

Five Ways to Wellbeing case study



Caroline's to-do list with a difference

When my husband turned 60 last year, and with me turning 60 in a few years' time, we sat down together and came up with a list of things we both wanted to do. Not necessarily always together, and not costing the earth, but things that we knew we would enjoy.

My husband Mark retired from Willis after 40 years of work, so I was also keen that the list should give us renewed motivation to do something different.

Part of it was about giving ourselves the time to enjoy learning new skills, and experiences. I like singing, so joined 'Rock Choir': a charity with 20,000 members UK-wide that raises money for good causes. Since joining, I have performed with the choir at the O2 in London, Apex Theatre and even the One Show! and made many good friends.

But that is just the start. I have discovered mindfulness, which is great for making time to think – an undervalued pleasure in life. When feeling active, I have set myself a challenge to climb the three peaks in Derbyshire and, in 2016, I scaled the O2 dome.

Volunteering is a big part of our plans. Mark supports the wildlife garden at RSPB Flatford, and also volunteers at a foodbank.

I've always wanted to try art, but felt I wouldn't be any good. However, I plucked up the courage to try a water-colouring class, and loved it!

In the autumn, we both took a trip to India – somewhere I've always wanted to go. Next on the list will be the Northern Lights and the Lake District.

Overall, we wanted to make being 60 (or almost 60) special and a change to push ourselves to try new things. It's working well and we're adding to the list all the time.

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