

## Live Longer Better One Communities Update- September 2022

**It is in our gift to support people to age well and live better lives.**

To move this agenda forward, One Northern Devon is developing a '**Live Longer Better**' network. [LIVE LONGER BETTER - Home](#)

The main intervention on offer is the *programme of learning* which supports achieving the goals of the LLB revolution. It opens new ways of thinking for older people, their family, professionals and volunteers who support them, and leaders/key decision makers. The learning programme is based on the best current knowledge and delivered through online learning in small interactive groups. It is designed to reset how we all think and talk about ageing and help spread the word that growing old is not a reason to slow down mental, physical and cognitive ability.

Dr Kay Brennan, local GP and **OND Healthy Ageing in North Devon (HAND)** steering group member is a passionate ambassador for '**Live Longer Better**'. So far 112 access codes for the 'programme of learning' have been distributed around Northern Devon to citizens, leaders, professionals and volunteers. If you or one of your members/groups are interested in a license, then please drop kay an email. [Kay.brennan@nhs.net](mailto:Kay.brennan@nhs.net)

Please also promote the LLB Active Devon conference through your networks thank you. [LIVE LONGER BETTER DEVON - ONLINE CONFERENCE - Active Devon](#)

For those that have already engaged with the programme, it is vital we gather your feedback on your experience and so a very short survey has been developed.

Here is the link: <https://ryw.onlinesurveys.ac.uk/llb-survey>

The survey will take approximately 5 minutes to complete and is anonymous, unless you choose to leave your name and email address at the end. Thank you very much for taking the time to fill out this survey.

### **A few extra resources to compliment the learning and the LLB approach**

- [The Brainability Programme](#)
- A book [Increase your Brainability and Reduce your Risk of Dementia](#)
- A weekly Vodcast <https://www.mailplus.co.uk/tv/live-well-for-longer>
- A [summary](#) of the science of living longer better
- [Love to Move | British Gymnastics Foundation](#) - an age and dementia friendly seated gymnastics programme which is transforming the lives of people living with dementia.

- [Stronger my way | The Chartered Society of Physiotherapy \(csp.org.uk\)](https://www.csp.org.uk) - delivers physio-approved, reliable advice to help people maintain and improve your strength - and let you do the things that matter the most.