

# ICAA ACTIVE AGEING WEEK

## Active at any age 1-7 October 2019



Active Ageing Week is here again with workshops and public talks providing latest information and research. Our aim: to encourage people to be active at any age. Sessions are free with no upper or lower age limit! Have a go - Free physical activity taster sessions available throughout the week for people who are 60+. See [www.worcester.ac.uk/activeageing](http://www.worcester.ac.uk/activeageing) for further details.

Organised by University of Worcester, sponsored by Sports Partnership Herefordshire and Worcestershire. Organised in collaboration with Integrated Care for Older People Worcestershire (ICOPE), AgeUK Herefordshire and Worcestershire, Freedom leisure, International Council on Active Ageing (ICAA).

For detailed information about each session, the venue address and what to wear or bring and to book your place, please go to [www.worcester.ac.uk/activeageing](http://www.worcester.ac.uk/activeageing) or phone 01905 855270/ 542658

### Tuesday 1 October

Time and Venue	Session
13:00 – 14:00 The Hive	<b>Launch: My Age Can campaign Public Talk by Tom Howard</b> The My Age Can campaign aims to breakdown negative stereotypes and perceived barriers and highlight the opportunities available for older adults to stay healthy and keep fit. Come along to find out what's on offer and how you can join in.
14.30 - 16.30 Perdiswell Leisure Centre	<b>Well-being MOT (60+) Workshop: Dr Jennifer Joyce &amp; Dr Alison Benbow</b> A range of fitness tests including health and diet checks. Guidance provided on your test scores. Light to moderate physical activity included.
17:30 – 18:30 The Hive	<b>Tackling loneliness and promoting a sense of belonging through physical activity Public Talk by Dr Alison Blank</b> This talk will explore how different physical activities can combat the loneliness and social isolation experienced by many older adults. Research exploring the meaning and experience of a variety of physical activity occupations, and the importance of sense of belonging and social connectedness, will be discussed.

### Wednesday 2 October

Time and Venue	Session
11:00 – 12:00 The Hive	<b>Get moving: Creating a positive mindset to become active Workshop: Dr Clare Rhoden</b> This interactive workshop will highlight the benefits of physical activity for health and mental well-being, help you develop strategies to be more active and help break down any barriers that stop you being active.
12:00 – 13:00 The Hive	<b>Negative to positive: Changing the image of ageing Public Talk by Dr Maggie Keeble</b> This talk explores the positives of ageing. It challenges negative images and views of older people by showing that many older people live independent, active lives. Information about how to future proof yourself and embrace later life will be presented.
16:00 – 17:00 The Hive	<b>Walking and exercise preferences - technology and practicalities for older adults and persons living with dementia and family carers Public Talk by Professor Tracey Williamson</b> This talk will draw on findings from two projects which focused on smart clothes and wearable technology and the walking preferences of older adults and persons living with dementia. Insights from both these projects will be shared.
17:30 – 18:30 The Hive	<b>Exploring identity, physical activity and dementia - Can do, if you'll give me the chance – people with dementia and their families engaging in sport and physical activity, how this feels and what it means Public Talk by Chris Russell</b> This talk shares new research exploring the involvement of people with dementia and family carers in physical activity and sport. This is timely as sports clubs and leisure providers are being encouraged to support the aspirations and needs of people with dementia and their families.

Kindly sponsored by: Sports Partnership Herefordshire and Worcestershire in collaboration with



### Thursday 3 October

Time and Venue	Session
12:00 – 13:00 The Hive	<b>Being active with osteoarthritis Public Talk by Dr Gordon Smith</b> This presentation by a physiotherapist will outline what osteo-arthritis (OA) is and what can you do about it. Relevant simple exercises, reading material and social media will be discussed and all your questions answered.
17:30 – 18:30 The Hive	<b>Being active with osteoarthritis (Repeat Session) Public Talk by Dr Gordon Smith</b> This presentation by a physiotherapist will outline what osteo-arthritis (OA) is and what can you do about it. Relevant simple exercises, reading material and social media will be discussed and all your questions answered.

### Friday 4 October

Time and Venue	Session
12:00 – 13:00 The Hive	<b>Being active with and beyond cancer Public Talk by Di Fox</b> This talk will explore the ways in which physical activity can help you to manage the consequences of a cancer diagnosis and any subsequent treatment. It will consider the benefits and identify how you can determine a safe level of activity.
17:30 – 18:30 The Hive	<b>Challenging Nutritional myths around chronic conditions Public Talk by Dr Alison Benbow</b> A talk to explore what is fact or fiction in the world of nutrition. We will aim to inspire sensible rather than media driven approaches to maintaining health as we age with uncomplicated food ideas for all.

### Saturday 5 October

Time and Venue	Session
11:00 – 12:30 McClelland Centre	<b>Well-being MOT (60+) Workshop: Dr Jennifer Joyce &amp; Dr Alison Benbow</b> A range of fitness tests including health and diet checks. Guidance provided on your test scores. Light to moderate physical activity included.

### Sunday 6 October

Time and Venue	Session
11:00 – 12:30 Lakeside Campus	<b>Explore: An introduction to walking orienteering Workshop: Rob Delahay</b> This workshop introduces you to orienteering, the skills of navigation and the enjoyment of navigating your way round the countryside. Light to moderate physical activity included.
15:00 – 16:00 Meet at St John's Campus	<b>Reminiscence Walk Workshop: Glyn Harding and Richard Dilworth</b> A walk around Worcester that takes in the sights and places of historic significance. An opportunity to learn more about the city, take a trip down memory lane and reminisce. Light to moderate physical activity included.

### Monday 7 October

Time and Venue	Session
11:00 – 12:00 The Hive	<b>Challenging Nutritional myths around chronic conditions Public Talk by Dr Alison Benbow</b> A talk to explore what is fact or fiction in the world of nutrition. We will aim to inspire sensible rather than media driven approaches to maintaining health as we age with uncomplicated food ideas for all.
12:00 – 13:00 The Hive	<b>Get moving: Creating a positive mindset to become active Workshop: Dr Clare Rhoden</b> This interactive workshop will highlight the benefits of physical activity for health and mental well-being, help you develop strategies to be more active and help break down any barriers that stop you being active.
17:30 – 18:30 The Hive	<b>Nutrition for sport and physical activity Public Talk by Dr Matt Cook</b> This talk will explore how nutrition can benefit sports and physical activity and also give special focus to how this needs to be adapted for older adults.

#### FOR FURTHER INFORMATION:

Telephone: 01905 855270

Email: [activeageing@worc.ac.uk](mailto:activeageing@worc.ac.uk)

Website: [www.worcester.ac.uk/activeageing](http://www.worcester.ac.uk/activeageing)

Twitter: @ActiveAgeingUW

Facebook: @ActiveAgeingUniversityofWorcester

