

Last weekend I rediscovered my love of gardening. My parents were phenomenal growers whereas I just look at plants and they die. Yet with it practically being law to visit a garden centre over the bank holiday I cast my previous failings aside and collected the necessary seeds for some home grown deliciousness later in the year; rhubarb, beans, herbs all planted as well as some sunflowers, which will brighten the garden immensely when in full bloom – a joyful sight from the kitchen window.

This left me thinking how enjoyable these simple activities can be. So often now we are all so busy rushing around that we make little time for the activities in life that bring us the simplest pleasures, are soothing to ourselves, don't require a huge amount of physical exertion and that so often provide us with a nice escape from the world, especially a world bleeping continuously thanks to technology.

Next week I am hosting a pensioners information and advice fair in Ditton, after the success of two similar fairs last year. We have lots of 'activity' groups coming, covering all sorts of interests, from the local Fushia Group and Communigrow to the Bowls Clubs, Tools with a Mission and the Aircraft Preservation Society. I hope that we are able to team local folks up with activities that they will find interesting, rewarding and stimulating. I am confident that we will have something to cater for all tastes and abilities. These activities are vital to supporting healthy ageing, allowing us to live more healthily for longer are vital in continuing a healthy lifestyle at all ages. For all sorts of reasons it is good for everyone to do some form of activity and age or mobility should be no barrier. Next week's fair will showcase this and at the very least should make us young ones realise how precious our own downtime is and shouldn't be wasted on the couch!