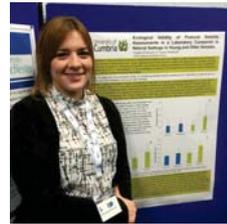
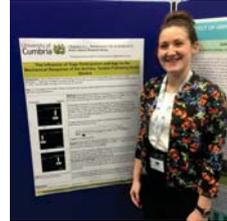


Since our last newsletter we have been very busy! Several of our achievements would have not been possible without your help and volunteering, so we would like to express our gratitude once again for your invaluable contribution.

Student projects completed – thank you!

Several of you volunteered recently for two undergraduate student projects comparing balance measures indoors and outdoors as well as examining tendon mechanical properties following a stretch. For the first project, it appears that balance assessment is affected by the environment. These results are important to inform future assessments as well as evaluate transferability of laboratory findings to everyday situations. For the second project, no differences were found in the tendon properties following a stretch, thus alleviating our concerns that stretching may negatively affect the behaviour of the tendon, and consequently result in poorer balance. The projects were completed at such a high standard that they were accepted for presentation at the student British Association of Sport and Exercise Sciences annual conference in Liverpool. A big thank you to all the participants for their time and effort .



Research in gaze and gait about to start

In the November newsletter we informed you of the large grant we received from The Dowager Countess Eleanor Peel Trust to research whether, how and why we change our gaze when we are walking and how ageing and different environments affect. In addition, we welcomed Neil Thomas to the Active Ageing Research Group, who will be our PhD student working on the project. We have since then purchased the eye tracking glasses that will allow us to achieve the project's aims. The eye tracking glasses, not unlike the 007 gadgets, can record the scene the head is directed to, very much like a normal camera. Additionally, it can also record the movement of the eye, allowing us to establish exactly 'where we are looking'. Training and pilot work will take place soon – keep an eye out for the volunteer's call if you want to have a go and see yourself where you are looking at!



Active Ageing Research Group works with AgeUK Lancashire to evaluate local initiatives

AgeUK Lancashire offers various initiatives for physical activity participation to people in Lancashire. The activities, as well as the target participants, range from gym sessions for individuals with mental health issues to fitness classes for all. Although these initiatives are evaluated, the data recorded is processed centrally so little information is provided locally regarding the success of the local initiatives. Therefore, AgeUK Lancashire liaised with the Active Ageing Research Group to obtain an evaluation of the local initiatives. The initial results have revealed some very positive findings for weight loss, nutrition and physical activity participation levels, suggesting the local initiatives were successful.



Active Ageing Research Group presenting its work

Towards the end of November, AARG presented work at the annual British Association Sport and Exercise Sciences conference in the prestigious St George's Park in Derbyshire. The work received very positive feedback, attracting the attention of several distinguished figures in the field, one of which was Professor Nanette Mutrie, recently awarded an MBE for promotion of physical activity for health. AARG is looking at a busy few weeks with attendance at workshops on improving trials for patients, on European perspectives on active ageing, a Senior activity and fitness conference and an NHS workshop on developing proposals for patient benefit.



The Active Ageing Research Group welcomes Professor Andrea Macaluso

AARG is delighted to announce that its nomination of Professor Macaluso as a Visiting Professor to the University of Cumbria has been approved. This is a substantial step forwards for AARG as the vast expertise of Professor Macaluso in neuromuscular function, control and disease will not offer invaluable service to our own research development but also add kudos to the Group.



As always, we are interested in your ideas and input in our work, so please feel free to contact us at the details below: