ILC Friday three - 24 February 2023

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International Longevity Centre UK

Latest news

ILC Friday three

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Solution of the week - delivery of a green longevity new deal



Has recent history shown us to be lacking the collective will to take action on climate change? Inaction around climate change – and ageing populations – is where short-term thinking and long-term consequences collide for individuals, businesses, and governments alike.

One way forward is to reframe the agenda and link it more closely to demographic change. There are numerous co-benefits between sustainability and public health initiatives such as:

- Financial co-benefits – e.g. reducing costs by promoting greater efficiency of resources through better use of technology and data
- Health co-benefits – e.g. encouraging walking or cycling means prevention and shifting health care upstream

Climate change and ageing are arguably the two most important and pressing issues facing the world today. Both require visions for the long term and an urgent interconnected and collaborative approach. If we don't start addressing both together, real threats and inequalities in healthy ageing and environmental impact will be exacerbated. But the opportunities are there and if we get it right – and act now – then the lifespans of both us and our planet will be greener, healthier and longer.

These issues are explored further in the ILC's latest blog, which followed last year's webinar "Longevity – the missing link in the climate change debate?" organised jointly with the Institute and Faculty of Actuaries. You can watch the webinar here.

What do you think? Over the next few months, we want to highlight examples of policy and practice which could help us adapt to increased longevity. We will collate ideas into a plan for the next Government and launch it at our Future of Ageing Conference on 7 December 2023. So, what do you think of this solution? Do you have different or better ideas? Let us know via events@ilcuk.org.uk

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Saving sports centres - how vital is support for their energy bills?



This week, the ILC added its name to a coalition of over 200 health, sport, recreation, and leisure organisations and individuals who wrote to the Prime Minister urging greater support for grassroots facilities and clubs amid the ongoing energy crisis.

The letter warns that without national intervention, communities could see the loss of essential local services, including swimming lessons, multi-sport offerings, mental health services, bespoke programmes for older people and long-term health programmes. The loss of accessible sports and leisure facilities will fuel rising obesity rates, which the Government has vowed to address.

system. For further information about the campaign led by ukactive click the button below.

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Designing for our future selves - can design enhance longer lives?



What: Opening today, *Designing for our Future Selves* explores the one thing we all have in common – that no matter our age, we're all ageing. The exhibit showcases 10 innovative design initiatives from housing to footwear, exploring how, in a changing world, cutting-edge design can help people live better for longer.

Who: The *Designing for our Future Selves* exhibit is curated by our partner the Design Age Institute in collaboration with the Design Museum. The exhibition builds on the Design Age Institute's successful display last year and celebrates how design can help us reimagine products, services and environments to enhance our experience of living in later life. As we know from our Retail Impact project, age-friendly design means products that are well-imagined, practical and for people of all ages, not just older people.

When and where: The free exhibition runs from Friday 24 February to Sunday 26 March 2023 at the Design Museum on Kensington High Street in London.

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

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