



Q&A with the Age of Experience Group Christine

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

I have been a member of the Age of Experience group for about 4 years and I was referred by the carers hub. I was running a small carers group, 'carers altogether' when I heard about the Ageing Better programme. Kathleen (past network enabler) came to speak with the group about the Ageing Better fund and we successfully received funding.

2) What have been your highlights so far?

I particularly enjoy the networking opportunities that are available as I enjoy meeting new people. I believe meeting new people and visiting new places keeps the brain active.

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

On a personal level I would like to improve my IT skills and on a community level I would love to see more involvement with older Afro-Caribbean communities and groups.

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

Come with an open mind.

Use the group as a platform to share your views.

I enjoy being a member of the group and I share any knowledge with the carers group.