ILC Friday three - 10 November 2023

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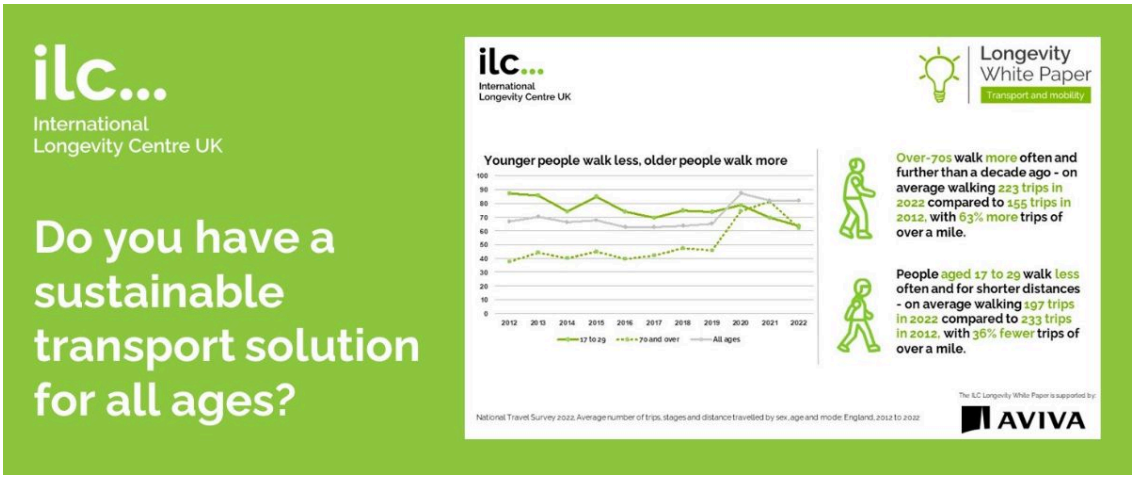
International Longevity Centre UK

Latest news

ILC Friday three

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Solution of the week - getting about well?



Travel isn't just about getting from A to B – with the right infrastructure it should be a pleasure. Yet our current transport infrastructure reflects an outdated focus on getting workers to workplaces – which no longer meets the needs of our population. The ILC's analysis of the National Travel Survey data for the latest Longevity White Paper briefing shows that:

- Over-70s now walk more often and further than a decade ago - on average walking 223 trips in 2022, compared to 155 trips in 2012, with 63% more trips of over a mile.
- People aged 17 to 29 walk less often and for shorter distances - on average walking 197 trips in 2022, compared to 233 trips in 2012, with 36% fewer trips of over a mile.

travel patterns and behaviours, particularly post-pandemic. According to the Campaign for Better Transport, 27% of bus services have disappeared in a decade. This impacts on people of all ages, especially in rural and suburban areas.

Despite the increase in people over 65, there has been over a 50% decrease in the number of concessionary bus journeys by older and disabled people over the last decade. By 2040, an estimated 17 million people in the UK will be over 65, with many living in rural or suburban areas with limited public transport options. As a result, more older people are reliant on cars. Between 2016 and 2020, older people (aged 70+) with a full driving licence increased from 4.5 to 5.6 million.

We know we can do better than this. What is your sustainable transport and mobility solution? We need decent, affordable public transport that supports leisure and pleasure travel while commuting dwindles, as well as great infrastructure for walking and cycling, to reduce stress, and pollution and help people live longer, healthier lives. We need your ideas for our Longevity White Paper, supported by Aviva, which will be launched at our Future of Ageing Conference on Thursday 7 December 2023. Let us know via the button below.

LET US KNOW

ILC's Autumn Reception - showcasing impact and future strategy



For a small team with a huge agenda, there's seldom the time to stand back and reflect on the work achieved or to reflect on what more needs to be done. But at our Autumn Reception in front of friends and supporters this week, ILC's trustees and staff did bang the drum a little and set out our strategy for the next five years. Over the last decade, we have made an impact, including:

- Published 400+ policy reports and held 500+ events in 20 different countries.
- Convinced G20 Ministers to put greater focus on the prevention of ill health.

- Encouraged the mortgage industry to end the practice of upper-age limits for home loans.
- Worked with employers to prepare for an ageing workforce and develop age-friendly standards and practices.

But there is still much to do. Longer lives, technological advancements, cultural shifts, and climate and demographic change are reshaping our countries, communities and individual futures.

- We know that poor young people become poor older people, and almost every developed nation faces a huge intergenerational savings gap.
- Despite the knowledge that prevention is better than a cure, decision-makers are still failing to adapt.
- As we live longer, we will be required to pivot, upskill, and re-learn to remain in work and be financially secure.

Over the next five years, the ILC plans to develop and deliver a clear set of solution-focused policy programmes under four themes: 1) Highlighting the impact of longevity on society; 2) Protecting health through the life course; 3) Supporting a decent income throughout our lives and into retirement; 4) Helping our communities support our economic and social contributions. Please do read our new strategy. We would welcome your feedback.

If you weren't able to attend, you can watch the speeches via the button below.

WATCH HERE

ILC Trustees - celebrating their generous contribution in Trustees Week



In July, we announced the appointment of Nigel Waterson as ILC's new Chair of Trustees, and fittingly during UK Trustees Week, he chaired the first meeting of the Board since taking over as Chair. In addition to a long afternoon of meetings, the

The wealth of talent and range of expertise on the ILC's Board is impressive. The ILC's trustees pictured here with David Sinclair, ILC's Chief Executive (centre), are from left to right: Paul Green, Shaun Crawford, Sanjeev Chhugani (Treasurer), Nigel Waterson, Glyn Ryland, Helene Panzarino, Jean Jackson, Janet Sutherland, Professor Alexander Evans, and Sue Lewis. Our other trustees are Tim Fassam, Annabel Scarfe, and Dr Pol Vandenbroucke. You can read more about them all here.

There are nearly one million trustees in the UK who contribute their time, expertise, and passion to charities up and down the country. These individuals form the backbone of organisations like the ILC, offering governance and guidance without the expectation of financial reward. Volunteerism is vital to the fabric of society but there are signs that people in UK are giving less than a decade ago.

When the Charities Aid Foundation's World Giving Index was first published in 2010, the UK was ranked 8th with 29% of the population volunteering some time. In 2021, it was ranked 17th and the average time volunteering was 24%. However, the story is a positive one overall. Despite the pandemic and economic hardship suffered by many, in 2021 more than three billion people worldwide helped others, and more individuals donated money to charities than in any previous year of the last decade. This surge in altruism has been particularly striking in lower and middle-income countries, indicating a global trend towards increased civic participation and philanthropy.

Indonesia, was ranked for the fifth consecutive year as the most generous country globally, and an extraordinarily high proportion of its population (63%) volunteered its time to help others. In the second-ranking country, Kenya, the average level of volunteering was 52%. In 2010 all but one of the 10 most generous countries were classed by the United Nations as high-income countries. In 2022, six in the top ten were low to middle-income countries.

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.

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