

The vision of the ART of Healthy Ageing Network is to bring together people from **different disciplines** with **complementary expertise** to build the necessary **knowledge, capacity and resources** for effective **translation of advances** in ageing science into interventions for human testing.



In this latest Newsletter, we highlight **recent activities**, progress on **building our interdisciplinary network**, and include a **key date for your diaries**.

Growing the Network

We currently have:

- **181 members**, 69% of whom are early-career researchers
- **432 Twitter followers**
- **~25 disciplines & >60 institutions** represented



Mailing list: 79%

Twitter followers: 200%

% increases since October 2022



Recent conference presentations and symposia:

- British Geriatrics Society Spring Meeting
- British Society of Gerontology 52nd Annual Conference

Interdisciplinarity in action

On 3rd July, 27 of the Network's Early Career Researchers met in Manchester for our free ECR workshop. This was designed in response to ECR survey feedback and delivered in collaboration with The Collective. The interactive day comprised a range of activities that aimed to support ECR to learn each others' research languages and develop strategies for working across disciplines effectively.



"This session really helped me recognise what I want from research collaboration and what are the most important steps I need to take to make it a success"

Pump-priming for collaboration

Our pump-priming projects started in January 2023 following a competitive application process. The four awards are already helping to develop the infrastructure and collaborations necessary to catalyse translational ageing research.

To find out more, please visit the [Funded projects](#) section of our website.

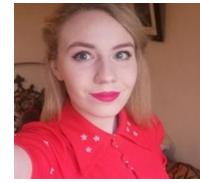
Also look out for the **Healthy Muscle Ageing Conference** on 15th September, organised as part of one of the pump-priming projects. You will find more details on the conference [website](#).



Implementation framework
for stair falls interventions
(*PI: Emma Mulliner*)

Investigating the social and environmental contexts of habitual walking ACTIVities in older adult DYADs

(*PI: Riona McArdle*)



Non-invasive methods to measure muscle force, relaxation time and mitochondrial dysfunction in sarcopenia
(*PI: Karen Suetterlin*)

Proteome dynamics to inform healthy muscle ageing
(*PI: Jatin Burniston*)



Going global

We are partnering with the **International Sarcopenia Translational Research Conference** and supporting a number of free ECR places.

Join us in Newcastle for two days of cutting edge interdisciplinary science and networking opportunities. The programme showcases the best of translational research from across the world and includes a keynote talk from our External Advisory Group member, Dr Luigi Ferrucci, Scientific Director of the National Institute on Aging. Registration is open now and the **early bird deadline is 4th August**. We look forward to seeing you there! sarcopeniaconference.com



ISTRC
2023

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International Sarcopenia
Translational Research
Conference
5 – 6 October 2023

Newcastle upon Tyne, UK



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