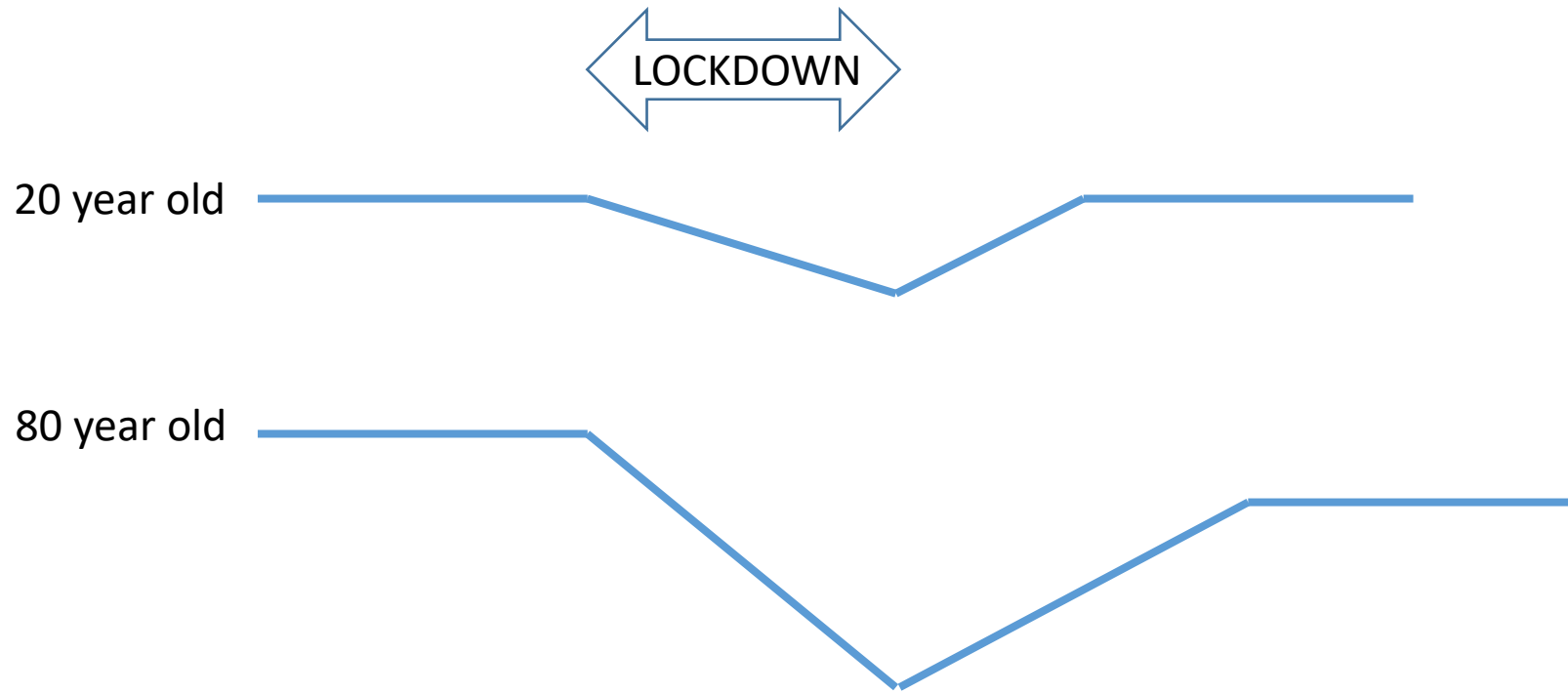
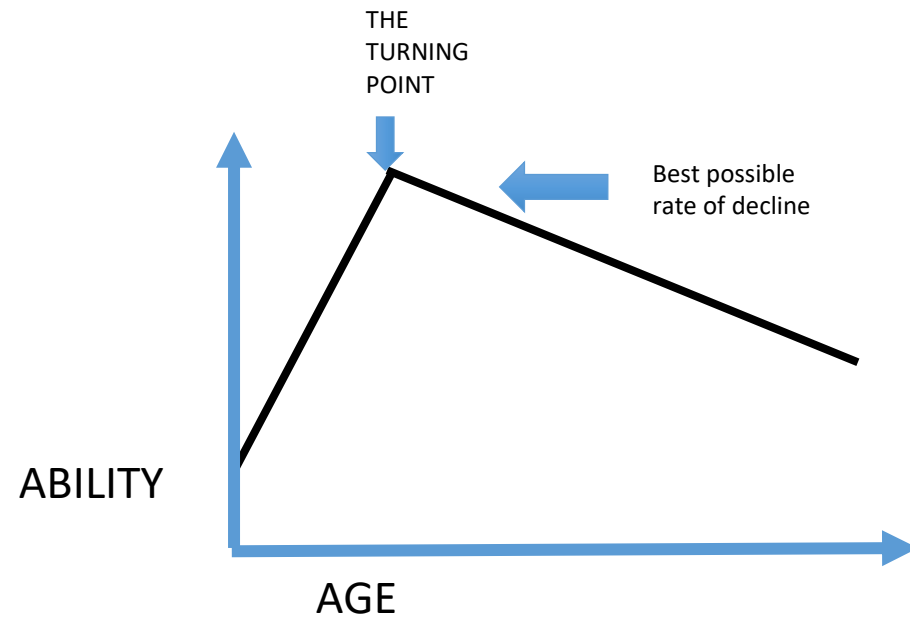


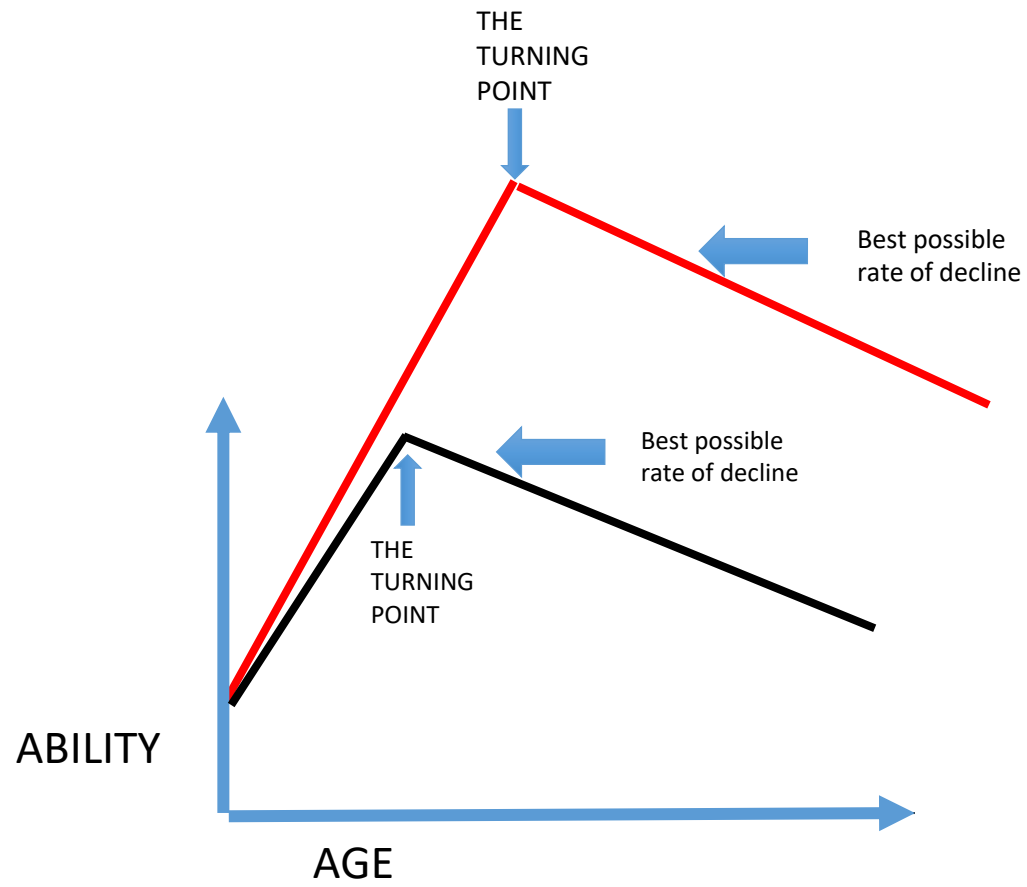
Ageing is not a cause of major problems till the 90s. But It does affect maximum ability and resilience





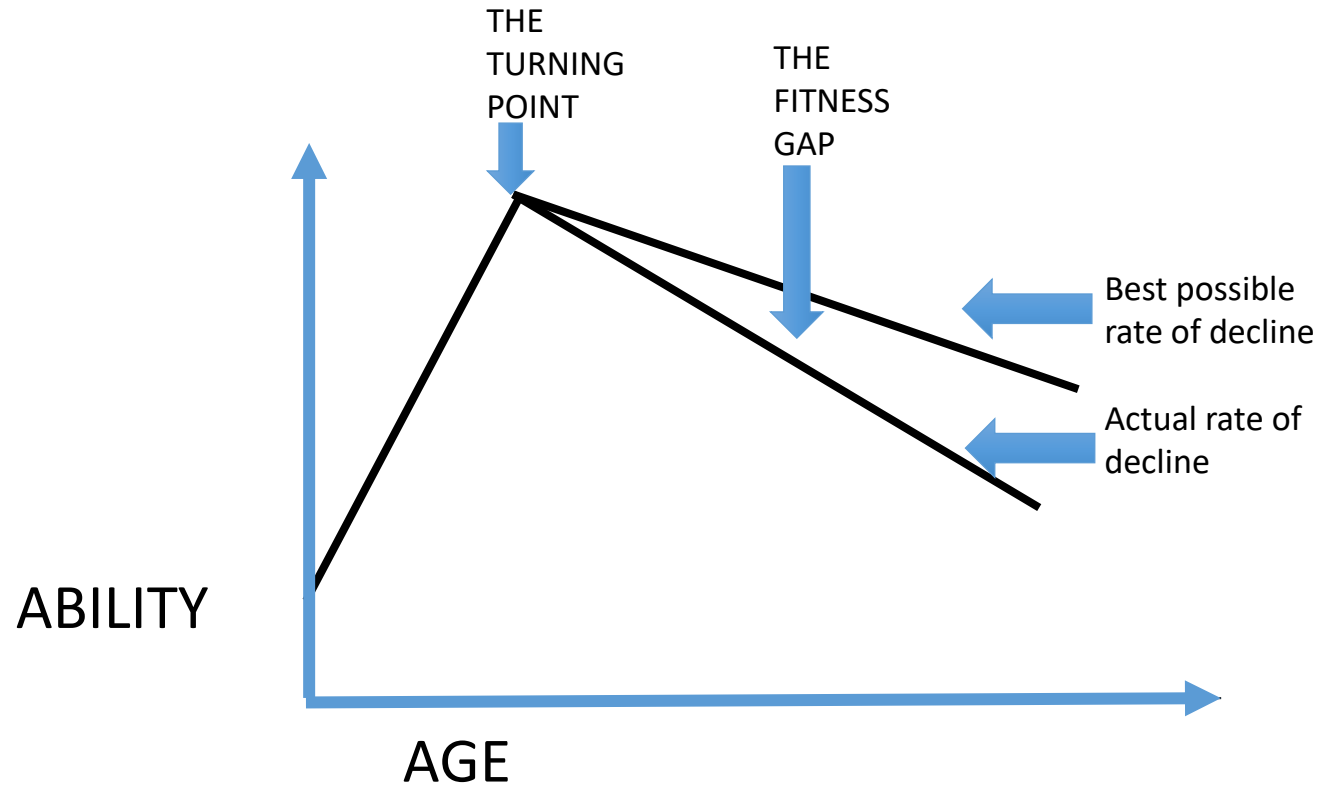
There are three other processes that cause the problem



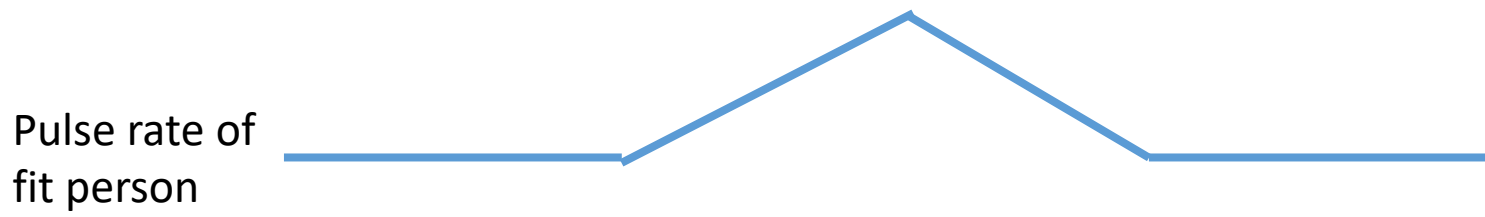
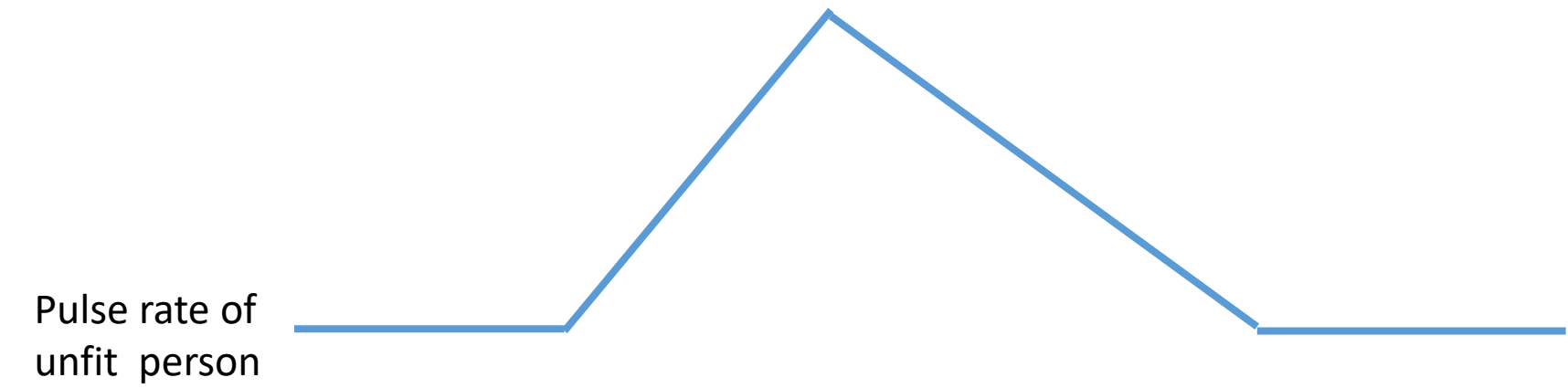


BEST POSSIBLE RATE OF DECLINE DUE TO AGEING ALONE

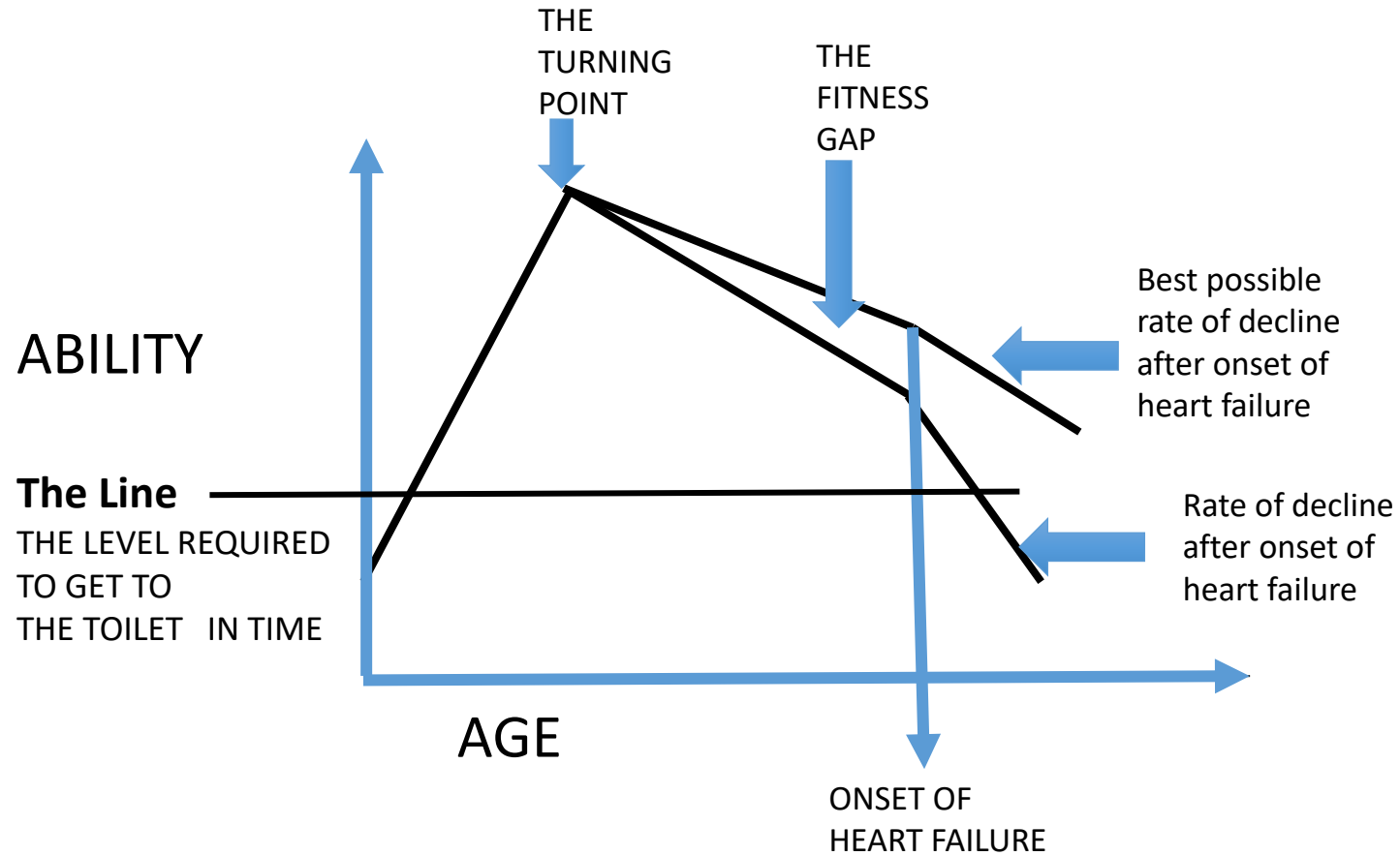
- Ordinary citizen
- Professional Athlete



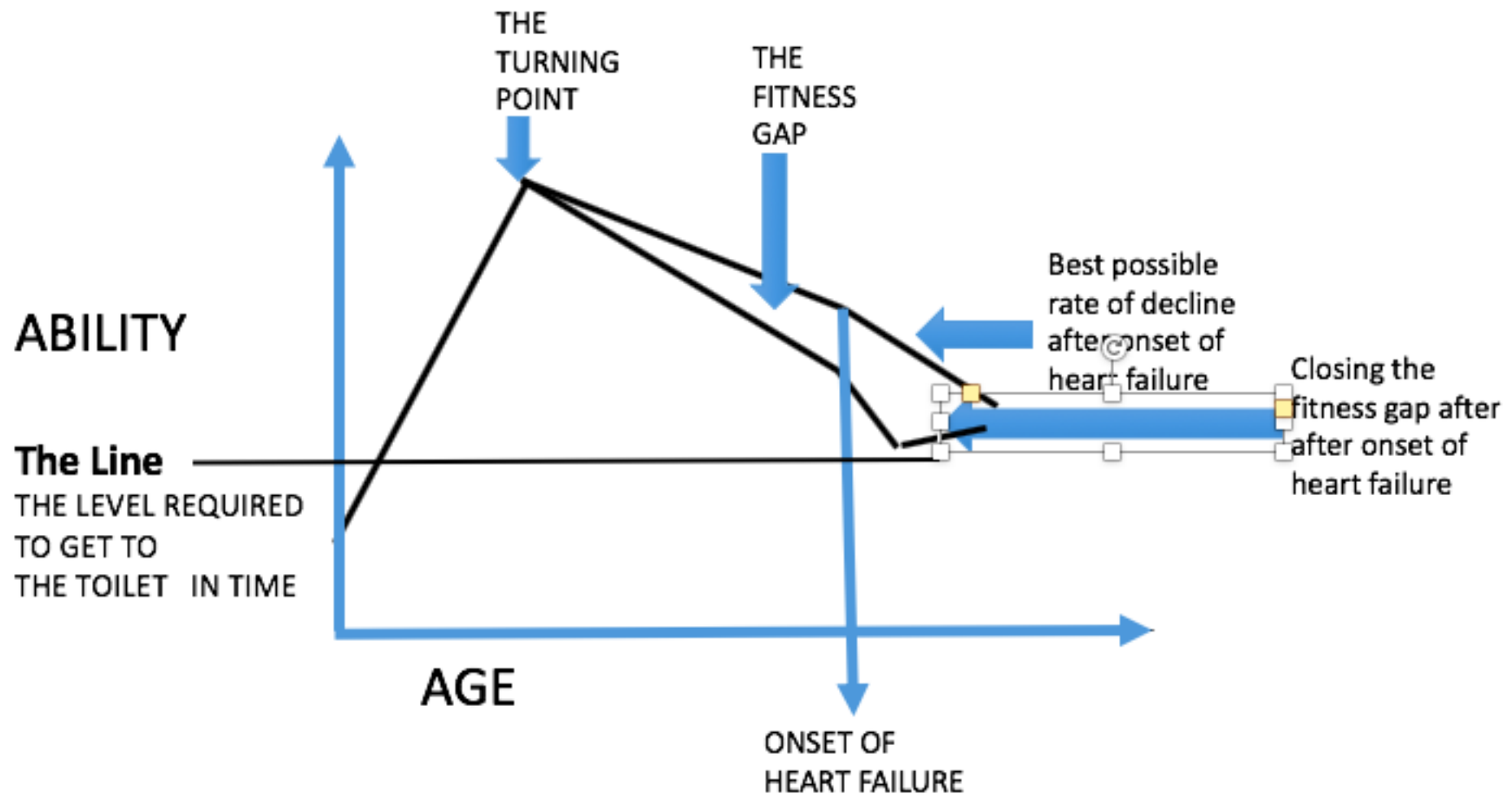
The first of which is loss of fitness



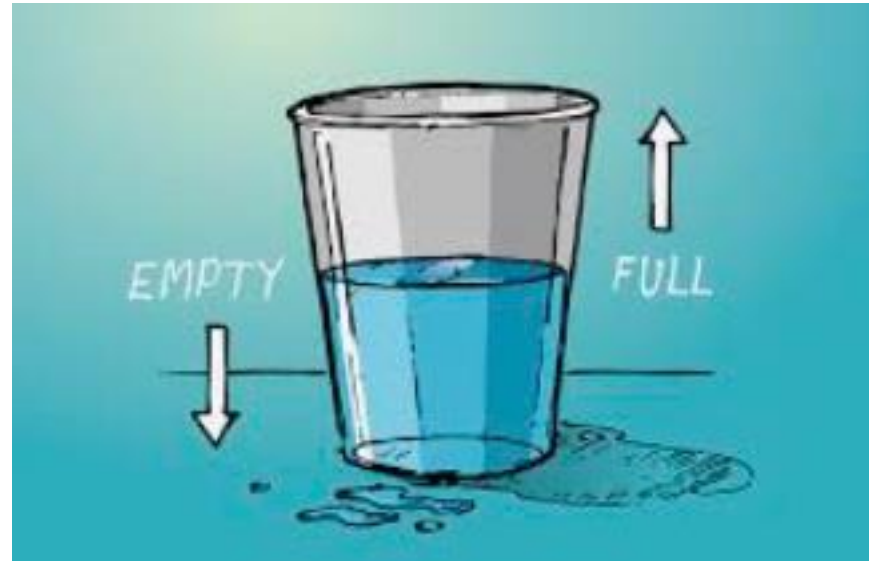
Exercise



THE SECOND PROCESS IS DISEASE AND THE FITNESS GAP OFTEN GETS WIDER FASTER AFTER THE ONSET OF A LONG TERM CONDITION, AND MAY DRAG THE PERSON BELOW **THE LINE**



The third factor is negative thinking, based on the wrong beliefs and pessimistic attitudes



**UNDERSTAND
AGEING**

**REGAIN
FITNESS** physical,
cognitive &
emotional



**PREVENT &
TACKLE DISEASE**

**THINK
POSITIVE**



Our services

Get the support you need

Activities and events

Ongoing social activities

Get involved

How you can help

About us

What we're doing in the community

Home / About us / Age UK Oxfordshire's News / Share Your Warmth Campaign

Age UK Oxfordshire's News

Pension Credit - do you qualify for a free TV licence?

Coronavirus Crisis - The latest updates from Age UK Oxfordshire

CANCELLED - Jazz & Curry Fundraising Evening

Share Your Warmth Campaign

A big thank you to our knitters of 2019

Nominations Open: The Oxfordshire Care Awards 2020 - Inspiration for All!

Staying Well This Winter

It's your time to shine!

Archive

Share Your Warmth Campaign

Published on 17 February 2020 02:14 PM



Share Your Warmth

Risk factors are:
depression
isolation
loneliness

Watch later Share

MORE VIDEOS

Oxfordshire ageUK

0:21 / 3:06

YouTube

The video player shows a man in a white shirt and colorful tie holding a book. A large purple speech bubble contains the text 'Risk factors are: depression, isolation, loneliness'. The video title is 'Share Your Warmth' and it includes 'Watch later' and 'Share' buttons. At the bottom, there is a 'MORE VIDEOS' button, the Oxfordshire ageUK logo, a progress bar at 0:21 / 3:06, and standard YouTube controls.

Carry on with what you have been doing –
Mediterranean diet , be careful about alcohol etc
but there is a new agenda

- Get even fitter to increase strength, stamina ,skill and suppleness so
 every year do even more! and
 every diagnosis do even more!
- Reduce your risk of dementia
- Do even more for other people and strengthen your sense of purpose

THE WIZDISH



THE WIZDISH



SO WE NEED

everyone to become more active

activity to be done in groups for increased emotional wellbeing, preferably face to face but also using VR

the groups to have a social purpose wherever possible, for example to raise money for Cancer Research or to promote tree planting to mitigate climate change

AND

SO WE NEED

everyone to become more active

activity to be done in groups for increased emotional wellbeing, preferably face to face but also using VR

the groups to have a social purpose wherever possible, for example to raise money for Cancer Research or to promote tree planting to mitigate climate change

And

for the groups to compete with one another