

2012 Multi-Disciplinary Student Summer School

HEALTHY AGEING: ENJOYMENT vs. ENDURANCE

Friday 7th September

10.00 *Coffee and Registration*

Welcome **Dr Mark Ratnarajah (CEO of the College of Medicine), Professor Janet Lord and Dr Nicola Gale (University of Birmingham)**

10.30-11.00 Ageing, Infection and Immunity
Professor Janet Lord, Professor of Immune Cell Biology and Director of the Centre for Healthy Ageing Research, University of Birmingham

11.00-11.15 Q & A

11.15-11.45 Nutrition in Healthy Ageing
Professor Susan Lanham-New, Head of the Department of Nutrition and Metabolism, University of Surrey

11.45-12.00 Q & A

12.00-12.20 ***Comfort Break***

12.20-12.50 A Community Based Model for Healthy Ageing
Simon Goodenough, Director, Well UK

12.50-13.05 Q & A

13.05-13.35 **Student Poster Presentations**
1min 30s presentations & 1min 30s of questions per student (7 students)

13.35-14.25 ***LUNCH*** (poster judging) (45mins)

14.25-14.55 Philosophical Issues in Resource Allocation
Professor Richard Lilford, Professor in Clinical Epidemiology, University of Birmingham

14.55-15.10 Q & A

15.10-15.40 Cognitive Health and Ageing
Dr Elizabeta Mukaetova-Ladinska, Senior Lecturer in Old Age Psychiatry, Newcastle University

15.40-15.55 Q & A

15.55-16.15 ***Refreshment Break***

16.15-16.45 Physical Activity to Support Healthy Ageing
Associate Professor Phil Atherton, RCUK Fellow in Molecular Nutrition, Faculty of Medicine and Health Science, University of Nottingham

16.45-17.00 Q & A

17.00-17.30 Motivating People to Move It or Lose It!
Julie Robinson, Instructor, Move it or Lose it!

17.30-17.45 Q & A

17.45-18.00 Closing Remarks – Professor Janet Lord and Dr Nicola Gale (University of Birmingham)

Teaching Ends

19.30-21.00 **Gala Dinner**
Poster Prize Presentation & Dinner Speaker
Dr Michael Dixon OBE, Chair of the College of Medicine

Saturday 8th September

Collaborative Learning and Working

- 9.00-9.30 Group Introductions and Briefing
Spirituality, Religion and Ageing
Sexuality in Older Age: A LGBT Perspective
Ethnicity and Older Age: A South Asian Perspective
Mental Health and Older Age
Retirement and Wellbeing
Exercise in Older Age
- 9.30-9.45 Group Preparation – *Review Learning and Prepare Questions*
- 9.45-10.00 **Refreshment Break**
- 10.00-11.30 Service User Sessions with Multi-Disciplinary Student Groups
6 service users (each student group to spend 30mins with a service user)
- 11.30-12.05 Floss or Die, Eat Well or Die Young, Work Out or Burn Out
**Professor Iain Chapple, Professor and Head of Periodontology,
University of Birmingham**
- 12.05-12.15 Q & A
- 12.15-13.00 **LUNCH**
- 13.00-13.35 Healthy Ageing in the 21st Century: A Question of Rights or Responsibilities?
**Professor Jean McHale, Professor of Health Care Law, University of
Birmingham**
- 13.35-13.45 Q & A
- 13.45-14.05 **Refreshment Break**
- 14.05-15.35 Service User Sessions with Multi-Disciplinary Student Groups
6 service users (each student group to spend 30mins with a service user)
- 15.35-16.00 Group Breakout Session – Review Key Findings/Outcomes
- 16.00-17.30 Chaired Plenary Discussion – Group Feedback/Presentations

Close of Summer School

With special thanks to the following organisations for supporting this event:
Waitrose
The Circle of Influence Fund, University of Birmingham
The Alumni Fund, University of Birmingham
The Medical Protection Society
The Medical Defence Union