

Age Encounters: Combatting loneliness in older age



The ARK Ageing Programme and U3A Foyle invite you to an 'Age Encounters' event, which explores loneliness in older age from different perspectives:

- Robert Hagan (Ulster University) will focus on theoretical views of loneliness and how these relate to the life course and ageing
- U3A members will discuss their personal experiences of combatting loneliness
- Community transport coordinators will highlight the role of community transport in enabling people to participate in activities



The event will be held in U3A Foyle, Pascal McDonald House, Gransha Park, Derry/Londonderry BT476 6TG on **Wednesday 1st June**, from **11am to 1pm**

Coffee/registration begins at 10.30, and a light lunch is available from 1pm.

The event is free, but places must be booked in advance by contacting Caroline, by email caroline.ohare@qub.ac.uk or phone 028 9097 3222

Age Encounters is a network of researchers, academics and practitioners with an interest in age in Northern Ireland. Each Age Encounters event highlights research and practice on a specific theme, with time for participants to chat over coffee – see www.ark.ac.uk/ageing