

# 50+

Winter 2012



Working for the  
50+ in York  
Charity No 1101018

**50+** is the newsletter of the  
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# Try this for size

AFTER the festive season we are all being urged to become fitter for the new year and shake off a few pounds.

City of York Council are launching an Activity Day on Monday, February 13, at Energise (the former Oaklands Sports Centre) in Cornlands Road, Acomb.

To celebrate, a warm welcome will greet you, with a range of different sports, activities and classes on offer. These include pilates, tai chi, gym taster inductions, swimming, zumba gold, badminton and Nordic walking.

## Council to stage Energise activity day

There is something on offer to suit all levels of fitness and abilities.

For more information and registration for the event contact Catriona Sudlow on 01904 553377. The cost is £3 for half the day, or £5 for the full day. The price includes tea or coffee.



EXERCISE: Have fun getting fit

## Creeping privatisation of the NHS?

**PLANS** by the Government to lift restrictions on private patients paying for treatment in NHS Hospitals is on the cards.

Under the previous Government the proportion of income received by York NHS Trust from private patients was limited to 0.8%.

In the last year it was well below that figure at 0.42%.

However, under the NHS and Social Care Bill currently before Parliament, the amount of income from private patients is to be raised to 49%.

Any such change would inevitably lead to longer waiting lists for NHS patients and a return to a two-tier health service.

Bob Towner, vice-chair of York Older People's Assembly, who is a governor at York Hospital said: "I shall be seeking reassurances from the hospital that York will not be tempted by these changes to raise more money at the expense of NHS patients.

"We must protect the basic principles of the NHS that treatment is based on clinical needs and not ability to pay."

# Get your free financial check-up

LOCAL residents aged 50 and over can now get advice and support on a wide range of financial issues including benefits, accessing social care and consumer issues at their local libraries.

A rolling programme of events has been planned for 2012 when staff from Older Citizen's Advocacy York (OCAV) will be on hand to assist.

**February 7:** Tang Hall Library  
9.30am-12.30pm

**March 20:** Clifton Library  
9.30am-12.30pm

**March 27:** Mobile Library  
Osbalwick/Badger Hill 10am-noon

**April 4:** Poppleton Library  
10am-noon

**April 17:** Haxby Library 9.30am-12.30pm

**April 26:** Bishopthorpe Library  
10am-noon

More details can be obtained by calling 01904 676200.

## Older people's champions



Prof Dianne Willcocks



Coun Tracey Simpson-Laing

**THE Assembly welcomes Professor Dianne Willcocks as the new Older Person's Champion representing the York Hospital Foundation Trust.**

**As former Vice-Chancellor at York St. John's University her distinguished career was recognised with an honour of a CBE.**

**With a Social Sciences background Professor Willcocks' research is in the field of old-age. In addition to being a non-executive director of York Hospital she is a trustee of the Joseph Rowntree Foundation. We look forward to welcoming her to our meetings.**

- **Councillor Tracey Simpson-Laing has been appointed as the new Older People's Champion for the City of York Council. She is the lead councillor for Housing/Social Services/Health responsibilities and a long standing member for Acomb Ward.**

# Council homes to close

CITY of York Council has announced a major shake-up of older people's homes.

The move comes after an extensive consultation programme with 2,500 older people in the city and four public meetings,

Oliver House in Bishophill and Fordlands in Fulford are proposed to be closed by the end of March this year.

Remaining residents in the homes which already have

many vacancies, will be offered alternative accommodation in Council homes together with their friends.

The existing homes have received little investment in the last ten years and are now seen as falling below modern standards.

A new, larger, home will be built at Fordlands Road including all state-of-the-art facilities.

The Council have also agreed a rolling programme to

address the remaining homes in 2013 and 2014.

The proposal to build a retirement village on the site vacated by Lowfields School will be subject to further consultation, taking advice from successful schemes elsewhere in the country.

It will also benefit from the experience of the Joseph Rowntree Foundation in developing and managing such schemes.

# Celebration time at Mansion House



**ON DUTY:** The Sheriff of York, Alan Deller, and his wife Ann, seated at the Mansion House lunch

MORE than 50 members of the York Older People's Assembly joined the Lord Mayor and Civic Party for a New Year buffet lunch at the Mansion House.

It was followed by a talk about the building and view its historic content.

The modest cost of the buffet was generously donated by an anonymous sponsor to Age (UK) England, who were charged with supporting older people's organisations throughout the country to celebrate the New Year. Population projections by the Office for National Statistics indicate that the number of

people celebrating their 100th birthday is set to rise more than eightfold from 13,000 in 2010 to 110,000 in 2035.

While the population overall is projected to hit 70 million by 2027 those over 85 are expected to more than double from 1.4 million now, to 3.5 million within 25 years.

This reflects the improvements in health services, better housing and changed eating habits but provides challenges for us all.

With Pension Poverty increasing by the restrictions in benefits imposed by the government, a happy retirement may be in jeopardy for many.

## Help out at one of York's day clubs

AGE UK York are looking for more volunteers to help run social activity clubs for older isolated people across the city.

The day clubs offer a safe place for older people to have a trip out, a hot meal and entertainment. Full training and lots of support is offered to all volunteers..

If you wish to help, or join one of the clubs, phone Carol on 07971866004 or Age UK York's Walmgate office on 01904 627995 and leave your details.

## Information Fair pulls them in

MORE than 90 people turned up at the Information Fair held at the Holgate Methodist Church in November.

Older people with slippers in their hands were queuing up when the doors opened at 10am. Age Concern did a roaring trade with 35 people leaving with new slippers in exchange for their old ones - all part of the Prevention of Falls Campaign.

Many other people popped in for a free cuppa and found information from 12 stallholders with some taking advantage of the free nail cutting service.

It is hoped, subject to Ward Committee funding, to repeat the success in others areas of the city this year.

## Silver screening

CLEMENT'S Hall, Nunthorpe Road, York, has been refurbished and offers a range of community activities.

It includes the South Bank Community Cinema and on a monthly basis shows Silver Screen Matinees.

The next two events are on February 10 when it will be showing *South Pacific*, the Rogers & Hammerstein classic from 1958, and on March 9 the Ealing comedy *Passport to Pimlico* will be screened.

Performances are at 2pm. Tickets are £2 and refreshments are available.

# Hospital boss speaks out

ALAN Rose, chairman of York's Hospital NHS Trust addressed a packed Older People's Assembly annual meeting of more than 70 people.

He pulled no punches.

While not being complacent about the hospital's own performance, he reserved his criticism for North Yorkshire and York Primary Care Trust.

He claimed they had not built strong partnerships in the area with the Council, GPs and the hospital and

the public they are supposed to serve.

The government proposes to abolish the existing Primary Care Trust in 2013 replacing them with a Consortium of GPs who will be responsible for spending health budgets in the future. Whether GPs have the range of financial skills necessary must be open to doubt. Most of us would prefer that they continue to concentrate on providing health services in their local communities.



**SPEAKER: Alan Rose addresses the OPA annual meeting**



The new name for  
**AGE** York  
*Concern*

## In Safe Hands

A respite service for carers



### Volunteers required to stay with an older person while their carer has a break

Do you have an hour or two a week to spare?  
Or could you stay overnight with an older person for a few days?

Small remuneration paid.

Criminal Records Bureau clearance required

For more information about the scheme call Liz or any of the 'In Safe Hands' team on 01904 627995/621020

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