



Ageing Well Public Talk Series 2022/23



AGEING WELL
Mental wellbeing Joy

Breakfast Swimming Exercise
Joy Nutrition Pharmacokinetics

BONE CHANGES Bone changes Dinner
Joy Malnutrition Pharmacokinetics

EXERCISE WALKING Fitness Eat well Hydration Morning
Atrophy AGEING WELL Walking LUNCH

OSTEOPOROSIS Atrophy Joy Fitness Muscle changes
Physical activity Swimming Lunch Nutrition Dinner

Physical activity Exercise Muscle changes
Pharmacotherapy PHARMACODYNAMICS

Joy Breakfast Pharmacodynamics Ageing Nutrition MORNING

Learning new things Osteoporosis

Hydration Meeting friends
Learning new things



The Open University

Talk 10. Ways to exercise while still having fun.

Dr Jackie Richards - Advisor and Older Dancer
Mr David Curry – Diabetes UK Service Champion and Middle Aged Old Goat
Dr Jitka Vseteckova Senior Lecturer – The Open University





Photo: Jo Alexander



Photo: Madeleine Rose Elliott

We can Dance if
we want!

Dr Jacqueline Richards
Community enabler, Older
Dancer



Jackie Richards

- Left fulltime career in 2008 to return to dance and community activities
- Ups and downs in life since then, but life has been beyond my expectations
- Now an older dancer, social enabler, adviser, grandma, friend and partner
- Founded a community choir and founded/managed a older people's dance organisation
- Had a breast cancer journey, cataract surgery, fallen a few times,
- Awarded a work-based doctorate –

Active Older People Participating in Creative Dance – Challenging Perceptions"

- Live in Tottenham, a diverse area of North London.
- Now learning Italian and piano on-line and enjoy travelling
- Learned ballet and other dance learning as a child and adolescent.
- Studied Laban principles of Movement and Dance.
- Previous careers include teacher, adult education tutor



When I'm 64!

“You will be knitting by the fireside, Sunday morning go for a ride
Doing the garden, digging the weeds
Who could ask for more? ...



Yours sincerely wasting away
Will you still need me; will you still feed me, when I'm 64?”

Beatles 1967



What Dance?



- Everyone can dance if they wish
- Many different kinds of dance
- What is available? More opportunities now but still patchy
- Where? – Local, regional, on-line nationally and worldwide,
- Classes, Groups, Workshops, Performances



Trailer – TaKEN BY THE HaND



[TAKEN BY THE HAND - TRAILER - YOUTUBE](#)

Is Everyone Dancing?

- Universal activity
- Professional dance and participatory/community dance – increasing collaborations
- Importance of arts and cultural activities is rising up social, political, health & wellbeing agendas but dance not so highly regarded as music and drama, or football and cricket
- Life enhancing – ticks all the boxes
 - Often still not taken seriously, especially for older people
 - Dance often stops after childhood but there is also increasing demand from older adults .



Photo: Jo Alexander





Photo Jo Alexander

NOT Just for Fun or Something to do!

- Benefits – Physical, health and wellbeing,
- Mind, body, spirit
- Meaningful, expressive, communication
- Embodied, life experience
- Develop capabilities, learning, adapting
- Face new challenges
- Share common interest, friendships develop
- confidence, and self esteem
- Joy, creativity, in-the-moment, connectedness, flow, self awareness.....

.....and it is Fun too!



Why do active older people want to participate in creative dance?

- Keeping fit and healthy, increased body awareness
- Does not matter what you wear or look like
- Give structure to week and looking forward to life-enhancing activity
- Opportunities to be creative, expressive, imaginative
- Developing an interest and learning
- Develops confidence and self-esteem
- Integration of mind, body, emotions and spirituality
- Bringing people from different backgrounds together through a common interest, new friendships and socialising
- Using memory, remembering in different ways
- New experiences, perform, workshops,
- Seeing live in different ways to help make new decisions





Opportunities & Requirements

- Internet, in-person and hybrid sessions
- Affordable
- Funding for grassroots organisations
- The Dance World, academics and health & wellbeing professionals - adapt, break down silos and develop new collaborations
- Build trust and respect.



Photo: Creative Dance London



The Future – Possibilities?



- Dancing is a mainstream activity throughout life
- More financial resources and venues available
- Increased dance choices for everyone who wants to dance
- Better physical, mental health & wellbeing
- Increased social cohesion - less marginalisation and loneliness
- Older people active in their communities, enjoying themselves gives younger people hope, increased intergenerational understanding
- Barriers, stereotypes and perceptions continue to be challenged
- Friendships, empathy, trust, creativity, joy, fun, sharing.

How do you think Your Own Life and The world will be Enhanced if we all Dance On.....



Photo: Camilla Greenwell

Move Dance Feel



Photo: Jo Alexander

Find out More



Visit Jackie Richards Website <https://jac.dance>

Contact me at jackie@jac.dance

Taken by the Hand video

[Taken by the Hand – YouTube](#)



Photo: Madeleine Rose Elliott

David Curry

Hi my name is Dave, I benefitted from attending the ageing well sessions that were held during “lock down” and hosted by Public Health Scotland and the Open University



Photo by D. Curry

- This talk is targeted at folk who may be ageing or live with someone who may be ageing, or anyone who has ambitions to age well.
- Dave is an oldish bloke:
- Married, 3 Children, 3 Grandkids, 1 Gt Grandchild, current status Widower
- Was a coal miner, mining engineer in Co Durham
- Moved to Aberdeen, Engineer with Shell UK now retired
- Active as Cricketer, Groundsman, Table Tennis Player and Coach
- Walker and walk leader
- Volunteer with Diabetes Scotland
- Co Researcher with Stirling University on the study “Covid 19 Impact and Recovery on the over 50 population in Scotland”

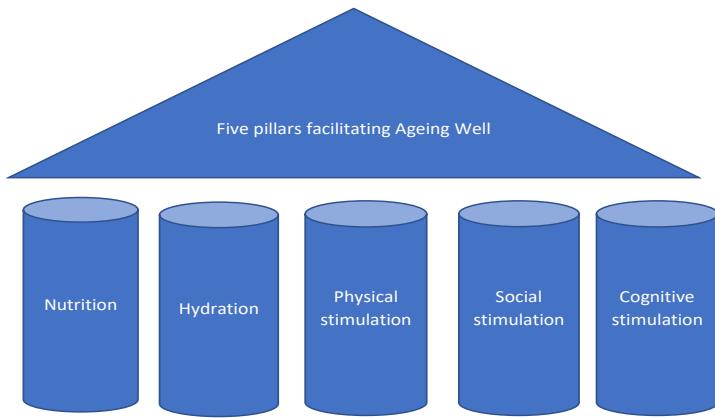


Ageing Well Talk

And (Virtually)
Walking the Silk
Road!



Ageing Well Talk



- The 5 pillars of ageing well are:
- **Diet**
- **Hydration**
- **Exercise**
- **Social Interaction**
- **Brain / Mental Stimulation**



Ageing Well Talk

“WALKING THE SILK ROAD”

Since Jan 1st 2022 I've been walking the Silk Road, starting at Xi'an in China heading to Venice via Almaty, Samarkand, Tehran and Istanbul, and should arrive in Venice in July 2024.

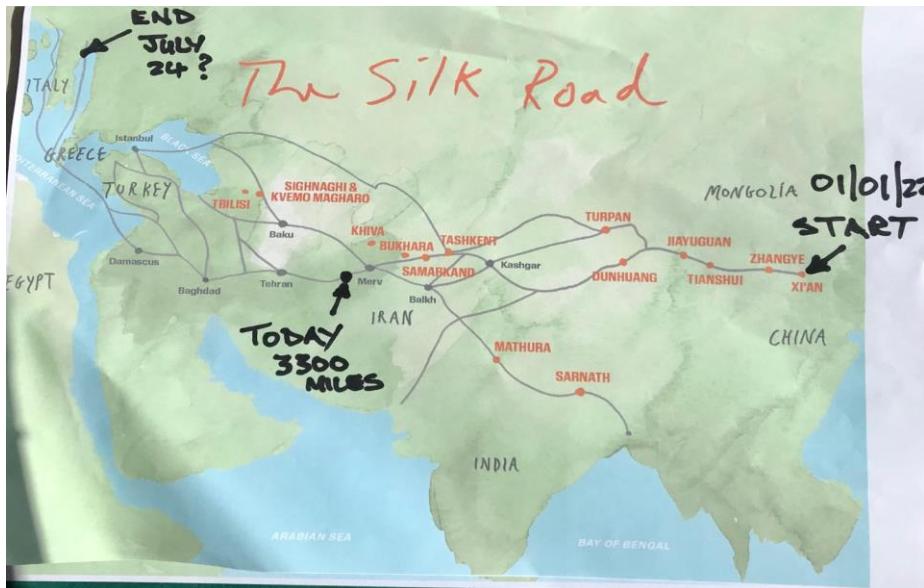


Image by D. Curry



Ageing Well Talk

“WALKING THE SILK ROAD”

- I use tech to count steps and measure distance, I researched the silk road and the route (Mental Stimulation) unlike 2021 I was able to walk with other people ((Social Interaction). Walking most days (averaging approx. 6.5 miles every day) requires good (Diet choices) and lots of water (Hydration).
- The Silk Road has been a trade route between China and Europe for approx. 3000 years with Xi'an the ancient capital of China considered the start. There are many destinations considered to be the Western end of the walk, Samarkand, Istanbul, Venice, Marseilles and even Colchester. I chose Venice, thank you Marco Polo.
- It's been named the Silk Road only since 1877 and was first coined by Ferdinand von Richon, a German Geographer and traveller (and uncle of the Red Baron)



Ageing Well Talk

“WALKING THE SILK ROAD”

- Numerous books have been written about the Silk Road some of which I have bought or borrowed from Aberdeen Library so I am unable to cover the entire journey even though I am walking it, the talk would take days to present and months to prepare.
- Highlights of the Walk:
- Si'an the start and ancient capital of China famous for the Terracotta Army, and Bronze Chariots see photo below





Ageing Well Talk

“WALKING THE SILK ROAD”

Image by Sailko cc by 3.0 [https://commons.m.wikimedia.org/wiki/File:Replica_di_un_carro_bronzeo_\(n.1\)_della_dinastia_qin_al_sito_imperiale_di_xian.jpg#mw-jump-to-license](https://commons.m.wikimedia.org/wiki/File:Replica_di_un_carro_bronzeo_(n.1)_della_dinastia_qin_al_sito_imperiale_di_xian.jpg#mw-jump-to-license)

Ageing Well Talk

“WALKING THE SILK ROAD”

- The walk takes a path through China running alongside the Great Wall. Then skirting the Taklimakan desert, regarded by those who to cross it as the most treacherous desert in the world, capable of swallowing caravans and leaving no trace.
- After leaving China, I entered Uzbekistan via Kyrgyzstan, and walking on to Samarkand, the most exotic city on the Planet



Ageing Well Talk

“WALKING THE SILK ROAD”

I plan to make a diversion to T’bilisi in Georgia to see the mother of Georgia, a twenty metre aluminium statue holding a cup containing wine to give to friends of Georgia, and sword in the other hand to deal with enemies of Georgia.



Image by Peyman Zehtab Fard cc zero license



Ageing Well Talk

“WALKING THE SILK ROAD”

- My Journey will finish in Venice, hopefully in July 2024, I want to visit Venice (not a virtual visit) to finish the walk.
- See photo of the Rialto Bridge over the Grand Canal and renowned as an engineering and architectural achievement of the Renaissance



Image by : Nino Barbieri cc zero license



Ageing Well Talk

“WALKING THE SILK ROAD”

- Walking the Silk Road since Jan 2022, I have been with lots of other folk, mainly from my walking group, unlike Route 66 which was largely solo walking. The group practice is Nordic walking using poles, copying athletes from Finland, the upper body is exercised not only legs and lungs. See group photo
- The group have known about my walk, they have taken a great interest and provided me with encouragement and some have acted as research assistants.
- I have enjoyed the challenge and have learned a lot of history and geography of far-flung places and their people.
- I have had to follow the Pillars of Diet and Hydration
- I have chosen to follow the Pillars of: exercise, social interaction and the cognitive challenges with many hours of research undertaken



Ageing Well Talk

"WALKING THE SILK ROAD"



Image by D. Curry



Ageing Well Talk

“WALKING THE SILK ROAD”

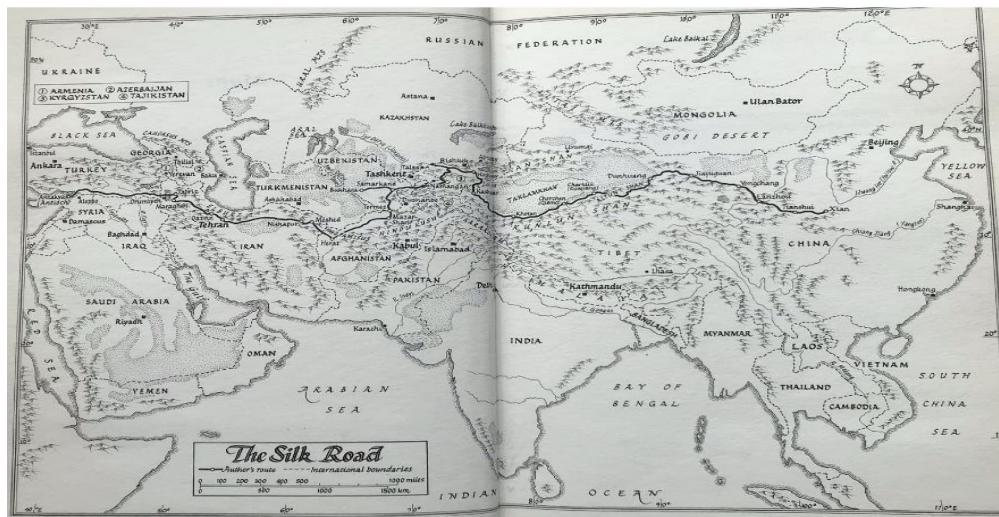
- Silk and Spices were traded from China and wine, horses and pizza from Eurasia
- to China.
- The silk road was also a road of conquest, with Alexander the Great and Persian
- rulers going East and Genghis Khan and Tamerlane going West.
- The black death Yersinia Pestis also travelled the Silk Road in the 14th century,
- killing 1/3 of the population in Europe.
- It's been a very interesting adventure of discovery, meeting folk along the way,
- walking to some great locations without having to leave our own wild isles in
- addition to being good for me and helping me to age well, I hope.



Ageing Well Talk

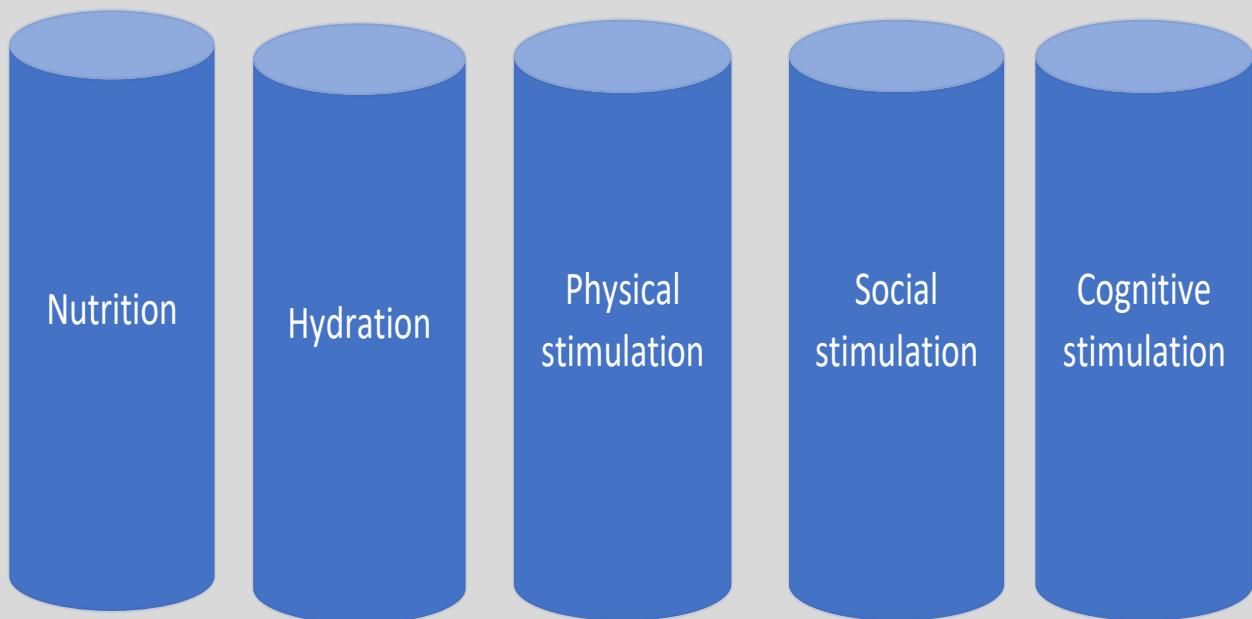
“WALKING THE SILK ROAD”

Thank you for listening
Any questions?





Five pillars facilitating Ageing Well





Series 2022/23 – 11. Ageing, later life and caring in the LGBTQ Communities

Tony Collins-Moore and Dr Joe De Lappe
12th July 2023

Summary of related resources to The Ageing Well Public Talk Series

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: '[Ageing Well Under Lockdown](#)'
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](#) -
- Vseteckova J (2020) Podcast - [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)
- Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)
- Vseteckova J, Methely A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)
- The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

OpenLearn Resources:

- Vseteckova J (2020) **Ageing Well Public Talk Series** <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-well-public-talks>
- Vseteckova J (2019) **5 reasons why exercising outdoors is great for people who have dementia** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/5-reasons-why-exercising-outdoors-great-people-who-have-dementia>
- Vseteckova J (2019) **Depression, mood and exercise** https://www.open.edu/openlearn/health-sports-psychology/mental-health/depression-mood-and-exercise?in_menu=622279
- Vseteckova J (2019) **Five Pillars for Ageing Well** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-pillars-ageing-well>
- Vseteckova J (2020) **Ageing Brain** <https://www.open.edu/openlearn/health-sports-psychology/health/the-ageing-brain-use-it-or-lose-it>
- Vseteckova J (2020) **Ageing Well Public Talks Series II. Plan for 2020 – 2021** <https://www.open.edu/openlearn/health-sports-psychology/health/ageing-well-public-talk-series-plan-2020/2021>
- Vseteckova J (2020) **Walking the Parks with The OU and The Parks Trust** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/keep-me-walking-people-living-dementia-and-outdoor-environments>
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) **Advance Care Planning (ACP) - Discuss, Decide, Document and Share Advance Care Planning (ACP) - Discuss, Decide, Document and Share - OpenLearn - Open University**

- Vseteckova J, Methley A, Lucassen M (2021) **The benefits of mindfulness and five common myths surrounding it** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it>
- Vseteckova J, Broad E, Andrew V (2021) **The impact of walking and socialising through 5 Ways Café on people living with dementia and their carers: A volunteer's perspective** <https://www.open.edu/openlearn/health-sports-psychology/health/the-impact-walking-and-socialising-through-5-ways-cafe-on-people-living-dementia-and-their-carers>
- Vseteckova J, Methley A, Lucassen M (2021) **The benefits of mindfulness and five common myths surrounding it** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-mindfulness-and-five-common-myths-surrounding-it>
- Methley A, Vseteckova J, Broad E (2021) **Outdoor Therapy: The Benefits of Walking and Talking** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/outdoor-therapy-the-benefits-walking-and-talking>
- Vseteckova J, Methley a, Broad E (2021) **What happens to our brain as we age and how we can stop the fast decline** <https://www.open.edu/openlearn/health-sports-psychology/health/what-happens-our-brain-we-age-and-how-can-we-stop-the-decline>
- Methley A & Vseteckova J & Jones K (2020) **Green & Blue & Outdoor spaces** <https://www.open.edu/openlearn/health-sports-psychology/mental-health/the-benefits-outdoor-green-and-blue-spaces>
- Vseteckova J, Methley A, Broad E (2021) **Understanding our memory** [What do we need to know about our memory? - OpenLearn - Open University](#)
- Vseteckova J (2022) **Pharmacotherapy while ageing** <https://www.open.edu/openlearn/health-sports-psychology/pharmacotherapy-while-ageing>
- Gale B (2022) **How can we prepare for death while ageing?** Ageing Well Public Talk Series related - <https://www.open.edu/openlearn/health-sports-psychology/health/valuing-death>

COVID-19 related

- Vseteckova J, **How to age well, while self-isolating** (2020) <https://www.open.edu/openlearn/health-sports-psychology/how-age-well-while-self-isolating>
- Vseteckova J, (2020) **SHORT FILM - Ageing Well in Self-Isolation** <https://youtu.be/LU4pXFgcGos>
- Vseteckova J, (2020) **ANIMATION - Keeping healthy in Self-Isolation** <https://youtu.be/M9yUC-MUugA>
- Vseteckova J et al (2020) **COVID-19 The effects of self-isolation and lack of physical activity on carers** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/the-effects-self-isolation-and-lack-physical-activity-on-carers>
- Taverner P, Larkin M, Vseteckova J, et al. (2020) **Supporting adult carers during COVID-19 pandemic** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/how-can-adult-carers-get-the-best-support-during-covid-19-pandemic-and-beyond>
- Robb M, Penson M, Vseteckova J, et al. (2020) **Young carers, COVID-19 and physical activity** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/young-carerscovid-19-and-physical-activity>
- Penson M, Vseteckova J et al. (2020) **Older Carers, COVID-19 and Physical Activity** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/older-carers-covid-19-and-physical-activity>
- Vseteckova J & Methley A (2020) **Acceptance Commitment Therapy (ACT) to help carers in challenging COVID-19 times** <https://www.open.edu/openlearn/health-sports-psychology/health/how-can-acceptance-and-commitment-therapy-help-carers-challenging-times-such-the-covid-19-pandemic>

Ageing Well series of Public Talks 2022/23- topics



- ***Are we prepared to live longer?*** (Jitka Vseteckova & Lyndsey Simpson & Catherine Pestano) **September 14th 2022**
- ***Taking control of dying*** (Barbara Gale & Victoria Hedges) **October 19th 2022**
- ***Memory and preserving Sense of Self while ageing*** (Jitka Vseteckova & Helen Joannidi & Ellie Broad) **November 16th 2022**
- ***Equality, diversity and inclusion in access and provision of care in health services*** (Carlos M Lequizamón) **December 14th 2022**
- ***General Practices 'COVID-19 and beyond'*** (Andrew Potter) **January 18th 2023**
- ***Living with diabetes and nutrition while ageing*** (Jitka Vseteckova & Alan Hastings) **February 22nd 2023**
- ***Relationships and couple intimacy while ageing*** (Andreas Vossler) **March 15th 2023**
- ***Lets' talk about sleep*** (Abi Methley) **April 19th 2023**
- ***Health Inequalities and Ageing*** (Sonal Mehta) **May 17th 2023**
- ***Ways to exercise and having fun at the same time*** (Jackie Richards & David Curry) **June 14th 2023**
- ***Ageing, later life and caring in LGBTQ communities*** (Joseph DeLappe & Tony Collins-Moore) **July 12th 2023**

Useful resources:

<https://ordo.open.ac.uk/account/home#/collections/5982802>

https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talks_2021-22/5493216

Ageing Well series of Public Talks 2023/2024 - topics



- *Are we prepared to live longer? (Jitka Vseteckova & Rachel Turner) September 13th 2023*
- *MENOPAUSE and changing attitudes to what people want from this stage of life (Catherine Pestano & Lyndsey Simpson) October 18th 2023*
- *Taking Control of Dying (Barbara Gale & Victoria Hedges) November 22nd 2023*
- *Learning to the top and enjoying every minute (Inma Alvarez) December 13th 2023*
- *Memory and spending time outdoors (Jitka Vseteckova & Ellie Broad) January 24th 2024*
- *Anything but being sedentary (Declan Ryan) February 21st 2024*
- *Life, thriving, not just surviving (Sarah Mander & Lynne Watson) March 13th 2024*
- *Ways to eat well and stay well (Sinead Eccles) April 17th 2024*
- *Making friends in blue and green spaces (Grainne O'Connor & Yoseph Araya) May 22nd 2024*
- *Culture in language learning for older adults (Natalia Balyasnikova) June 19th 2024*
- *Delivering inclusive health services for ethnic minority older people (Rohini Sharma Joshi) July 10th 2024*

More information on our website:

<https://wels.open.ac.uk/research/projects/ageing-well-public-talks>



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Physical activity Swimming Lunch Joy
Swimming Joy Breakfast Dinner
Joy Physical activity Pharmacotherapy PHARMACODYNAMICS
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