**Some guidance on answering the questions**

We are very interested in what you, as an individual can bring to the Sounding Board. Ageing does not treat everyone equally; where you live or were born, your ethnicity, the jobs you do, your gender and wellbeing all impact on how you age and we would like to see applications from people whose life experiences differ.

It is your lived experience that matters as well as any skills you have gained through work, volunteering or from other aspects of your life.

You may want to tell us about:

* What you hope being involved in the Sounding Board will do or change for yourself and for other older people.
* Any skills or knowledge you have, for example in listening, influencing change or representing the views of others.
* Some of the experiences or personal circumstances that shape your view of the world and why you think it is important that NHS England hears your point of view.
* The places you go and the relationships you have with your peers through clubs, societies, faith groups, friendship groups and other activities and why you think they will help you be a great member of the Sounding Board

There is no maximum word limit though we suggest you try to answer each question in 300 words or less.