ILC Friday three - 3 November 2023

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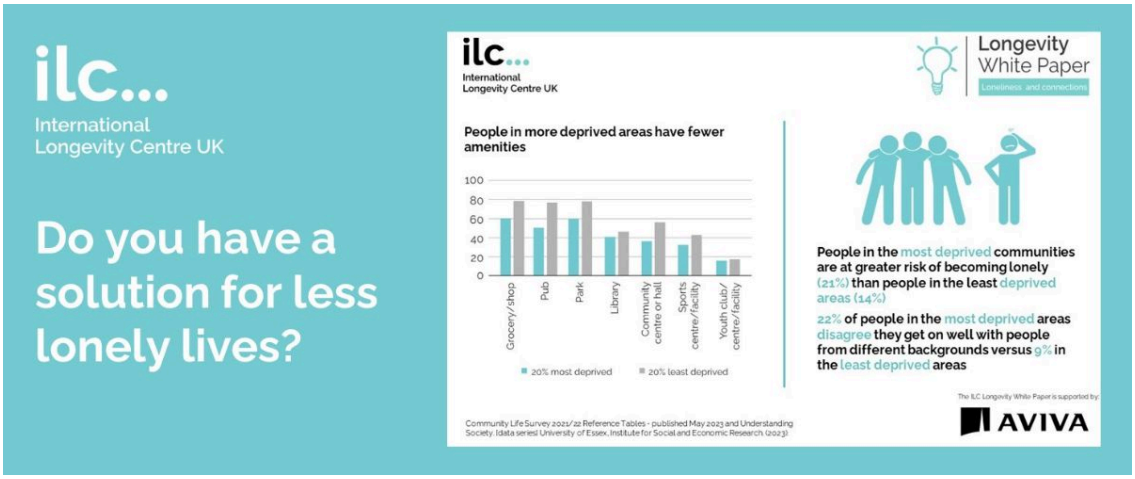
International Longevity Centre UK

Latest news

ILC Friday three

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Solution of the week - less lonely lives



Recent studies have confirmed the link between loneliness and numerous physical and mental illnesses, ranging from depression and dementia to cardiovascular diseases. And the Campaign to End Loneliness has described the alarming rise in levels of loneliness among younger people.

The ILC's "A life less lonely?" briefing published this week highlights the worrying fragmentation of communities across the UK, with those living in the most deprived communities at greatest risk of falling into a trap of long-term loneliness. ILC analysis of the Understanding Society data shows:

- People in the most deprived communities are at significantly greater risk of becoming lonely (21%) than people in the least deprived areas (14%)
- 74% of lonely people living in the most deprived areas reported still feeling lonely the following year, compared to 71% in the least deprived areas.

the Community Life Survey (2021/22) shows:

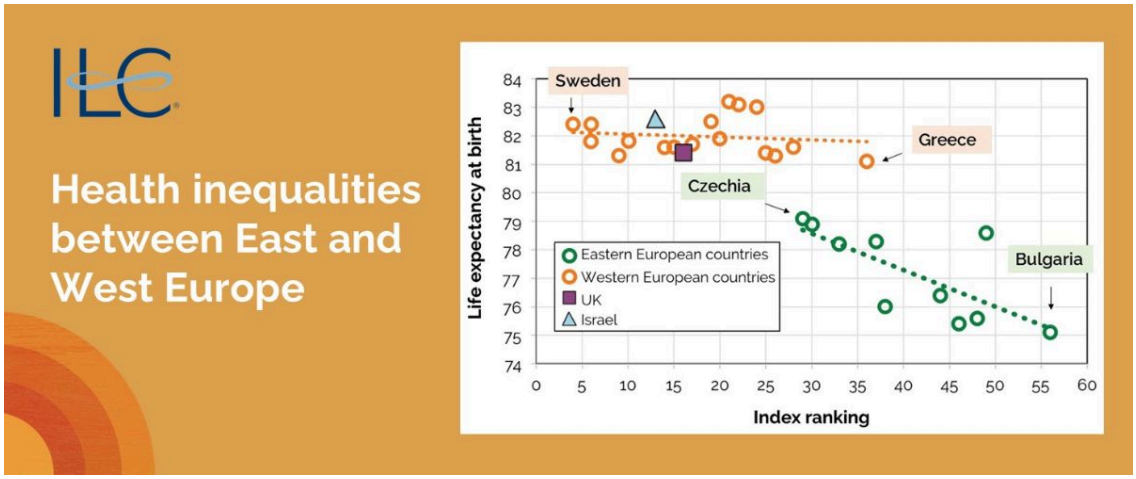
- People in more deprived areas report significantly fewer local amenities, such as grocery stores, pubs, parks, and community centres compared to people in wealthier areas
- 22% of people in the most deprived areas don't feel their local area is one where people from different backgrounds get on well together, compared with 9% of people in the least deprived areas.

These figures highlight the need for initiatives such as those provided by The Cares Family, a group of charities that ran community projects tackling social isolation in deprived parts of London and the north-west of England. However, as was evident by the charity's sudden closure due to insolvency this week, such vital programmes must be properly supported on a sustainable basis.

We know we can do better than this. What is your sustainable solution for better-connected 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

West and East - the divide in Europe's health



At our webinar with the ILC Europe Network last week, we heard from different speakers across Europe who showcased their country's performance on the Healthy Ageing and Prevention Index. Experts from Austria, Czechia, France, Israel, and Romania all shared their views on the challenges and opportunities facing their country and Europe when it comes to population ageing across the continent.

ILC's Senior Health Research Lead, Arunima Himawan, presented findings from the Index, including new analysis which highlights that there are major gaps in population health between Eastern and Western Europe:

- West Europe has fewer deaths from non-communicable diseases (NCDs) (315 deaths /100,000 population) than East Europe (498 deaths /100,000 population)

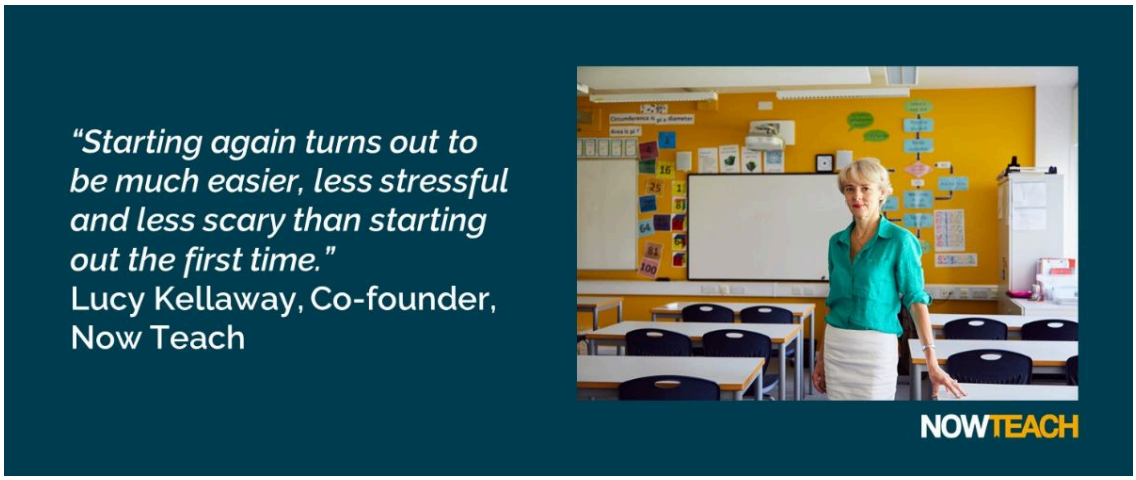
While Western European countries all have broadly similar life expectancy, Eastern European countries are experiencing declining life expectancy, and rising NCD mortality.

Clearly, more needs to be done to reduce health inequities across the continent and prevention needs to be improved in Eastern Europe. Radu Ganescu, from the Coalition of Patients' Organizations with Chronic Diseases in Romania, emphasised *"Prevention programmes like vaccination and disease screening should all be widely implemented in Romania. At risk groups like older adults or chronically ill patients would benefit from this most."*

You can watch the webinar here or via the button below

WATCH HERE

Career change - how about teaching?



Today, people in the UK work on average for just 31.5 years of their lives. However, as we live longer, it is likely that we may well be working for between 45 and 50 years - and in multiple careers. This may be due to financial necessity, or to feel a greater sense of purpose and connect with others. The challenge lies in adapting what jobs can be offered to people at different stages of their lives.

Change can be difficult and scary but - as Lucy Kellaway explains in our guest blog this week - with the right support and advice, age should not be a barrier to any career. Lucy was a journalist at the Financial Times for 30 years – before she changed her career to teaching. Along the way, with Katie Waldegrave, she co-founded Now Teach, the charity helping experienced people to change career and

Managing and inspiring a class of 30 for six hours a day, five days a week, not to mention piles of marking and lesson planning, it's by no means a career choice for the faint-hearted but Lucy Kellaway is still happy teaching and very glad she made the switch. However, embarking on a completely new career is still a rare option for many, not for a lack of desire, but due to the absence of guidance on how to begin anew and support to make it happen. More governmental and employer help is needed to enable us to keep working as we age; roles must be adapted in line with the work people are able to do and societal mindsets must change. This is vital for economic growth and enabling more employment options throughout our lives.

You can read more about Lucy's motivation to switch via the button below and Now Teach's work here. We're delighted too that her colleague, Katie Waldegrave, will be speaking during the session on the future of work at ILC's Future of Ageing Conference on Thursday 7th December.

READ MORE

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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