Jack and Mickey Lowe have enjoyed a full and busy life all over the world. They had set up home together on the beautiful Greek Island of Corfu and were looking forward to a future of sun, sea and happiness. Sadly, however, Jack’s health deteriorated after he suffered a stroke and the couple returned to Bradford to be closer to Jack’s family.

Following a short stay in hospital Jack was put in contact with the Home from Hospital team for some ongoing support and Saima, went out to visit him to see what help they could offer. When she arrived at Jack’s home she also met his wife, and full time carer, Mickey and realised they could both use some support and services to get things back on track.

“With nobody I knew to talk to, no transport, and no idea where to turn to for support, it felt like I was on a desert island.”

Having led such an exciting life the couple are extremely capable and independent however, for American-born Mickey, her husband’s ill-health coupled with a move to a city she did not know generated extra difficulties – and she was confronted with a maze she could not find her way around when it came to help and support.

“It was a life-changing moment for me meeting Jack but as his health declined, I felt I was losing my husband,” she said. “Looking after him took up all my time and, with nobody I knew to talk to, no transport, and no idea where to turn to for support, it felt like I was on a desert island.

“Being a full time carer is a life I never contemplated and it is only the strength of our relationship which has got us through – I’m not sure if other couples could have done it.

“Meeting Saima changed all that. I immediately found a friend for the first time here, someone to talk to and share my problems, and someone who could find and organise the support I needed too. She kept me sane.”

Working jointly Carers’ Resource and Home from Hospital have been able to find someone who will sit with Jack at a discounted hourly rate to allow Mickey to go shopping and, crucially, fulfil her own medical appointments. And, as Mickey suffers from arthritis, sourced a footwear company that manufactures a special kind of shoe she needs – again at a reduced cost. As a carer, where every penny counts, this has proved a real boost.

For Jack, the weekly support from Saima has given him confidence – mentally and physically. A reserved man, he has overcome his dementia and the affects of his stroke to strike up a friendship with Saima that is adding an extra dimension to his care. So much so that he is now able to take steps without the need for his walking frame. We have also put him in contact with SSAFA, the armed forces’ charity that provides lifelong support to service-men and their families.