



The Ageing Well Public Talks Series (AWPTS) is a series of free monthly online talks based around the Five Pillars for Ageing Well (Nutrition, Hydration, Physical activity, Social and Cognitive Stimulation). The AWPTS has the following goals - increasing knowledge/health literacy about healthier ageing; increasing confidence in self-managing health and well-being; to support the wider public with changing attitudes/behaviours while also tackling ageism. These goals are achieved by co-designing, co-creating & co-facilitating the talks with people with lived experience in ageing thereby, ensuring an inclusive, accessible and diverse learning environment. Since 2018, more than 200,000 people worldwide have engaged with the programme and its related resources, positively influencing behaviour change leading to healthier ageing for everyone.

Based on the success of AWPTS, **Take Five to Age Well (TakeFive)** is a public health campaign that ran in 2023 and 2025 aiming to support habit formation and self-care in older adults. Take Five engaged over 5000 participants including ethnically diverse, minoritised and underserved communities. Take Five, since its first launch, empowers individuals to adopt sustainable lifestyle changes. Partnered with Age UK and other national strategic partners, Take Five seeks to transform attitudes to ageing nationally/internationally. Key to its success is a robust network of 500+ strategic UK-wide partnerships, built around research and impact that is central to the pathways for impact as well as dissemination and influencing strategy.

Here are some links that might be useful to add:

Ageing Well Podcast Part 1 https://www.youtube.com/watch?v=on74Fbn_DQs

Ageing Well Podcast Part 2 <https://www.youtube.com/watch?v=Hz40brFRxs>

Five Pillars for Ageing Well <https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-pillars-ageing-well>

Take Five to Age Well Website <https://wels.open.ac.uk/research/projects/take-five-age-well>

Take Five Policy Brief - <https://www.policywise.org.uk/news/new-policy-briefing-calls-urgent-action-support-healthy-ageing-across-uk>

Ageing Well Public Talk Series website with seven years of recorded talks
<https://wels.open.ac.uk/research/projects/ageing-well-public-talks/series>

Ageing Well collection <https://www.open.edu/openlearn/health-sports-psychology/ageing-well-collection>

AgeWell with Bridgit Care <https://agewell.bridgit.care/>

It's All Academic The Open University Podcase Series – How to Age Well
<https://open.spotify.com/episode/2XakPuccjw8ZHu3fv4Y349>

Rethinking Ageing: from crisis to prevention <https://www.linkedin.com/pulse/from-crisis-prevention-rethinking-ageing-self-care-uk-ufbae/?trackingId=6htCbFVoSQLvLqiK3V4BQ%3D%3D>

The Conversation Six ways to look after our brain <https://theconversation.com/six-ways-to-look-after-your-brain-health-in-your-20s-and-30s-231119>

The Conversation – Are you ageing well? <https://theconversation.com/are-you-ageing-well-take-the-five-part-quiz-that-could-help-change-your-future-256381>

Intergenerational Live well Together Toolkit
https://wels.open.ac.uk/sites/wels.open.ac.uk/files/files/Live_Well_Together_toolkit_final.pdf