ILC Friday three - 1 September 2023

View this email in your browser

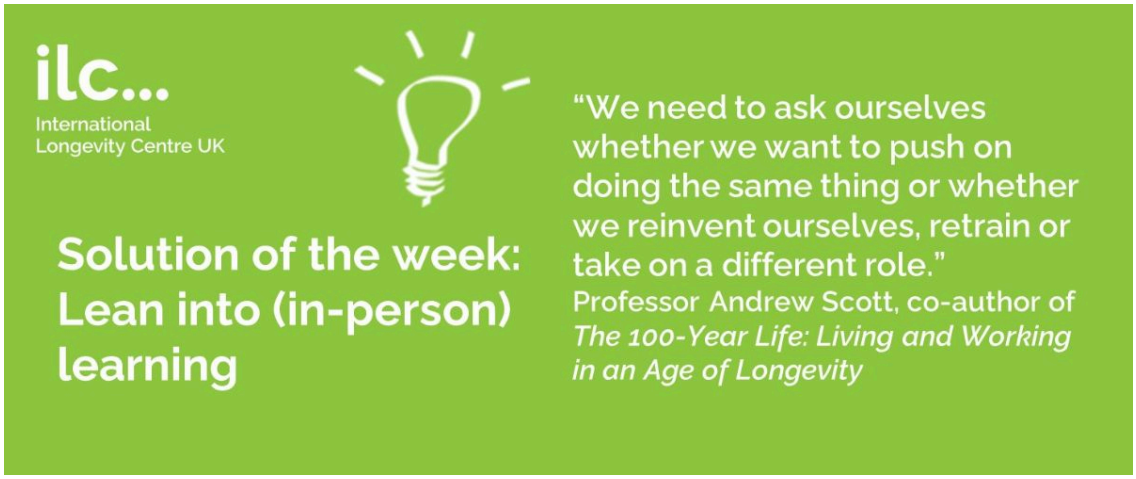
International Longevity Centre UK

Latest news

ILC Friday three

- Solution of the week - lean into learning
- Adding life to years - register for UKRI's Healthy Ageing conference
- ILC events - an autumn update

Solution of the week - lean into learning



As summer ends in the Northern Hemisphere, many of us might be feeling a pervading sense of "back-to-school" blues. That post-holiday feeling is somehow worsened if we feel cheated by bad weather or severe and stressful travel delays. So next year, instead of dreading a return to the humdrum, perhaps do as Avivah Wittenberg-Cox did last year and embark on a new direction. *"My 60th birthday gift to myself is a year back in school. Where some may opt for a cruise or a new car, I've opted for a dose of new friends, new ideas and a new country."*

Digital learning might indeed hold immense potential, but people learn and evolve better in the company of others, and over time. A week's holiday is wonderful, yet its transience doesn't allow enough time for the exploration and development of new passions, abilities, and paths. Spending the equivalent amount on "going back to school" for a period of time might do.

college in person for a year, there are plenty of options and opportunities for life-long learning out there. Many of these are only open to those who can free up funds to pay for it and who have the time to manage it. Similarly, navigating the pathways of additional support and funding can be difficult.

But where there's a will, there's usually a way. Students are getting older - in 2021/2022, significantly more first-year students were over 21 (63%) than under (37%), and almost a quarter of all students were aged 30 or over (23%). Even though mature students can face more barriers, there is no upper age limit to apply for a student loan for a first-time undergraduate degree - and as pension income does not count towards the repayment threshold older graduates might even avoid ever having to pay it back.

As we lead longer and changing working lives, the case for more flexible provision and greater investment in lifelong learning is clear. The ILC's lifelong learning project, supported by Phoenix Insights, is researching how successful continuous education and training can be better supported and facilitated across the life course. We will be sharing the findings in Spring 2024. In the meantime, perhaps seek out a course of learning that fits your life or even has the potential to change it.

What do you think? We are collating ideas into a Longevity White Paper which will be launched at our Future of Ageing Conference on Thursday 7 December 2023. Do you have better ideas? Let us know via the button below.

LET US KNOW

Adding life to years - register for UKRI's annual conference



The UKRI Healthy Ageing Challenge is a £98m investment supporting people to remain active, productive, independent and socially connected. The UKRI's 5th annual conference will once again bring together innovators, researchers, commissioners, investors and policymakers working across the healthy ageing domain.

- Dr Patricia A Moore, internationally renowned designer and gerontologist
- Heléna Herklots CBE, Older People's Commissioner for Wales
- Prof. Alan Walker, Professor of Social Policy and Social Gerontology, University of Sheffield

Having attended the conference last year, we know that it's also a great opportunity to connect and network with innovators and leading researchers from right across the healthy ageing ecosystem. As ILC's Retail Impact Fellow, Ailsa Forbes, said *"For our forthcoming retail impact project at the ILC, Healthy Ageing 2022 was an invaluable resource. The insight I gained from the varied range of expert speakers and the many opportunities to network throughout the day meant many wonderful pages of wonderful ideas and contacts in my "to follow up" notebook!"*

Members of the ILC team will be there again this year, but if you're attending in person do let us know and we can arrange for you to visit our fabulous new office at The Foundry which is right next door to the Oval.

You can register for the UKRI conference now at healthyageinguk.org/2023/

ILC event - an autumn update



This year, astronomical autumn, as defined by the Earth's axis and orbit around the Sun, begins on 23 September and ends on 21 December. However, by the meteorological calendar, the first day of autumn is always 1 September, which is today, and so here are some of our events this Autumn.

Solutions breakfasts at the Conservative and Labour Party Conferences
Date: Monday 2 & 9 October 2023
Time: 8:30pm – 10:00pm (BST)
Location: Manchester & Liverpool

ILC will be holding two breakfast meetings to identify politically workable solutions to better enable the UK to realise the opportunities of longer lives. These events will

INTEREST

If only I had... LV= insights into retirement planning
Date: Monday 16 October 2023
Time: 1.00pm to 2.30pm
Location: Virtual

Saving for retirement across the life course helps ensure a financially secure later life, but all too often we only find out the consequences of those retirement planning decisions – or the lack of them - when it is too late. So, what lessons can we learn from those who are already living with those consequences? LV= will share the findings from its quarterly Wealth and Wellbeing research. REGISTER HERE

Healthy Ageing and Prevention in Europe: How do European countries compare?
Date: Tuesday 24 October 2023
Time: 1:00pm – 2:00pm (BST)

Join the ILC Europe Network for a webinar discussion looking at the state of healthy ageing and prevention across Europe. In this event, we will be using ILC-UK's Healthy Ageing and Prevention Index to explore what health and wellbeing look like in different European countries. REGISTER HERE

To keep up-to-date with ILC events throughout the year, please continue to check our website on a regular basis.

Future of Ageing 2023 takes place on Thursday 7 December. If you haven't got your ticket yet, please register here.

Please follow us on social media via the links below for our latest news and event updates.

Copyright © 2023 International Longevity Centre - UK, All rights reserved.

unsubscribe from this list update subscription preferences