

Conference registration

For a conference registration form please visit the O4O website at <http://www.o4os.eu/>

Accommodation within Dumfries

The Aston hotel is located on the University Campus and within walking distance of the conference venues. A special conference rate of £71 per night B&B has been agreed for conference attendees. On booking quote 'O4O Conference'.

There are a range of alternative hotels and Guest Houses in Dumfries town centre (approximately 20 minutes by foot or a short taxi ride from the conference venue).

There are a number of local hotels and bed and breakfasts within easy reach of Crichton University Campus.

(NB: the establishments listed below are not endorsed by University of Glasgow or O4O and we therefore do not take any responsibility for the standard of service provided)

The Aston Hotel

Bankend
Dumfries
DG1 4ZZ
Tel: **+44 (0)1387 272410**

Morton Villa

28 Lovers Walk
Dumfries
Tel: **+44 (0)1387 255825**

The Aberdour Hotel

18 Newell Terrace
Dumfries
Tel: **+44 (0)1387 252060**

The Cairndale Hotel

English Street
Dumfries
Booking Line: 0845 45 66 399

Best Western Station Hotel

49 Lovers Walk, Dumfries, Dumfries-shire
DG1 1LT
Telephone: **+44 (0)1387 254316**
Email: info@stationhotel.co.uk

Ferintosh Guest House

30 Lovers Walk
Dumfries
Tel: **+44 (0)1387 252262**

Torbay Lodge

31 Lovers Walk
Dumfries
Tel: **+44 (0)1387 253922**



University of Glasgow | Dumfries Campus

Crichton Centre for
Research in Health and
Social Issues

THE FUTURE IS OLDER

International Conference
O4O: Older People for Older People

8th – 9th September 2009

VENUE:

University of Glasgow, Rutherford-McCowan Building,
Crichton University Campus, Dumfries, SCOTLAND

O4O is a project led by the
Centre for Rural Health, UHI Millennium Institute



O4O : Older People for Older People
Independent living · active communities · flexible services



An Introduction to O4O: Older People for Older People

O4O: Older People for Older People is an initiative within the EU Northern Periphery Programme, funded by the European Regional Development Fund, Scottish Government, Highlands & Islands Enterprise and others (full list of funders can be found on our website; see <http://www.o4os.eu>).

O4O is specifically addressed at meeting the challenges presented by an ageing population in remote and rural areas of Northern Europe. O4O staff work with communities to look at ways of maintaining older people, healthily and happily, living in their homes and communities.

To do this, O4O links with communities to identify what would help older people to continue living at home. It might be transport, supported housing, meals, help around the house or with odd jobs, Time Banks or simply someone calling in regularly to say 'hello'. The initiative works with communities to develop sustainable organisations to meet their needs and sometimes this involves establishing social enterprises (non-profit 'businesses') or social organisations like timebanks or co-operative groups.

O4O presents positive opportunities, but it can be challenging for small, rural communities to find volunteers, enterprising 'spirit' and other resources, and overcome bureaucracy to build social organisations. At the same time, working with O4Os, communities and social organisations presents challenges for mainstream service providers and voluntary organisations; for example, how to contract with and collaborate with social enterprises.

O4O is focused on building social organisations and volunteering to maintain older people living in their communities in Scotland, Finland, Sweden, Northern Ireland and Greenland.

The Future is Older conference is hosted by the University of Glasgow's Centre for Research in Health and Social Issues based on the University's Dumfries campus. The Centre is a partner in the O4O project led by **UHI Millennium Institute** that aims to establish social organisations to maintain older people healthily and happily in their own communities for as long as possible. It promotes a positive view of ageing and encourages generations to work together. O4O involves partners from Scotland, Finland, Sweden, Northern Ireland and Greenland and runs from 2008-2010. The O4O project is led by the Centre for Rural Health, UHI Millennium Institute. See <http://www.o4os.eu>

This conference is for policymakers, health and social care practitioners, community developers, NHS and local authority managers, the voluntary and social enterprise sectors, regional development agencies, academics and for communities. Share your views on this important topic and help shape the older future.

'THE FUTURE IS OLDER' – Conference Programme

DAY 1: Tuesday 8th September (09.00 – 17.00)

This day will introduce the idea of older people working for and supporting each other in remote and rural communities. Speakers will discuss how older people should be a proactive and energetic force in current times and the challenges and opportunities for older people to become involved in sustaining themselves, others and their communities through developing a range of social organisations like social enterprise and voluntary initiatives.

Speakers will include:

Dr Carol Hill, University of Glasgow
Professor Jane Farmer, UHI Millennium Institute
Mr Jim Mather MSP, Minister for Enterprise, Energy & Tourism, Scottish Government
Professor Peter Oberg, University of Gavle, Sweden
David Manion, CEO Age Concern and Help the Aged in Scotland
Jon King, Deputy Director of Social Work, Highland Council
Eveliina Pöyhönen, Project Manager, National Institute for Health and Welfare, Helsinki
Dr Elaine Murray, MSP

You are invited to attend the conference ceilidh/dinner which will be held in the evening at the Aston Hotel (please register in advance if you wish to attend).

DAY 2: Wednesday 9th September (09.00 – 17.30)

This day will look at how participating in helping each other supports the health and wellbeing of older people. It looks at practical and innovative ways that older people have developed initiatives in their communities, e.g. developing enterprises around transport, housing and general helping. This day looks to the future and Europe-wide change in perceiving the role of older people in communities.

Speakers for the day will include:-

Dr Carol Hill, University of Glasgow
Professor Jane Farmer, UHI Millennium Institute
Dr John Beard, World Health Organisation
Dr Derek Cox, Director of Public Health, Dumfries and Galloway
Mr Jamie Bartlett, Demos
Anne MacDonald, Highlands and Islands Enterprise
Kate Stephen, Project Manager O4O, UHI Millennium Institute
People from Communities will talk about their experiences

On both days there will be *interactive workshops to allow participants to have their say and make recommendations.

***Workshop topics:**

- **Positive Rural Ageing:** *How do we get more positive responses to the ageing population in remote and rural communities?*
- **Keep living at home:** *How can social enterprises and social organisations (like O4O) help older people to remain living in their homes and communities?*
- **Sustainability:** *How can remote and rural social enterprise be sustainable?*
- **Readiness:** *How can we make communities and service providers be ready for developing social enterprises and social organisations (like O4O)?*