

<b>Nutritional Resilience for Healthy Ageing</b>	
<b>Day 1 – 6<sup>th</sup> June 2023</b>	
08.30	Registration
09.30	Opening remarks – Prof Aaron Maule (Queen’s University Belfast)
09:45	Nutritional concerns during ageing – Prof Emma Stevenson (Newcastle University)
10:30	Coffee
<b>Symposium One – Preventing malnutrition in older adults JPI HDHL PREVNUT</b>	
<b>Chair: Prof Bernadette McGuinness</b>	
<b>~30 mins each project + 30 mins Q&amp;A/discussion</b>	
11:00	<ol style="list-style-type: none"> <li>1. <b>PROMED-COG:</b> Dr Claire McEvoy (Queen’s University Belfast); Dr Federica Prinelli (National Research Council of Italy); Dr Caterina Trevisan (University of Padova)</li> <li>2. <b>APPETITE:</b> Prof Dorothee Volkert (Friedrich-Alexander-Universität); Dr Katy Horner (University College Dublin)</li> <li>3. <b>FORTIPHY:</b> Dr Miriam Clegg (University of Reading)</li> </ol>
13:00	Networking lunch
<b>Symposium Two – Nutritional resilience against age-related disease</b>	
<b>Chair: Prof Gary Hardiman</b>	
<b>25mins + 5 mins Q&amp;A each speaker</b>	
14:00	Micronutrient rich diets for preventing cardiometabolic disease – Prof Jayne Woodside (Queen’s University Belfast)
14.30	Dietary modulation of adult hippocampal neurogenesis: Implications for cognitive ageing and dementia – Prof Sandrine Thuret (Kings College London)
15:00	Nutritional approaches to mitigate immunosenescence and inflammageing – Prof Philip Calder (University of Southampton)
15:30	Coffee
<b>Symposium Three – ‘Omic’ measures for nutrition and ageing research</b>	
<b>Chair: Prof Michelle McKinley</b>	
<b>25mins + 5 mins Q&amp;A each speaker</b>	
16:00	Metabolomics for nutrition & ageing research – Prof Lorraine Brennan (University College Dublin)
16.30	The ageing microbiome: Identifying targets for nutritional intervention – Dr Edward Chambers (Imperial College London)
17.00	Systems biology to tackle nutritional deficiency & age-related disease – Prof Gary Hardiman (Queen’s University Belfast)
17.30	Closing remarks

**Day 2 – 7<sup>th</sup> June 2023**

09:15	<b>Funding opportunities for nutrition and healthy ageing research</b> UKRI Healthy Ageing networks – Dr Colin McClure (BLAST, Queen’s University Belfast) UKRI BBSRC funding opportunities – Lizzie Treadwell (BBSRC - TBC) Horizon funding opportunities – Patricia McCrory (Queen’s University Belfast)	
09:45	The biopsychosocial model of frailty and resilience: Role of micronutrients – Prof Cristina Polidori (University of Cologne)	
10:15	Coffee	
	<b>Scientific workshops 1</b>	
10:45	<b>1. Immune resilience</b>  The role of diet in immune-health and ageing: integrating intervention and observational evidence – Prof Krasimira Aleksandrova (Leibniz Institute)  Bugs as drugs: investigating the potential of targeting microbiome dysbiosis for combatting immunosenescence – Dr Niharika A Duggal (University of Birmingham)  Rapamycin not Dietary Restriction improves resilience against pathogens – Dr Mirre Simons (University of Sheffield)  <b>Chair: Prof Philip Calder (University of Southampton)</b>	<b>2. Cognitive resilience</b>  Mediterranean diet, omega-3 fatty acids and cognition: A disconnect between prospective cohort and RCT evidence – Prof Anne-Marie Minihane (University of East Anglia)  Nutrition and Cognition – the Dutch perspective – Prof Lisette de Groot (Wageningen University)  Feasibility of a multidomain intervention for brain health in older adults with type 2 diabetes in rural regions of Ireland: BRAIN-Diabetes RCT – Dr Claire McEvoy (Queen’s University Belfast)  <b>Chair: Dr Rebecca Townsend (Newcastle University)</b>
12:45	Networking Lunch	
13:00	Annual PROMED-Cog update meeting (invite only)	
	<b>Scientific workshops 2: UKRI Healthy Ageing networks</b>	
14:00	<b>3. Food4Years: Food innovations and sensory nutrition for older adults</b> Overview of the Food4Years network – Dr Miriam Clegg (network co-ordinator; University of Reading)  A novel approach to investigating inequalities in nutrition and healthy ageing for older Black African adults in the UK – Dr Sophia Amenyah (Bournemouth University)  Appetite responses to a leucine-enriched glycomacropeptide (GMP) protein product in appetite-suppressed older adults: A feasibility and proof of concept study – Dr Adrian Holliday (Newcastle University)  <b>Chair: Barbara Bray (Queen’s University Belfast)</b>	<b>4. AGENT: Ageing and Nutrition Sensing Network</b> Understanding and influencing the mechanisms of ageing through dietary interventions – Dr Oliver Shannon and Chloe French  Gene polymorphisms and mechanistic understanding of impact of nutrition on healthy ageing – Dr Chiara de Lucia and Prof John McLaughlin  Understanding the Biological Mechanism and Societal Determinants of Anorexia of Ageing – Prof Gary Frost and Amy Fuller  Exploring the impact of protein quality and fibre on gut barrier function, inflammation, and body composition – Dr Douglas Morrison  <b>Chair: Prof Gary Frost (Imperial College London)</b>

16.00	Chair workshop summaries
16:30	Closing remarks