

# ANN FORSTER

Ann Forster was born 1st August 1953 at Henry Street in the east end of Sunderland. She attended Havelock School for most of the school days, then moving on to Pennywell School for her final year. Ann's first job was at Hepworths tailors then she moved on to Thomas Reed Printing.

In 1973 Ann married Gordon Forster when she moved to South Hylton. Gordon and Ann have one son called Wayne who was born in 1973, he is 31 years old and works as a salesman. Wayne also lives in South Hylton.



## *Cosmic charisma of girl power*

With a flurry of youthful auburn hair Ann Forster is an unlikely looking champion of the over 50's but at 55 she understands many of the issues facing our golden oldies and is determined their talents are recognised she said we have tons of experience and wisdom whether we've been lucky to have a career, or stayed at home to run our households.

We've just got to believe in ourselves and recognise the skills we offer.

"it isn't easy running a home for example. You have to be an expert in finance, resource management, purchasing, task delegation, multi-tasking, childcare...the list is

endless. On top of that, many of us are volunteers—with even more skills to offer”.

Things are changing for the better our 'golden oldies', according to Ann.

“it used to be that when you hit 50 you were regarded as over the hill” she said. “no longer. As well as the new anti-age discrimination, employers are recognising our skills and that we are more experienced, more reliable and better to take responsibility for key tasks.

We've just got to make the most of new opportunities on offer.”

*A profile of  
Ann Forster*