



Age Proud: Exploring Positive Ageing

2 October 2019

Agenda

- | | |
|---------------|--|
| 10:00 – 10:30 | Arrivals and coffee |
| 10:30 – 10:35 | Welcome (Jan Kitching, GMOPN Action Group member) |
| 10:35 – 10:45 | Why I'm Age Proud (Elizabeth Lynskey, GMOPN Action Group member) |
| 10:45 – 11:00 | Update from the GMOPN - an Age Proud Network (Liz Jones, GMOPN) |
| 11:00 – 11:15 | Challenging the Stereotypes (Mike Dodd, Talking About my Generation Campaign) |
| 11:15 – 11:35 | Positive Ageing and the Ageing Hub (Paul McGarry: Greater Manchester Combined Authority) |



11:35 – 12:00	“Old people, declining years, an increasing burden...what rubbish!” (Joyce Williams, Age Proud Campaigner)
12:00 – 1:00	Lunch
1:00 – 1:20	Whistling performance (David Morris)
1:20 – 2:10	Workshop (Part 1) – Ageing: The myths v the realities (Liz Jones)
2:10 – 2:20	Break
2:20 – 2:50	Workshop (Part 2) – Challenging the negative concept of ageing (Joyce Williams)
2:50 – 3:00	Event close (Jan Kitching)
3:00 – 3:30	Coffee and networking

