

Engage with Strathclyde 2021

Live & Online with the Age-Friendly Academy

Thursday 20 May, 10.30am-2.45pm

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| 10.30 - 10.45 | Welcome and Opening update on the AFA |
| 10.45 - 11.30 | <p><u>The Strathclyde Ageing Network – Research showcase</u></p> <p>10.45: Dr Louise Brown Nicholls (School of Psychological Sciences & Health): <i>“The health benefits of intergenerational engagement on older adults”</i>.</p> <p>11.00: Dr Mario Parra Rodriguez (School of Psychological Sciences & Health) and Dr Graham Wilson (Computer and Information Sciences) <i>“Remote Interventions to Enhance Cognitive Health via Novel Technologies”</i>.</p> <p>11.15: Dr Peter Fuzesi and Dr Kirsten Broadfoot (Strathclyde Institute of Pharmacy and Biomedical Sciences): <i>“Medicines and older people with visual and/or hearing loss: finding solutions to the challenges”</i></p> |
| 11.30 – 11.45 | Comfort break |
| 11.45 - 12.15 | <p><u>Keynote Address:</u></p> <p>“Learning for Life with Gavin Esler”</p> <p><i>Gavin Esler, writer, journalist and broadcaster will discuss his learning journey and take on lifelong learning. How has it influenced his career and his writing? He will also talk about his latest book, "How Britain Ends - English Nationalism and the Rebirth of Four Nations." An account based on the history, literature and the often-competing nationalisms of these islands, Scotland, England, Ireland and Wales.</i></p> |
| 12.15 – 12.20 | Introduction to Centre for Lifelong Learning Lockdown Student Showcase/CLL Online Summer Programme (TBC) |
| 12.20 - 12.45 | Lunch break |

The place of useful learning

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| 12.45 - 13.00 | Welcome back and introduction to 'Learning Roulette' |
| 13.00 – 13.45 | <p>'Learning Roulette': CLL Online Taster sessions</p> <ul style="list-style-type: none"> • Music • Art • Genealogy • Russian Language and culture |
| 13.45 – 14.00 | Comfort Break |
| 14.00 – 14.30 | <p>Health and Wellbeing session</p> <p>Dr Alexandra Mavroeidi (Physical Activity for Health):</p> <p><i>"Boost your Bones - Optimal nutrition to maximise musculoskeletal health in older adults"</i></p> |
| 14.30 – 14.45 | Closing remarks and thank you |