



Hi there,

It is true Jane Cullum has moved to Devon! I am as pleased for her as I am for myself as I now have the opportunity to return to Colgate where I grew up as a teenager getting to know the local community as it is now. I would like to thank you for the warm welcome I received recently when I attended the Cuppa and Chat and the Parish Council AGM. The commitment demonstrated by so many residents who take on the many roles and responsibilities to support the village community has been heartening to see. I view my role as Rusper and Colgate Village Agent, working for Age UK Horsham District, as an addition to existing provision signposting for advice and resources and providing

residents with information and support so that they can access services for the 50+ age group.

From personal experience I know that one's life establishes a rhythm of routines and expectations as we manage the ongoing challenges of growing older- that is until something unexpected happens. John Lennon put it more succinctly when he wrote, 'life is what happens to you while you are busy making other plans'. How true. In my own family a bereavement followed very quickly by significant health issues and the increased social isolation of loved ones all while children were doing their exams, challenged all of our rhythms as a family as we struggled to manage the changes. This is where I hope to be of assistance in my new role as I have access to information regarding local provision and support so please don't hesitate to contact me for an initial chat as I am very happy to meet up for a coffee so that together we can identify a way forward. Tel: 07591 049042

Fortunately there is a an opportunity to meet up at a "Full of Life" event Age UK Horsham District has been invited to deliver on **Monday 22nd May 2017 at Faygate Village Hall**. Please save the date for this free event. More details about taster sessions demonstrating activities and interests that all contribute to wellbeing will be released soon. For the history buffs amongst you there will be a talk about the Colgate resident whose invention has had a global impact!

Best wishes, Gaby Aldrich

If my name rings a bell with families whose sons went to The Forest School where I was a Pastoral Leader for many years, please stop for a chat as I'm always interested to know how you all are getting on.