

ADRC

Ageing & Dementia
Research Centre
Bournemouth University

September
2022

The Ageing and Dementia Research Centre

NEWSLETTER

Our Ageing and Dementia Research Centre (ADRC) at Bournemouth University (BU) brings together cross-faculty research expertise in areas of ageing and dementia. At a time when our population is living longer and often with long-term conditions including dementia, the centre's research significantly impacts on theory, education and professional practice.

Our aim is to use the team's collective expertise to develop person-centred research which will improve the lives of people with dementia and their families. Our research falls under three broad categories – developing ageing and dementia friendly environments, nutrition and wellbeing and activity and social inclusion.

Meet the ADRC team by visiting

<https://www.bournemouth.ac.uk/ageing-dementia-research-centre-staff>

Coffee mornings

Thank you to all our Ageing and Dementia Research Centre (ADRC) coffee morning members for their involvement and engagement in research. For anyone that hasn't attending a coffee morning yet and is interested in doing so, please see the key information below.:

- Second Wednesday of each month
- 10-11am, online via Zoom (we run two coffee mornings a year that are face-to-face)
- Topics on healthier ageing and conditions that affect ageing
- Everyone welcome

In 2022, we had the following academics present at the coffee morning:

January - Dr Doug Hardman - Exploring how to improve hospital navigation

February - Dr Dorothy Tse - Do brain games improve memory function?

March - Dr Matthew Armstrong - Why are long term symptoms of COVID-19 negatively impacting physical and mental health in typically healthy individuals and what can be done to support them long-term?

April - Dr Susan Dewhurst - It takes a community to prevent a fall.

May - Prof Lee-Ann Fenge - Developing awareness of financial scams and how to better protect against them.

June - Dr Gladys Yinusa - Can patients and relative's stories about food and nutritional care inform improvement?

July - Dr Raysa El Zein - Does Coconut Oil Prevent Memory Loss?

We need your feedback!

As you may be aware, we have ongoing evaluations of our activities here at ADRC.

We are reflecting on our patient and public involvement and engagement practice. We look forward to disseminating our ADRC coffee morning approach while considering areas for improvement looking into the future. We would appreciate it if you could spare some time to share your experience of engaging in these meetings.

Participation is voluntary, and your responses will be anonymised. You will have the option to confirm whether you are happy for your comments to be used to inform ADRC coffee morning improvement initiatives and reproduced in our multiple channels. These include published reports, case studies, conference papers and social media outlets.

Please follow this link to give your feedback:

<https://bournemouth.onlinesurveys.ac.uk/adrc-coffee-morning-feedback-form>

If you have any questions, please email Dr Gladys Yinusa at **yinusagg@bournemouth.ac.uk**



Research participants required for our research projects

The Ageing and Dementia Research Centre has a few research projects which are in their early stages and we are seeking research participants to help with these projects. Please see below information about the different research projects you can get involved with.

Research study 1

Could social biases be modulated by age?

We are interested in the lifespan and relationship between basic effects of social biases on perception. We are looking for adult males and females (25-65 years old).

You will be asked to perform 3 short tasks using a computer. In each task you will be asked to learn associations between identities, rewards or emotions and geometric shapes. £10 Amazon Voucher in compensation for 30 minute study.

For more information, please email Gemma Lovett:
glovett@bournemouth.ac.uk



Research study 2

What do you think the people in these photos are like?

We (Katherine Appleton and Emmy van den Heuvel) study the psychology of eating at Bournemouth University (UK) and Maastricht University (NL). Some of you have taken in our studies before, for which we are very grateful. For our next research study, we want to use photos of people conducting food related activities, such as eating and cooking, for some news articles, but before we create the news articles, we want to make sure we are using the right pictures. To make sure we use the right photos, we want to check if what we see in the pictures is also what you see, so we want to ask what you think of them.

The photos are provided in an online questionnaire. You will be shown different photos, and asked questions about the people in them, for example, do you think these people have good health?, or do you think these people lead an active lifestyle?. There are no right or wrong answers, we are simply curious about what you see. We are looking for approximately 50 adults who are 65 years old and older, living in their own homes, and fluent in English. The questionnaire should take 15-30 mins to complete.

If you are willing to help, and are happy to do so without further delay, please use the link below to access the survey directly. Full information is given at the beginning, and of course, you can stop at this point if you wish. If you have any questions, or wish to contact a researcher, please email me (Katherine Appleton) on k.appleton@bournemouth.ac.uk. Thank you very much for your interest and time.

Survey link: https://maastrichtuniversity.eu.qualtrics.com/jfe/form/SV_895LHCa8kIPL9UG

Research participants required for our research projects continued

Research study 3

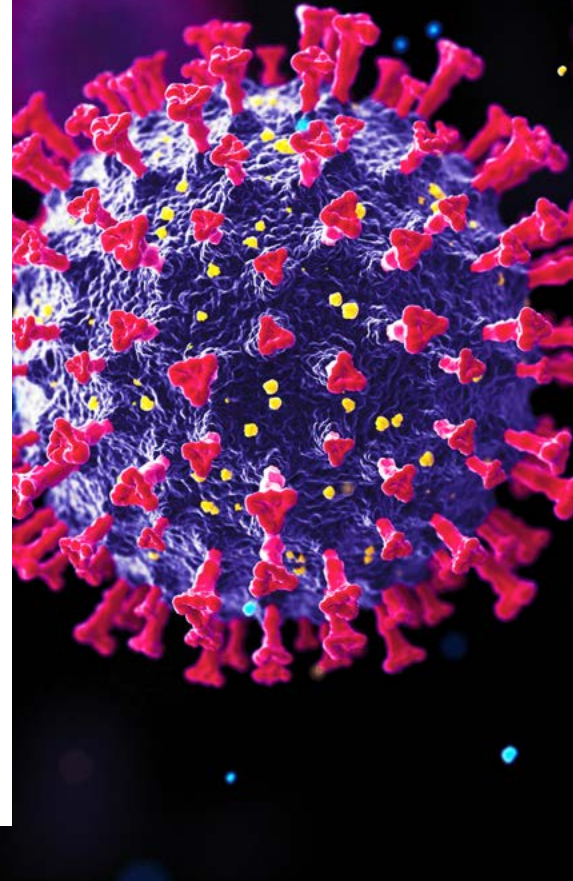
Covid-19 research: Could personalised health behaviour tips help you resume your day-to-day activities?

Are you experiencing long-term symptoms of Covid-19? Help us understand how these symptoms are impacting your ability to carry out day-to-day activities.

What do I have to do?

- Make two visits to our laboratory across a nine-week period.
- Complete an eight-week activity/symptom diary to help us understand
- how long covid impacts your day-to-day activities.
- Engage in weekly phone calls discussing your symptoms and the impact these have on day-to-day activities.

If you are interested, or want more information, please contact Dr Matthew Armstrong by emailing marmstrong@bournemouth.ac.uk or calling **01202 963031**. Alternatively, visit <https://bit.ly/3dkuxYy>



Research study 4

Remembering the past and constructing the future in healthy ageing

Healthy ageing seems to have an impact in how individuals remember the past and construct the future. This study, using a brain MRI scanner, investigates how older adults retrieve information from their recent past, regulate their emotions, and construct the near future.

We would like to hear from people over the ages of 60 years. The whole process takes about one hour, once we ensure that MRI compatibility is met. Offering a £20 Amazon Voucher for participants that take part.

For further information, please contact Marianna Constantinou: mconstantinou@bournemouth.ac.uk



Update on current research projects

DONOR (Digital cOachiNg fOr fRailty) project

DONOR (Digital cOachiNg fOr fRailty) is an exciting new study, developing a new health coaching intervention, alongside utilising existing digital applications to manage symptoms of frailty in its early stages. Frailty affects one in ten people over the age of 65, and means that people are at higher risk of falls, disability and poorer quality of life.

Part 1 of DONOR focuses on developing the intervention. Participants will have the opportunity to help shape our new health coaching intervention through focus groups and interviews.

Part 2 will be where we pilot our intervention. Participants will have the support of a health coach, and the use of My mHealth's apps to manage long-term conditions, in order to manage symptoms of frailty. We will collect data on the experience of using our intervention, as well as factors such as physical activity, diet, exercise, and quality of life. There may also be the opportunity to provide feedback on our intervention through an interview.

For more information about the project, please go to our website:

<https://www.bournemouth.ac.uk/research/projects/donor-digital-coaching-frailty>

Alternatively, contact Rachel Christie (Research Assistant) at DONOR@bournemouth.ac.uk

Healthy Brain Healthy Life project

The public engagement project funded by national charity, Alzheimer's Research UK (ARUK) Inspire Fund and aims to create dialogue and engage with minority ethnic communities around brain health and dementia prevention. The project has organised 3 interactive workshops around with the following themes: 'Our traditional food and our community - healthy eating for brain health', 'Creating with our hands - expression through art', 'Music, movement and mind - keeping active'. The workshops were fun and interactive and used playful, culturally-tailored and engaging ways to talk about brain health and steps that we can take to reduce our risk of developing dementia. Workshops have been very popular and participants have enjoyed coming along to the University for a hands-on and fun experience. There are two more workshops scheduled for September and October. Registration can be done via the Eventbrite link:

<https://www.eventbrite.co.uk/e/healthy-brain-healthy-life-project-tickets-306404773927>

Check out our first digital story here and you can follow our Twitter [@BU_HealthyBrain](https://twitter.com/BU_HealthyBrain) and Instagram [bu_healthybrain](https://www.instagram.com/bu_healthybrain) pages and website www.bournemouth.ac.uk/Brain for more updates.



Latest NEWS

September is World Alzheimer's Month, find out more information by visiting Dementia UK.

<https://bit.ly/3Rnsd1G>

The PM has discussed a new 10 year dementia research investment.

<https://bit.ly/3B5BiXM>

The government has announced plans that will require entrance level step-free access and other accessibility in all new homes.

<https://bit.ly/3q0ZnIO>

Check out the Centre for Ageing Better who have produced an interactive report capturing how people in the UK are ageing.

<https://ageing-better.org.uk/state-of-ageing>



The next newsletter will be in January where we will be discussing the diagnosis of frailty and will continue to give you updates on our research projects and latest news.

If you have any suggestions of how you would like to be involved with the ADRC, please email us at adrc@bournemouth.ac.uk or call 01202 962536.