



Lifelong Health and Wellbeing Phase 2 Collaborative Development Network Awards

Additional information on each award, including a list of the co-investigators and an abstract of the proposal, can be found by clicking the name of the Principle Investigator.

Name	Institution	Award Title
Professor Jon Ayres	University of Birmingham	WELLINE: WELL-BEING AND THE INDOOR ENVIRONMENT
Dr Mima Cattan	Leeds Metropolitan University	Constructing a model to guide investment in older people's mental capital, mental health and wellbeing
Professor Charlotte Laura Clarke	Northumbria University	Enabling environment: Modelling Well-being in Ageing
Dr Wendy Gidman	University of Strathclyde	Optimising targeted delivery of mental health and lifelong well being interventions in Scotland
Dr Karim Hadjri	Queen's University Belfast	COGWORKS - The Cognitive Health and Wellbeing Hub
Professor Remco Polman	University of Central Lancashire	Psychomotor health across the lifespan: Consequences for active, happy & healthy ageing
Dr Marcus Redley	University of Cambridge	The lifelong health & wellbeing of adults with neurodevelopmental disorders associated with intellectual disabilities
Dr Afroditi Stathi	University of Bath	The Avon Network for the Promotion of Active Ageing in the Community
Dr Ross Wilkie	Keele University	Work, Health and Well-being: an interdisciplinary approach to managing health in the workplace
Dr Gill Windle	Bangor University	Challenges and healthy ageing: the role of resilience across the life course (ResNet)

Lifelong Health and Wellbeing Phase 2 - Collaborative Development Network Awards

Grant holder	Institutions	Title of award
Professor Jon Ayres	University of Birmingham	WELLINE: WELL-BEING AND THE INDOOR ENVIRONMENT
Co-Investigators Professor J Goodwin (Help the Aged) Mrs I Myers (Health Protection Agency) Dr M Ucci (University College London)		<p>Abstract</p> <p>We spend the majority of our lives indoors, from youth to old age. Indoor environments can play a major role in lifelong health and wellbeing, and while this proposal will mostly focus on how the indoor environment influences chronic disorders affecting the musculoskeletal, cardiopulmonary and nervous systems, amongst the most prevalent conditions found in the older population, we will embrace the concept of 'age friendliness' and the need to be preventive throughout life. These chronic conditions (e.g. degenerative joint disease, chronic obstructive pulmonary disease (COPD), heart disease, Parkinson's disease, etc.) can considerably affect the quality of life of individuals - in some cases from a relatively young age - be potentially life threatening, and place a significant burden on public health resources. The role of the indoor environment is important in these conditions: as these conditions worsen, mobility lessens and a greater amount of time is spent indoors.</p> <p>The mechanisms linking indoor environmental factors and health outcomes are complex and synergistic. The DPSEEA model provides an opportunity to explore and map actions/interventions in the chain of causation, taking into account the relationships between Drivers, Pressures, State, Exposure, Effect, and Actions. By adopting such a strategic framework, the proposed multidisciplinary Network will identify indoor environmental factors that are major determinants over the life course of health outcomes, with a focus on musculoskeletal, cardiopulmonary and neurological disorders arising in later life.</p> <p>At the core of this project there will be 3 multidisciplinary workshops. In particular, 2 one-day workshops will address lifelong indoor environmental factors and health outcomes with a particular focus on the chronic disorders affecting musculoskeletal, cardiopulmonary and nervous systems in later life. In these we aim to map key areas onto the DPSEEA model and identify further work to be done outside the workshops in refining the models. The results from the 2 one-day workshops will then be utilised as a starting point for a third 2-day final summary workshop. This will: a) improve the DPSEEA maps with the information gained from the interim work, b) identify key interventions; c) outline ideas for a research proposal.</p> <p>By identifying the interactions between indoor environmental factors and key chronic diseases affecting the older population, this proposal will identify effective interventions on the indoor environment which could alleviate existing cardiopulmonary, musculoskeletal or neurological conditions in older people, and/or prevent the onset and/or mitigate progression of such conditions during the life course.</p>

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Dr Mima Cattan	Leeds Metropolitan University	Constructing a model to guide investment in older people's mental capital, mental health and wellbeing
Co-Investigators		Abstract
Dr G Giuntoli (Leeds Metropolitan University)		<p>There is no comprehensive, empirical model which explains how mental capital, mental health and wellbeing are maintained and how people remain mentally robust in later life. Policy and practice supporting mental health are therefore poorly guided. The purpose of this network is to prepare a research agenda for a large multi-disciplinary study to develop, test and evaluate inter-related interventions for policy and practice that are relevant to older people.</p> <p>The objectives of the network will be to facilitate effective collaboration across disciplines, sectors and older people; develop capacity by exchanging knowledge between stakeholders in research, policy, practice, and older people themselves; critically review existing knowledge and theory in relation to mental capital and mental wellbeing; develop a robust and original multidisciplinary research agenda with deliverable outcomes based on current evidence, models of ageing and mental health and the need for translational research.</p> <p>The research questions are:</p> <ol style="list-style-type: none"> 1. What are the interactions between individual characteristics and environmental factors that improve and maintain mental capital, mental health and wellbeing in later life? 2. How can an understanding of these be translated into policy and practice? <p>The proposed network builds on an existing collaborative network of researchers. The ten month programme will consist of three stages, framed by three meetings. The first meeting will agree the thematic groups for the next stage, the terms of reference, the milestones and likely outputs. The proposed thematic groups are: social gerontology; health behaviour and lifestyle; the physical environment. These may be amended at the first meeting. Constant interaction, through a coordinator, between the groups will ensure that a coherent research proposal is developed. A second meeting will aim to develop a draft for a model of mental capital, mental health and wellbeing in later life based on the work undertaken to that point. The model will be debated in three discursive workshops with the strategic partners and older people. This will inform the final stage of the development of the model and a set of hypotheses and work packages to take the proposed research forward. The final meeting in February 2010 will finalise the work packages for the research proposal.</p> <p>The synergy of knowledge exchange between stakeholders, older people and other partner organisations is likely to create an arena for the development of an innovative and older people led model and research agenda for mental capital, mental health and wellbeing in later life.</p>
Professor J McKenna (Leeds Metropolitan University)		
Dr S Robertson (Leeds Metropolitan University)		
Mr K Thomas (Leeds Metropolitan University)		
Ms M Godfrey (University of Leeds)		
Dr G Marsden (University of Leeds)		
Professor S Iliffe (University College London)		
Dr K Walters (University College London)		
Professor J Manthorpe (King's College London)		
Dr S Moffatt (Faculty of Medical Sciences)		
Dr G Windle (University of Bangor)		

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Professor Charlotte Laura Clarke	Northumbria University	Enabling environment: Modelling Well-being in Ageing
Co-Investigators		Abstract
Professor M Angelova (University of Northumbria)		<p>The traditional view of older people emphasises experiences of loss and decline. However, there is a growing body of work which challenges this view as an inadequate explanation for experiences which older people themselves identify as associated with well-being.</p> <p>The Network on Enabling Environments (Modelling Wellbeing in Ageing) aims to:</p> <ul style="list-style-type: none"> -Develop interdisciplinary expertise to investigate major determinants of health and well-being in later life. The outcome will be a research proposal for a study that will model and predict well-being in older people, better understanding the relationship of wellbeing to social and community environments, to psychological resourcefulness, and to mental and physical health. <p>To achieve this aim and objectives, the Network brings together several key areas:</p> <ol style="list-style-type: none"> 1. Health and social care research into wellbeing of older people, linking also to understanding wellbeing as a key public health concern and so to the work of the UKCRC Centre for Translational Research in Public Health and to the British Academy International Collaborative Research Network on Ageing Populations. 2. A 25 year psychology cohort study of ageing with a particular interest in cognitive ageing (North East Age Research NEAR). 3. Methodological expertise in building mathematical and statistical models and risk evaluation. 4. Computer Science and informatics expertise in data mining, artificial intelligence and visualisation of complex data. <p>This work will develop the core interdisciplinary research expertise and concepts/strategies for a research proposal that will allow conceptualisation and hence management of older people which moves beyond the current decline and problem orientated approach of society and services. It has the potential to identify those aspects of the social, psychological and physical environment which enable older people to use their inherent adaptive capacities to best effect. As such, services may be able to support these environments and facilitate alignment between the reported experiences of older people and well-being. As a result health and social care resources may orientate to maximise people's capabilities. The resultant reduction in iatrogenic dependence has the potential to improve quality of life.</p>
Professor P Briggs (University of Northumbria)		
Dr L McInnes (University of Northumbria)		
Professor J Reed (University of Northumbria)		
Dr P Bath (University of Sheffield)		
Professor T Hildreth (The Education Centre)		
Dr Suzanne Moffatt (Newcastle University)		
Dr N Pendleton (Salford Royal NHS Foundation Trust)		

Lifelong Health and Wellbeing Phase 2 - Collaborative Development Network Awards

Grant holder	Institutions	Title of award
Dr Wendy Gidman	University of Strathclyde	Optimising targeted delivery of mental health and lifelong well being interventions in Scotland
Co-Investigators		Abstract
Professor M Bennie (National Services Scotland) Professor C Bond (University of Aberdeen)		<p>Scotland's population has worse mental health, more chronic illness and lower life expectancy than the UK overall or most of Europe. Much of the excess mortality is associated with lifestyle, for example smoking, alcohol consumption, substance abuse and poor diet. Consequently, Scotland is an ideal base for research to evaluate and improve mental health and lifelong health and wellbeing interventions because of the potential for health improvement.</p> <p>This funding would build a national, multi-disciplinary, network of academics, policy-makers and service-users to develop a programme of policy relevant research proposals, to support Scottish health priorities and initiatives. The network would work with established research networks (e.g. public health, mental health and health economics) to build pharmacy practice research capacity in high priority areas. Specifically, the programme will design, develop and evaluate innovative, targeted, community based pharmacy services, informed by analysis of routinely held prescribing data, to promote life long health and wellbeing. Research in this area is important because recent UK government policy initiatives have increased the scope of the pharmacist's role to promote healthy ageing, independence and wellbeing in later life. Pharmacists are pioneering an ever increasing range of community based screening services, as well as health promotion and self care initiatives. Core elements of the new Scottish contract include minor ailment schemes, smoking cessation schemes, and services to improve medication use. Services such as substance misuse services, screening for hazardous drinking, weight management programmes, and blood pressure monitoring are examples of roles delivered to a greater or lesser extent under locally negotiated schemes. Many of these community based pharmacy led services are relatively new and few have been robustly evaluated.</p> <p>The network will establish a centre of pharmaco-epidemiology and health service/pharmacy practice research at the Strathclyde Institute for Pharmacy and Biological Sciences (Glasgow), one of the UK's foremost pharmacy research centres. This funding would create a unique national working relationship between all of Scotland's pharmacy practice research teams as well as building collaborations with established epidemiologists, health economists, statisticians, psychologists and medical sociologists. This will introduce new methodologies and approaches to pharmacy practice research, strengthen funding applications and lead to nationally and internationally relevant research findings.</p> <p>The network would conduct six workshops to establish collaborations, develop a cohesive research strategy, and prepare funding applications. This would benefit [1] service-users, by optimising services [2] policy-makers, who could influence the research agenda [3] society, by maximising the benefits of investment in healthcare.</p>

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Dr Karim Hadjri	Queen's University Belfast	COGWORKS - The Cognitive Health and Wellbeing Hub
Co-Investigators		Abstract
<p>Professor A Bowes (University of Stirling)</p> <p>Professor E Burton (Oxford Brookes University)</p> <p>Dr D Craig (Queen's University Belfast)</p> <p>Dr K Dillenburger (Queen's University Belfast)</p> <p>Dr L Dunne (Queen's University Belfast)</p> <p>Dr U Lynch (Queen's University Belfast)</p> <p>Professor G Macdonald (Queen's University Belfast)</p> <p>Dr M Keenan (University of Ulster-Coleraine)</p> <p>Dr P Nikopoulou-Smyrni (Brunel University)</p> <p>Professor C Nugent (University of Ulster)</p>		<p>COGWORKS: The Cognitive Health and Wellbeing Hub, is an eclectic international and multidisciplinary research Network, whose goal is the identification of ubiquitous interventions that promote healthy cognitive ageing and independence in later life. The aim of the COGWORKS Network application is to reflect the multi-factorial nature of the determinants of health, in the development of a strategy that will maximise research capacity to identify new strategies that are effective in the promotion of cognitive health and well being. COGWORKS will focus on four research themes: maximising capacity to benefit across the life span; the impact of caring and disability on cognitive and related areas of mental health; the influence of the built environment on cognitive decline and wellbeing and the provision of new cognitive technologies that support and monitor middle aged and older adults. By highlighting the economic and social gains of healthy cognitive ageing and exploiting embedded technologies, the emergent research strategy will be highly relevant to policy and practice. COGWORKS is committed to partnership working across disciplines, with policy makers, practitioners and with representatives of civil society, including traditionally excluded groups such as people with learning disability; people with dementia and carers. The Network reflects the focus on long term health and wellbeing and includes people with interests across the life course from pregnancy to old age. The focus on the broad determinants means that the Network will also act as a catalyst to bring together an exceptional mix of people from various institutions and disciplines including built environment, education, law, medicine, occupational therapy, psychology, public health, healthcare technologies, computing and sociology. These people are currently working on ageing related issues ranging from education in childhood to assistive technology and dementia. COGWORKS will capitalise on this synergy by creating a platform for cross-fertilisation of ideas, knowledge and skills. The activities of COGWORKS will be focused on building strong collaborative relationships and the generation of a robust research strategy. Key activities include the creation of a web-space to facilitate networking; a monthly electronic newsletter; literature reviews; focus group interviews with key stakeholders; participation in key conferences/workshops; monthly research seminars and a research colloquium in November to generate a draft research strategy, which will be refined and finalised in time for the LLHW3 research call. COGWORKS will maximise research capacity to develop effective interventions, responsive policy and service delivery, the ultimate beneficiaries are older people.</p>

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Professor Remco Polman	University of Central Lancashire	Psychomotor health across the lifespan: Consequences for active, happy & healthy ageing
Co-Investigators		Abstract
Professor B Abernethy (Hong Kong University)		<p>Changes in movement behaviour across the lifespan occur as a result of biological processes (e.g., decreased muscular strength and postural stability), psychological factors (e.g., fear of falling, attention deployment) and neuromuscular diseases (e.g., Parkinson, stroke). Surprisingly, little is known how motor behaviour is modified by ageing and how these adjustments interact with other aspects of ageing like cognitive, affective, health and physical changes. The principal aim of the 'Active, Happy & Healthy Ageing' Network is to examine the processes (re-learning, coping) and products (movement characteristics, psychological well-being, quality-of-life) of age related changes in motor behaviour in relation to factors that influence these changes (physical fitness, disease status, efficacy beliefs, etc.) and how these relate to individuals' personal thresholds to seek medical advice. We propose a novel approach to the development of a research strategy with regard to psychomotor health across the lifespan. This includes the different partners meeting as dyads. This will allow a greater appreciation of the expertise, needs and scientific approaches of each partner and the formulation of multidisciplinary research questions. The position statements generated during these meetings will function as a handbook for developing a full research programme during two follow-up meetings. The diverse academic partners, health care providers and community organisations involved in the development of the research strategy is anticipated to result in novel research methodologies to investigate psychomotor health changes with ageing. This in turn will lead to development of new theoretical frameworks and empirically based interventions and treatments which will increase physical activity, mobility and daily functioning in older persons' thereby improving well-being and reducing morbidity.</p>
Professor R Masters (Hong Kong University)		
Dr J Maxwell (Hong Kong University)		
Miss E Borkoles (Leeds Met. University)		
Prof J McKenna (Leeds Met. University)		
Professor P Dey (University of Central Lancs.)		
Professor J Richards (University of Central Lancs.)		
Professor J Selfe (University of Central Lancs.)		
Dr C Dobson (University of Hull)		
Professor M Fagan (University of Hull)		
Miss N Vanicek (University of Hull)		

Lifelong Health and Wellbeing Phase 2 - Collaborative Development Network Awards

Grant holder	Institutions	Title of award
Dr Marcus Redley	University of Cambridge	The lifelong health & wellbeing of adults with neurodevelopmental disorders associated with intellectual disabilities
Co-Investigators Professor A Holland (University of Cambridge) Professor F Huppert (University of Cambridge) Professor C Oliver (University of Birmingham)		Abstract The different genetic causes of peoples’ intellectual disability (ID) can have a profound influence upon their lives, with respect to: i) life span, and vulnerability to particular health conditions and illnesses; ii) the trajectory of their lives with respect to education, employment and retirement, and other opportunities for participating in mainstream society, and iii) what it means to live ‘good life’ in which a person can flourish. To date this knowledge has had very little impact on recent developments in health and social care. Rather, the reverse has been the case. Legislation and policies designed to support people with ID have overlooked the diverse and complex nature of living with an ID. Policies of ‘normalisation’, and recognition of ability rather than disability, have been pursued in which the interests of people with ID are seen as identical to those of the general population. This is exemplified in the ‘People First’ movement and the 2001 White Paper Valuing People, both of which promote equality of citizenship. Where there is an explicit acknowledgement that people with disabilities face different problems from the general population, as in the campaigns of Disability Rights Movement, and in the Disability Discrimination Act and the Disability Equality Duty, the interests of people with ID are seen primarily in term of accessibility and thus broadly analogous to those of men and women with sensory and physical impairments. While this focus on ability and accessibility has significantly improved the lives of people with ID, and will continue to do so, there is awareness that improvements in the welfare and wellbeing of men and women with ID have stalled. Our aim is to develop a network that can, in the first place, scope the potential benefits and possible limitation to the provision of health and social care service that are cognisant of, and responsive to, the particular characteristics and behavioural phenotypes associated with the different genotypes causing intellectual disabilities. Our long-term aim, assuming there are potential benefits, is to trial such innovatory services. To scope the for potential promoting the lifelong health and well-being of people with specific genetic syndromes we propose to gather and consider research evidence, and the practical experience of carers’ that recognises the diverse and complex age related needs of people with specific neurodevelopmental disorders.

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Dr Afroditi Stathi	University of Bath	The Avon Network for the Promotion of Active Ageing in the Community
Co-Investigators Professor K Fox (University of Bristol) Dr L Lloyd (University of Bristol) Professor D Sharp (University of Bristol) Dr J Thompson (University of Bristol) Professor S Gray (University of the West of England) Professor G Parkhurst (University of the West of England) Professor K Judge (University of Bath)		<p>Abstract</p> <p>Regular physical activity is not only important for physical function and freedom from disease in the elderly, but also increases mental well-being, reducing the risk of depression and dementia and is an important vehicle for social interaction and maintenance of independent living. However, the best ways to encourage and facilitate older people to increase their daily activity are not well understood and research in this area is in its infancy. The aim of the proposed Avon Network for the Promotion of Active Ageing in the Community is to develop an interdisciplinary forum for translational research and knowledge exchange, involving key stakeholders in the promotion of physical activity in older people. The collaborators will develop recommendations for, and prepare funding bids to develop and evaluate physical activity programmes for older people living in the Avon community. This will be achieved by:</p> <ol style="list-style-type: none"> 1. Holding a series of facilitated meetings involving multidisciplinary academic collaborators, key informants (invited external speakers), health and leisure service delivery agencies and relevant service user groups in the Avon region. 2. Identifying and (descriptively) synthesising evidence from studies of people aged 70+ that identify determinants of physical activity and evaluate the effectiveness of interventions to promote activity. 3. Re-analysing and collating existing qualitative and quantitative data from samples of Avon residents such as Project OPAL, Bristol Quality of Life survey, WE-based Solutions, and local service delivery evaluations. 4. Contrasting and comparing approaches to physical activity promotion against evidence-based and pragmatic criteria for intervention which will be developed by the network partners. 5. Using qualitative research methods to assess reactions by target user groups from diverse neighbourhoods and communities to different service delivery options. 6. Synthesising the results of the above activities to produce a set of options and recommendations for physical activity promotion for older people. 7. Preparing at least one substantial research proposal draft for funding to develop /pilot and test the effectiveness of different recommended approaches to physical activity promotion for submission in 2010 to LLHW. <p>By the end of the grant period, the project will therefore deliver several outputs including research papers (from the literature reviewing and qualitative work), a consensus document outlining recommendations for physical activity promotion for older people and at least one research funding proposal. The proposed applicants and collaborators have an excellent track record of research and service delivery in this area and are well placed to successfully achieve the aims of this proposal.</p>

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Grant holder	Institutions	Title of award
Dr Ross Wilkie	Keele University	Work, Health and Well-being: an interdisciplinary approach to managing health in the workplace
Co-Investigators		<p>Abstract</p> <p>National policies directed at extending working life have received attention from a range of stakeholders, including clinicians and policymakers. The economic impact of work loss on society is substantial: 157 million working days were lost to sickness in 2006 and the estimated cost to society in the UK is £7 billion. Together with the economic benefits, work participation is seen to assist healthy ageing and continued independence. Much research has been undertaken examining general issues around work and employment. Building on this research, the proposed project aims to develop an interdisciplinary network focusing upon health transitions in employment. The project will have a particular focus on the management of two of the main reasons for work loss (stress and musculoskeletal conditions) occurring during the middle and later phases of working life. The network will (i) identify potential interventions and strategies to maintain work participation through the life-course with particular attention to mental health and musculoskeletal conditions, and (ii) explore the basis for a larger project to evaluate management strategies in relation to these conditions. The particular strength of the proposal is the bringing together of a range of interests in health factors behind work transitions, a commitment to combine disciplines in novel ways, and the concern to develop new interventions to assist work participation.</p> <p>The network combines expertise from three research centres: health service epidemiology and musculoskeletal conditions (Arthritis Research Campaign National Primary Care Centre, Keele University), social gerontology and sociology (Centre for Social Gerontology, Keele University), social policy, work and employment, including stress in the workplace (University of Kent). In addition, the network will also include a number of other experts in the field, user groups (e.g. Research User Groups from Keele University, The Age and Employment Network) and government organisations (Kent County Council, Department of Work and Pensions, Health and Safety Executive). Particular strengths of this proposal are the focus of all experts on work transitions, a commitment to work in an integrated way and to build research capacity with potential to direct further research on examining the success of proposed interventions to maintain work participation and healthy ageing. The output from the networks' activities will lead to presentation of findings at conferences, workshops to relevant policy-making groups, and the development of a major research proposal focused on interventions in the workplace to assist healthy ageing.</p>

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Grant holder	Institutions	Title of award
Dr Gill Windle	Bangor University	Challenges and healthy ageing: the role of resilience across the life course (ResNet)
Co-Investigators		Abstract
Dr K Bennett (University of Liverpool)		<p>'Resilience' is receiving increasing interest across policy, practice and research in relation to its potential impact on health, well-being and quality of life. But there is little consensus regarding definitions and measurement, and debate about the factors that contribute to its' maintenance or reduction. There is little information regarding the developmental pattern of resilience over the life-course. Is it something about the community in which a person lives which makes them resilient, or is there a biological predisposition? Is resilience a psychological resource that is developed over the lifespan, or does it develop from exposure to difficulties or risks, enabling a person to develop the capacity to 'bounce-back'? Do resiliency factors in childhood affect resilience to challenges and inequalities in older age? Resilience could be the key to understanding resistance to risk across the lifespan and how health and well-being can be maintained in the face of challenges. However in order to inform future research more clarity is required. Investigation is needed to understand how resilience can be promoted. The potential importance of resilience is considerable.</p> <p>The proposed network (ResNet) will take forward these objectives. It will unite and build upon previous research and work undertaken on resilience, and strengthen this with new perspectives and collaborations, thereby enhancing research capacity and development. The disciplines and organisations represented within the network represent a unique, biopsychosocial partnership. ResNet will draw on this diverse expertise to develop a research, knowledge transfer and dissemination strategy and subsequent research bids. These will take a multi-level approach and consider the complex interplay between places people live, the support they receive, biological and psychological characteristics on resilience and healthy ageing. This could not be achieved without ResNet.</p> <p>The work will generate new knowledge for research, policy and practice, which will be accomplished through activities within 3 related work-packages. Each consists of meetings of researchers, service users and lay members, and research activity with outputs appropriate for all who may be interested. This approach will ensure a mutual understanding by all sectors of the research and its application; knowledge transfer will be fully embedded. It will enable stakeholder expertise in healthy ageing and policy to be extended into national and international research. Multiple pathways of dissemination will ensure that the work is accessible to a wide range of recipients.</p>
Dr K McCracken (University of Liverpool)		
Professor V Burholt (Swansea)		
Dr G Netuveli (Imperial College, London)		
Prof M Orrell (University College London)		
Professor J Noyes (University of Bangor)		
Professor J Rycroft - Malone (University of Bangor)		
Professor A Slacker (University of Essex)		
Professor R Woods (University of Wales, Bangor)		