

**British Geriatrics Society**  
Improving healthcare  
for older people

**Northern Region Spring 2020: Loneliness,  
lifestyle and learning in later life**  
25 March 2020  
CRB Education Centre RVI Newcastle

12.30 Registration and lunch

13.30  
-  
15.00

**13.30 Loneliness in later life and relevance to health professionals**  
Prof Barbara Hanratty, Professor of Primary Care & Public Health, Newcastle University

**14.00 Lifestyle in later life: can we make a difference?**  
Prof Sian Robinson, Professor of Lifecourse and Lifestyle, NIHR Newcastle Biomedical Research Centre

**14.30 Audit/Research presentations**

15.00 Coffee

15.30  
-  
17.00

**15.30 Audit/Research presentations**

**16.00 Learning in later life: what are the opportunities?**  
Dr Ellen Tullo, Staff Grade/ Associate Specialist, Northumbria Healthcare NHS Foundation Trust

**16.30 BGS Business & discussion – developing a strong regional BGS community?**

17.00

Close of Meeting

CPD Accreditation: This meeting has applied for 3 CPD credits

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## **Speakers biographies**

### **Prof Sian Robinson**

Sian Robinson is a nutritional epidemiologist whose research addresses the role of nutrition and lifestyle across the lifecourse as determinants of inequalities in adult health and disease with a particular interest on early life influences on growth and development, and subsequent effects on sarcopenia and ageing. She is Deputy Editor of Nutrition Journal and a member of the UK Scientific Advisory Committee on Nutrition (SACN) and the SACN Older Adults Working Group.

### **Professor Barbara Hanratty**

My research is concerned with older adults and encompasses three complementary themes; end of life care, loneliness and isolation and care homes. Equitable access to care, patient and caregiver experiences and the influence of socioeconomic disadvantage are particular interests. I trained in general practice and public health, and have worked in low income countries. My clinical work is as a GP and I am also an honorary consultant in public health.

I am currently leading a programme of work on care home health, and have ongoing research projects in end of life care, including the costs of informal caregiving, social relationships and health.

With colleagues in the social care theme, Digital Economic Research Centre, I am developing an action-oriented programme of cross-disciplinary research into new approaches to digital social care. Particular areas of interest include the use digital technology to: (a) identify older adults with increasing social care needs; (b) tackle loneliness and social isolation amongst older people and (c) link and support social care workers and communities to enhance quality of care.

### **Dr Ellen Tullo**

I combine clinical sessions at a district general hospital with undergraduate and postgraduate teaching at Newcastle University. I am currently involved in a QI project to improve the referral process to our geriatric medicine service

