

Ageing
Better
in Camden



Letters from Lockdown

"IT IS DIARIES OF ORDINARY PEOPLE AS WELL AS POLITICIANS AND CELEBRITIES THAT PRODUCE OUR HISTORY."

At Ageing Better in Camden we firmly believe in amplifying the voices of older people in our communities. Now, more than ever, we strive to support our members to raise their voices and share their experiences.

Far from being a great equalizer, the Covid-19 pandemic has revealed some of the deepest inequalities that have often remained hidden in our society. Our members have been writing a weekly newsletter for one another, to keep informed and connected in these challenging times. It has also brought us all closer together as we share our personal experiences of lockdown.

Here, Frances shares her experiences.



Dear OPAG_VoCuS Friends,

At last! News from the outside world. No castaway on a desert island, sighting a ship on the horizon, could be as pleased as I was to receive the OPAG newsletter. Hello, this is Mrs Frances Eley!

When I get up each morning and look in the mirror and I see an old woman with straggly grey hair, I could cry with frustration. However this will not do. I am bombarded with helpful hints and "how to keep going" exercises, painting, knitting, even phone a friend.

These old bones do not respond well to exercise, and I have no skills in arts and crafts but, I will not despair, I have a brain which cries out for exercise.

So I have decided to enter for the “Mastermind” project on TV. My specialist subject – The Miss Marple books by Agatha Christie. There are 12 books in all and my kind granddaughter, Tara, has ordered them all online. I have them all now, except one. I am busy reading each one and making notes. As no one is told what the questions will be, every aspect has to be covered. Not only the novels themselves but when was the first one published etc.

This is now occupying my mind and I have no time to bother with exercise etc.

I also write a daily diary and have done so for a good many years. I would urge you all at this time to do the same. Do not forget what is going on in the wider world and record that also.

It is diaries of ordinary people as well as politicians and celebrities that produce our history.

Well I have come to the end of my news, but I must add that I am blessed with lovely daughters, grand-children and great grandchildren who lift my spirits when I am down.

Yours Sincerely,

Frances Eley, OPAG

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