

Ageing Well Public Talk Series 2022/23

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, School of Health, Wellbeing and Social Care Faculty of Wellbeing, Education and Language Studies

Slide 1: We can Dance if we want! (Dr Jacqueline Richards Advisor Community enabler, Older Dancer)

Slide 2: 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 an 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

Slide 3: 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

Slide 4: 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

Slide 5: Trailer – [TaKEN BY THE HaND](#)

Slide 6 : 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

Slide 7: 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!

Slide 8: 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 life in different ways to help make new decisions

Slide 9: 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.

Slide 10: 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.

Slide 11: How do you think Your Own Life and The world will be Enhanced if we all Dance On

Slide 12: 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](#)

Slide 13: David Curry -(Virtually) Walking the Silk Road

Slide 14: Five Pillars Facilitating Ageing Well

- Nutrition
- Hydration
- Physical stimulation
- Social stimulation

Thank you for joining today & questions

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

Further information on nutritional needs while ageing

- Nutrition roadshows MK
- Diabetes UK
- British Heart Foundation
- Health watch
- WHO – World Health Organisation

Next Talk 11. 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 \(2020\) Keep Me Walking - researching with people living with dementia and their carers - Podcast – Open University in collaboration with The Parks Trust](#)

[Vseteckova J \(2020\) Podcast - areas for 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.](#)

[Broad E & Methley A & Vseteckova J \(2021\) Preventing brain decline while ageing](#)

OpenLearn Resources:

[Vseteckova J \(2020\) Ageing Well Public Talk Series](#)

[Vseteckova J \(2019\) 5 reasons why exercising outdoors is great for people who have dementia](#)

[Vseteckova J \(2019\) Depression, mood and exercise](#)

[Vseteckova J \(2019\) Five Pillars for Ageing Well](#)

[Vseteckova J \(2020\) Ageing Brain](#)

[Vseteckova J \(2020\) Ageing Well Public Talks Series II. Plan for 2020 – 2021](#)

[Vseteckova J \(2020\) Walking the Parks with The OU and The Parks Trust](#)

[Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A \(2021\) Advance Care Planning \(ACP\) - Discuss, Decide, Document and Share Advance Care Planning \(ACP\)](#)

[Vseteckova J, Methley A, Lucassen M \(2021\) The benefits of 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](#)

[Vseteckova J, Methley A, Lucassen M \(2021\) The benefits of mindfulness and five common myths surrounding it](#)

[Methley A, Vseteckova J, Broad E \(2021\) Outdoor Therapy: The Benefits of 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](#)

[Methley A & Vseteckova J & Jones K \(2020\) Green & Blue & Outdoor spaces](#)

COVID-19 related

[Vseteckova J, How to age well, while self-isolating \(2020\)](#)

[Vseteckova J, \(2020\) SHORT FILM - Ageing Well in Self-Isolation](#)

[Vseteckova J, \(2020\) ANIMATION - Keeping healthy in Self-Isolation](#)

[Vseteckova J et al \(2020\) COVID-19 The effects of self-isolation and lack of physical activity on carers](#)

[Taverner P, Larkin M, Vseteckova J, et al. \(2020\) Supporting adult carers during COVID-19 pandemic](#)

[Robb M, Penson M, Vseteckova J, et al. \(2020\) Young carers, COVID-19 and physical activity](#)

[Penson M, Vseteckova J et al. \(2020\) Older Carers, COVID-19 and Physical Activity](#)

[Vseteckova J & Methley A \(2020\) Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)

['Ageing Well Public Talks' Series 2021/2022 repository on ORDO Collections](#)

['Ageing Well Public Talks' Series 2020/2021 repository on ORDO Collections](#)

['Ageing Well Public Talks' Series 2019/2020 repository on ORDO Collections](#)

[OpenLearnCreate Course on 'Ageing Well' 2019/2020](#)

[Home exercise no equipment – no problem \(Blog\)](#)

