

"AGELESS THANET HAS GIVEN ME THE OPPORTUNITY TO LEARN A NEW SKILL"

WELLBEING ACTIVITY PARTICIPANT

EDDIE

I was depressed and found it difficult to meet people and leave the house. This depression started and built up over a two-year period. I was housebound after retiring from my job as a police officer doing forensic examinations. The last case I was on was an incredibly difficult one. This left me in a bad way and not wanting to leave the house.



HOW HAS AGELESS THANET HELPED YOU?

"I attended a Ukulele course with Ageless Thanet and, while I still battled with should I or shouldn't I go each week, I did. I now have more confidence in going out and leaving the house and have joined the Ukulele Club at the Ageless Thanet Feelgood Factory and I attend every Monday evening."

WHAT HAS BEING INVOLVED WITH AGELESS THANET MEANT FOR YOU?

"Everything! My depression is better and I'm happier in myself. My wife and family have seen improvements in the difference in my life since attending this Ageless Thanet Wellbeing Activity. I pick the Ukulele up and play at home. We even have Ukuleles for the grandchildren and we play together when they visit."

