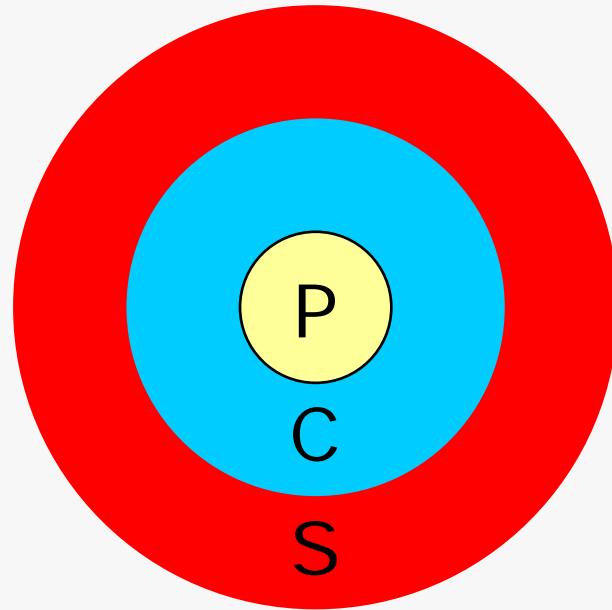




Older, Wiser, Stronger for Longer

Karen Chouhan



The 'P' level

- Person centred
- Partnerships
- Psychology – confidence and capability
- Practice
- Purpose



What Next for You?

Join another WEA
course

Set up/continue
learning as a self
managing group

Volunteer for a LAT
project or other
local service

Join a local
community group
/club

Join another LAT
activity or access a
LAT support
service

Your plans



Partner working to continue..

Initiated a new *Mental Wellbeing project*

Partnering Leicestershire Partnership Trust and De Montfort University (DMU).

Two other bids for mental health projects led by DMU.

The 'C' level

- Collaboration
- Communities of practice and interest
- Co-design
- **Community Development approach**
- Consultation
- Celebration
- Challenging myths
- Continuity





Myths about ageing

(Guy Robertson, Positive Ageing Associates)

Myth 1 Ageing as decline

Myth 2 Ageing as unhappiness

Myth 3 – Dementia and Care Homes

Myth 4 Illness beyond control

Myth 5 Lifespan predetermined

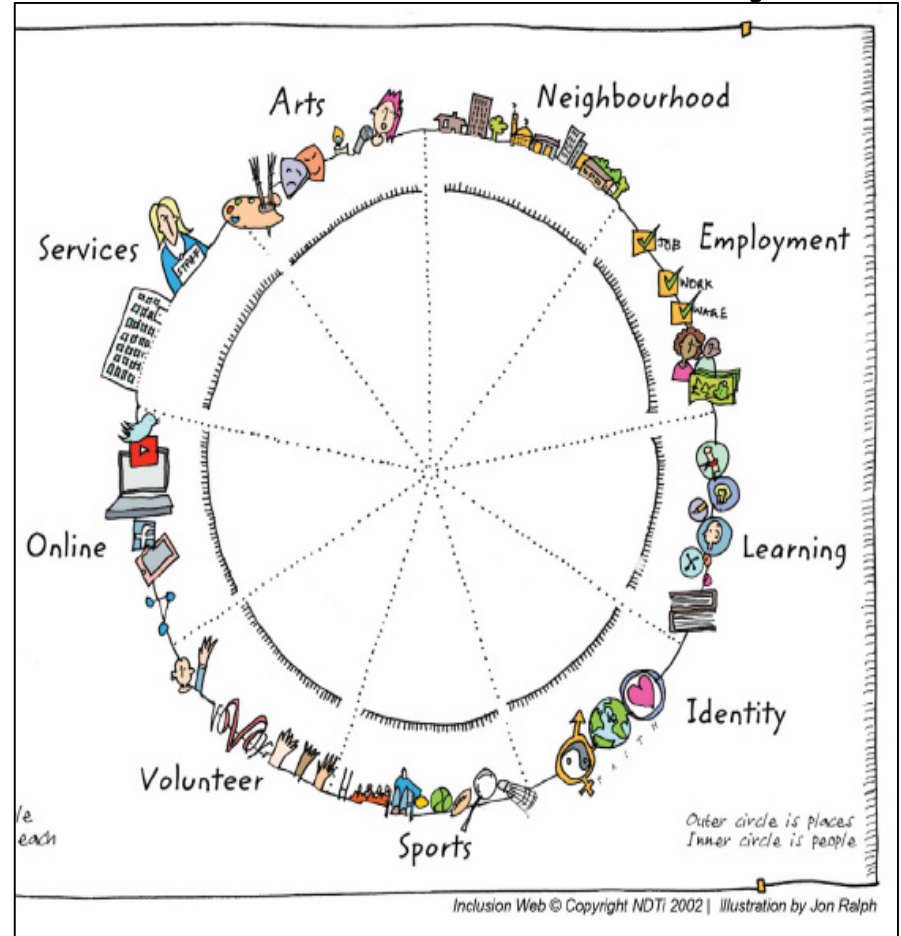


The 'S' Level

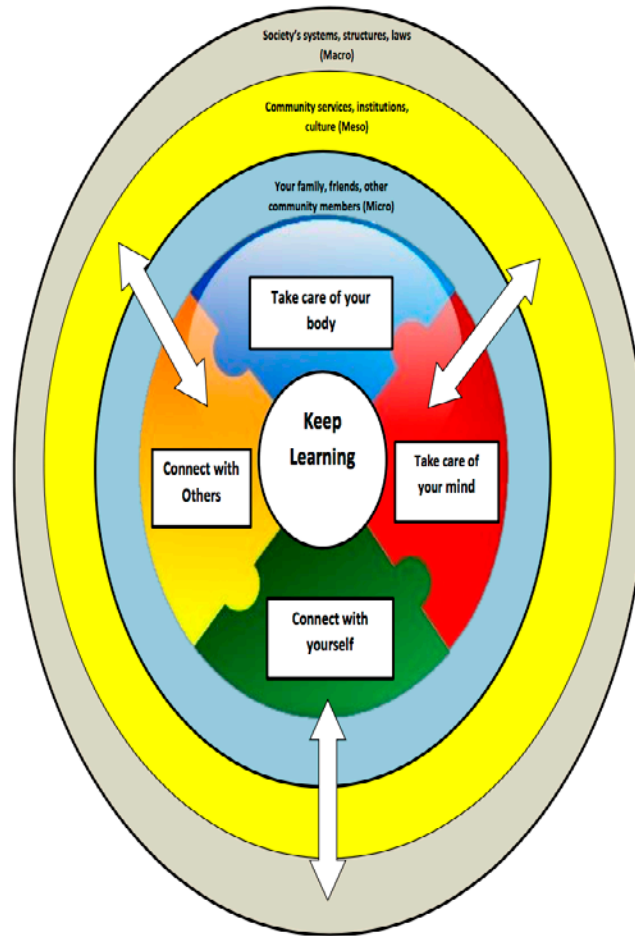
- Sustainability
- System change
- Share the learning and expertise - Policy development for the WEA and for the Government
- Diversifying – eg: Social Pedagogy work, Taking Stock.
- Challenge the narrative

For messages to a wider society

- Agents not subjects
- Creditors not debtors
- Activists not recipients
- Equality protagonists



Factors affecting our mental wellbeing



WEA Vision, Mission and Values



Vision

A better world - equal, democratic and just; through adult education the WEA challenges and inspires individuals, communities and society.

Mission

- Raising educational aspirations
- Bringing great teaching and learning to local communities
- Ensuring there is always an opportunity for adults to return to learning
- Developing educational opportunities for the most disadvantaged
- Involving students and supporters as members to build an education movement for social purpose
- Inspiring students, teachers and members to become active citizens

Values

- Democratic
- Equal
- Inclusive
- Accessible
- Open