**Multi-disciplinary** **Conference - Call for Participation**

**‘Ageing, Physical Activity, Recreation and Well-being’**

**Reaching diverse communities**

Date: **Thursday 11th June 2015**

**Hosted by: Buckinghamshire New University and ‘Movers & Shakers’**

**Venue: Gateway Building, Buckinghamshire New University, High Wycombe, Buckinghamshire, HP11 2JZ**

[Bucks New University](http://bucks.ac.uk/) ****

**Conference rationale:**

In every continent people are living longer lives in the 21st century. By 2050, older people are predicted to make up 22% of the world population with an increase in each major sector of the globe (United Nations Department of Economic and Social Affairs, 2007). The UK is no exception to the longevity of ageing in communities. This percentage is expected to rise to 40% by 2026. Policy-makers, the public and many older people do not always fully appreciate either the importance of physical activity and recreation in elders’ lives or the options available to deal with the process of ageing and well being. Current research highlights the significance of maintaining and developing active lifestyles to avoid medical conditions and provide for heath and well-being as one ages. This conference is particularly concerned to highlight community programmes developed within so called ‘hard to reach’ elders.

**The goals of the conference are to:**

1. Bring together practitioners, students, and researchers interested in community-based health/recreation promotion programmes for older adults and disseminate knowledge on physical activity and recreation interventions
2. Facilitate collaboration, among the various stakeholders, about partnerships aimed at introducing health community initiatives.
3. Provide a platform for the local community to showcase the ‘Movers and Shakers’ initiative which brings together diverse communities in Buckinghamshire.

**Conference Themes**

* Reaching diverse communities: approaches and methods
* Active Leisure and Ageing Well: Programmes Designed to Meet the Health Needs of Older Persons
* Evidence-Based Programmes: Research on Life Style Interventions for Elders
* Reminiscence, Mind Work and Other Research or Cognitive Based Approaches
* Gerontological Service Learning Opportunities for Universities

**Who is the conference for**?

* Practitioners involved in intervention programmes for seniors
* Academics and researchers involved in physical activity, recreation, nutrition, stress management, and social support systems
* Community service policy-makers, providers and users, public health officials

**Keynote Speakers**

* Carol Cutler Riddick*, Professor of Gerontology, Gallaudet University, U.S.A*
* *Others tbc*

**Where**

Queen Alexandra Road, Buckinghamshire New University, High Wycombe, Buckinghamshire, HP11 2JZ. A map with travel details and location can be accessed via the following link:

<http://bucks.ac.uk/content/documents/Campus_Environment/Maps/High_Wycombe_Campus_map.pdf>

**Organisers**

Professor Barbara Humberstone – Professor of Sociology of Sport

Dr Maria Konstantaki – Senior Lecturer in Sport and Exercise Science

Olga McBarnett –Bucks County Council Community Development Lead

**Call for papers to be presented at the conference**

Conference presentation will be 20 minutes including questions.

**Abstract Submission**   
250-350 words, structured as follows and submitted by email to: [maria.konstantaki@bucks.ac.uk](mailto:maria.konstantaki@bucks.ac.uk) and [barbara.humbestone@bucks.ac.uk](mailto:barbara.humbestone@bucks.ac.uk)

* Full title of paper
* Abstract main body: background (outline of the policy context and/or academic literature informing the research), methodological approach and significance (description and application of the original research findings reported in the paper).
* Author biography: 100-150 words (position, field of study, main research interests, key publications and full professional contact details).

**Closing Date:** **1st April 2015**

Authors will be notified of acceptance of their paper for presentation by 30th April 2015.

**Administration:** Cost Full day fee is £40: Concessions (student and non-waged) £20.

<http://bucks.ac.uk/ageingwellconference>