



Q&A with the Age of Experience Group Robert

1) How long have you been a member of the Age of Experience group and what motivated you to join?

About 2.5years. This was shortly after I retired and was looking for new experience in the next stage of my life. I had been aware of the Ageing Better Programme from its earliest beginnings. I identify as a gay man and one of the streams is aimed at the LGBT community and I felt it important to support this initiative.

2) What have been your highlights so far?

Being a delegate at two National events at Margate and Sheffield – to share with other parts of the UK . Being involved in the 'Ageing with Pride' one year programme both in its design and evaluation plus a cool T-shirt. Giving the 'thumbs up' on the National Lottery advert, with a number of colleagues from the Age of Experience Group.

3) Looking forward, what do you hope to achieve through your involvement?

As this programme draws to a close I hope to look for opportunities of community involvement. I have expressed interest in the Hodgehill Neighbourhood Network but this was a later one to be organised than Covid19 so no contact/involvement to date.

4) Do you have any advice for people who are new to the Age of Experience group?

Feel free to express your opinions as it is a safe place – people may disagree but the diversity of expression is welcomed. If you don't understand something then ask as with any group it is easy for 'established' members to forget new members do not know the journey to that point in time.