

# **Ageing Well: Research and Resources**

## **Research Websites**

- Gerontology & Geriatric Medicine – Resilient Ageing  
<https://journals.sagepub.com/doi/pdf/10.1177/23337214211002951?download=true>
- BMC Geriatrics – Quality of Life in Older Adults  
<https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-024-05401-7>
- National Council on Ageing – Ageing Well Resources  
<https://www.ncoa.org/aging-well/>
- Holistic Approaches to Ageing Well – Better Mind  
<https://www.bettermind.com/aging/holistic-approaches-to-aging-well/>
- Beyond Pills and Procedures – SeniorSite  
<https://seniorsite.org/resource/beyond-pills-and-procedures-your-simple-guide-to-holistic-aging/>
- International Journal of Wellbeing  
<https://www.internationaljournalofwellbeing.org/>
- Age and Ageing – Oxford Academic  
<https://academic.oup.com/ageing>
- The Open University  
<https://wels.open.ac.uk/research/projects/ageing-well-public-talks>

## **Local Resources**

- Centre for Ageing Better – Research & Policy Newsletter  
[info@ageing-better.org.uk](mailto:info@ageing-better.org.uk)
- Mayor’s Age-Friendly London Action Plan
- Includes section on supporting good health and wellbeing for older Londoners
- <https://www.london.gov.uk/olderpeople/mayors-action-plan-age-friendly-london>
- Age UK Barnet
- Services include social prescribing, fitness classes, craft groups, and befriending services
- [info@ageukbarnet.org.uk](mailto:info@ageukbarnet.org.uk)

- **Barnet Health Champions/Barnet Wellbeing Hub**
- <https://www.barnetwellbeing.org.uk>
- **Barnet Libraries**
- Services include home library service, on-line reading group, digital library with e-books and audio books and large print books
- <https://www.barnet.gov.uk>
- **Dare2Dance**
- A community interest company providing classes and projects for all ages.
- <https://www.barnet.gov.uk>
- <https://www.youtube.com/@d2ddancecompany65>
- **Barnet Seniors· Association (BSA)**
- Coffee mornings, outings, and information fairs.
- <https://www.qualitycaretime.com/post/spotlight-on-barnet-london-uk-local-resources-and-support-for-the-elderly>
- **Re-engage Charity**
- Companionship through tea parties and phone calls.
- <https://reengage.org.uk>

## Recent media articles

- **I was the UK's first chief coroner - this is why you need a death file**  
Peter Thornton reveals what working up close to death taught him about life, happiness and aging well
- <https://apple.news/AejSfFoSJTGCDpgalhu8>
- **How to embrace ageing and combat the fear of getting older**  
Be positive, maintain strong social connections and prioritise your physical and mental health.
- [https://apple.news/AlhdTHa\\_EQRim4uVW3sYqhg](https://apple.news/AlhdTHa_EQRim4uVW3sYqhg)
- **Age UK's "Discover" Series**
- Age UK has published several uplifting stories, including:
- **Tom's Incredible Feet:** A man who took up marathon running later in life, showing how physical activity can transform ageing.
- **Silver Sunday Celebrations:** Events across London that celebrate older adults and promote social connection.
- **Comedy Nights for Seniors:** Exploring how laughter and community engagement support mental health in older age.
- <https://www.ageuk.org.uk>