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As we all get old and find it harder to bend, and when we fall, it takes a lot longer to mend.

When you need your glasses to find your glasses which are sitting on top of your head, and you can't remember what time it was you were meant to go to bed.

When you wake up in the middle of the night, and you don't know why, sitting there confused in the dark, can't remember your name, which makes you cry.

When you haven't seen or heard, from a loved one for quite some time, you start to wonder whether you've committed a treacherous crime...

But hey, Heads up,
If all this is happening to you today, don't despair, there's this thing called Age-UK. Where kind people dedicate their time and are prepared to help you every single way.

They teach you things to take away the gloom, look at me, I learnt how to zoom. Something I never knew how to do before, some would say it's 50+ years too late but I'm learning that nothing is too late, especially with Age-UK at my gate...

I've met some interesting people who are just like me, and through Age-UK are being helped and set free.

There's Margaret who can't wait to get out and drive around in her car once more, who's doing her stretches along with her well-being and getting closer to the front door.

There's Jan, who's teaching us well-being and how to exercise, but none of us can get down on the floor. Yet.. ;-)

We have Cath and Roy who are just full of joy, and who dedicate their free time so that I can enjoy mine...

So, if you are creeping over 60 don't despair, there's this thing called Age-UK and they'll always be there...

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