

WRVS

positive about age
practical about life

Making Britain
a great place
to grow old



50+
age
Power List





Foreword *by Lynne Berry*

We are all familiar with lifetime achievement awards. Usually handed out to older people, they recognise contributions made during a life's work in a particular field of expertise. But what about the people who continue to achieve into their 80s or 90s? Or even start to achieve great things in new areas in their 60s and 70s?



The WRVS *Gold Age Power List* is recognition of the people who are making extraordinary achievements and inspirational contributions in the later decades of their lives. Judged by a panel of experts, the list celebrates 66 people over 66 from the worlds of arts, sports and adventure, science, public service and business. It also recognises local volunteers who continue to make invaluable contributions in their local communities every day, often well into their 70s and 80s.

These people aren't the exception. Too often our society writes people off when they get past standard retirement age. Older people are seen as frail, a burden or a drain on society's resources.

The reality is that older people make a significant economic and social contribution to our society. The Baby Boom generation is turning 66 this year and more people than ever are living healthy, active lives for longer. We see this at first hand as our army of 45,000 volunteers – many retired themselves – spend time improving the lives of other older people every day. More than any group in society, older people are the social glue of most communities – whether that's through befriending vulnerable neighbours or sharing experience in leadership roles in clubs and societies.

Earlier this year we published *Gold Age Pensioners*: research that for the first time placed a value on the economic and social contribution that older people make to our society. This demonstrated

that over 65s made a positive net contribution to the UK economy of £40 billion last year through, amongst other contributions, taxes, spending power, provision of social care and the value of their volunteering. This is even allowing for the costs of pensions, welfare and healthcare.

The publication of this *Gold Age Power List* is part of our wider drive to challenge stereotypes and misconceptions of older people. We aim to challenge people's views about retirement and demonstrate the impact older people continue to make today - with many individuals on the list leaders in their respective fields, despite being well over retirement age.

At WRVS we believe that our society must wake up to the positive contribution that older people make. We must value, recognise, and capitalise on this contribution. Only through this will we achieve our ambition of making Britain a great place to grow old.

Lynne Berry OBE, Chief Executive, WRVS

Preface by Geraldine Bedell

This year, WRVS has already made a powerful contribution to tackling the ageism endemic to British society. In March, the charity – which has the aim of making Britain a great place to grow old – published the WRVS Gold Age Pensioners report, showing that people over the age of 65 contribute £40bn a year net to the UK economy.

That came as a surprise to many – as, we hope, will some of the names on this Power List of 66 people over the age of 66, men and women who are notable for their continuing contribution to British life. WRVS intends the list to stimulate debate; to provoke, intrigue and surprise. Whatever you think of the geneticist and controversialist Richard Dawkins, it's unlikely that the first thing that comes into your head is that he's old. Similarly, the fact that Alex Ferguson, still the most successful football manager in British history, is technically a pensioner is of little use in trying to understand the secret of his continued dominance.

Age is the least important thing about these two men, as about all of the people on our list. The same is true for many people who never achieve their level of public recognition. But not everyone is able to escape the prejudice that comes with getting older – for many, the simple fact of numerical age is enough to disbar them from work or being treated equally to younger people.

This is despite the fact that people in the second half of life are nothing like old people a century ago. Half the people who have ever lived to the age of 65 are alive today. They are a new generation – healthier and more competent than over-65s have been before, with much to contribute.

Compiling the final list was not always an easy process. It was both rigorous and, inevitably, entailed some fine judgements. The research phase involved the compiling of lists of awards, noting the recommendations and acknowledgement of peers, details of their publications, and often



quietly-undertaken charitable activities. In order to get a reasonable spread of disciplines (we could have had a very impressive list entirely made up of writers and artists) we established a series of categories: sciences and academia; music and entertainment; business; public service; sport and adventure; art and literature; and local heroes, who put in similar amounts of effort and make a huge difference to their communities, often without any public recognition at all. We expected it to be hard to select from the writers, artists and entertainers; what came as more of a surprise was the difficulty we had in narrowing down the lists of academics and scientists, and those engaged in public service.

Many of the judges fought hard for particular individuals; occasionally, some were persuaded that their initial preferences weren't as deserving as they thought. Not surprisingly, we tended to favour those whose power had been put to some good. Many of those on whom we eventually settled could have made it into several categories: Michael Palin, in addition to having been officially designated Britain's nicest man, probably could have made it under four different headings.

We stuck to the same judging criteria for the initial call for names, the long list and the final cut. We were looking for continuing impact; a lot of people who remain famous and even beloved were – sometimes reluctantly - excluded because

they hadn't done anything significant recently. We also tended to favour those who had taken success and deployed it in new directions, extending their influence – though in the case of Connie Adam, the veteran fencer, those requirements were eclipsed by the fact that she was still competing in her 80s.

Most top-level sports require competitors to be not merely not old, but actually very young. Most of the other sports people on whom we settled were managers, trainers or had used their early physical triumphs as a springboard to commentating or charity work. In other fields, though, people were producing outstanding, perhaps their very best work in their third or fourth age. Diana Athill is 93.

The final list is perhaps not as representative of modern Britain as we would have liked, reflecting the fact that mass immigration was a relatively recent phenomenon and that the earlier generations of ethnic minorities faced considerable prejudice. In another 20 years, we would hope the list would look rather different – that there would be more women in business and sport and, in all categories, more people from ethnic minority backgrounds. We would also hope that future list would be even more difficult to compile, because the candidates would be very much more numerous.

The over-66s grew up with pop music and radicalism, through one of the most culturally dynamic and broadly educated periods in history. (We had to leave out an awful lot of pop stars, on the grounds that it was hardly fair to have entire bands.) It is not surprising that many retain the urge to improve the world that was fostered in their youth, and feel an even greater commitment to give something back to society.

There is evidence from the United States (for example in Laura Carstensen's work at the Stanford Center on Longevity) that in later life there is a distinct phase of looking out to society and an urge to pass on accumulated wisdom – a sense of time being limited but also long enough to

achieve something for good. Anthropologists now understand that societies make progress when adults survive long enough to create what's called the grandmother effect: the passing on of wisdom, which allows for ever-more innovation. People in later life can be extremely good for the well-being of everyone.

This list reflects a set of judgements. You may be outraged by certain omissions or, indeed, inclusions. If the list stimulates debate, it will have done some of its job. But we hope the lasting message of this list will be that age is no bar to having a real impact on the world. The logical extension of this is that if there were less prejudice, and far more pathways and routes into making a contribution in the second half of life, millions more people would take advantage of them.

Everyone benefits if older people are able to do more. There is overwhelming evidence that the wider your social network and the greater your social involvement, the longer and more enriching your life is likely to be, and the more likely you are to be able to continue to live independently. We need to stop seeing older people as a drain on the resources of younger generations, and more as an asset that can help younger generations achieve in their own right.

WRVS is already doing an outstanding job finding ways to help people into volunteering and engage them with work that is useful, flexible, and interesting. We hope this list will be a starting point for many other people to think about the types of contribution older people can make and the ways we can all change to make that possible.

Arts and Literature

Diana Athill



Diana Athill, 93, won the 2009 Costa biography prize for *Somewhere Towards The End*, a memoir about old age. In the same year she was awarded an OBE. In her first career, she worked with some of the most important writers of the 20th century, retiring in 1993 at the age of 75, after more than 50 years in publishing. She has since written six memoirs; she has also translated various works from French. In June 2010, she was the subject of a BBC documentary, 'Growing Old Disgracefully.'

Doris Lessing

Doris Lessing, 92, was awarded the Nobel Prize for literature in 2007, the 11th woman and the oldest ever person to receive the award. Her novels include *The Grass is Singing*, *The Golden Notebook*, and five novels collectively known as *Canopus in Argos*. Her protests against nuclear arms and South African apartheid led to her being banned from that country and from Rhodesia, where she had grown up; she moved to London with her youngest son in 1949. She called her Nobel Lecture 'On Not Winning the Nobel Prize' and used it to draw attention to global inequality and to explore changing attitudes to storytelling and literature. The lecture was later published in a limited edition to raise money for children made vulnerable by HIV/AIDS.



Lucian Freud

Lucian Freud, 89, is a painter, often spoken of as the greatest living British artist, whose portraits are remarkable for the psychological acuity and their often discomfiting examination of the relationship between artist and model. In May 2008, his 1965 portrait *Benefits Supervisor Sleeping* was sold at auction for \$33.6m, setting a world record for sale value of a painting by a living artist. Since the 1950s, he has painted portraits, often nudes, to the near-exclusion of everything else. Freud's subjects are often people well known to him: friends, family, lovers and children. In 2000-2001 he painted *The Queen*.

David Hockney

David Hockney, 73, was the subject of a retrospective at the National Portrait Gallery at the age of 69, one of the most successful exhibitions in the gallery's history, which included more than 150 of his portraits from five decades of work. Earlier that year, Hockney's painting *The Splash* fetched £2.6m, a record for his work. Since 2009, Hockney has painted hundreds of portraits using the *Brushes* iPhone and iPad applications. In October 2010 he and 100 other leading artists signed an open letter to the Culture Minister Jeremy Hunt protesting against cutbacks in the arts. He was made a companion of honour in 1997 and offered a knighthood in 1990, which he declined.



Sir Tom Stoppard

Tom Stoppard, 74, is a dramatist whose works include *Arcadia*, *The Coast of Utopia*, *Every Good Boy Deserves Favour*, *Professional Foul*, *The Real Thing* and *Rosencrantz and Guildenstern Are Dead*. He wrote the screenplays for *Brazil* and *Shakespeare In Love* and co-wrote *Indiana Jones and the Last Crusade*. Themes of human rights, censorship and political freedom recur in his work, along with explorations of linguistics and philosophy. He is personally involved with human rights issues, especially in central and Eastern Europe, working with Index on Censorship, Amnesty International and the Committee Against Psychiatric Abuse. He was knighted in 1997 and in 2008, at the age of 71, was included in a list of the 100 most influential people in the world published by Time magazine.

Sir Simon Jenkins

Simon Jenkins, 67, is a journalist and, since 2008, Chairman of the National Trust. He writes a column for both the Guardian and the London Evening Standard and is a contributing blogger at the Huffington Post. A former editor of The Times and the Evening Standard, and political editor of the Economist, he served on the board of London Transport (1984-6) and British Rail (1979-90). He was a member of the Millennium Commission (1994-2000), on the board of trustees of the Architecture Foundation, and deputy chairman of English Heritage (1985-90). He was knighted in 2004.



John Le Carré

John Le Carré (David John Moore Cornwell), 79, has published six bestselling novels since he turned 66. A former officer in British intelligence, his first bestseller was 'The Spy Who Came in from the Cold', published in 1963. His subsequent Circus spy stories explored the moral ambiguity of cold war spying. Since the fall of the iron curtain he has investigated the Israeli-Palestinian conflict, multinationals in the developing world and Russian gangsters. His latest novel, *Our Kind of Traitor*, was published last year. Le Carré protested against the Iraq war in a series of articles and essays.

Jilly Cooper

Jilly Cooper, 74, published her 16th novel, *Jump!* in April 2011. She is the author of 37 books, including the bestsellers *Riders*, in 1985, and *Rivals*, in 1988. *Polo*, published in 1991, was the highest selling hardback novel of the year. *The Man Who Made Husbands Jealous*, published in 1993, went straight into the number one position and remained there for eight weeks. *Apassionata*, published in 1996, also went straight into the bestseller lists. These books have all sold well over one million copies in their UK editions. Cooper was awarded an OBE in 2004; in the same year, Tesco shoppers voted *Riders* their top beach read of all-time.



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Baroness James (PD James)

P. D. James - Phyllis Dorothy James - 90, is a crime writer, most famous for a series of detective novels featuring Adam Dalgliesh. A former governor of the BBC, she was guest editor of BBC Radio 4's Today programme in December 2009 and conducted an interview with director-general Mark Thompson in which she accused the BBC of dumbing down and over-paying its executives. The regular Today presenter Evan Davis said: 'She shouldn't be guest-editing; she should be permanently presenting the programme.' She was awarded an OBE in 1983 and a peerage in 2001 at the age of 70; she sits on the Conservative benches.

Baroness Ruth Rendell

Ruth Rendell, 81, is a prolific writer under her own name and under her pseudonym, Barbara Vine. Her prose is admired for its elegance and insights, and her plots and characters for their cogency. Her Inspector Wexford novels have been adapted for television; her psychological crime novels explore such matters as obsession and the impact of chance and coincidence. She incorporates social issues such as domestic violence and the changing status of women into her work. Rendell was awarded a CBE in 1996 and a peerage in 1997 and sits on the Labour benches.



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Lord Richard Rogers

Richard Rogers, Baron Rogers of Riverside, 77, received the Pritzker Prize, architecture's highest honour, in 2007. Lord Rogers is best known for the Pompidou Centre in Paris, the Lloyds Building in London and the European Court of Human Rights in Strasbourg. His practice continues to design around the world, including Tower 3 of the new World Trade Center at Ground Zero. He has a lifelong interest in urban space and has worked with the British government, identifying causes of urban decline, and with the Greater London Authority. In 1995, he became the first architect to deliver the Reith lectures. He was knighted in 1981 and made a peer in 1996 and a Companion of Honour in 2008.

Germaine Greer

Germaine Greer, 72, is an Australian-born writer, academic and journalist, widely regarded as one of the most significant feminist voices of the later 20th century. She has stirred controversy ever since her book *The Female Eunuch* became an international bestseller in 1970. Formerly Professor Emeritus of English literature and comparative studies at the University of Warwick, she remains a prolific writer, speaker and broadcaster. She is a regular columnist for the Guardian, and published *Shakespeare's Wife*, exploring the myths that have grown up around Ann Hathaway, in 2007, as well as a series of essays on Aboriginal rights.

Delia Smith



Delia Smith, 69, remains the UK's best selling cookery author, with 21m of her books sold. Her biggest selling book, *The Winter Collection*, sold 2m copies. The 1998 television series, *Delia's How To Cook*, reportedly led to a 10% rise in egg sales in Britain, while her use of ingredients, such as cranberries, has been known cause an instant sell-out. Her latest television series, *Delia Through the Decades*, was broadcast in 2010. In March 2001 she launched a website, *Delia Online*, through which she offers an archive of her recipes. In March 2010, she signed to appear with Heston Blumenthal in a series of 40 Waitrose commercials. She is a major shareholder in Norwich City Football Club, which recently celebrated a return to the premiership, and has reportedly ploughed millions of pounds into saving it from financial difficulty. She was awarded a CBE in 2009.

Sir Terence Conran

Terence Conran, 79, recently worked with Coffee Republic to give their interiors a facelift; he currently has a contract to design for M&S. He opened the Boundary in Shoreditch in 2009 - a restaurant, rooftop bar and grill, café, bakery and foodstore; and also Lutyens on Fleet Street, a large restaurant and bar. He has had a far reaching impact on British interiors since founding the Conran Design Studio in 1956 and later, Habitat. In the 1990s, he built another group of companies involved in restaurants, hotels, design and retailing. He has written more than 30 books reflecting his design philosophy which have sold over 20m copies worldwide. The founder of the Design Museum, he was appointed Provost of the Royal College of Art in 2003 at the age of 71. He was knighted in 1983 and in 2003 received the Prince Phillip Designers Prize.



Baron Philip Charles Harris

Philip Harris, 68, is Chairman of Carpetright plc and established the Harris Foundation, which gives donations to many secondary schools in South London and runs nine academy schools, with plans to open more. He was a non-executive director of Great Universal Stores for 18 years to 2004, when he became a non-executive director of Matalan. He is also a non-executive director of Arsenal football Club and a benefactor of two colleges at Oxford, Harris Manchester College and Oriel; and of Lucy Cavendish College, Cambridge. He is chairman of the prostate cancer 'Investing in Life' campaign and a trustee of Bowel and Cancer research. He was knighted in 1985, and became Lord Harris of Peckham, sitting on the Conservative benches, in 1996.

Jack Petchey

Jack Petchey, 85, manages Petchey Holdings plc and Petchey Leisure, a management company for several resorts in Spain, Portugal, and the UK. He holds £37m stakes in quoted companies. At the age of 73, he established a charitable foundation through which he has given away more than £65m to youth projects. He started an awards scheme for young people, recognising 'extreme endeavour and to help young people to help themselves'. He supports the Petchey Centre for Entrepreneurship at the University of East London and the Petchey Academy, Scouts and sports clubs, and was awarded an OBE in 2004.



Dame Vivienne Westwood

Vivienne Westwood, 70, is still designing and campaigning, and this year produced a range of limited edition bags created through the Ethical Fashion Programme. She is credited with bringing punk and later new romantic style to the mainstream through her shop in the Kings Road; her cutting-edge but classic designs, involving romantic tailoring and corsetry, have a following around the world. She has influenced and boosted the careers of other designers, such as the shoe designer Patrick Cox, and has five exclusively-owned shops: three in London, one in Leeds, and one in Milan; plus franchises elsewhere in the UK. In April she became a patron of the legal action charity Reprieve. She was awarded an OBE in 1992 and made a Dame in 2006.



Ann Gloag

Ann Gloag, 68, is founder of StageCoach, of which she remains a Non-Executive Director. She has other investments with her brother, including bus builder Alexander Dennis (through her Highland and Universal Investments company), and a chain of petrol stations and other property interests through a shareholding in Moncrieffe Holdings. Gloag now devotes about 70% of her time to charitable interests and has poured millions into African charities, including an orphanage in Kenya and a burns hospital in Malawi. In honour of her son, who died in 1999, she funds a charitable school in Nairobi, the Jonathan Gloag Academy. In 2010, Gloag opened her latest venture, a maternity clinic in Sierra Leone. She was awarded an OBE in 2004.

Sir Anwar Pervezé

Sir Anwar Pervezé, 75, is founder and Chairman of Bestway group, the UK's second largest food wholesaler; and Chairman of the trustees of Bestway Foundation UK and Patron-in-Chief of Bestway Foundation Pakistan. He is also Deputy Chairman of United Bank Limited, Pakistan's second largest bank. He confesses to still working six days a week and is also a trustee of the Memorial Gates Trust, Crimestoppers and a supporter of the Duke of Edinburgh's award. He has served as a trustee of the BritishEdu Trust and the Specialist schools and Academies Trust, is a donor to the Conservative Party and, with his family, gives substantial amounts to charity. He was awarded an OBE in 1992 and knighted in 1999.



Public Service

The Queen



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Her Majesty the Queen, 85, is the longest-lived monarch of the United Kingdom; her reign is second in length only to that of Queen Victoria. She has been on the throne for 59 years and is currently the world's second longest-serving head of state. Her Silver and Golden Jubilees were celebrated in 1977 and 2002; plans for her Diamond Jubilee in 2012 are currently under way. Last year she carried out over 444 engagements and in May 2011, she made a highly successful state visit to the Republic of Ireland, the first such visit by a reigning British monarch for a century.

Baroness Mary Warnock

Mary Warnock, 87, is a philosopher. She published her most recent book, *Dishonest to God*, arguing against religious influence on politics, in 2010 at the age of 86. She has helped to shape government policy on fertility treatment, and is an outspoken supporter of legalised euthanasia. She is most widely known for chairing two national committees of inquiry, the first on children and young people with disabilities, which reported in 1978; the second on the ethics of human fertilisation, *A Question of Life: The Warnock Report on Human Fertilisation and Embryology* (1984, reprinted 1985). She was made a life peer in 1985.

Lord Richard Harries

Richard Harries, 74, Bishop of Oxford 1987-2006, is Gresham Professor of Divinity and an Honorary Professor of Theology at King's College, London. Lord Harries was appointed professor of divinity at Gresham College in 2008, at the age of 71. He has been a member of the Human Fertilisation and Embryology Authority and of the Nuffield Council on Bioethics, as well as chairing the House of Lords Select Committee on stem cell research. He chaired the Church of England Board for Social Responsibility (1996-2001) and the House of Bishops' Working Party on Issues in Human Sexuality; and was a member of the Royal Commission on the Reform of the House of Lords. He has two books out next year, *Faith in Politics: Rediscovering the Christian roots of our political values*; and *Issues of Life and Death*. He is a regular contributor to Thought for the Day on Radio 4's Today Programme.

Baroness Ruth Deech

Ruth Deech, 68, is an academic, lawyer and bioethicist. She was made Chair of the Bar Standards Board in 2009, at the age of 66. She chaired the Human Fertilisation and Embryology Authority from 1994 to 2002 and has sat as a crossbench peer since 2005. She is a former governor of the BBC. In 2004, she became the first Independent Adjudicator for Higher Education, dealing with the resolution of student complaints. In November 2007, she published *IVF to Immortality: Controversy in the Era of Reproductive Technology*, with co-author Anna Smajdor. Baroness Deech is currently the Professor of Law at Gresham College in London, where she presents a series of public lectures on family relationships and the law.



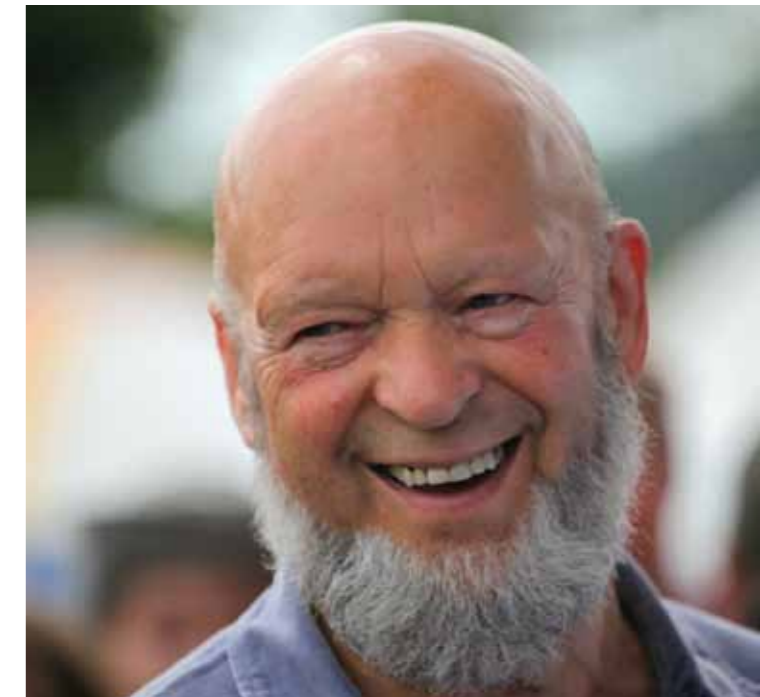


Dame Shirley Williams

Shirley Williams, 80, was recently described by the Guardian as 'a towering figure at the height of her powers.' She is currently leading the fight against government NHS reforms, having previously served as advisor on nuclear proliferation to Gordon Brown during his prime ministership, from 2007 to 2010. Williams was one of the 'gang of four' Labour Party rebels who founded the Social Democratic Party in 1981. She was awarded a peerage in 1993 and in 2001–4 served as Leader of the Liberal Democrats in the House of Lords. Williams is currently a member of the Top Level Group of UK Parliamentarians for Multilateral Nuclear Disarmament and Non-Proliferation, established in October 2009. She published her autobiography in 2009.

Michael Eavis

Michael Eavis, 75, is the founder of the Glastonbury Festival. Last year he celebrated its 40th anniversary by appearing on stage with Stevie Wonder. A former dairy farmer, he was awarded a CBE in 2007 and, in 2010, was named by Time magazine one of the 100 most powerful people in the world. He stood as a candidate for the Labour Party in 1997. He has supported a range of good causes with the profits from the festival and recently expressed the hope that Glastonbury would rediscover its radical roots and become a focus for political dissent.



Baroness Sally Greengross

Sally Greengross, 75, is currently Chief Executive of the International Longevity Centre UK, President of the Pensions Policy Institute and honorary Vice President of the Royal Society for the Promotion of Health. In 2000 she was awarded a peerage and, in 2006, an OBE. Baroness Greengross was appointed as a commissioner at the Equality and Human Rights commission in 2006 at the age of 71, and reappointed in 2009. She was Director General of Age Concern England until 2000 and their Vice President until 2008. She has been joint Chair of the Institute of Gerontology at Kings College London and Secretary General of Eurolink Age. She is Vice Chair of the all-party parliamentary group on Dementia and Ageing and Older People, and treasurer of the all-party parliamentary group on Equalities.



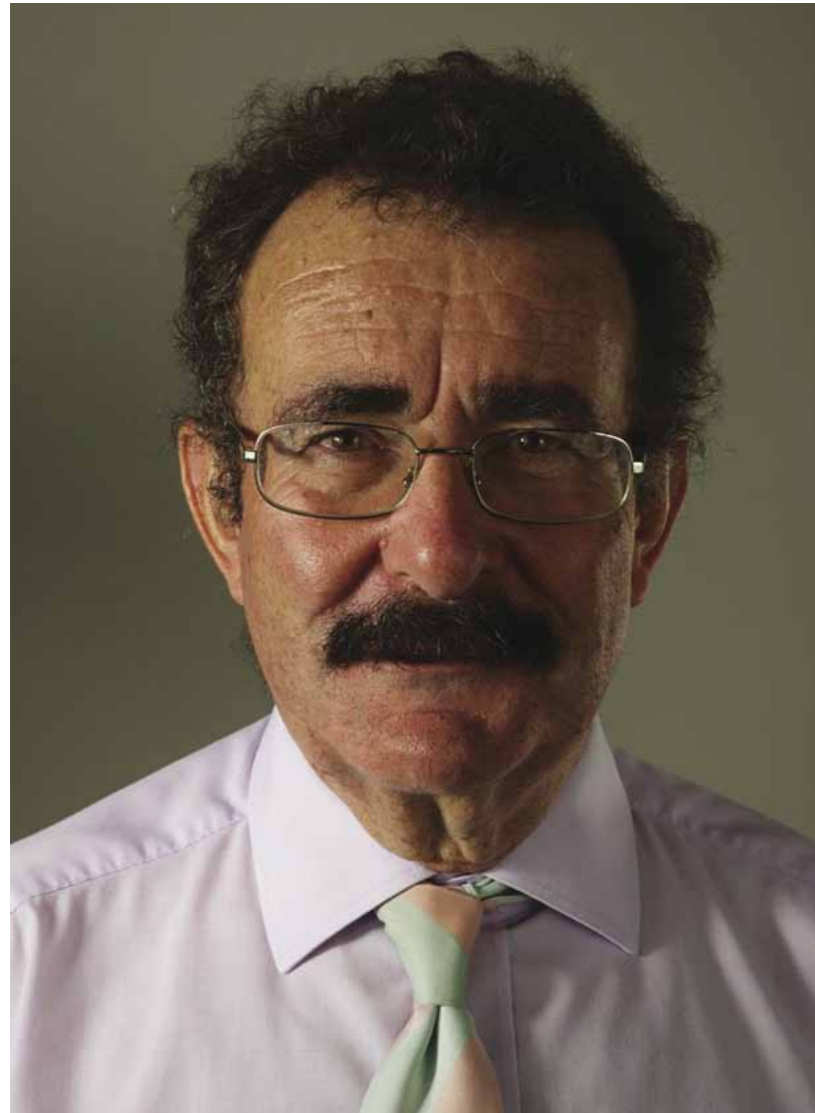
Dame Carol Black

Carol Black, 71, is Chair of the Academy of Medical Colleges and of the Nuffield Trust. As National Director for Health and Work, she was asked by the Department of Work and Pensions in 2007 to review the health of Britain's working age population. Her report, published when she was 69, is still influencing policy; she was asked by David Cameron to lead a review of 'sick note' culture. Previously Professor of Rheumatology at UCL Medical School from 2005-2008, she was awarded the CBE for her work on systemic sclerosis in 2002, and made a Dame in 2005. She is Chair of the UK Health Honours Committee, a member of the Council of the GMC and of the Board of the British Cardiovascular Society; a Non-Executive Director of the NHS Institute for Innovation and Improvement, and on the Board of Governors of the Health Foundation.



Sciences and academia

Lord Robert Winston



Robert Winston, 70, was voted 'peer of the year' by his fellow parliamentarians three years ago for his work on the Human Fertilisation and Embryology bill. Currently Professor of Science and Society, and Emeritus Professor of Fertility Studies at Imperial College London, his research led to the development of gynaecological microsurgery in the 1970s and developments in reproductive medicine, particularly in the field of endocrinology and IVF. He is also a populariser, presenting such TV series as *The Secret Life of Twins*. He currently runs a programme in the Institute of Reproductive and Developmental Biology researching improvements in transgenic technology in animals, with the long term aim of improving human transplantation. Made a peer in 1995, he sits on the Labour benches.

Richard Dawkins

Richard Dawkins, 70, ethologist, evolutionary biologist, author and polemicist, is currently Emeritus Fellow of New College, Oxford, having been the University's Professor for Public Understanding of Science from 1995 to 2008. He is known for his gene-centred view of evolution, for the concept of the meme and for his advocacy of atheism and rationalism. He published his most famous book, *The God Delusion*, in 2006, when he was in his mid-60s. Several millions of copies have been sold and the book has been translated into 31 languages. He lectures worldwide.

Stephen Hawking

Stephen Hawking, 69, theoretical physicist and cosmologist, published his latest book, *The Grand Design*, last year. He has worked for over 40 years on the basic laws that govern the universe and is known for his contributions to cosmology and quantum gravity, especially in the context of black holes, and for his ability to bring these questions to a general audience. He was Lucasian Professor of Mathematics at Cambridge for 30 years and is now Director of Research at the Centre for Theoretical Cosmology in the Department of Applied Mathematics and Theoretical Physics at Cambridge. Despite illness caused by motor neurone disease, he continues to lecture. He was awarded the Wolf Prize in 1988, a CBE in 1982, the Copley Medal of the Royal Society in 2006 and the Presidential Medal of Freedom, the highest civilian honour in the US. He has also featured in *The Simpsons*.

Dame Jane Goodall

Jane Goodall, 77, is the world's foremost expert on chimpanzees, best known for her 45-year study of social and family interactions of wild chimpanzees in Gombe Stream National Park in Tanzania. Today she devotes her time to advocacy on behalf of chimpanzees and the environment, travelling 300 days a year. The Jane Goodall Institute, which she established in 1977, has 19 offices around the world. Its global youth programme, which she began in 1991, has over 10,000 groups in more than 100 countries. Her many honours include the French Legion d'Honneur, Japan's prestigious Kyoto Prize, the Benjamin Franklin Medal in Life Science, the Gandhi-King Award for non-violence, and the Spanish Prince of Asturias awards. She was made a Dame in 2004.



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Dr Dorothy Rowe

Dorothy Rowe, 80, psychologist and author, had her most recent book *Why do we Lie?* published by Harper Collins in 2010 with a paperback edition released in 2011. Her contention that depression is triggered by life events has been highly influential; she writes regularly in the specialist and general press. From 1968 to 1986 she worked in the NHS, researching mental disorder, and this formed the basis for her first book, *The Experience of Depression*, now called *Choosing Not Losing*. Her second book *The Construction of Life and Death (The Courage to Live)* was published in 1982 and her third book, *The Way Out of Your Prison*, in 1984. She is Emeritus Associate of the Royal College of Psychiatrists.

James Lovelock

James Lovelock, 91, is best known for the Gaia hypothesis, which postulates that the biosphere is a self-regulating entity that will struggle to maintain a chemical and physical environment that ensures its own survival. In the 1960s, he was employed by NASA to develop sensitive instruments for the analysis of extraterrestrial atmospheres and planetary surfaces. He invented the electron capture detector, which ultimately assisted in discoveries about the persistence of CFCs in the atmosphere. In 2006, he received the Wollaston Medal, the Geological Society's highest award, whose previous recipients include Charles Darwin. He became a CBE in 1990, and a Companion of Honour in 2003.

Sir Patrick Moore

Patrick Moore, 88, presented the 700th episode of *The Sky At Night* earlier this year and recently published *Patrick Moore's Data Book of Astronomy*. He is working on a follow-up to his popular astronomy book *Bang!*, with Queen guitarist and astrophysicist Brian May, and Chris Lintott, to be called *The Cosmic Tourist*. An amateur, Moore has done as much as anyone to popularise astronomy, having written more than 70 books and broadcast on radio and television for decades. He was awarded an OBE in 1968 and a CBE in 1988 and knighted in 2001 for services to the popularisation of science and to broadcasting.

Sir Magdi Yacoub

Magdi Yacoub, 75, is Professor of Cardiothoracic Surgery at Imperial College, London. In addition to teaching and research, he continues to act as an ambassador for the benefits of transplant research, which he and his team did so much to develop at Harefield Hospital. One of the few masters and teachers of the highly technically demanding 'Ross procedure,' or pulmonary autograft, he is founder and Director of the Harefield Research Foundation. In 2007, it was reported that his research team had made a breakthrough by growing part of a human heart valve from stem cells. His charity The Chain of Hope aims to provide children suffering from life-threatening disease with treatment and surgery to which they would not otherwise have access. He was knighted in 1991.



Sports and adventure

Michael Palin



Michael Palin, 68, is a comedian, actor, writer, and former Python who, in the second half of his life, has become a traveller and documentary-maker. His journeys have taken him to the North and South Poles, the Sahara desert, the Himalayas and, most recently, Eastern Europe. In 2009, Palin became president of the Royal Geographic Society and is currently in production for a new four-part BBC 1 series exploring Brazil. In honour of his achievements as a traveller, especially by rail, Palin has had two British trains named after him. In 2000, he received a CBE for his services to television, from the Dead Parrot sketch to his travels from pole to pole. He campaigns for sustainable transport and was instrumental in setting up the Michael Palin Centre for Stammering Children in 1993.

Sir Henry Cecil

Henry Cecil, 68, is a trainer whose horses have won the Epsom Derby four times, the 1,000 Guineas six times, and the Epsom Oaks eight times. He has won both the 2,000 Guineas and the St. Leger Stakes more than once and emerged from 10 seasons as Champion Trainer. Altogether, he has won a total of 34 classics at home and abroad and his record of 70-plus winners at Royal Ascot is unrivalled, while his record in domestic classics is better than that of any other current trainer. He was knighted in the 2011 Queen's birthday honours.

Chris Bonington

Chris Bonington, 76, has made 19 expeditions to the Himalayas, the most recent in 2009, when he climbed Everest for the fourth time. Earlier the same year he also climbed Mont Blanc. His climbing career has included 19 expeditions to the Himalayas, including the first ascent of the south face of Annapurna. He has written 15 books and was awarded a CBE in 1976 and knighted in 1996. He is honorary President of the British Orienteering Federation and of Mountain Wilderness, an international NGO dedicated to the worldwide protection of mountains. Now a motivational speaker for business, he is also a visiting Fellow at Cranfield Business School.

Connie Adam

Connie Adam, 83, fences competitively at the highest level for her age group. She won gold, silver and two bronze medals in both individual and team over-70s events at the Commonwealth championships in 2007 and represented Great Britain at the European Championships in Switzerland in 2009, competing against fencers up to 20 years her junior in the foil, epee and sabre events. She took up fencing at 59, after her husband died, and despite two knee transplants is still competing in veterans' events. At the age of 83, she became one of the first women ever to be made a Freeman of Norwich.

Sir Ranulph Fiennes

Ranulph Fiennes, 67, is an adventurer and writer whose expeditions have raised £5m for good causes. In 1986 he was awarded the Polar Medal, for 'outstanding services to British polar exploration and research' and, in 1994, a second clasp, having visited both poles. In 2000 he attempted to walk solo and unsupported to the North Pole; this resulted in needing to have the ends of his fingers amputated. Frustrated by having to wait for the operation, he cut them off himself. In 2003, despite having suffered a heart attack and had a double heart bypass operation a few months before, he completed seven marathons in seven days on seven continents. In March 2007, he climbed the North face of the Eiger, despite a lifelong fear of heights; in 2009 he became the oldest person to climb Everest.

Sir Bobby Charlton

Bobby Charlton, 73, was a member of the England World Cup winning team in 1966, when he was also named European footballer of the year. He helped promote Manchester's bids for the 1996 and 2000 Olympic Games and the 2002 Commonwealth Games; England's bid for the 2006 FIFA World Cup; and London's bid for the 2012 Olympic Games. He has been a Director of Manchester United since 1984. As a player, he set goal-scoring records for both England and Manchester United which remained intact some 35 years after the end of his playing career. Charlton is involved in a number of charitable activities including fund raising for cancer hospitals and the land mine-clearance charity, Mines Advisory Group.

Dame Mary Peters

Mary Peters, 70, is currently Lord Lieutenant of Belfast. She won Olympic gold medal at the 1972 Munich games in the pentathlon, and represented Northern Ireland at every Commonwealth Games between 1958 and 1974. Since retiring from competition, she has been manager of the British Women's Athletic Team (1979-84) and Patron of the Northern Ireland Amateur Athletic Federation. She became a Trustee of the Outward Bound Trust in May 2001 and is Vice-President of the Northern Ireland Outward Bound Association. She established the Ulster Sports Trust, recently re-launched as the Mary Peters Trust, and was awarded an MBE in 1972, a CBE in 1990 and made a Dame in 2000 for services to athletics and the community of Northern Ireland.

Sir Alex Ferguson

Alex Ferguson, 70, is the most successful football manager in British history. He has managed Manchester United for 24 years, making him the longest-serving manager in the Club's history and the most enduring current football league manager. He ended the recent season by winning his 12th league title with the club, Manchester United's 19th, thus superseding Liverpool's previous record of 18 league wins. Manchester United played in the 2011 final of the Champions League, a title they have won twice under Ferguson, along with five FA Cups, three league cups, two other European trophies and the Fifa World Club Cup twice. Ferguson was knighted in 1999.

Anita Lonsbrough

Anita Lonsborough, 69, is a sports commentator and journalist for The Daily Telegraph under the name Anita Lonsbrough-Porter, and a former Olympic swimmer. She won her first gold medal for swimming in the 1958 British Empire and Commonwealth Games in Cardiff; five world records and seven gold medals followed until her retirement in 1964. She took a gold medal at the 1960 Olympics and at one time held the Olympic, Empire and European titles at the same time. She was the first female Olympic Flag bearer for Great Britain at the summer Olympics, in 1964, and the first woman winner of BBC Sports Personality of the Year, in 1962.

Sir Stirling Moss OBE

Stirling Moss, 81, competed as a racing driver from 1948 to 1962, winning 212 of the 529 races he entered, including including 16 Formula One Grand Prix. He would compete in as many as 62 races in a single year and in the course of his career drove 84 different makes of car. He was knighted in 2000 and only announced his retirement from racing during this year's qualifying for the 2011 Le Mans Legends. He continues to demonstrate racing cars and take part in rallies and is also the narrator of the popular children's series *Roary the Racing Car*, starring Peter Kay.



Music and entertainment

Sir David Attenborough



David Attenborough, 85, is a broadcaster and naturalist whose distinguished career in broadcasting has spanned more than 50 years and he continues to work into his ninth decade. On his 80th birthday in 2006, he was on the Galapagos islands, filming giant tortoises. He is currently writing and presenting *Frozen Planet*, a new series for BBC1 examining the impact of climate change on the polar regions; he recently completed two projects for BBC2: *Madagascar*, plus an accompanying documentary, *Attenborough and the Giant Egg*, featuring the elephant bird egg he discovered on the island in the 1960s. He holds 29 honorary degrees from British universities, was knighted in 1985 and made a Fellow of the Royal Society in 1983. In April 2005, he was awarded the Order of Merit. In 2009, the Natural History Museum opened its Attenborough Studio, part of its Darwin Centre development.

Dame Judi Dench

Judi Dench, 76, is a ten-times Bafta winner. This year she has appeared as Mrs Fairfax in a film of *Jane Eyre* and in a cameo role in the latest *Pirates Of The Caribbean* film. *Bond 23* is also in pre-production; this will be her seventh Bond film as M, making her the most enduring member of the cast. Her recent stage performances have included Madame de Merteuil in Yukio Mishima's *Madame de Sade*, directed by Michael Grandage, and Titania in Sir Peter Hall's production of *A Midsummer Night's Dream*. She is the recipient of seven Olivier awards, two screen Actors Guild awards, two Golden Globes, an Oscar and a Tony award. She was awarded an OBE in 1970, a DBE in 1988 and a Companion of Honour in 2005.



Sir Paul McCartney

Paul McCartney, 69, is currently on tour in the United States. He is the most successful musician and composer in popular music history, according to the Guinness Book of Records, with 60 gold discs and sales of 100m singles in the UK. His song *Yesterday* is the most covered song in the history of recorded music, by more than 2,200 artists. McCartney has composed film scores, classical and electronic music; he is a fellow of the Royal College of Music and Member of the Royal Academy of Music. BBC News Online readers named him the greatest composer of the millennium. He was knighted in 1997 and in 2010 presented with the Gershwin Prize for popular music by Barack Obama in a live show for the White House. He is an advocate for animal rights, vegetarianism and music education and supports campaigns against land mines, seal hunting and third world debt.

Sir Ian McKellen

Ian McKellen, 72, is currently rehearsing the role of Don Antonio in *The Syndicate* at the Chichester Theatre and filming the first and second parts of the Hobbit films, out in 2012 and 2013. Known to a younger generation for his roles as Gandalf in the *Lord of the Rings* and Magneto in the *X-Men* films, he has received a Tony award, two Academy Award nominations and five Emmy award nominations. His work has spanned genres from Shakespeare and modern theatre to popular fantasy and science fiction. He is a founding member of Stonewall, for which he is a prominent spokesman; President and Patron of the Little Theatre Guild of Great Britain, an association of amateur theatres; and has appeared in television advertisements to support Age UK. He was awarded a CBE in 1979, knighted in 1991 and made a Companion of Honour in 2008.

Sir Colin Davis

Colin Davis, 83, has had an association with the London Symphony Orchestra for more than 50 years; for 10 years he was its Principal Conductor and is now its President. He was also Principal Conductor at the Royal Opera House for over 15 years, and Musical Director of Sadler's Wells Opera. His recent releases with LSO Live include Beethoven's Mass in C, Haydn's The Creation and a set of Sibelius symphonies 1-7. He holds the International Chair of Orchestral Studies at the Royal Academy of Music and is President of the Hattori Foundation, a trust for young musicians. He recently pledged a large sum of money to the LSO and challenged audiences to join him in raising £1m to secure the orchestra's future. He was knighted in 1980, made a Companion of Honour in 2001 and received the Queen's Medal for Music in 2009.

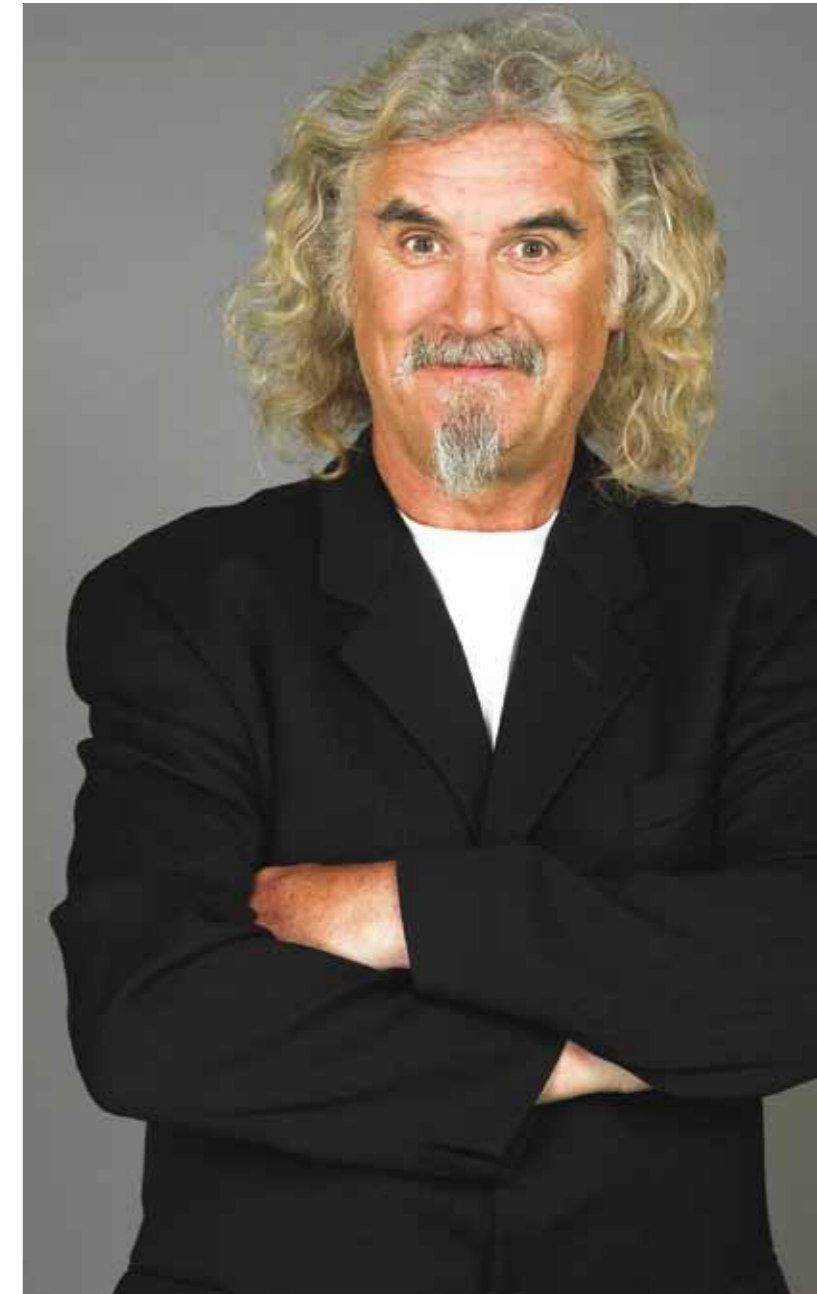


Billy Connolly

Billy Connolly, 68, has recently finished a standup tour of Australia and in 2012 will be appearing in the 3-D animated movie, *Brave*, as King Fergus. Recently he has been seen as the King of Lilliput in the 2010 film of *Gulliver's Travels* and on television in *Ben 10: Ultimate Alien* as Captain Glowbeard. A former welder turned folk singer, Connolly has appeared in films including *Indecent Proposal* (1983), *Mrs Brown* (1997) - for which he was nominated for a Bafta - and *The X-Files: I Want To Believe* (2008). He is Patron of the National Association for Bikers with a Disability. He was awarded a CBE in 2003, and in 2007 and again in 2010, he was named number one in Channel 4's *100 Greatest Standups*.

Sir Bruce Forsyth

Bruce Forsyth, 83, presents *Strictly Come Dancing* and was knighted in the Queen's birthday honours this year for services to television and to charity. He made his debut on television as a child, and his name presenting Sunday Night at the London Palladium. He went on to present *The Generation Game*, *Play Your Cards Right* and *The Price is Right*, among other programmes, developing his much-loved catch-phrase 'nice to see you, to see you, nice'. In 2005 the BBC screened a Bafta tribute to his 60 years in showbusiness, and in 2008 the broadcaster honoured him with an 85-minute programme to celebrate his 80th birthday.





Sir Tom Jones

Tom Jones, 70, released a gospel album, *Praise and Blame*, last year, and is currently touring in the UK and Europe. In the course of his career, he has sold more than 100 million records and sung many styles of popular music - pop, rock, R&B, show tunes, country, dance, techno, soul and gospel. 'The fire is still in me. Not to be an oldie, but a goodie. I want to be a contender,' he said recently. In the run up to his 70th birthday, he was performing 200 dates a year and topped the charts with *Islands in the Stream*, inspired by the sitcom Gavin and Stacey, which was released for Comic Relief. He was awarded an OBE in 1999, received a Brit award for outstanding contribution to music in 2003 and was knighted in 2006.

Vanessa Redgrave

Vanessa Redgrave, 74, is to appear in *Anonymouse*, *Cats 2* and *Miral* in 2011. She is the only British actress to win an Oscar, Emmy, Tony, Golden Globe, Screen Actors Guild and an award at Cannes. She came to prominence in 1961, playing Rosalind in *As You Like It* with the RSC, and has since made over 35 stage appearances and starred in more than 80 films, including *Mary, Queen of Scots*; *Isadora*; *Julia*; *The Bostonians*; *Mission: Impossible*; and *Atonement*. She is a campaigner for political causes and an outspoken critic of the war on terrorism. In 2010 she was awarded a Bafta fellowship in recognition of outstanding and exceptional contribution to film. She was made a Unicef Goodwill Ambassador in 1995. In 1967, she was made a CBE; it is understood that she rejected a DBE in 1999.



Sir Mick Jagger

Mick Jagger, 67, most recently played with the Rolling Stones on a two year tour that ended in 2007, generating box office receipts of £390m. Earlier this year, he announced that he is working with Eurythmics star Dave Stewart, Joss Stone, Bob Marley's son Damian, and A.R. Rahman, the Indian composer who won two Oscars for *Slumdog Millionaire*, in a new musical venture called Super Heavy. Jagger's career as a musician and actor has spanned 50 years; in addition to his work with the Stones, he has released 15 solo singles and five solo albums and acted in and produced several films. He was knighted in 2003.

Local Hero

Introduction

As well as recognising those in the public eye, we wanted to celebrate the contribution and impact made by people every day in local communities through the UK.

To find these local heroes, WRVS made a UK-wide call for nominations – inviting people via local media to tell us about the unsung heroes making a huge impact in their local communities. We received nominations from across the country. The final 11 individuals were chosen by the judging panel based on the level of their impact and the scope of work they were involved in.

Jean Munro 77

In 1968, Jean was involved with the emergency training service and to date continues to support Raigmore Hospital Shop/trolley, Ward Service and Emergency support to blue light services in Inverness. She is known for her outstanding dedication and loyalty to WRVS and she is selfless in giving time and enthusiasm - and motivating all concerned, Jean is very popular with fellow volunteers. Despite recently losing her supportive husband, Jean continues to play a key role with WRVS and many other charitable causes and is always on hand to take on extra duties at short notice.



Anne Seymour, 76

Before retiring Anne was a consultant in the local hospital's A&E department; when she finished work she spent seven years in Cameroon working in schools and hospitals and was also in Nigeria during the civil war. Now she has returned to the UK, Anne helps run a refugee asylum centre, supported by the Churches in South Shields. Anne was appointed one of the key organisers of the drop-in centre and the centre is used as a 'point of contact' or a 'one stop shop' for refugees to gain advice and for organisations such as the Citizen's Advice Bureau, Health Visitors and even the Police to visit to help.



© Tony Hall

Pat Goodwin, 88

Pat, who is 88, is a very active member of her local community supporting charities with fundraising and voluntary work. As a member of Fishguard RNLI Fund Raising Committee, she undertakes bucket collections, is their chief raffle organiser and 'getter', which entails travelling shops and businesses and charming them into giving a prize, which works every time! She also thinks of nothing of getting up at 5am on their annual midsummer's dawn walk to help prepare a very welcome cooked breakfast. She is also involved in the local church and plays an active role in getting her neighbours along, most of who are at least 10 years younger. All those who know her will say what a 'treasure' she is and how her enthusiasm and willingness is vital, as well as being pivotal to the success of voluntary organisations within the community.





George Mabon, 70

George is a Charter Member of the Seaton & District Lions Club and over the last 30 year he has encouraged other men and woman to assist him in fundraising, welfare and making the lives of hundreds of people, of all ages, much happier. He also works at Home Safeguard at Sidmouth EDDC, answering the 24 hour Emergency Telephones and with his local Neighbourhood Watch group. As part of his duties, George checks on the elderly or those living alone, taking flasks of soup and helping with the shopping. As well as his volunteering, George looks after his wife who suffers with osteoarthritis. A great husband, dad and grandad, George has also earned the respect of everyone who lives in the Axe Valley.

Raymond Joseph Davies MBE, 72

A founding member of the Glossop Mountain Rescue team, Raymond has given more than 50 years voluntary service. Now Life President, Raymond has been team leader and then Chairman since it was established in 1957, and, at age 72, continues to responds to callouts. Raymond was also a founder member of the Peak District Mountain Rescue organisation, taking the role of controller for 40 years until he retired recently. For 25 years, Raymond was also Honary Secretary of the Mountain Rescue Council, a national body covering England and Wales. He also sat on the Mountain Leadership Board for 15 years and led the design of a casualty bag, which inspired the one being used today. In 2007 he was awarded an MBE for 50 years in the voluntary services to Mountain Rescue in the Peak District. Through his rescue work Raymond has helped save lives and as well as provide comfort to lost or injured people in the British Isles and elsewhere.



Eunice McGhie-Belgrave MBE, 76

Eunice launched her community group, Shades of Black, in the wake of the Handsworth Riots in the mid 1980s. The group was set up to rebuild and reconcile the community as well as reassure people. The project has since expanded to help the elderly and the housebound and take them on day trips, as well as a thriving allotments scheme, which introduces city youngsters to the joys of growing their own food whilst supporting their academic work, which is then distributed to elderly people in the local area. Eunice, who has four children, eight grandchildren and one great-grandchild, also helped create a garden in Handsworth Community Fire Station and hosts a Harvest Festival for Handsworth and surrounding areas every year. Her face has recently been included on a 'wall of fame' at a Birmingham Probation Office.

Doris Long, 96

'Daring Doris' has become known for her incredible fundraising stunts and has broken four Guinness World Records to become the world's oldest abseiler. Great-great grandmother Doris, of Hayling Island, has completed 18 abseils, starting at the tender age of 85. Her stunts have raised over £15,000 for local Portsmouth charities including The Rowans Hospice, Hampshire Association For The Care Of The Blind and the Queen Alexandra Hospital.



Picture courtesy of The News, Portsmouth



Marion Cornick 70

Marion Cornick, is the founder of the Loddon School Charity in Basingstoke – a school for children with autism and sever & profound learning disabilities, which she founded almost 25 years ago. Since then the school has been at the forefront of supporting children with autism not only within the School, but also by providing training nationally of their proactive and positive philosophy. She is also the Managing Director of Liaise Loddon Ltd, a company she founded 15 years ago which provides personalised residential care to adults with autism & severe learning disabilities across Hampshire. Marion is the Chair of the Disability Forum in Basingstoke, raising awareness and coordinating activities to support people with a wide range of disabilities within the area. In June 2011, Marion will also be made the first female president of the Basingstoke Deane Rotary Club. In her 'free-time' she continues to lecture internationally and campaign for rights for people with autism.

Bill Morris, 79

Bill is a foster parent in Oxfordshire and since retiring 15 years ago he has taken a very active role in caring for young people. He offers understanding and loving care to young people, whether they're his foster children, adopted children or birth children. Bill loves his children unconditionally, equally and without favour. He continues to offer security and care unreservedly despite his age and remains fit and healthy. He still has much to offer to these young people who continue to benefit from his generosity and genuine wish to enhance their lives.



Alice Cleland CBE, 70

Alice gives over 50 hours a month of her time to support different charities – being a trustee of 13 national and local charities as well as being an active and practical supporter of many more. After retiring from her position as National Vice Chairman of WRVS in 2004 she has focused her energy for WRVS into the development of its national archive. In addition to this, a typical month will include work for Cancer Research UK, fund raising for her local Church, helping to run the Devizes arts festival, working to fundraise for Family Mediation and WRVS as well as running her Opera Charity – Opera Luna. She manages not only to achieve all this work for her community, but also takes great pride in and supports her family, especially her grandchildren.

Ted Cowling 91

Ted has been fundraising for several charities over the past 32 years – raising more than £75,000 in total. He has always played a very active role in his community, forming trust funds for causes close to his heart. Ted has overcome personal tragedy after recently losing his wife as well as both of his daughters to cancer, to raise vital money for local charities. At his 90th birthday party a cheque presentation was made for £1,170 for the Severn Hospice, in lieu of presents. Before retiring, Ted was a member of the RAF and personally chosen by Winston Churchill to undertake a top secret mission to fly to Russia to meet Stalin. As a result a film company has contacted him, wishing to make a documentary about the 'Arctic Convoy' he was a part of in WWII.



The judges



Making Britain
a great place
to grow old

Hosted by Lynne Berry OBE, Chief Executive, WRVS and chaired by Geraldine Bedell.



"I am proud and pleased to be supporting WRVS - this is an underestimated organisation who should be applauded for the fantastic work they do. All of us are getting older and some of us will fall to pieces quicker than others, the WRVS provide some of the kindest and most efficient helping hands to those who need it most. I was honoured to be invited to join the Gold Age Power List judging panel and have a hand in making sure very deserving individuals were recognised for the incredible influence they continue to have."

Jenny Eclair, Comedian and writer



"People give their time and energy to helping others throughout their lives, and I'm really delighted to play a part in celebrating this."

Mike Locke, Volunteering England



"I was delighted to take part in what was a very difficult task of selecting from a truly inspirational list of people. I believe it is important to celebrate the incredible achievements of our older local heroes in communities across the UK, who although they never seek it, deserve this recognition for their dedication and hard work."

Gillian Easson, Nesta



"Half the people on the list we don't think of as old at all; our ideas about "age" are half a century out of date. There's as much difference between someone still working flat out at 60 and a ninety year old in sheltered housing as between a teenager of 15 and her 45 year old aunt. And even the 90 year old can be amazing."

Katharine Whitehorn, Writer



"The task of choosing between so many vibrant and life affirming candidates was by no means easy. But it certainly brought home just how much our society depends of the combination of ability and experience that men and women past the traditional retirement age have to offer."

Lindsay Nicholson, Good Housekeeping



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