: 01777 709650

Email: transport@actioncentre.org.uk

or for more information go to our website: www.bassetlawactioncentre.org.uk