



**Ageing Well  
Public Talks**



**TAKE FIVE  
TO AGE WELL**



**SOCIETAL  
CHALLENGES**

**Connected**

The knowledge connection for business



# Talk 6. Lifelong learning – How the continual renewal of skills benefits us all

Sarah Hayes – Head of Learning  
and Organising Services UNISON,

Stevie Milward is a Workforce Learning  
Development Organiser UNISON

Jenny Griffin is a trade union organiser  
UNISON



## Lifelong Learning

Self motivated continuous learning

Professional or personal

Formal or informal

Dynamic process not a means to an end

How the continual renewal of learning sustains us all

5 Pillars of Ageing Well

Self motivated  
Professional  
Formal or i  
Dynamic p

- Nutrition
- Hydration
- Physical Activity
- Social Engagement
- Cognitive Stimulation



Learning helps  
people cope with  
stress and major  
transitions

Learning can help  
keep dementia at  
bay

Mental Health issues - £70bn cost to the  
government in 2014

40% of the 370,000 new claims for  
disability benefit

Learning can  
contribute to a  
positive sense of  
accomplishment

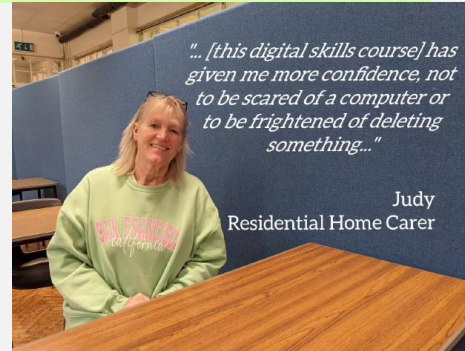
Learning can help  
reduce stigma and  
raise awareness  
around mental  
health

New technologies and practices

When companies are unable to fill jobs with skilled workers, this may also impact their ability to serve their customers adequately

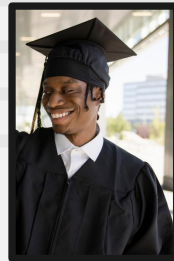
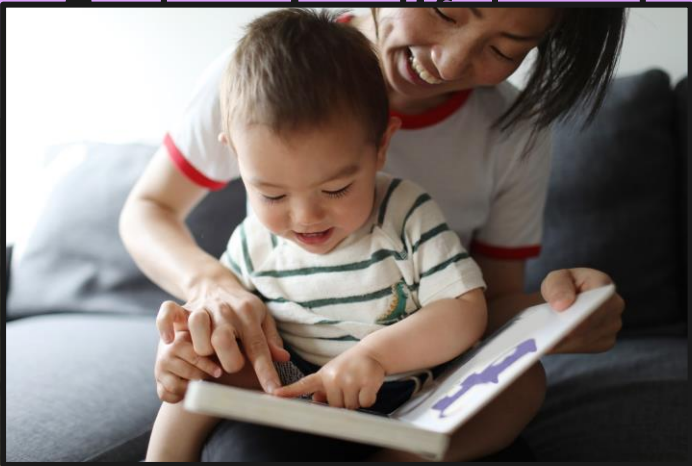
Learning = Relevance

estimated 20% of the workforce will be significantly underkilled for their jobs by 2030

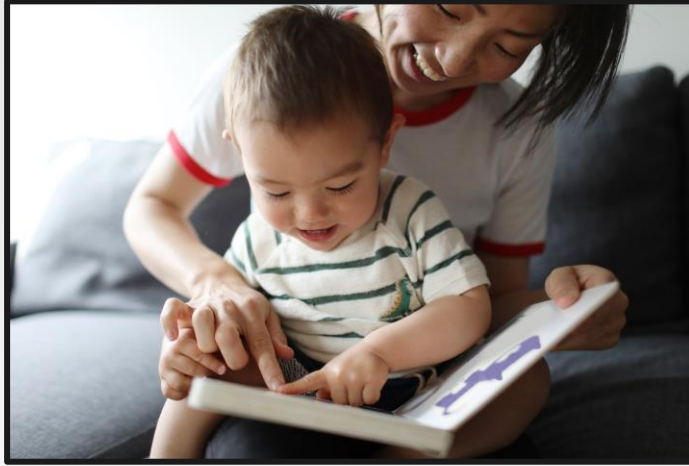


Year of award	60 credits	30 credits	Total
2024	63	6	69
2023	95	10	105
2022	133	20	153
2021	94	10	104
2020	119	18	137
Overall	504	64	568
Total awarded (approx.)*	£242,000	£14,000	£256,000

...tal  
...arning







‘Well, that was the start of me getting into reading books. I started recording what I've read back in 2017 and have now read 122 books... and counting.

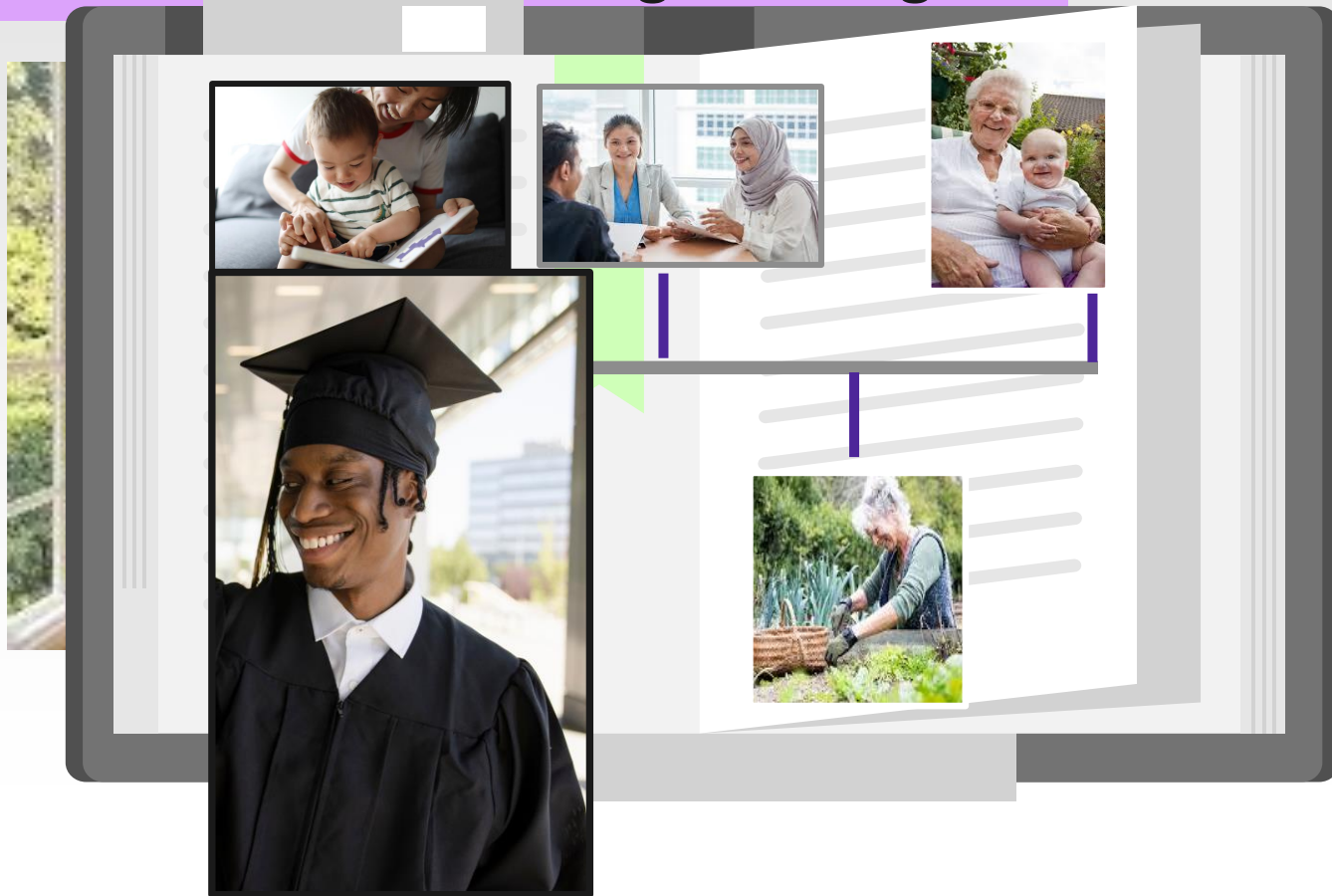
Now I can read to my children

Dawn Alden – Talking hands : Makaton Charity recommended Tutor

Makaton for babies and families – for our early years workers

Supports communication as signs are easier to use than spoken language and as a result of this frustrations are also reduced for young children

# Embracing lifelong learning



UNISON's Staff Skills academy+

1755 active users

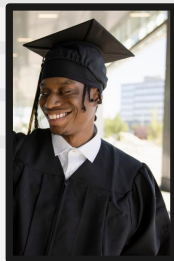
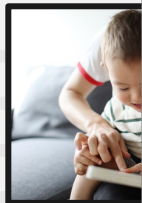
1696 completed courses

The majority were from the  
school's sector

Popular courses in this area:  
ADHD awareness  
Become a higher level TA  
Autism Awareness  
Bullying Awareness



# Embracing Diversity



# Christine Jackson

*"I am most proud of delivering a trans inclusion session in my employer, because there was resistance to it, and it was/still is very needed. That we offer so much transformative learning"*



Deaf awareness

Neurodiversity  
awareness

Challenging racism

Trans Allyship

# Liz Robinson – East Midlands



*“It’s given me the tools to help me recruit and organise in my workplace and the opportunity to be much more visible.*”

*The first thing I did on completing the training was to meet the Leader of the council and ask them to sign the Learning Charter which we did in September 2023.”*

# Embracing lifelong learning



'I'm just'... to 'I can'

Changing attitudes and building confidence and self esteem

Promoting wellbeing

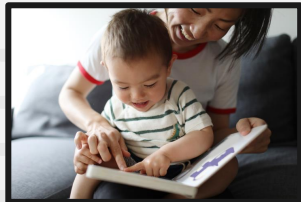
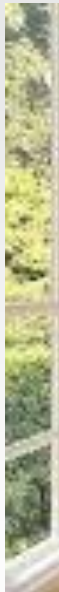
"This week we officially opened dedicated space at our Killingworth support colleagues who don't use computers to access learning digital skills, get guidance on access pensions or upskill for that next

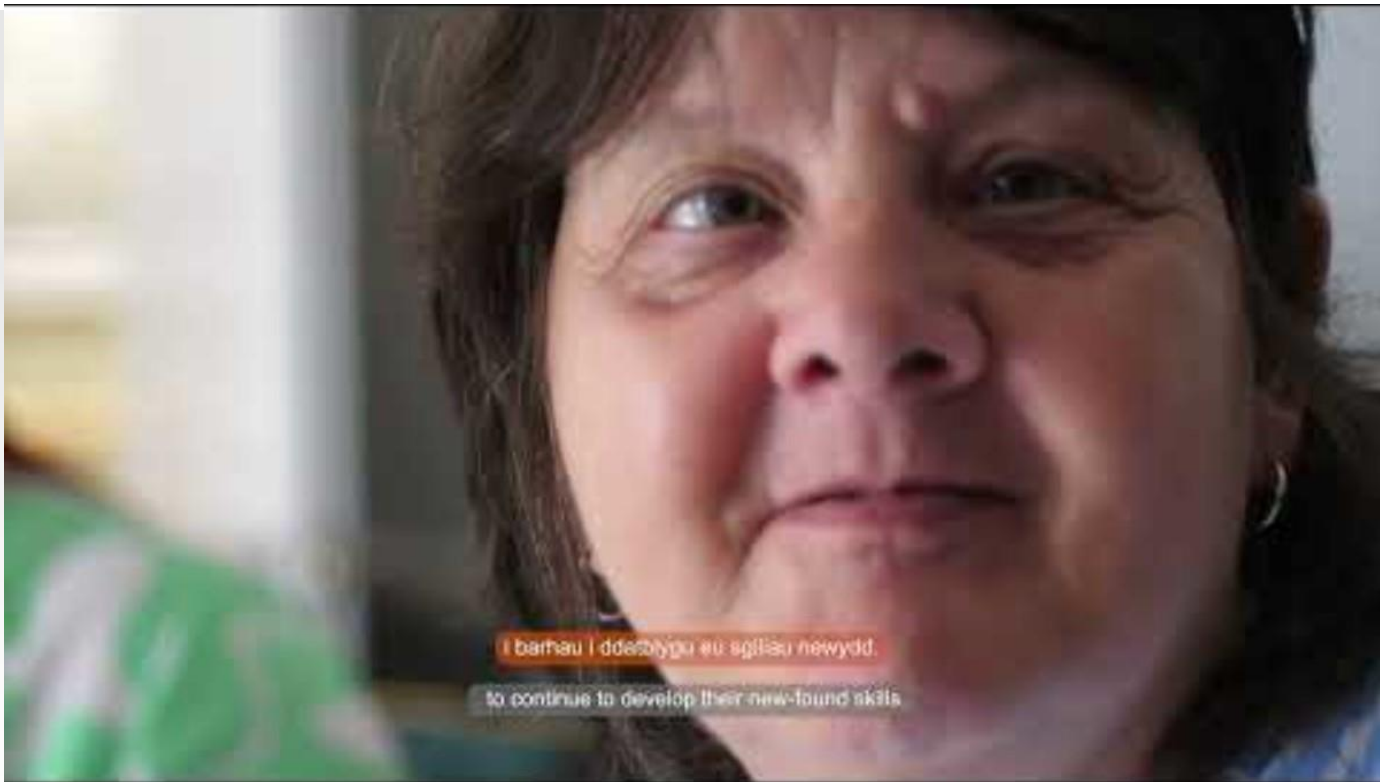


members up-keeping their relevant



# Embracing lifelong learning





# Embracing lifelong learning



How the continual renewal of skills benefits us all

# Ageing Well series of Public Talks

*“Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing.*

*Come and join us for the series of public talks with the title “Ageing Well”*



Dr. Jitka Vseteckova

Senior Lecturer, Health and Social Care



# 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, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)

The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)



Vseteckova J & Grimes C (2024) [Six ways to look after your brain health in your 20s and 30s](#)

Vseteckova J (2020) [Ageing Well Public Talks 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](#)



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

Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)

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

Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)

Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)



## **Care and caring related**

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

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\*\*](#)

Vseteckova J (2022) [Pharmacotherapy while ageing](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)

Mehta S (2022) [Medicines and personalisation while ageing](#)

Gale B (2022) [How can we prepare for death while ageing?](#)

Gale B (2022) [Valuing death at home: making preparations](#)



Hedges V & Vseteckova J (2023)

[What should I expect when I am nearing the end of my life?](#)

Joannidi H, Araya Y, Broad E & Vseteckova J (2022)

[Sense of self during aging: how mindfulness and nature can help](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and person centred care](#)

Mehta S, Vseteckova J (2023) [Ageing, health inequalities and integrated approach to care](#)

Araya Y, Broad E, Vseteckova J (2023) [Ageing well by connecting and learning about nature outdoors](#)



**[AGEING WELL PUBLIC TALK SERIES WEBSITE](#)**

**[Ageing Well Public Talks' Series 2023/2024](#) repository on ORDO Collections**

**[Ageing Well Public Talks' Series 2022/2023](#) repository on ORDO Collections**

**[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**

**[Midlife MOT OpenLearn Course](#)**

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

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