



Q&A with the Age of Experience Group Millie

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

2017 – I spoke to Kathleen (Carers Hub, Erdington.) about a book club. This book club continues to this day at Pannel Croft where I am a resident.

2) What have been your highlights so far?

The sharing, listening, working together and empowering one another having a view to share. I have also meet and talked to LGBT groups and have a better understanding of this community group/citizens. There are opportunities available to attend events/workshops and take part/contribute.

I enjoy the Spring Forward events and particularly enjoyed the 2019 event. I also enjoyed attending the Older Persons Celebration event in Sheffield this summer. I enjoy being involved in interview panels as I feel it keeps me 'in the loop' and also highlights organisations and that the funding struggle is felt across the board and has not gone away.

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

I am passionate about finding a solution for loneliness, particularly in men. I would like to see a structure set up by organisations similar to the service offered to school leavers for careers advice. But, offered to people when they are reaching retirement age discussing options and advice to lead them into something else. I feel this would help to reduce isolation and loneliness. Currently I feel this is left too late particularly for men and once people are in isolation it is difficult to draw them out.

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

Join the group and share your skills and experiences. It's a way of overcoming loneliness and making new friends.