

## Ageing, the Environment and Sustainability

### Lancaster University Centre for Ageing Research (C4AR) Town and Gown Event

6th October 2022, at the new Health Innovation Campus at Lancaster University

Please register: [REGISTRATION LINK](#)

We have all learnt to appreciate our environment much more over the last few years, especially during the pandemic when we spent more time in our homes and also more time enjoying our nearby local outdoor spaces. The importance of safe clean air, both indoors and out, comfortable temperatures, and pleasant places to spend time appreciating nature, and taking some exercise is well known. We are also living in a time of environmental challenge, with higher global temperatures, and increased frequency of climactic events such as storms, floods and wildfires. A range of research questions being investigated by Lancaster University Centre for Ageing researchers, and our colleagues, are examining these specific issues as related to health and well-being in later life.

This one-day Town and Gown event will showcase work from Lancaster University's Centre for Ageing Research researchers and external partners, and present a series of studies examining issues relating to our interaction with our environment. Examples of the research to be included are research on air quality in terms of its status as a risk factor for cognitive impairment and dementia, on older adults' needs during disaster response and on the benefits of exercise for people who have recently experienced a bereavement

We will also hear from some of our PhD students on a wider range of projects from across the centre. There will be a chance to talk to some of our students and other researchers about their work in the lunchtime poster viewings, and learn about some ways to get involved yourself. And of course, we'll provide a light lunch, all in our exciting new Health Innovation One building. Visitor pay and display parking is available at Hi One, with more space available on main campus but we would recommend using public transport if possible. Maps and directions to campus can be found [here](#).

## Programme

### 9.30-9.35 Opening Welcome and explanation of programme

Trevor Crawford, Deputy-Director of Lancaster University Centre for Ageing Research (C4AR)

9:35-9:45 The Future Cities Research Institute, an introduction – Emmanuel Tseklevs

### ENVIRONMENTAL CHALLENGES

#### Chair: Trevor Crawford

9:45 – 10:15 Understanding Senior Citizens' Needs During Disaster Response: **Julia Sutanto**: (Lancaster University),

10:15-10:45 Giving is Getting: Exploring Possibilities of Time Bank Concept in Malaysia: **Ooi Pei Boon** and **Goh Yi Sheng** (Sunway University, Malaysia)

10:45-11:05 Effects of pollution and low-level Carbon Monoxide in the home on older adults' cognitive functioning: **Beth Cheshire**, (Lancaster University)

**11:05-11:20 Discussion**

**11:20-11:40 Coffee Break**

## **BENEFITS OF THE ENVIRONMENT FOR HEALTH AND WELLBEING**

**Chair: Carol Holland**

**11:40-11:55.** Enjoying the outdoors virtually: the role virtual reality could play in older adults' wellbeing: **Sangeetha Babu Manoharan** (Lancaster University).

**11:55-12:15** Effects of physical activity on mental health in bereavement: **Zsuzsannah Balogh** (Lancaster University)

**12:15-12:30** Restricted mobility and perceptions of the age friendliness of the environment: **Eric Balkhi**, (Lancaster University)

**12:30-12:45 Discussion**

**12:45-14:15 Lunch break, Posters and Exhibition**

**Posters from Lancaster University post graduate students**

**Continuing Learning Group**

**C4AR Panel**

**C4AR PG student Forum**

**Studying Ageing and Dementia with Lancaster University**

**Lyrics and Lunch**

**HIC business partners**

**VR for wellbeing – have a try!**

**Wildlife Wellbeing walks**

**1:15-14:00 Co-research in dementia related studies (in the main Lecture Theatre)**

**14:15 Please re-join us for the afternoon**

**Chair: Caroline Swarbrick**

**14:15-14:45** Heat as threat: caring and ageing in a rapidly warming climate: **Gordon Walker** (Lancaster University)

**14:45-15:15** Travel, Transport, Mobility and Health: **Charles Musselwhite**, University of Aberystwyth

**15:15-15:45** Connecting with nature for mental health and wellbeing: **Peter Coventry**, University of York

**16:00** Housing, Aging and Health Care: Priorities and Policies for the Near Future: **Jim Dunn**, McMaster University, Canada

**16:30-16:45 Final discussion and round-up of the day: Carol Holland**

**16:45 Round up**

Carol Holland, Director of Lancaster University Centre for Ageing Research (C4AR)