

Val Bissland is an educator in the Centre for Lifelong Learning of Strathclyde University, Glasgow, teaching classes on psychology, brain and memory improvement, health and wellbeing for older adults. During her earlier career at the Centre she coordinated numerous European learning partnerships and later learning projects. Her doctoral studies focused on the interface between older adults' learning styles and lifelong brain plasticity. These neuroscientific insights can inform good practice and encourage social and cultural learning environments that have the potential to enhance the experience and build 'cognitive reserve'.

