





## The team:

- Dr Marianne Markowski, Prof Lesley Dibley – University of Greenwich
- Prof Gosia Kwiatkowska, Dr Kate Allen, Kanchan Kerai, Ajay Choksi – University of East London
- PurpleSTARS co-researchers:
  - Kiran Dhillon
  - Baljit Kaur
  - Ros Weinberg
  - Shaun Davies (Generate)
  - Terry Bartlett (Generate)





# Co-production of 4 Posters

**Living well as you age with Type 2 Diabetes**  
By Ros Weinberg

**Get checked out!**  
If you are over 14 and have a learning disability, ask your GP for your free annual health check

Be kind to yourself

Ros monitors her blood sugar levels using a sensor attached to her arm connected to an app on her mobile phone.

**Keep your Blood Sugar levels in check**  
By  
Keeping Active  
Healthy Eating  
Medication

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Diabetes

**Living well as you age with Parkinsons**  
By Kiran Dhillon

Parkinson's is like having a glitch in the way the brain sends messages

Eat lots of Fruit and Vegetables

**Get checked out!**  
If you are over 14 and have a learning disability, ask your GP for your free annual health check

Physical activity/exercise can improve symptoms. Kiran enjoys exercise using ropes.

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Parkinsons

**Living well as you age with Epilepsy**  
By Baljit Kaur

**Get checked out!**  
If you are over 14 and have a learning disability, ask your GP for your free annual health check

Seizures can look different for everyone - from staring spells to shaking or even losing consciousness.

Medication

Seizure triggers: FATIGUE & STRESS, EXERCISE !!!

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Epilepsy

**Living well as you age - Heart Health**  
By Ajay Choksi

Swim classes

**Get checked out!**  
If you are over 14 and have a learning disability, ask your GP for your free annual health check

gym Exercise

Veggie Fruits

Music & Relax

Hospital Passports

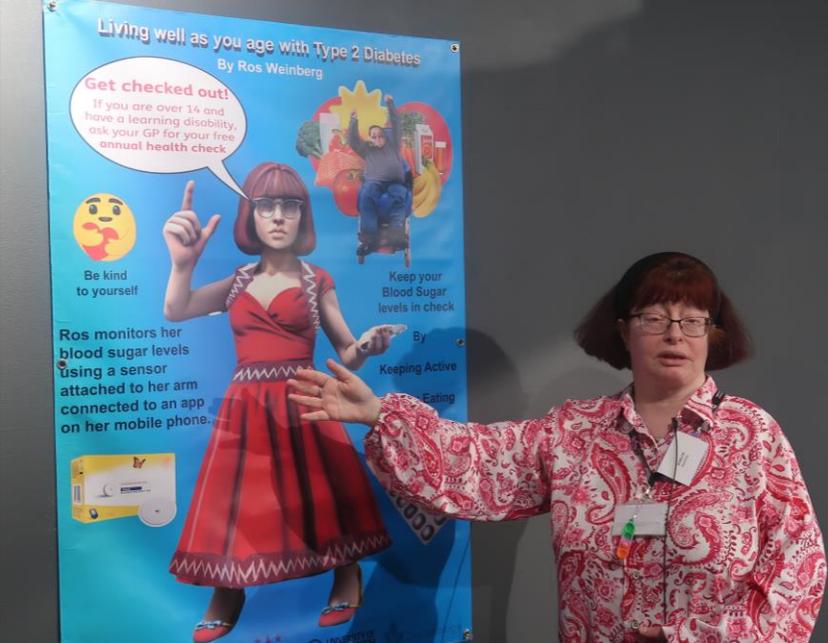
For when you stay in Hospital

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Heart health

# 15<sup>th</sup> May 2024 KE event

Living well as you get older! - highlight video

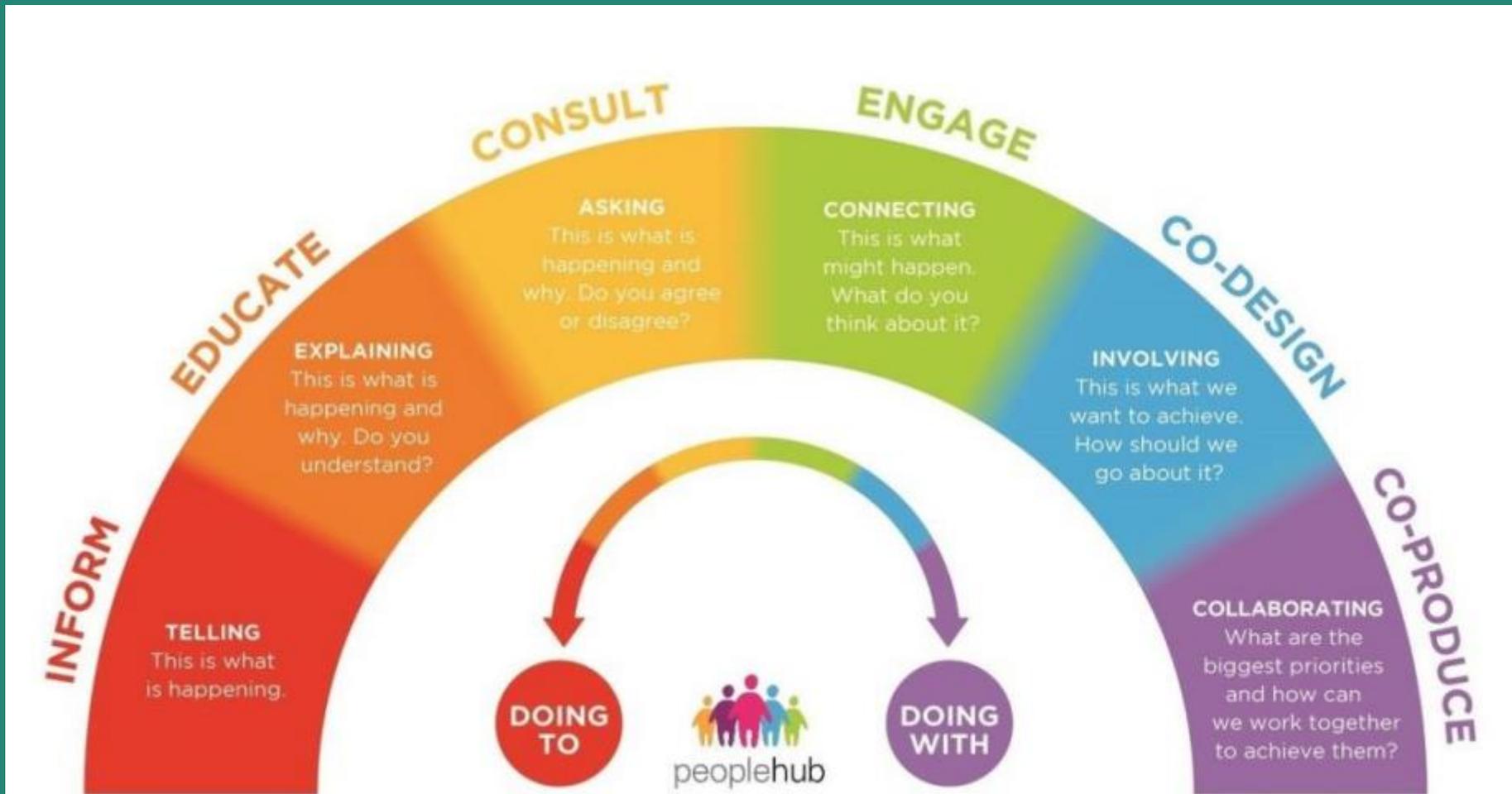


# 26<sup>th</sup> July 2024 'My life on a plate'



My 'Life on a Plate'  
- a sensory and  
interactive art  
installation –  
highlight video





Source: [People's hub - Coproduction-a-new-definition.pdf](#)

## Benefits – Co-production

- Empowerment of the participants
- Inclusive project - all communication in 'Easy Read'
- Tactile and sensory interactivity
- Wide reach
- Authentic insights

## Challenges – Co-production

- Reaching the right organisations & health care professionals
- Accessibility of transport
- Accessibility of venue
- More planning time needed



# Next Steps

- Evaluation of the “Living well as you get older project”
- Follow-on project: Co-produced training packages for running arts-based sessions on ‘healthy ageing’ with People with Learning Disability (PwDL).
- Cascading knowledge in residence homes – ‘Healthy Ageing Champions’
- Creation of a repository website (Rix Wiki) e.g. Videos, exercise tips, games, quiz, recipes.

Any questions on 'Living well as you get older project'  
email Marianne: [a.m.markowski@greenwich.ac.uk](mailto:a.m.markowski@greenwich.ac.uk)

If you like a copy of the posters  
Email: [rixadmin@uel.ac.uk](mailto:rixadmin@uel.ac.uk)

Links to the videos

KE day May: [Living well as you get older! - highlight video](#)

Exhibition in July: [My 'Life on a Plate' - a sensory and interactive art installation](#)

# Thank you