

Of all the groups of people I meet every day as your local MP the most special are the conversations I have with pensioners. Brilliantly frank and honest they keep me on my toes and offer me a wealth of wisdom and comment.

Many older people are fitter, brighter and more engaged in society than ever before. Advancements in diets, medicine and exercises have help make old age the golden age. More people are seeing retirement as a chance to volunteer, to start a new career, devote time to loved ones or inspire new generations to come.

However, there is another side. Sadly each day I receive letters from elderly people worried about finances, wellbeing, health and loneliness. As people get older their feeling of being able to control these things changes and much benefit to society becomes lost as some begin to feel insignificant. It upsets me deeply that so many constituents come to me for help only when their position becomes a crisis.

Facilitating the profound and special benefit to society elder generations can play requires a functional network of support services to assisting and enabling people throughout the varied stages of ageing. That is why I started my pensioners advice and information fairs. They are an opportunity to bring together statutory providers, service organisations, charities and recreational groups to showcase how people can live well in their senior years. They are open to all over 65 and the next one is Friday 27th October between 10am and 2pm at the Holmesdale School, Snodland.

This year the school are fully engaged and their drama students are going to do some wandering plays about how to protect against fraud and crime. This is something I truly believe helps and hope that readers can come along and see what is out there and at the very least have a free tea and biscuit on me!