

Jan Fotheringham
Retiree & part-time Counsellor
Jan Fotheringham Counselling

Jan Fotheringham, a part-time counsellor, began her retirement journey six months ago. While actively volunteering at her local Warm Hub, Jan recognised the need for further exploration into the emotional and psychological aspects of retirement, prompting her participation in the Sense of Purpose (SOP) workshop:

"I wanted more information about the emotional and psychological aspects of retirement. Things to consider from this perspective."

Despite her active engagement in counseling and volunteer work, Jan acknowledged potential gaps in her retirement preparedness, particularly in understanding the importance of setting boundaries and communicating her plans effectively with her family:

"The phrase 'if you don't put your boundaries in other people will put them in for you' really resonated with me. I can see how easy it would be to fall in with what others want you to do, and put your own needs at the bottom of the pile. I also recognised I hadn't clearly communicated my plans to my family before retiring so we have had more discussion since the workshop."

Moreover, Jan expressed a newfound openness to diversifying her volunteer efforts beyond her current role:

JAN FOTHERINGHAM | RETIREE

"My volunteer work is really an extension of what I was doing for a living before I retired from Cumberland Council. I am more aware now that I may want to volunteer in another field in the near future and it may not be anything similar. I really like the idea of mentoring younger people as it's a group I haven't worked with much. As a counsellor for 30 years I feel I have a lot of skills and experience that would really help others and it would be a shame not to use them in a voluntary capacity."

Through engagement with workshop content, Jan now has heightened confidence in her ability to adapt to the changes retirement brings:

"It gave me a lot of food for thought and at least I'm communicating rather better and sharing my thoughts with my family."

Jan enthusiastically endorsed the SOP workshop, emphasizing its safe and supportive environment for candid discussions on retirement challenges and opportunities:

"Definitely. It felt a very safe space to share challenges and talk honestly about some universal thoughts and feelings, good and not so good. Catherine was excellent. She gave people time to speak and reflect. She delivered the content clearly and she has a lovely warm manner which makes her very approachable. The handouts were clear and informative and it was interesting to hear the discussions sparked off by what Catherine was saying."

