



# Ageing Better- co creation with the community

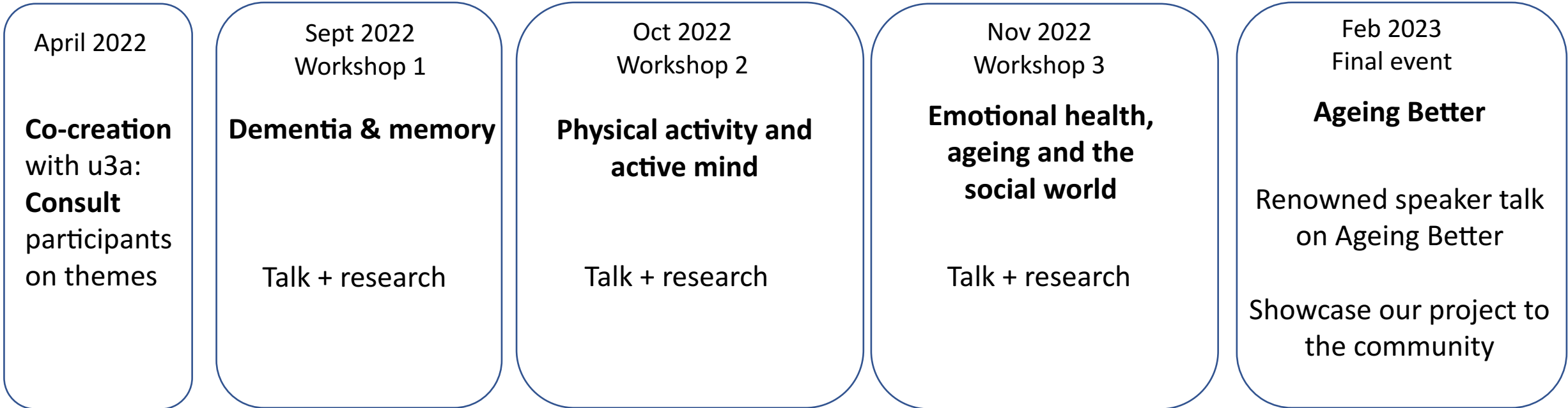


Aim: to promote healthy ageing and behavioural change within communities

Edge Hill University: Dr Dorothy Tse and Dr Nicola Van Rijsbergen  
Collaborator: u3a branch Aughton & Ormskirk



# Institute for Social Responsibility Award (ISRA) Ageing Better- co creation with the community



**Sept 2022  
Workshop 1**

**Dementia and memory**



*Identifying the Cause of Personal Memory Loss*

*Concern about partial memory loss is common in older people as they wonder if it is just part of getting older or is it an early warning of dementia.*



**Oct 2022  
Workshop 2**

**Physical activity and  
active mind**



### *Activity and Ageing*

*Central to the U3A is the provision of a range of physical and mental activities which might be expected to slow the ageing process in older people. Which of them singly or in combination would be expected to be most successful in slowing the mental and/or physical ageing process?*

**Nov 2022  
Workshop 3**

**Emotional health,  
ageing and the  
social world**



*'This is your Brain on Social interaction' : Boosting your mental and physical health through the social world- what works? What is happening in the brain and why?*



Feb 2023  
Final event

**Ageing Better**

Renowned speaker talk  
on Ageing Better

Showcase our project to  
the community

