

## **Newham Adult Learning Service**

### **Course Information Sheet for: Psychology – Ways of growing older – Travels with Epicurus (April 2017)**

#### **What is this course about?**

Ageing happens to all of us; whether we're 40 or 70, time seems to speed up and our bodies change whether we like it or not. Yet our culture bombards us with messages about staying young and fighting against the ageing process; about the importance of staying fit and active, and the myriad ways we might hold onto or regain our youth. But could there be a way of actually embracing older age rather than desperately pretending it isn't happening?

In his book 'Travels with Epicurus', the American philosopher Daniel Klein explores a different approach to being older, based on the ancient Greek philosophy of Epicurus. Rooted in acceptance, and the capacity to appreciate time and simplicity, he contemplates an alternative approach to ageing.

This weekend will draw on Klein's text to help us take a look at ways of growing older; what is inevitable and where we have choice; how we can develop alternative attitudes and cognitions about age; which of them work and which of them don't.

In addition, we'll explore our own experiences and compare notes about what it's like to grow older and how to embrace it.

#### **What will the course involve?**

Sharing and discussing are an integral part of the course.

#### **What do I need to bring?**

Pen and paper will be required for note taking.

#### **What experience do I need to get onto this course?**

No experience is needed, just a willingness to be open, and engage in discussions.

Debden House Centre  
Debden Green  
Loughton  
Essex IG10 2NZ

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## **What will I have achieved by the end of the course?**

You will have a better understanding of why we make certain choices and decisions.

## **What options are open to me if I successfully complete the course?**

You are welcome to attend other courses throughout the year – next one being in November 2017.

## **What's included in the weekend residential?**

- All tuition.
- Arrival 4-6pm, Dinner is served at 7pm
- All meals from Friday Dinner to Sunday lunch. Vegetarian options are available. If you have any special dietary needs please inform us at the time of booking.
- Morning and afternoon refreshments throughout the course.
- Two nights shared occupancy accommodation. Single rooms may be available at a surcharge, please enquire when booking.
- Access to wifi.
- Free parking subject to availability.
- Use of the beautiful grounds at Debden House.
- Enrolment form to be completed on arrival, you will need your National Insurance number for this form.
- Sunday – return of bedroom keys after morning tea break, departure after lunch.
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## **Length of the course:**

It is a weekend residential course, Friday evening to Sunday afternoon.

**Course fee:** Please apply to Debden House for details. You may be entitled to a concession if you are a Newham resident. Proof of resident status must be produced at the time of enrolment.

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