

Later Life Newsletter

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Now reaching over 100,000 individuals and organisations

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Dementia Friends Scheme Led by the Alzheimer's Society, this project aims to change the way people think about dementia. Launched in England by David Cameron on 8th November, it is hoped that it will extend to the rest of the UK soon. [read more about Dementia Friends Scheme](#)

Adult Learners' Week – nominations for Awards now open Nominations for Adult Learners Week Awards (18-24 May 2013) are now open until **Thursday 13 December** so get your vote in today. The Awards recognise the achievements of outstanding individuals and innovative learning projects across England and the winners are celebrated during the week itself. See: www.alw.org.uk/

The Cold Weather Plan for England 2012 is part of the wider suite of measures that the Dept of Health and the NHS are taking to protect individuals and communities from the effects of severe winter weather. The Plan and supporting documents provide advice for individuals, communities and agencies on how to prepare for and respond to severe cold weather as part of wider winter planning. [find out more about the Cold Weather Plan for England](#)

New WRVS report: Psychological impact of falls for older people

Fear of falling means 225,000 people aged over 75 won't leave the house by themselves, according to new WRVS research. This new report reveals how common falls are among the older people - 35% have fallen in the last two years with 32% of those living alone suffering a fall in the last year. The impact often goes beyond the physical. Over one fifth of older people who had suffered a fall in the last five years have lost their confidence as a result. [read the report](#)

New UK Government website

Gov.uk has replaced Directgov as the best place to find government services and information. Gov.uk is a simpler, clearer and faster way to serve the needs of customers who currently visit Directgov and Businesslink websites. www.gov.uk/

Report reveals key concerns of UK's ageing society

One in six people in England aged over 50 are socially isolated. They have few socially orientated hobbies, little civic or cultural engagement with society, and may have very limited social networks. This was a key finding from the most recent report of the English Longitudinal Study of Ageing (ELSA), a comprehensive study that aims to understand the economic, social, psychological and health concerns of an ageing society. The multidisciplinary ELSA research team showed that the least wealthy over-fifties suffer the most social isolation, with the wealthier over 50's half as likely to become socially isolated compared to the least wealthy [read the University of Manchester report](#)

Report: Outcomes of the Active at 60 Community Agent Programme. Older people volunteering in their local communities could be a key way to support the needs of an ageing population, according to new research. CDF's new report looks at the outcomes of the Active at 60 Community Agent programme, funded by [the Department for Work and Pensions](#), which aimed to reduce social isolation. It found that many older people have been helped through participation in locally run activities that enabled them to socially interact and meet new people. [read the report](#)

MyStory Project Invites You to Share Your Memories:

This project aims to record stories from older peoples' lives and make them available to a wide audience via <http://www.mystories.eu/project/> The stories will be recorded by a young person, who has chosen to be part of the project in order to learn first-hand about social history. If you have an interesting tale to tell and would like to work alongside a young person to share it with contact davidhevans@btconnect.com 01524 842737.

It's flu jab time Have you caught a cold this month? What about bronchitis? Or phenomena? If you're over 65 and you haven't had a flu jab this year, then catching a serious illness could become a reality. [Who needs the flu jab?](#)

To subscribe, or provide contributions to future Later Life Newsletters contact: Simon.wilkinson1@dwg.gsi.gov.uk