O lord, I have suddenly woken up to the realisation that I am fast approaching 60. How can this be! It's as if life is saying Jane the time has come for you to be sensible, after all you are almost…!

Ageism unfortunately is a real issue in today's modern world, some women feel they become invisible to others and simply except that this is a part of growing old. Not me, if anything, age has taught me to try new things, be slightly outrageous, dare to dare.

I sadly lost 2 of my siblings to cancer, my brother 4 years ago and my sister sadly only in the past 6 months. It was these two key points in my life that made me sit up and re-evaluate my own life and question my own mortality. In our 20s we are invincible, in our later years it's all too easy to allow our age to become an excuse, preventing us from doing what we would like to do, after all it's only a number!

I don't ever want to get to the stage of regretting opportunities past. These things for me don't have to be huge monumental experiences. For instance, I got my first tattoo at 55, my friends were horrified, but why, I have a beautiful, colourful flower which I see every time I look down at my toes, it makes me smile, it's fab and I love it. I have piercings, and I'm just about to embark on yet another one! I indulge in a little Botox and filler from time to time and I certainly don't mind admitting to it. Again some people I know, including friends, are dismayed I have this done at my age!! But I do it for ME and that's very important, it's for ME not anyone else.

In the last 4 years I have up-sticks and moved from Surrey where I lived for most of my married life, to beautiful Somerset. A huge change with a very different pace of life, but a decision I don't regret.

I've seen one of my son's marry and start a new life in Spain. I have seen my beautiful daughter marry only last August. I became a grandmother for the first time in December, and 'Oh boy' what an incredible experience that was, so many emotions and a feeling of overwhelming love, truly priceless. I also retired 4 years ago after having spinal surgery. I still get pain a lot of the time, but I will NOT give in to it, it will NOT control me, it will NOT take over, it will NOT be how I define myself. I am not saying I haven't had my low points, because I have. I believe it can make you truly stronger, more compassionate and more forgiving. There are too many things I still want to experience and places I want to see. I am lucky enough to have a wonderful husband who allows me to go off and try new things. Travelling to NYC with my daughter, taking in a broadway show, travelling on the subway, walking in Central Park, these are all memories I will treasure forever. There was a time when I thought I would not be able to experience a simple walk in the park, let alone a walk in Central Park. And, of course, there was the shopping! Let's not forget the shopping!

I think what I am trying to say is - live life, love, do the things that make you happy, set your goals and achieve them to the best of your ability, be kind to others, never think you can't do something because of your age or what people might think.

More importantly, never assume that life is your given right. Yes, I'm approaching 60, yes, in my head I still feel I'm 20, and yes, I will NEVER let a number stop me from living life to its fullest.

Be happy!

Love,

Jane