

Dilys' Story

Proudly supporting
**WE ARE
UNDEFEATABLE**

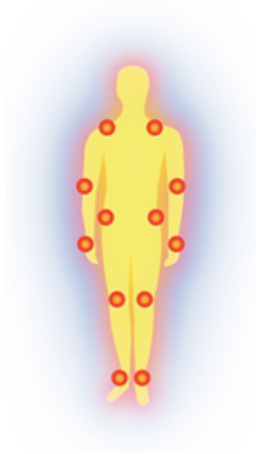


This is Dilys.



Dilys has lived with anxiety most of her life.

After her husband died, Dilys was very depressed.



Dilys also has arthritis and jobs at home can be difficult to do.



Dilys's doctor told her about a gardening club. Dilys has always liked gardening.

Dilys thought, "Yeah, that sounds good".



The gardening club helps Dilys a lot.

She goes to the club every week and making new friends has made her feel less lonely.



Dilys has a dog. Even when Dilys is in pain because of her arthritis, her love for her dog makes her keep walking.

On good days, Dilys and her dog walk for longer. On other days, their walks are shorter. Dilys said, “I’m in less pain when I move than when I sit on the sofa”.

Being active helps Dilys. Walking keeps her mind on positive things and stops dark thoughts from taking over.