

Later Life Newsletter

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Now reaching over 100,000
individuals and organisations

No 52 – February 2014

Time to Change is a national campaign promoted by the charities Mind and Rethink Mental Illness which aims to encourage honest conversations to challenge mental health stigma and discrimination. Visit the [Time to Change website](#).

The relationship between mental wellbeing and financial management among older people: new research by the International Longevity Centre reveals that people who are struggling to manage their finances in old age have eight times the odds of having reduced levels of mental wellbeing. [The report](#) also finds a strong association between age and a positive mental wellbeing.

What do dementia-friendly communities look like? A new collection of case studies from Joseph Rowntree Foundation pulls together simple examples of grassroots dementia-friendly work transforming communities across Yorkshire. [View the case studies](#) to find out how Yorkshire is becoming dementia-friendly. Local “champions” are behind most of this work. For more information please contact Philly.Hare@jrf.org.uk

The UK Advisory Forum on Ageing works collaboratively to improve levels of older people's engagement at community, local,

regional and national level, "identifying and promoting approaches that give opportunity for engagement to older people and in particular to more diverse groups whose voices are seldom heard". [read the notes and presentations from the November 2013 meeting](#)

To encourage more people to save for their retirement, DWP has joined up with the Daily Mirror to introduce [Pension Square](#), an online 'one-stop shop for the lowdown on pensions'. The website features information about automatic enrolment, case studies and competitions all aimed at encouraging people to find out more about pension saving.

Heating controls are too difficult for people with sight loss Many people with sight loss are unable to control their heating or cut their fuel bills because heating dials and switches are too difficult to use says [new research](#) by the Research Institute for Consumer Affairs and the sight loss charity Thomas Pocklington Trust.

[Moving More, Living More](#) – the physical activity Olympic and Paralympic legacy for the nation, has been launched to promote physical activity across the country, ensuring it is a lasting legacy of London 2012 and part of a long term vision for a fitter nation. It builds on learning from the world's most active countries, that action on physical activity needs to be a long term effort and is best tackled through a team approach across government and all sectors [read the press release](#)

The Age Action Alliance is an independent partnership of organisations, which has adopted a new approach to the challenges of ageing, focused very clearly on finding practical solutions to improve the lives of the most disadvantaged older people. It

currently has over 500 member organisations drawn from all sectors of society. The members are listed on the Alliance's website www.ageactionalliance.org It's easy (and free) to join, via the "Join us" page.

WISE Archive is an online archive about older, recording and preserving the working life stories of people in the UK in order to recognise and value the contribution they have made to society. Find stories of the working lives of older people in a growing catalogue of occupations: [access the website](#)

Operation War Diary The story of the British Army on the Western Front during the First World War is waiting to be discovered in 1.5 million pages of unit war diaries. Visit www.operationwardiary.org – to view the collaborative project between Imperial War Museums and The National Archives.

Collection of essays on later life from Relate: [Reflections on ageing: the role of relationships in later life](#) examines the different experiences of individuals as they age, and the role their relationships play at this time of life. It follows the publication of Relate's report, [Who will love me when I'm 64?](#)

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