



Q&A with the Age of Experience Group Jerladene

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

I think I joined 3 years ago and I was motivated to join by an existing member who advised that the group were seeking members from my background. This being the trans Community so this means the LGBT Community is represented across its Spectrum. (lesbian, Gay bisexual and transgender community) myself being the last.

The LGBT hub now makes up a large proportion of the Age of Experience group.

2) What have been your highlights so far?

I have enjoyed attending conferences and talks, I particularly enjoyed speaking at my first conference in Sheffield when I was working with Lucy a few years ago. Last year I went to Margate with two more of the group and this was a great opportunity to network with other groups.

I have also enjoyed being involved in radio interviews on WM radio for Ageing better and the LGBT's movement, I also have the confidence to work with groups outside of Ageing Better.

Up until recently I was a member of the fund panel and this is something I enjoyed being involved in.

Other highlights include; working with another member of the group on the Equity board of West Midlands Railway, and also being involved in Ask-Annie travel website for the West Midlands

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

I would like to be involved in any Media or public speaking opportunities and am an active volunteer for the Air Ambulance all of this is because of Ageing better. I am looking forward to my 3rd conference at Sheffield in July, this is the 1st time we will have the opportunity to be involved in the co design of an event. We are required to run a workshop focusing on the older person's voice and also produce a poster looking at challenges and success we have encountered during the programme.

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

Do what is asked of you and also try things that push your boundaries, you may be surprised. I would advise that new people use the support offered by the programme staff, I would not have been able to have been on the funding panel for 2 years without the initial support and encouragement from Lucy.

The full time team members get to know you before suggesting you undertake anything and they will only do this if you show an interest. The team have suggested and supported me in everything I have done from radio interviews to interviews for papers and student exams.