



## **Q&A with the Age of Experience Group Vimla**

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

I joined the Age of Experience group in February 2019 and I was referred by Kate Gomez from the Citywide hub after a project I was involved in came to an end.

I joined the group as I am always looking for opportunities where I can be of use and also reduce my social isolation.

**2) What have been your highlights so far?**

I have enjoyed meeting people from different sections of the community and I enjoyed Spring Forward very much. I love being involved in coproduction discussions and community activities and I have a keen interest in grass roots community groups. I love being on the fund panel.

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

Loneliness is still a major issue – lonely Britain is a real problem and it also affects younger generations, however, older people generally have less social contacts. I was pleased to hear about the appointment of the Minister of Loneliness which was inspired by the late Jo Cox. I feel I owe it to the memory of Jo Cox to carry forward the campaign she started and speak for those who do not like to or are unable to ask for help. I am very aware of lonely pockets of the community.

In addition, I am actively planning to reduce the use of single use plastic by working to develop bags for fruit and vegetables. I would like this project to be inclusive particularly to those whose first language is not English and are not involved in such activities at present.

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

When you join an existing group you have to fit in and obey the rules and regulations of the group.

Make an honest attempt to learn.

Do not always think of what you can get out also think of what you can put in, as fragrance clings to hands that give the roses not those who take them.