

**Our thoughts are with those affected by the recent terrible weather.  
We hope you are all well and things will return to normal very soon.**

Another busy time for the Active Ageing Research Group! Most notably, sessions with the U3A Regional representatives and U3A Carlisle to create a two-way collaboration.

## Active Ageing Research Group presenting its work

AARG presented at the recent NHS Lancashire Teaching Hospitals Research and Innovation Showcase at Royal Preston Hospital. The work involved exercising during dialysis for renal patients. The results showed that exercise was not only received very favourably by the patients but also produced some very positive results for their quality of life. In addition to this conference, AARG also attended the British Association of Sport and Exercise Sciences annual conference.



## Talks with U3A

We were delighted to be able to present our group and its work to the U3A Regional Representatives. The aim was to convey our desire for closer collaboration and discuss of problems that matter to people rather than focus on sterile laboratory work. We were very pleased to be invited to talk to Carlisle U3A as a result of that, with a further U3A Whitehaven talk scheduled for next year.



## Welcome and safe journey

AARG would like to welcome Dr Luca Laudani and Dr Lawrence Hayes in the Department of Medical and Sport Sciences. Both Luca and Lawrence have extensive working experience in active ageing research and we are looking forward to working closer with them both and developing AARG's work and activities further. At the same time, we wish Neil Thomas, one of our PhD students, a safe journey and a great time in Rome, where he goes to continue studying the relationship between gaze and balance in older individuals. Arrivederci Neil!



## Merry Christmas!

It is this time of the year again – but the devastating last few days leave little space for festive spirit. The Active Ageing Research Group would like to wish all the participants, friends and colleagues well and that normality returns soon. Hopefully, a very Merry Christmas will still be possible - our best wishes for it!



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