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[Member of the Conversation Café research support group](#)

### **Things I love...**

Introducing people to one another who have shared interests or could help one another or become friends or even fall in love

Conversation Café, because it is always interesting, stimulating and stops my brain from atrophying

Singing with my choir and also with my band. Seeing an audience caught up in the energy we produce and dancing till they can't stand up anymore

Convincing learners that they are not stupid and that I will do my very best to help them achieve what they want to achieve

Listening to people talking about their lives, their work and their loves. One of my very favourite things is to hear the story of how someone met their partner

Being a wife and mother-I may not always be/have been great at it but it's certainly a joy

Organising the sweaters in my wardrobe into colours/styles. I do this when they have become particularly untidy. I tip the whole lot onto the floor for refolding and reordering-so therapeutic!

Cheese, olives, the Archers, cricket, Killer Sudoku, ice cream, going to the cinema, our cats, autumn, scented candles, Matisse, Elvis Costello, detective stories

My Buddhist practice

Feeling that I am making a positive difference in the world