

# Tea Talk at St Mary's Church

**Church St, Kidlington, OX5 2AZ**

**Sunday 8<sup>th</sup> February 2026 at 3pm**

# Who am I really? Challenges and opportunities of retirement.

## Henrietta Batchelor, Retired Consultant Psychotherapist



Henrietta will explore the impact of retirement on individuals and their families. Letting go of employment can be liberating, but the loss of identity associated with work can produce uncertainties. She will address how people best adapt from 'what I do' to 'who I am'. Tea will be served after the talk.

## Donations in aid of Church Funds

