



Supported by



University of
Cumbria 

ACTIVE AGEING RESEARCH GROUP

‘Linking research to practice’

A one-day symposium hosted by the University of Cumbria in collaboration with the University of Rome Foro Italico

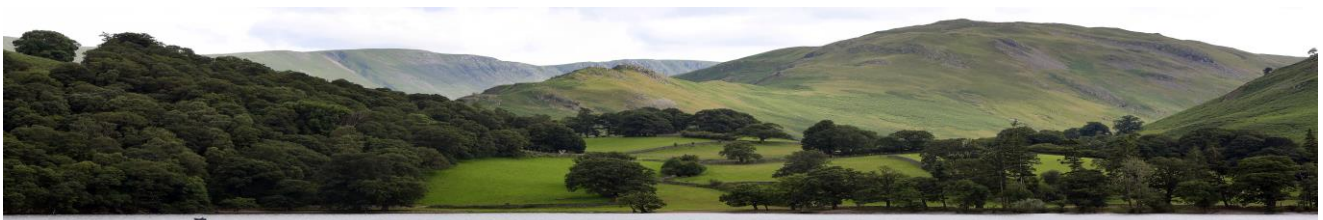
Friday 23rd June 2017
Lancaster, UK

The aim of the symposium is to discuss research works in active ageing and offer ideas of how that research can be implemented in practice with the intended recipients of that research in mind. The conference invites delegates from all fields of ageing research and will provide a platform for anyone interested in research in active ageing to network, exchange and develop ideas. Established researchers will summarise current research topics, with an emphasis on application of the research in practice while sharing the experiences of stakeholders.

Following the symposium, discussion for development of an Active Ageing network as part of the British Association of Sport and Exercise Sciences Physical Activity for Health division will take place. The outcome of the discussion will be presented at an allocated slot at the [divisional day](#).

To register please click [here](#)

We are looking forward to welcoming you to the University of Cumbria.



PROGRAMME - Linking research to practice

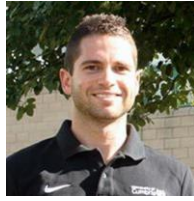
Time	Activity	Presenter
09.30 – 10:00	Registration and coffee	
10:00 – 10:30	Welcome	Active Ageing Research Group
<hr/> Research <hr/>		
10:30 – 11:00	Healthy ageing and physical activity: Personal narratives as barriers and agents of change	Assoc Prof Joanne Hudson
11:05 – 11:35	Neural benefits of recreational dancing in older adults	Prof Marco Narici
11:40 – 12:10	Low Frequency High Intensity Interval Training for Older Adults: Feasibility and Benefits	Dr Nick Sculthorpe
12:15 – 13:40	<i>Lunch and coffee</i>	
<hr/> Practice <hr/>		
13:45 – 14:15	Why do we involve the public in research and how you can have a voice	Stephen Edgar
14:20 – 15:00	Break-off groups	Active Ageing Research Group research participants
15:05 – 15:15	Feedback from break-off groups	Active Ageing Research Group
15:20 – 15:30	Close	Active Ageing Research Group
15:35 – 16:15	BASES division of physical activity and health discussion	Active Ageing Research Group and interested parties

Organising Committee:



Ass. Prof. Theodoros M. Bampouras

University of Cumbria



Dr. Lawrence D. Hayes

University of Cumbria



Prof. Andrea Macaluso

University of Rome Foro Italico

Sponsors:

The conference is supported by the Department of Medical and Sport Sciences, University of Cumbria.



REGISTRATION – Details

The cost of the conference is £25 for external delegates, and £5 for UoC staff.

To register, please go to <http://bit.ly/2shZ0d8>.

For more information on the Active Ageing Research Group,
work, activities and current projects, visit

www.cumbria.ac.uk/activeageing

or follow us on Twitter

@activeageinguoc

How to get to the University of Cumbria, Lancaster campus

By road

From the north, leave the M6 at junction 34 and follow signs to the city centre. Travel south, keeping in the left lane of the one-way system. Just past the Royal Lancaster Infirmary (on the right), take the first exit at the large roundabout onto Bowerham Road. The entrance to the campus is 300 yards on the left, opposite Bowerham Primary School.

From the south leave the M6 at junction 33 and follow the A6 into Lancaster. At the first roundabout, take the third exit onto Bowerham Road. The entrance to the campus is 300 yards on the left, opposite Bowerham Primary School. Park in any of the Pay and Display car parks and display the parking permit (e-mailed to you following symposium registration).

By rail

Lancaster is on the main west coast rail line from London to Glasgow. The campus is a 20-minute walk, 10-minute cycle (please see below) or short taxi ride away.

Walking / cycling from the station

Leave the station passing the main ticket office and via the station slip road and left onto Meeting House Lane. Continue to the traffic lights at the bottom of the hill and turn right onto King St/A6. Continue straight ahead, against the flow of road traffic. At the canal bridge traffic lights, continue straight ahead, remaining on A6. At the roundabout, take the 1st exit onto Bowerham Rd. The entrance to the campus is 300 yards on the left; bicycle racks are available.

The conference building is Building No 1 (Alexandra building), on the campus map below.

