



A ONE-DAY OPAN CYMRU WORKSHOP ON

## PROLONGING SAFE MOBILITY IN LATER LIFE FOR INDEPENDENCE AND WELLBEING

Wednesday 11<sup>th</sup> December 2013, SURF Room, Swansea  
University, 9.30am-5pm. Free. Please register.

As a cohort older people are more fit, active and well than ever before, but are still likely to face difficulties getting out and about, accessing transport, driving and walking. A one-day workshop designed for those with an interest improving older people's travel and transport options will take place examining relationships between health and wellbeing and working towards solutions for policy and practice.



Transport use and road  
user safety in later life  
Dr Kit Mitchell (ex-TRL)

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Health and travel;  
pedestrian behaviour  
Dr Carol Holland (Aston  
University)

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Community transport  
and discretionary travel  
Ian Shergold, UWE

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Virtual and imaginative  
travel in later life  
Dr Charles Musselwhite,  
Swansea University

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Image, status and roles  
in transport  
Dr Ian Walker, University of  
Bath

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### FREE TO ATTEND

But please register  
with Carol Maddock

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c.a.maddock@swansea.  
ac.uk

**ALL WELCOME**



## GWEITHDY UN DYDD OPAN CYMRU AR

### YMESTYN SYMUDEDD DIOGEL YN HWYRACH MEWN OES AT DDIBENION ANNIBYNNIAETH A LLES

Dydd Mercher 11 Rhagfyr 2013, Ystafell Fforwm Ymchwil, Prifysgol Abertawe, 9.30am-5pm. Am ddim. Cofrestrwch ymlaen llaw, os gwelwch yn dda.

Fel carfan, mae pobl hŷn yn fwy ffit, gweithgar, ac iach nag erioed o'r blaen, ond maent yn debyg o wynebu anawsterau o hyd o ran symudedd, mynediad at drafndiaeth, gyrru, a cherdded. Cynhelir gweithdy undydd i'r rhai sydd â diddordeb mewn gwella cyfleoedd teithio a thrafndiaeth pobl hŷn, i drafod y berthynas rhwng iechyd a lles ac i weithio tuag at ymatebion polisi ac ymarfer.



Defnydd cludiant a diogelwch wrth i ddefnyddwyr y ffordd heneiddio  
Dr Kit Mitchell (TRL gynt)

Iechyd a theithio;  
ymddygiad cerddwyr  
Dr Carol Holland (Prifysgol Aston)

Trafndiaeth gymunedol a theithio dewisol  
Ian Shergold, Prifysgol Gorllewin Lloegr

Teithio rhithwir a dychmygus wrth heneiddio  
Dr Charles Musselwhite, Prifysgol Abertawe

Delwedd, statws, a rolau o ran trafndiaeth  
Dr Ian Walker, Prifysgol Caerfaddon

### AM DDIM.

Ond cofrestrwch, os gwelwch yn dda gyda Carol Maddock

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