

Thank You



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Meet Jane Goldstaub, Open Age Member & Volunteer

I caught up with Jane shortly after a forty-kilometre (40km) round trip from West to East London's Docklands. She was full of energy after making it safely across London on the Cycle Super Highway.

Jane joined Open Age back in 2012 to participate in our Gardening Course and has stayed part of our community ever since.

Invited to establish a Book Club at the Open Age, Second Half Centre soon after she joined, Jane has been running the monthly meeting ever since. In normal times, the Book Club which meets monthly at our Second Half Centre is well known for its tried and tested formula; Half an hour is all that's needed to discuss a "bad book"; A "good book" is worthy of a full hour; And the rest of the time is dedicated to "a good old natter – family and friends yes – Politics, the Royals definitely"!

The past five years have been incredibly colourful for the Book Club. With the Referendum, BREXIT, the COVID Crisis, the state of the Sussex's and the Cambridge's marriages and most recently... Dominic Cummings! That's exactly it... Jane and the Book Club have gone VIRTUAL!

Thanks to technology (Zoom), the Open Age Book Club run by Jane continues to meet once a month and spend anything up to two hours discussing a book and moving on to hot topics. What makes this group extra special is that they have found friendship beyond the literary bond they share. They are looking out for one another and providing the much-needed dose of "community and belonging" that supports mental health and wellbeing.

Open Age celebrates Jane this week and always for her commitment to transforming the health and wellbeing of older Londoners. For her ability to transport the Book Club from the Second Half Centre to the virtual world and meet her fellow Open Agers at home as we all do our bit to control the spread of the Corona Virus.

Jane, on behalf of Open Age Members & Staff

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