



Health and Employment After Fifty (the HEAF study)



Welcome back!

This year has been challenging in so many ways and we hope you have coped over these past months, despite the restrictions on our day-to-day lives and the continued uncertainty about the coronavirus.

The University of Southampton entered lockdown in March and we, the HEAF study team, have been working from home since then. However, our research work has not stopped and your help is still as important and valued as ever!

Your help with the HEAF research- we still need you!

As you know, the HEAF study started back in 2013 and we are delighted to report that over 5,000 of you are still helping us with this important research. Just a reminder that it does not matter whether you are currently **employed/self-employed/unemployed/retired/caring for someone/or volunteering**, we still want **YOU** to be part of the HEAF study!

****NEW ONLINE RESEARCH****

How has COVID-19 affected you?

Could you help us with extra HEAF research? We want to understand what impact the Covid-19 pandemic has had on you, your health, wellbeing, lifestyle and work (whether paid or unpaid). The survey will be available online rather than sending you a questionnaire in the post. If you have kindly given us your email address, we will contact you to invite you to take part. If however you do not have an email address, we will send you a letter by post where you will find the link to the online survey.

Please note: once we are permitted to return to the office, we will return to sending you the annual paper questionnaires in the post. However, we are keen to know which format (online/paper) you prefer. We also aim to publish the survey results and hope that they will inform public policies in terms of identifying those people who have suffered most during the crisis.

Are you moving home? Have you recently changed email address or not provided us with one? Do you have questions about the HEAF study? Please do get in touch!

You can contact us either by :-

telephone: 023 8077 7624 or email: chl@mrc.soton.ac.uk

Keeping active and in touch with each other!

Members of the HEAF team enjoying a socially-distanced walk on Southampton Common over the summer



A fond farewell and happy retirement!....to Dr Clare Harris, a member of our HEAF team who had a pivotal role in setting up the HEAF study. We had a virtual retirement party to celebrate (with cake of course!)



Progress in 2020- further publications of our findings!

Here are further publications of our results in scientific journals. The online links to the articles are included.

- Job satisfaction and job loss due to ill health
<https://pubmed.ncbi.nlm.nih.gov/32917741/>
- Caring responsibilities and work and health at older ages
<https://academic.oup.com/eurpub/article/30/4/799/5851091>
- Body weight and the effect on the ability to work at older ages
<https://www.mdpi.com/655928>
- Job loss at older ages because of poor health
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0239383>

To keep up to date on all the latest HEAF news, please do visit our study website where you can also find details of the team working on the project: www.mrc.soton.ac.uk/heaf

We greatly value your tremendous support for the HEAF study over the past years and it is only with your help that we are able to carry out this important work. We will be back in touch in 2021!

Thank you again for all your help