

Homes, Health and Happiness Matters for All Ages

National Conference and Awards Ceremony 2019

A day for discussion, networking and celebration

Wednesday 20th March 2019
Radisson Blu Hotel, Glasgow



Homes, Health and Happiness Matters for All Ages

2018 was a special year for Age Scotland. We celebrated 75 years of national and local older people's groups and organisations in Scotland.

It's been fascinating and inspiring to learn about the activities, influence and achievements of our predecessor charities: the Scottish Old People's Welfare Committee, Age Concern Scotland and Help the Aged, our many member organisations and the people involved in them.

Looking back over the past 75 years a number of themes stand out as having been important to older people and older people's organisations throughout our history, and which continue to matter to us today. These themes – **Homes, Health and Happiness** – are the topics for discussion at our 2019 National Conference.

With the help of our guest presenters and workshop leaders we will examine the conference themes, discuss the latest thinking and research, hear about new and innovative practices, and try out activities that are bringing

pleasure to people in later life. There will be a variety of information stalls to visit, and time to meet and blether with fellow Age Scotland member groups from across the country.

The conference will culminate in the presentation of the 2019 Age Scotland Awards to recognise and celebrate the exceptional commitment and contribution individuals and organisations make to ensuring Scotland is a good place to grow old in.

This is Age Scotland's fifth national conference, and we are back in Glasgow following positive feedback from members attending last year's event. The conference is free and open to all Age Scotland members, and our invited guests.

We look forward to welcoming you to Conference 2019.



Pennie Taylor is an award winning freelance journalist and broadcaster who specialises in health and care issues. **BBC Scotland's** first health correspondent, she has also worked for a number of newspapers including the **Sunday Herald** and **Scotland on Sunday** and regularly commentates for radio and television. Pennie is a true friend and champion of Age Scotland, and is chairing the charity's conference for the fifth successive year.



Anita Manning is a Scottish antiques expert and much loved television presenter. She established Great Western Auctions Ltd in Glasgow with her daughter, Lala Manning, in 1989. In doing so, Anita became one of Scotland's first female auctioneers. She is well known for her appearances as an expert and presenter on the BBC's **Bargain Hunt**, **Flog It!** and the **Antiques Road Trip**. We are delighted that Anita will present the 2019 Age Scotland Awards.



William Bird MBE is a GP passionate about getting people active. He has spent more than three decades advocating the benefits of physical activity and nature on health. He set up the first **Health Walk** scheme in April 1996, then developed the **Green Gym** and most recently **Beat the Street** in 2013. **Beat the Street** is a physical activity intervention which has engaged 936,000 participants to date with evidence of sustained behaviour change. These three schemes have helped get more than 2 million people active across the UK and worldwide. William's knowledge on tackling inactivity has seen him work as an advisor to the World Health Organisation, The MET Office, Public Health England and Sport England. William has been Chief Executive Officer of Intelligent Health for 8 years.



Rose Gilroy is Professor of Ageing, Planning and Policy in the School of Architecture, Planning and Landscape at Newcastle University. Having started her career working in social housing, Rose's concern is to explore the environments of ageing by strengthening older people's involvement in shaping place. Working with the Newcastle Quality of Life Partnership and Elders Council she has researched numerous aspects of housing and neighbourhood demonstrating the research contribution of older people and their ability to be part of solutions, as well as supposed problems. In 2016 Rose launched a working group to develop new ideas in housing. This became a social enterprise in 2018 and, subject to planning permission, will be building 53 new dwellings in the centre of Newcastle.



Melrose Stewart is a Chartered Physiotherapist, lecturer at the University of Birmingham and TEDx speaker. She was one of three experts in the award winning Channel 4 TV documentary '**Old Peoples Home for 4 Year Olds**' and speaks nationally and internationally on the topic of intergenerational practices. In 2017, Melrose was the recipient of a Distinguished Service Award from the Chartered Society of Physiotherapy for her services in the area of equality and diversity. Melrose enjoys sharing and discussing ways of getting people to become more active and engaged in regular physical activity and exercise. Maintaining first place in her age group in her local parkrun is one of her current challenges.

Programme

- 9.30am - 10.30am** **Registration, Refreshments, Exhibitions and Chat**
- 10.30am** **Welcome and Opening Remarks**
Lord George Foulkes, Chair, Age Scotland
- 10.40am** **Homes, Health and Happiness**
Guest perspectives on our conference theme followed by discussion with our presenters
Introduced and chaired by Ms Pennie Taylor
- We can do a lot better than this!**
Going beyond the research to build better housing
Presentation by Professor Rose Gilroy, Department of Ageing, Planning and Policy, Newcastle University
- Intelligent Health: building an active community**
Presentation by Dr William Bird, Founder and Chief Executive Intelligent Health, and the Beat the Street programme
- Intergenerational bonding: Raising potential across the ages**
Presentation by Dr Melrose Stewart, Lecturer, School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham
- Responses, Questions, Discussion**
- 12.10pm** **Lunch, Exhibitions, Chat**
Screening of Age Scotland's 75 years history film
- 1.15pm** **Workshops**
Choose from a selection of workshops, or browse the exhibition and chat to stall holders
- 2.15pm** **Afternoon Refreshments**
- 2.30pm** **Presentation of the 2019 Age Scotland Awards**
by Ms Anita Manning
- 3.20pm** **Closing Remarks**
Mr Brian Sloan, Chief Executive, Age Scotland

WORKSHOP A **Walking Netball – more than a game**

with Lee Wilson, Netball Scotland and Walking Netball Participants
Do you have fond memories of playing netball when you were younger? Have you always wanted to play but you were worried about the rules, or about not keeping up with the game? Walking Netball could very well be for you. It's social, friendly and lots of fun. It's more than just a game! Hear personal experiences from Walking Netball participants about how it's making a positive impact on their lives and have fun trying out some practical activities.

WORKSHOP B **Housing through the lens of ageing**

With Dr Vikki McCall, University of Stirling and Mr Jim Eadie, Age Scotland
Age Scotland and the University of Stirling recently carried out research into the housing needs of older people. Vikki and Jim will discuss the issues identified by people and organisations who contributed to the research, and showcase examples of effective practice and innovation uncovered from around Scotland.

WORKSHOP C **Yesterday Once More – A journey into the past through music and reminiscence**

With Mr Dave Marshall, radio and television presenter and founder of Yesterday Once More
Through 40 years as a prime time host on radio and television Dave Marshall has gained an encyclopaedic knowledge of music from the last six decades. When his mother was diagnosed with Alzheimer's disease he visited her regularly in a local care home and was inspired to set up 'Yesterday Once More' providing friendly and informal reminiscence to help us recall and appreciate those special moments from years gone by. In this workshop Dave will take us on an enjoyable walk down memory lane through music and chat.

WORKSHOP D **HenPower! Henergising older people's lives**

With Jos Forester-Melville from Equal Arts and the Gateshead Hensioners
Equal Arts is a leading creative ageing charity supporting older people and those living with dementia in the North East of England, and across the UK. Now in more than 60 care homes, schools, and hospitals HenPower creatively henges older people in arts activities and hen-keeping to promote health, happiness and wellbeing and reduce loneliness. In this workshop Jos and the Hensioners will discuss how HenPower cultivates creativity in care settings at a time in life when many people are slowing down, and not stepping into wellies or making masterpieces.

WORKSHOP E **How do we get older people engaged in an active community?**

With William Bird and Craig McGarrie, Intelligent Health
Physical Activity isn't only important for our health and well-being, but is also essential for people connecting with each other and creating a sense of space. William and Craig will discuss how the **Beat the Street** programme in Scotland is encouraging communities to become inclusive, vibrant, secure and healthy.

Conference Venue

The conference will be held in the Radisson Blu Hotel, Argyle Street, Glasgow. The hotel is located a few short steps away from Glasgow Central Railway Station.

Buchanan Bus Station and Glasgow Queen Street Railway Station are a 10-15 minute walk away.

Car parking is available nearby at NCP Oswald Street, Glasgow.

Conference Bookings

The conference is free and open to all Age Scotland members, and invited guests. To book your place please use the attached booking form.

The deadline for return of booking forms to Age Scotland is Monday 4th March 2019.

We will write to you soon after the closing date to confirm your place.

We expect there to be a high demand for places. In order to offer places to as many Age Scotland members as possible we are limiting bookings to a maximum of 3 places per member group or organisation. Please use a separate booking form for each person attending so we have all our delegates' contact details, and requirements.

Particular Requirements

If you have any particular access or dietary requirements please tell us about these in the booking form so that we can put arrangements in place for you in advance of the conference.

Travel and Accommodation Bursaries

As a charity we do not have the resources to reimburse all members for their travel costs to attend the conference but we do have a limited number of travel bursaries available for members who live some distance from Glasgow and who require some support with their travel costs. We will consider requests for travel bursaries on a case by case basis.

We may also be able to provide a limited amount of overnight accommodation for members who because of the distances involved cannot travel to and from Glasgow on the same day. Please let us know on the booking form if you wish to be considered for a travel bursary and/or for assistance with overnight accommodation.

For further information

Please contact Age Scotland:

Tel 0333 323 2400

Email nationalconference2019@agescotland.org.uk

Age Scotland Enterprises

0800 456 1137 (Edinburgh)

0800 500 3159 (Glasgow)



Conference Booking Form

Please book my place at the Age Scotland National Conference 2019:

Name:

Name of Group/Organisation:

Address:

Postcode:

Telephone:

Email:

Workshops

You will be able to take part in one workshop at the conference. Spaces in the workshops are limited so please tell us your first choice, second choice and third choice workshop preferences **by indicating 1-3 in the box next to the workshops** that you would like to attend. We will do our very best to allocate you a place in a workshop that you have selected.



WORKSHOP A

Walking Netball – more than a game

with Lee Wilson, Netball Scotland and Walking Netball Participants



WORKSHOP B

Housing through the lens of ageing

With Vikki McCall, University of Stirling and Jim Eadie, Age Scotland



WORKSHOP C

A journey into the past through music and reminiscence

With Dave Marshall, Yesterday Once More



WORKSHOP D

HenPower! Henergising older people's lives

With Jos Forester-Melville, Equal Arts and the Gateshead Hensioners



WORKSHOP E

How do we get older people engaged in an active community?

With William Bird and Craig McGarrie, Intelligent Health

Conference Booking Form

Dietary requirements

Tell us if you have any particular dietary requirements
(e.g. vegetarian, gluten free, wheat free food):

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Access

Tell us if you have any particular access requirements:

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Travel

Tell us if you would like to be considered for a travel bursary
or assistance with overnight accommodation:

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Please return your completed booking form to Age Scotland
by **Monday 4th March 2019.**

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