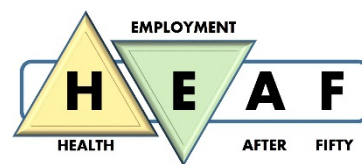


Health and Employment After Fifty (the HEAF study)



Dear participant

Welcome back to the HEAF study! You may recall we didn't send a questionnaire last year but this year we need your help once again. The study is now entering it's 6th year and our latest questionnaire is enclosed.

The past year has been an exciting one in the HEAF study and we've been busy looking at the huge quantity of information that you have kindly given us in the first 5 years.

Your involvement

As you know, the HEAF study is a research project which originally included more than 8000 people who lived in England and were aged over 50 years. We are interested in **you all**, specifically your health, wellbeing, what work you do or did (paid or unpaid), how and when you decide(d) to retire and whether or not you are caring for others around you.

You joined our study back in 2013/2014. More than 6,000 of you are still helping us in the study - Thank you!

We will still need your help!

Whether you are: **employed/self-employed/unemployed/retired/caring for someone/or volunteering** - we still want **you** to be part of the HEAF study!

New Consent Form

We are delighted that our Centre for Musculoskeletal Health and Work has recently received funding for another five years, so we are happy to be able to continue the HEAF study for at least this time too! We need your consent to keep contacting you, so if you are happy to continue to be a part of the HEAF study, please complete the pale pink consent form included and return it along with your questionnaire. For more details of the Centre please visit: www.mrc.soton.ac.uk/cmhw

Moving house? Please let us know!

If you are changing address, please get in touch and let us know your new contact details:-
telephone: 023 8077 7624 **email: chl@mrc.soton.ac.uk**

To keep up to date on HEAF news, please visit our dedicated website where you can also find details of the scientists working on the project

www.mrc.soton.ac.uk/heaf



Professor Walker-Bone takes over as lead scientist on HEAF study

Following the retirement of Professor Keith Palmer, we are delighted to announce that Professor Karen Walker-Bone has been appointed as lead scientist on the HEAF study. Karen joined the HEAF team 6 years ago and looks forward to taking the project into its next phase.

Progress in 2018....Presenting HEAF findings to a wider audience

We have been privileged to present the data generated by you at a number of prestigious scientific events in the past year:

Professor Walker-Bone was invited to speak about the HEAF project at the At Work Partnership Annual Seminar in September where she presented results on health-related job loss and was delighted to find a HEAF participant in the audience.

HEAF results were also presented at the Colt Foundation Annual Scientific meeting in October at the Royal Society of Medicine.

Professor Walker-Bone also presented our HEAF results on the economic impact of frailty, to ukactive, a group of policy influencers, dedicated to improving health by promoting active lifestyles.

New section in questionnaire

You may notice a new section in this year's questionnaire aimed at women. We are particularly interested in the effects of the menopause on health and work and would be very grateful if you wish to share your experiences with us by answering these questions.

We really hope you are able to continue to help us. We value your tremendous support for the HEAF study and it is only with your help that we are able to carry out this important work. We will be back in touch in a year's time.

Thank you!

OBE for Professor Palmer....

Professor Keith Palmer, lead scientist in the setup of the HEAF study was honoured with an OBE in the 2018 Queen's Birthday Honours for services to Occupational Health and Medicine.



Professor Palmer OBE with his daughter at Windsor Castle

HEAF Participant Photos

Thank you to all of you who sent in photos following our request last year. It was great to see some of our participants and the photos will be used in our scientific presentations. You can see a selection of the photos on our website at www.mrc.soton.ac.uk/heaf/

Please be assured, we will **never** identify you by name in any of our work.