

July 2024

ART (Ageing Research Translation) of Healthy Ageing Network

Building the capacity to translate discoveries in ageing science to intervention studies in humans across the life course

Growing an interdisciplinary network of researchers

On 21st February 2024, we joined forces with Rosetrees Physics of Medicine network to host a 1-day interdisciplinary workshop on translational ageing research in Newcastle.

This was another great opportunity for us to bring people from different disciplines together to explore novel ideas and collaborations in translational ageing research. Key aims of the workshop were to promote interdisciplinary research engagement between physical, biomedical and clinician scientists, at all career stages.

The event was attended by over 60 people from 18 institutions across the UK. Feedback was overwhelmingly positive with all attendees rating the quality of presentations as good or excellent and over half of respondents reporting making new connections.

We thank all the invited speakers and attendees for contributing to a great event and look forward to hearing how the collaborations initiated on the day develop in the future.

Please click [here](#) to read more about the event.



OUR NETWORK

217 network members from multiple disciplines

937 followers on X



62% of members are ECR

85 institutions represented

A thriving community of early career researchers

Supporting the growth and development of our early career researchers (ECR) is a key focus for the Network Management Group in our design of all Network events and activities.

Updates on those activities and events specifically focused on supporting our ECR can be found [here](#).

This includes our really successful ECR workshop 'The future of ageing research: building confidence in interdisciplinary collaboration' held in July last year. Since reporting on this event in last year's Newsletter, one of the attendees has written this [blog](#) which nicely demonstrates the practical skills and insights gained. It is great to hear these reflections "the workshop created a positive, reflective and collaborative environment where ECRs had a chance to put the ingredients of successful interdisciplinary collaboration into practice".

As many of our ECR have asked to hear more about other people's career journeys, we have recently produced Q&As with two members of our Network Management Group, Dr Kelly Bowden Davies (our ECR lead) and Dr Sandra Ortega-Martorell. We thank Kelly and Sandra for discussing their career journeys, current research and roles within the Network and hope many of you will be inspired by their responses. Read more [here](#).



Adding an international dimension to capacity building

We were delighted that so many of our Network members responded to the call made in last year's Newsletter to join us in Newcastle for the second [International Sarcopenia Translational Research Conference](#) (ISTRC).

This incredibly successful event, held in October 2023, was attended by almost 100 researchers and clinicians from all over the world. This included 10 ECR whose attendance was supported by funding from the Network. You can read more [here](#) about these ECR and their experiences of the conference.

"I would like to express my deep gratitude to the ART of Healthy Ageing Network for providing me with the opportunity to attend this conference through their award program. Their commitment to fostering inclusivity and removing barriers within the academic and research community is commendable."

The Network also hosted a [networking breakfast](#) on the second day of the conference which was devised in response to helpful feedback from the ECR workshop. This provided the opportunity for conference attendees, including ECR, to meet other researchers from different career stages, share research interests and identify useful connections for ongoing work. We thank all those who engaged with this networking opportunity including Dr Luigi Ferrucci, Scientific Director of the National Institute on Aging and Network External Advisory Group member, and Dr Jess Boname and Dr Alice Fayter from UKRI – Medical Research Council.

"Breakfast provided excellent networking opportunities. I appreciated the chance to speak to people both at a similar career stage to myself and more senior PIs"

Recent survey and future plans

We are currently making plans for the future that build on the success of the events and activities outlined above. We are therefore grateful to all those who completed our recent survey. Hearing from our Network members about their reflections of the Network and experiences of our events is incredibly important to us. The feedback provided will be really valuable in guiding our plans which we are keen to ensure continue to meet the needs of our diverse community.

We look forward to sharing more details with you soon. In the meantime, please do get in touch if you have any further comments or ideas.

Ways to get in touch

Email our Network manager, Gayle Cain (gayle.cain@newcastle.ac.uk)

Visit our website: <http://www.artofhealthyageing.net/>

Follow us on X: [@ARThealthyaging](#)

Head to our [website](#) to read all about the progress and outputs of our pump-priming projects

ART of Healthy Ageing Network
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PUMP-PRIMING PROJECTS

