



York 50+ Festival

York Older People's Assembly presents..

In association with THE PRESS

Saturday 25 September - Sunday 3 October 2021



yorkassembly.org.uk
yorkfiftyplus@gmail.com

Sponsored by





Later Life Hub Boccia Challenge Cup October 17th

The Sports Hall, St John's University, Haxby Rd York

Boccia (pronounced 'bot-cha') is a target ball sport played in pairs or teams of three, which tests both muscle control and accuracy. From a seated position, players throw, kick or use a ramp to propel a ball onto the court with the aim of getting closest to the white 'jack' ball.

We are delighted to have the support of Boccia England, the National Governing Body (NGB) for bocce. We will have professional players and community players participating in what will be a fantastic day for the sport. Elite boccia Paralympian Beth Moulam will be helping us launch the event and attending the final to congratulate the Boccia Challenge Champions.

Entry Forms can be obtained from Later Life Hub and Dementia Forward.
All funds raised in aid of Dementia Forward.
Dementia Helpline 03300 578592

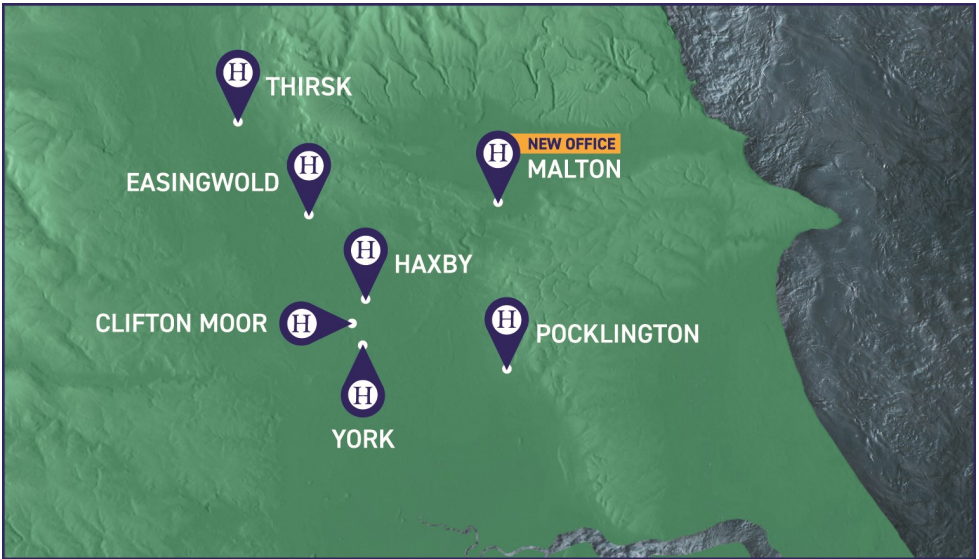


www.laterlifehub.org

info@laterlifehub.org

0300 330 9480





Looking after individuals, families and businesses across North and East Yorkshire

With offices conveniently located in York and a number of market towns in the surrounding area, we offer practical, friendly advice on a wide range of legal issues.

Visit www.harrowells.co.uk for details of your nearest office and more information about our specialist services.

Business
Farming
Equine

Property & Land
Powers of Attorney
Wills & Inheritance Planning

Divorce & Family Law
Disputes
Negligence Claims

Harrowells

SOLICITORS

Our resolve.
Your resolution.

SPONSORS

LATER LIFE HUB - living independently for longer.

We are pleased to sponsor the York 50+ Festival 2021. Later Life Hub ensure families across North Yorkshire have access to high quality advice, services and products to enhance and support independence in later life.

We are a group of professionals who have come together to offer a range of solutions for people who are retired, considering retiring and / or have elderly relatives they are caring for.

We recognise that there is a lot to think about once you reach ‘a certain age’. Be it your own health, financial planning and wellbeing or that of a relative. Everyone has different needs and requirements and we know that with our cross section of businesses you will find one that can help you. We cover North Yorkshire and the surrounding areas and have a dedicated phone number that you can call and be directed to the service best suited to your needs: 0300 330 9480. Find out more about our 22 services on <https://laterlifehub.org> or email info@laterlifehub.org.

Join us on October 17th for the Boccia Challenge Cup at the Sports Hall, York St. John University Sports Park, Haxby Rd, York YO31 8TA. Funds are being raised for Dementia Forward. More information is available on our website: <https://laterlifehub.org>

HARROWELLS SOLICITORS

At Harrowells, we have always had a practical, can-do attitude and we have drawn on that ethos from the very start of the pandemic to ensure our clients received timely advice as conveniently and as safely as possible. It is great to see the York Fifty Plus Team follow the same approach in getting ‘the show on the road’ in 2021. Best wishes to everyone taking part in this year’s festival.

FORESTERS FRIENDLY SOCIETY - Annual Sponsors of the York 50+ Festival since 2009!

1834

BECOME A MEMBER TODAY



Foresters Friendly Society has been established in York since 1837. Members of local branches administer their funds for the benefit of members in the form of support, educational, dental, optical and convalescence grants (over £1 million granted nationally) as well as organising social events and fundraising activities.

Full details of membership can be found at www.forestersfriendlysociety.co.uk
Or contact branch secretary **Helen Mackinnon** on **01609 751675**



We are a female-led collective of like-minded individuals who are passionate about guiding and supporting you through life's milestones.

From September we will be holding regular workshops and talks at our premises in New Earswick. See our website for details.



Anne-Marie Ledson
Here To Eternity Ceremonies



Annette Jones
Civil Celebrant



Anne Wyn-Jones
Ideal Living (Home organisation/Down-sizing)



Chris Dudzinska
Last Wishes Funerals



Kerry Aldridge
Hand In Hand Funerals/End-of-Life Doula



Louisa Starr
Starr Gazing Ceremonies



Sarah Jackson
Keepsake Art, for lasting memories



Sharon Kent
Civil Celebrant



Sylvia Wagner-Bottomer
Soul Midwife / TLC for carers / Threshold choir

Events Summary September

25 Sep - 3 Oct	NELLI Chatty Bench - New Earswick York City Knights Memories Club	p.11 p.11
27 Sep - 1 Oct	Celebrating Life with Friends Open Week	p.12
27 Sep - 18 Oct	At home with Qi Gong: movement to soothe and calm (4-week course)	p.12
Sat 25	French Taster session for complete / post beginners Red Tower on the Bar Walls - Open Day Qi gong for challenging times (both in the studio and online) Eat...Pray...Love: open day at St Denys Church, Walmgate Family History Workshop French Taster session for Improvers / intermediate French Taster session for Intermediate / advanced	p.13 p.13 p.14 p.14 p.15 p.13 p.13
Sun 26	Play basketball for FREE GOTri Acomb Family Triathlon Masters Hockey Session “ York Minster in close up - the exterior” - talk	p.16 p.16 p.16 p.17
Mon 27	Walking Football Happy to Chat Bench - Fossway Confidence Building for Women Returners Workshop (Online) Bowling Green Taster Sessions Bringing the Rowntree Post-War Leisure Surveys to Life	p.17 p.18 p.18 p.19 p.19

Events Summary

September

7

Tue 28	<p>Free Employability and Careers Advice Telephone Drop In p.20</p> <p>Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney p.20</p> <p>Finding out about Homeshare York p.21</p> <p>Confidence To Be Your Authentic Self (Online Women Workshop) p.21</p> <p>York Men’s Shed Open Day p.22</p> <p>Happy to Chat Bench - Rowntree Park p.22</p> <p>Action For Elders - A York Walk p.22</p> <p>Guided House Tour and Meditation p.23</p> <p>Minster Lions Club of York Open Day p.23</p> <p>Fun With Google p.24</p> <p>Burnholme Sports Centre Open afternoon p.24</p> <p>Painting and Drawing ONLINE p.25</p> <p>Can you ‘ Play your Cards Right ’? p.25</p> <p>“York in close up “ - talk p.26</p>	
Wed 29	<p>Fitness and Boxing session p.26</p> <p>‘ Light A Candle Café ’ p.26</p> <p>Dementia Awareness Session p.27</p> <p>Happy to Chat Bench - Glen Gardens, Heworth p.27</p> <p>Live Well York p.28</p> <p>Chatty Bench, AGE UK - Acomb Front Street p.28</p> <p>Want to feel more confident with your smartphone or tablet? p.29</p> <p>Interested in Volunteering with OCAY? p.29</p> <p>Experience Nordic Walking p.30</p> <p>Painting and Drawing ONLINE p.30</p> <p>Behind the scenes tours of York's Art Deco theatre p.30</p> <p>Eco-Crafters Taster p.31</p> <p>Walking Football p.31</p>	

Events Summary September

Thu 30	Walking Football Happy to Chat Bench - Fossway Age Friendly York Citizen Group Autumn Planting Experience Nordic Walking Get Your Kit On – Recreational Football KEEPSAKES Haxby Happy to chat bench Acomb Chatty Bench Getting to Grips With Using Zoom Social Media and Using QR Codes – The Basics Jorvik FDC of Traditional English folk dancing Action For Elders - The Furious Five Quiz Night	p.32 p.32 p.33 p.33 p.34 p.34 p.35 p.35 p.36 p.36 p.37 p.37 p.39
<h3>October</h3>		
Fri 1	Fitness and Boxing session Live Well York Nordic Walking - Full Lesson Age UK York – open house Action For Elders - Balanced Lives: Healthy Older People Walls & floods – a thousand years in York’s history - walk Happy to Chat Bench - Poppleton Happy to Chat Bench - Burton Stone Lane Tag rugby Resolving Pain Using The Mind Body Connection Action For Elders - Balanced Lives Tai Chi and Chat JRHT Care Services - We show we care: homes for older adults	p.39 p.39 p.40 p.40 p.40 p.41 p.41 p.41 p.42 p.42 p.42 p.43
Sat 2	Play basketball for FREE JRHT Care Services - We show we care: homes for older adults ‘ Cuppa, Cake and Chatter ’ Red Tower open Day Inclusive Fitness Open Afternoon Introduction to Spiritualism / Mediumship	p.43 p.43 p.44 p.44 p.44 p.45
Sun 3	Play Tennis for FREE The Buddhist Way to Inner Peace & Guided Meditation - talk Winter Wellbeing for the over 50s	p.45 p.46 p.46

- All events are being held under current local and national guidelines re COVID and it is the responsibility of the event provider to ensure these are fully adhered to. All participants are required to fully adhere to these guidelines.
- Please check with the contact people before attending an event as details may have changed after this programme was printed.
- All venues are accessible unless stated otherwise but please check with the contact if you have any access queries.
- Many regular activities continue after the Festival but some events that are free during the Festival may have a charge afterwards.
- Please take note of events that need to be **booked**, some may be cancelled if there are not enough participants.

Physical activity benefits for adults and older adults



BENEFITS HEALTH



IMPROVES SLEEP



MAINTAINS HEALTHY WEIGHT



MANAGES STRESS



IMPROVES QUALITY OF LIFE

UK Chief Medical Officers' Guidelines 2019

**Start Active,
Stay Active:**

<http://bit.ly/startactive>

Be Active



Sit Less



Build Strength



Improve Balance



at least
150
minutes

moderate intensity
per week
increased breathing
able to talk

Sports and Active Leisure team



sportandactiveleisure@york.gov.uk



Have you reached a point in your life
when you want to do something

a little bit different?

Maybe you have some
spare time on your hands now
the kids have grown up?

If that sounds like you, we would
love you to join our award-winning
team of amazing CAREGivers!

Our CAREGiver's provide personalised home
care to an older person, that is dignified,
reliable and built on strong relationships,
allowing them to remain in their own home,
living independently, for as long as possible.

For more information
call us NOW on

01904 690884

or email: recruitment@hiscyork.co.uk
or visit: <http://www.homeinstead.co.uk/york/>

 **Home
Instead**[®]
To us, it's personal



Each Home Instead franchise is independently owned and operated. Copyright © Home Instead® 2021.

Saturday 25 September - Sunday 3 October

10 am - 4 pm	NELLI Chatty Bench NELLI (New Earswick Less Loneliness Initiative) is a social group and lunch club who meet at the Folk Hall for fun and friendship, varied activities and trips out. Come and have a chat with the organisers or the Local Area Coordinator to find out more .	NELLI Bench, Folk Hall (outside the library), New Earswick Free
-------------------------	--	--

Contact: Kit Weatherall 07717 583201
kit.Weatherall@outlook.com

TBC	York City Knights Memories Club The York City Knights Foundation run a weekly Memories session looking to connect local people and share, listen, relive and talk about their memories of York Rugby League from the past. Help us as we archive our extensive collection of medals, match day programmes, playing shirts, and videos of past games as we look to bring to life the years gone by.	LNER Community Stadium, Kathryn Avenue, Monks Cross Dr. Huntington, York YO32 9AF Free
------------	--	---

Contact: Adam Prentis 01904 670880
heritage@yorkcityknights.com <https://yorkcityknights.com/>

Monday 27 September - Friday 1 October

10 am - 3 pm	Celebrating Life with Friends Open Week Celebrate and enjoy life with your friends in the historic ambience of St. Sampson's Centre. Buy your food and drinks at affordable prices and join in the activities provided or sit in a quiet courtyard enjoying the lush green surroundings.	St. Sampsons Centre for over 60s, Church St, York YO1 8BE Free
-------------------------	--	---

Contact: St. Sampson's Centre 01904 652247
centre@stsampsonscentre.co.uk

Monday 27 September - 18 October

10 - 11.15 am	At home with Qi Gong: movement to soothe and calm (4-week course) How do we settle back into the steadying support of the body and the ground, when we feel anxious and unsettled, and our thoughts become unanchored? These sessions will teach you essential tools, drawing on the nourishing practice of Qi gong, to reconnect to this vital support. This 4-week course is an opportunity to be guided through the Shibashi form, which is a deeply relaxing, gentle and flowing moving meditation. Please book your place by contacting Nicky.	You will be able to participate in this course from the comfort of your own home via zoom. £40
--------------------------	---	---

Contact: Nicky Thomas Acupuncture & Yoga 07583 291616
nickyjanethomas123@gmail.com www.nickythomasyork.com

<p>10 - 11 am</p>	<p>French Taster session by French native speakers for complete / post beginners. Basic French for the Holidays, phrases, role-plays, listening and a bit about cultural differences and similarities, etc.</p>	<p>We hope to have the sessions available in-person, at York CVS, York YO1 6ET and also online (via Zoom). £5 /session / person</p>
<p>11.30 am - 12.30 pm</p>	<p>French Taster session by French native speakers for improvers / intermediate. French for the Holidays, and everyday French, role-plays, listening and a bit about cultural differences and similarities, etc.</p>	
<p>1.30 - 2.30 pm</p>	<p>French Taster session by French native speakers for intermediate / advanced Conversation in French on various current topics using newspapers, live news, etc. A good grasp of the language is essential.</p>	

Booking is essential. A minimum of 4 persons are needed for each session to run.

Contact: **Alliance Française de York** at afdeyork@gmail.com or Christine 07834 613799. www.alliancedeyork.co.uk

<p>10 am - 4 pm</p>	<p>Red Tower Open Day Come and have a look round the only brick tower on the Bar Walls and find out about its amazing history. See our award winning refurbishments and drinks and cake will be available for a donation.</p>	<p>Bar Walls, Foss Islands Road. Ground floor including toilet is level, stairs to upper floor Free</p>
----------------------------	--	--

Contact: enquiries@redtoweryork.org.uk
www.redtoweryork.org.uk

10 am - 4pm	Eat...Pray...Love: open day at St Denys Church, Walmgate “A warm community welcome is extended to all-comers.... We will offer tea, tours, talks and entertainment under the theme of "Eat-Pray-Love...." telling the history and ambition of our beloved church alongside refreshment both bodily and spiritual; celebrating the refurbished church fabric and fabulous ‘Henry’ organ installation.” No booking required; covid-safe capacity of 30 (June 22) - pre-opening up of venues.	St Denys Church, Walmgate, York YO1 9QD Stepped entry to church. Free
----------------	---	--

Contact: Mary Brooks, PCC Secretary 07941 246312
stdenyschurchoyork@gmail.com

10.15 - 11.45 am	Qi gong for challenging times (both in the studio and online) How do we settle into the steady support of the body and the ground, when we feel anxious and unsettled, and our thoughts become unanchored. This session will teach you essential resources, drawing on the deeply relaxing, flowing and nourishing embodied practice of Qi gong, to help you reconnect to this vital support during challenging times.	York Yoga Studio, 112 Acomb Road, York, YO24 4EY In-person studio cost £15 Online cost £12
---------------------	--	---

Contact: Nicky Thomas Acupuncture & Yoga 07583 291616
nickyjanethomas123@gmail.com www.nickythomas-york.com

10.15 am - 12 pm	Family History Workshop Are you an unpaid carer in York? Have you ever wondered about the lives of relatives who came before you? Take some time out to join us for our relaxed family history sessions, to learn the basics of how and where to get started and explore some of the free research websites. We'll ask you to bring details of at least one person you are keen to research. Please get in touch to book a place.	Online via Zoom Free
------------------	---	-----------------------------

Contact: York Carers Centre 01904 715490

enquiries@yorkcarerscentre.co.uk www.yorkcarerscentre.co.uk

17 Priory Street, York, YO1 6ET




action for elders
adding life to later life

'Getting Back Out There'

Our campaign to help those Fifty+ overcome anxiety & reconnect socially

is in full swing!

Call us on: 03033 030 132
e-mail us at : info@actionforelders.org.uk
or visit: www.actionforelders.org.uk



See more in this brochure

with a full Programme of Events for York

including:

- Walks
- Live online exercise sessions for all fitness levels
- A special 'Furious Five' Quiz Event


balanced lives
physical, mental & social wellbeing

8 or 9 am - dusk	Play basketball for FREE Why not try shooting a few hoops. Glen Gardens, Rowntree Park and Hull Road Park have free to use basketball courts and are open from 8am Monday to Friday and from 9am on Saturdays and Sundays, closing at dusk and are available to use on a 'first come first served' basis.	Hull Road Park, Rowntree Park and Glen Gardens, Heworth Free
-----------------------------	---	---

Unfortunately, basketballs are not available to hire at these venues so please bring your own.

Contact: Paul Ramskill paul.ramskill@york.gov.uk

1 pm	GOTri Acomb Family Triathlon This non-competitive Swim Bike Run event is designed to encourage all generations to participate as a family covering the distances together or as a family relay. A veteran of the sport or a novice? This event encourages all family members to take part as a family.	Energise Leisure Centre, Cornlands Road, York, YO24 3DX £10 per team
-------------	--	---

Booking is essential via www.gotri.org

Contact: Chris Armstrong
chris.armstrong@gll.org www.better.org.uk

1 - 4 pm	Masters Hockey Session This mixed hockey session is for people aged 50yrs+ to come along and play hockey whatever your ability and experience. Whether you are a current player, played before or a complete beginner then come along. Booking is essential.	Huntington School Astro Pitch, Huntington Road, York, YO32 9WT £3
-----------------	--	---

Contact: Jenni Fitton 07801 969204 senior@cityofyorkhkc.co.uk
www.cityofyorkhkc.co.uk

Sunday 26 September

17

2.15 - 4 pm	<p>“York Minster in close up - the exterior ”</p> <p>An illustrated talk based on my book of the same name, showing you lots of the amazing grotesques and other carved figures on the outside of the Minster. Books will be available to buy afterwards.</p> <p>Please book if attending in person, if watching online, I’ll email the link.</p>	<p>SPARK, 17 - 21 Piccadilly, York YO1 9PB and online</p> <p>Donations</p>
----------------	---	--

Contact: Catherine Sotheran 01904 411845 CSotheran@aol.com
[facebook.com/catherine.sotheran/](https://www.facebook.com/catherine.sotheran/)

Monday 27 September

10 - 11 am	<p>Walking Football</p> <p>Our walking football sessions are targeted at older people and those with long term injuries/illness/health related issues who wish to keep physically active. This game of football is adapted from association football to allow players continued opportunity to play the sport they love. Maximum speed is walking, no matter ability or fitness you are welcome to attend our sessions. They are recreational and inclusive for all. On every Monday.</p>	<p>Burnholme Sports Centre, Mossdale Avenue, YO31 0HA</p> <p>£5</p>
---------------	--	---

Contact: Amy Tyro 07834 588259
inclusion@yorkcityfcfoundation.co.uk

10 - 11.30 am	Happy to Chat Bench (Community Health Champions) Happy to Chat Benches are for everyone to enjoy. They are a great chance to have a break, a chat with a Community Health Champion and/or ask where you can get some support or advice. No booking required.	King George's Field, Fossway, Heworth, York YO31 8SF Steps down from Fossway on to grass, level access from Arran Place, off Dodsworth Avenue Free
------------------	---	---

Contact: Hannah Hall 07785 368543 Hannah.Hall@york.gov.uk

10 am - 1 pm	Confidence Building for Women Returners Workshop (Online) Are you socially isolated and struggling with mental health issues whilst planning a return to work after years on a break? This workshop offers empowering insight into ways to rebuild our confidence, self-belief and self-worth, self-identity and resilience to knocks. Increase your capacity to overcome potential barriers (e.g. self-limiting beliefs) to move closer to work-readiness. Booking essential (max. 10 places) by email. Upon payment of the fee you will receive a direct zoom link to access the workshop.	Online via zoom £5
-----------------	--	---------------------------

Contact: Liz Hempshall 07495 731958
lizhempshall@futureintentions.co.uk <https://futureintentions.co.uk/>

10 am - 3 pm	Bowling Green Taster Sessions Taster Sessions... Why not come and try bowls on our beautiful green. The club is always looking for new players, it's a great way to get out and meet new people. Club members are very happy to welcome new and experienced bowlers alike. If you are interested in finding out more pop along to the free taster sessions.	West Bank Park, Acomb Road, Holgate YO24 4NS Free
-----------------	---	---

Contact: Keith Nelson 07538 268820

6 - 7 pm	Bringing the Rowntree Post-War Leisure Surveys to Life In the late 1940s, Seebohm Rowntree conducted surveys with people in England to gather information on their leisure activities, their working lives, and their hopes and worries for the future. We will be screening a new short creative film of theatrical performances inspired by the surveys. This will be followed by a Q&A with the film's writer and director Rachel Feldberg, Borthwick Archivist Dr Sally-Anne Shearn, and historian Dr Catherine Oakley. (Booking essential)	Online event Free
----------	---	--------------------------

Contact: The Rowntree Society info@rowntreesociety.org.uk
www.rowntreesociety.org.uk

9.30 am - Free Employability and Careers Via phone
3.30 pm Advice Telephone Drop In

Are you unemployed or thinking of changing career? Please call Julia on 07785 996895 or Stephen on 07976 856242 for free employability and careers advice and signposting to other York Learning Services that can help you (your phone provider's standard telephone charges will apply).

Contact: York Learning on either of the numbers above

9.30 am - Talk to a trusted solicitor about Online
4 pm making your Will and Lasting Powers of Attorney Free

Belinda-Jane Poulter at Crombie Wilkinson Solicitors is providing an online legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. Pre-book your 30 minute appointment with Belinda before Tuesday 28 September, then Online joining instructions will be emailed to you. Appointments available 9.30am-4pm and booked on a first come first served basis.

Contact: Belinda-Jane Poulter 01904 624185 19 Clifford Street, York, YO1 9RJ b.poulter@crombiewilkinson.co.uk.
www.crombiewilkinson.co.uk

10 - 11.30 am **Finding out about Homeshare York** St. Sampsons
 Are you over 55 years old and have a spare bedroom or perhaps you have a relative or neighbour you know? Would you benefit from some practical support in the home and / or just someone to talk to? Are you happy to share your home with another person (the “Homesharer”) in exchange for them contributing 10 hours of support per week ?
 Centre for over 60s,
 Church St, York
 YO1 8BE
 Free

Why not pop along for a chat with Carl to talk about how Homeshare York might work for you. If the day or time does not work out for you, just contact Carl to arrange a different time,

Contact: Carl Wain 01904 554595 HomeshareYork@york.gov.uk
<https://york.gov.uk/HomeShareYork>

10 am - 1 pm **Confidence To Be Your Authentic Self (Online Women Workshop)** Online via zoom
 Have you have wondered how amazing it would be to be your authentic self ? How much happier you could be if living an authentic life for yourself not the version others expect of you ! This workshop offers empowering insight into how you can be your authentic self, living the life you have always dreamt of.
 £5

Booking essential by email (max. 10 places). Upon payment of the fee you will receive a direct zoom link to access the workshop.

Contact: Liz Hempshall 07495 731958
lizhempshall@futureintentions.co.uk <https://futureintentions.co.uk/>

10 am - 3 pm	York Men's Shed Open Day The York Men's Shed is a community organisation with membership fees providing a place where men of 50+ can gather to work on projects or socialize with fellow members. In the Shed mostly woodworking takes place but there is opportunity for other projects too. Please come and check us out.	Old Warden's Hut, Corner of Alcuin Avenue and Flaxman Avenue, Hull Road Park, York, YO10 3TW Free
-----------------	---	--

Contact: Mark Guilford, Chair 07725 183456

yorkmensshed@outlook.com www.yorkmensshed.co.uk

10.30 am - 12 pm	Happy to Chat Bench (Community Health Champions) Happy to Chat Benches are for everyone to enjoy. They are a great chance to have a break, a chat with a Community Health Champion and / or ask where you can get some support or advice. No booking required.	Rowntree Park, Rowntree Park Lodge, Richardson St, York YO23 1JU Free
---------------------	--	--

Contact: Hannah Hall 07785 368543 Hannah.Hall@york.gov.uk

11.30 am - 12.30 pm	Action For Elders - A York Walk Join us for a fun and safe walk, through wonderful Rowntree Park with your walking guide Celeste. Finish at Rowntree Park Café. Booking is essential via website.	Meet at: Rowntree Park Car Park, Rowntree Park, Terry Avenue, York. YO23 1JQ Free (optional donation)
------------------------	---	--

Contact: Action For Elders 030 330 30132

info@actionforelders.org.uk <https://www.actionforelders.org.uk>

11.30 am -	Guided House Tour and Meditation	Madhyamaka
12.30 pm	Enjoy a tour of the beautiful grade II* Georgian mansion followed by a relaxing guided fifteen minute meditation. Afterwards feel free to wander in the forty acres of grounds and enjoy refreshments from our cafe. Numbers are limited so booking is essential by emailing: group.visits@madhyamaka.org	KMC, Kilnwick Percy Hall, Kilnwick Percy, Pocklington YO42 1UF £2

Contact: Ali Boseley 01759 304832 epc@madhyamaka.org
www.madhyamaka.org

12 - 9 pm	Minster Lions Club of York Open Day Our Mission: We Serve It's that simple. Lions Clubs are places where individuals join together to give their valuable time and effort to improving their communities, and the world. How do you feel you could volunteer in your community? Come and join us to find out about the Lions and what we do. We work hard on our projects and have fun while doing so. We socialise too with barbeques, concerts, walks, quizzes and much more. Free and open to Everyone.	Acomb Conservative Club, 12A Front Street, Acomb, York YO24 3BZ Free
-----------	---	--

Contact: Robert James 03458 339578 info@minster-lions.org.uk
Facebook / Twitter @minsterlions

1 – 2 pm	Fun With Google Do you Google? A fun introduction to the power of Google searching on the internet and how it can work for you. A chance to ask those questions you've always wanted to ask about Google searching.	Clifton Explore Library, Rawcliffe Lane, York YO30 5SJ
	Booking advised – maximum places 12. Book via our website.	Free

Contact: York Learning 01904 554277 york.learning@york.gov.uk
www.yorklearning.org.uk

1 - 4 pm	Burnholme Sports Centre Open afternoon This informal afternoon offers an opportunity to visit Burnholme Sports Centre, tour the facilities and try gym & class taster activities including Nordic Walking. On the former site of Burnholme School we have a range of activities suitable for all generations.	Burnholme Sports Centre, Mossdale Avenue, Tang Hall, York YO31 0HA
	No Booking Required	Free

Contact: Chris Armstrong chris.armstrong@gll.org
www.better.org.uk

<p>2 pm or 7 pm</p>	<p>Painting and Drawing ONLINE Join experienced artist and tutor Donna Maria Taylor for an introductory taster session of online painting and drawing. Open to all abilities from complete beginners onwards. Depending on interest this could lead to a longer online course that runs through the Autumn term and beyond. Just basic drawing materials will be needed for this session – ideally cartridge paper (or A3 sketchbook) and a 2B pencil. Numbers are limited and booking is essential.</p>	<p>Online via zoom £2</p>
--------------------------------	--	------------------------------------

Contact: Donna Maria Taylor 07752 303946
donnamtaylor@ntlworld.com www.donnamariataylor.com

<p>2 - 4 pm</p>	<p>Can you ‘Play your Cards Right’? Join the Yorkshire Energy Doctor to play this iconic gameshow, have fun and learn about energy. You may even win a prize! York Energy Advice will be on hand to provide advice on saving energy, reducing bills, and keeping warm and well. Booking advised.</p>	<p>St. Sampsons Centre for over 60s, Church St, York YO1 8BE Free</p>
------------------------	--	--

Contact: Ivana Jakubkova 07912 432819 ivana@stnicks.org.uk
<https://stnicks.org.uk/get-inspired/events/>

Tuesday 28 September

6.45 - 8.30pm	“York in close up” An illustrated talk based on my book of the same name, showing you lots of little details on buildings that you’ve probably never noticed, followed by a fun picture quiz. Books will be available to buy. Please book if attending in person, if watching online, I’ll email the link.	SPARK, 17 - 21 Piccadilly, York YO1 9PB and online Donations
--------------------------	---	---

Contact: Catherine Sotheran 01904 411845 CSotheran@aol.com
facebook.com/catherine.sotheran/

Wednesday 29 September

7 - 8 am	Fitness and Boxing session The mental and physical benefits of this training have been great and it was greatly missed during the lockdowns. We have a great number of over 50s enjoy the fun and benefits of this type of exercise.	York Masters Club, 17 Redeness St, Layerthorpe, York YO31 7UU £2
-----------------	--	--

Contact: Charlie Malarkey 07712 443163

9.45 - 11.15 am	‘Light A Candle Café’ A space to talk about loss, bereavement and hope, to remember loved ones and connect with others.	The Tower Room, St. Nicholas Church, Dunnington, York Free
----------------------------	---	---

Contact: Revd Mark Poole 01904 426522
revmarkpoole20@gmail.com

10 am	Dementia Awareness Session In this session we will cover dementia awareness and the services offered by Dementia Forward, your local charity which supports over 1,000 people in the York area. We will talk about what dementia is and things we can all do to support people living with dementia, and look at volunteering opportunities .	Online via zoom link https://zoom.us/j/2769841086 Meeting ID: 276 984 1086
--------------	---	--

Contact: Debby Lennox 01765 601224
debby.lennox@dementiaforward.org.uk
www.dementiaforward.org.uk

10 - 11.30 am	Happy to Chat Bench (Community Health Champions) Happy to Chat Benches are for everyone to enjoy. They are a great chance to have a break, a chat with a Community Health Champion and / or ask where you can get some support or advice. No booking required.	Heworth Glen Gardens, East Parade, Heworth YO31 0XH Free
--------------------------	---	---

Contact: Hannah Hall 07785 368543 Hannah.Hall@york.gov.uk

10 - 11.30 am	<p>Live Well York</p> <p>Live Well York is a website for adults and families. Find information on Health and Wellbeing, Adult Social Care, Money & Legal and more. Discover hundreds of local groups and activities. Find events happening across York, and explore volunteering opportunities. Rob will be on hand to answer your questions and show you how to get the most from the site.</p>	<p>St. Sampson's Centre for over 60s, Church St, York YO1 8BE</p>
		Free

Contact: Robert Kilner 01904 551006 rob.kilner@york.gov.uk
livewellyork.co.uk

10 am - 12 pm	<p>Chatty Bench - Acomb Front Street</p> <p>Age UK volunteers will be at benches on Acomb Front Street to connect with older people, provide information about Age UK York's work and general chat! Chatty Benches is a national scheme which we hope to draw attention to, which aims to promote social connection. See more at https://www.bbc.co.uk/news/uk-northern-ireland-57712142</p>	<p>Acomb Front Street</p> <p>Free</p>
------------------	---	---

Contact: Jennifer Allott ageukyork@ageukyork.org.uk
www.ageuk.org.uk/york/

10 am - 12.30 pm **Want to feel more confident with your smartphone or tablet?** Bramley Room,
New Earswick
Come and meet the Families Get Folk Hall
Active team to help build your YO32 4AQ
confidence with your smart phone or
tablet. We will show you some Lift to first floor
simple techniques and share with you
some details about our York Family Free
Walks project. **Numbers extremely
limited and sign up is via email to
rrowan@wea.org.uk**

Contact: Rebecca Rowan 07833 127786 rrowan@wea.org.uk
www.wea.org.uk

10.30 am - 12 pm **Interested in Volunteering with OCAY (Older Citizens Advocacy - York) ?** OCAY,
The Priory Street
Centre,
15 Priory Street,
York,
YO1 6ET
We are looking for those who relish
a challenge, those who want to give
something back to their community,
individuals who care about ensuring
older citizens get a say, people
looking to utilize their existing skills
and learn new ones. Free
We have a range of volunteering
roles with no minimum time
commitment (we're flexible!) Join us
at our 'Interested in Volunteering?'
session to find out more.
Phone or email to book a place .

Contact: Ruth Potter 01904 676200 ruth@ocay.org.uk

1.30 pm	Experience Nordic Walking Experience and try Nordic Walking, at this fun interactive session. Learn how it can help you easily stay active, lose weight, keep fit and make friends. Equipment is provided. Our friendly and experienced Nordic Walking instructors will be there to chat and answer any questions you have. Come along and see why this exercise is fast becoming one of the most popular in Europe. Suitable for all abilities and level of fitness. Places limited, Booking Essential .	Rawcliffe Country Park, Rawcliffe Free
---------	--	---

Contact: Jules Titheridge 07950 030040 jules@york.walx.co.uk
<https://walx.co.uk/find-walx/209771>

2 pm or 7 pm	Painting and Drawing ONLINE As Tuesday 28th, see p. 25	Online via zoom £2
-----------------	--	---------------------------

Contact: Donna Maria Taylor 07752 303946
donnamtaylor@ntlworld.com www.donnamariataylor.com

2 pm + 3.30 pm	Behind the scenes tours of York's Art Deco theatre A guided tour of the theatre built by Rowntrees for their workers and local community. A unique opportunity. Two 1 hour tours, max. 10 people on each tour (involves steps). Booking essential	Joseph Rowntree Theatre, Haxby Road, York YO31 8TA Donations
-------------------	---	---

Contact: Gary Bateson gary.bateson@jrtheatre.co.uk
www.josephrowntreetheatre.co.uk/

2 - 4 pm	Eco-Crafters Taster Pop along to have a go at the group's activities – could be anything from wool felting to macrame or sewing - or bring your own project. This friendly group meets every Wednesday for natter and crafts over a cuppa, often using upcycled materials. All skill levels are welcome.	St Nicks Environment Centre, Rawdon Avenue, York YO10 3FW Free
-----------------	--	--

Contact: Ivana Jakubkova 07912 432819 ivana@stnicks.org.uk
<https://stnicks.org.uk/get-inspired/events/>

6 - 7 pm	Walking Football Our walking football sessions are targeted at older people and those with long term injuries/illness/health related issues who wish to keep physically active. This game of football is adapted from association football to allow players continued opportunity to play the sport they love. Maximum speed is walking, no matter ability or fitness you are welcome to attend our sessions. They are recreational and inclusive for all. On every Wednesday.	Huntington Secondary School, YO32 9WT £5
-----------------	--	--

Contact: Amy Tyro 07834 588259
inclusion@yorkcityfcfoundation.co.uk

10 - 11 am	Walking Football Our walking football sessions are targeted at older people and those with long term injuries/illness/health related issues who wish to keep physically active. This game of football is adapted from association football to allow players continued opportunity to play the sport they love. Maximum speed is walking, no matter ability or fitness you are welcome to attend our sessions. They are recreational and inclusive for all. On every Thursday.	Burnholme Sports Centre, Mosssdale Avenue, YO31 0HA £5
-------------------	---	---

Contact: Amy Tyro 07834 588259
inclusion@yorkcityfcfoundation.co.uk

10 - 11.30 am	Happy to Chat Bench (Community Health Champions) Happy to Chat Benches are for everyone to enjoy. They are a great chance to have a break, a chat with a Community Health Champion and/or ask where you can get some support or advice. No booking required.	King George's Field, Fossway, Heworth, York YO31 8SF Steps down from Fossway on to grass, level access from Arran Place, off Dodsworth Avenue Free
----------------------	--	---

Contact: Hannah Hall 07785 368543 Hannah.Hall@york.gov.uk

<p>10 - 11.30am</p>	<p>Age Friendly York Citizen Group We want older residents to help shape where they live by working with local groups, businesses and ourselves to identify and make changes to their physical and social environments. We have regular surveys where we ask your opinions about creating a more age friendly city and report back on progress.</p>	<p>Library, St. Sampson's Centre for over 60s, Church St, York YO1 8BE</p> <p>Free</p>
-------------------------	--	--

To **book a place** or find out more in advance then please go to www.york.gov.uk/AgeFriendlyYork or give Carl a ring for a chat.
Contact: Carl Wain 01904 554595 AgeFriendlyYork@york.gov.uk

<p>10.15 - 11.30 am</p>	<p>Autumn Planting Are you an unpaid carer? Come along for a chat and a spot of horticulture at our Autumn Planting sessions. We're running the session in partnership with St Nick's, and the aim is to have a bit of time for yourself, where you can catch up with our staff and other carers. We'll be decorating a pot and planting seeds to grow and keep at home. All the equipment will be delivered to your door beforehand. Please get in touch to book a place.</p>	<p>Online via Zoom</p> <p>Free</p>
-----------------------------	--	------------------------------------

Contact: York Carers Centre 01904 715490
enquiries@yorkcarerscentre.co.uk 17 Priory Street, York, YO1 6ET
www.yorkcarerscentre.co.uk

11 am	Experience Nordic Walking Experience and try Nordic Walking at this fun interactive session. Learn how it can help you easily stay active, lose weight, keep fit and make friends.	West Bank Park, Acomb Road, Holgate YO24 4NS Free
--------------	--	---

Contact: Jules Titheridge 07950 030040 jules@york.walx.co.uk
<https://walx.co.uk/find-walx/209772>

11 am - 12 pm	Get Your Kit On - Recreational Football Our Recreational sessions are for those who still enjoy playing the fast paced version of the game. We focus on the Fun and sociable element of what playing sport can bring. No experience necessary. A good place to come and give Football ago with no prejudice. Just get your trainers and come and join us. All are welcome! On every Thursday.	Burnholme Sports Centre, Mossdale Avenue, YO31 0HA £5
--------------------------	--	--

Contact: Amy Tyro 07834 588259
inclusion@yorkcityfcfoundation.co.uk

11 am -	KEEPSAKES	Online via zoom
12.30 pm	Are you awoc – ageing without the support of children to help out in time of need? Check the national charity at www.awoc.org.uk to learn more about the 1000s of invisible awocs in our society. The local group, AWOC York, is inviting you to share stories about the things that conjure memories and bear a special place in your life. We'll meet and chat and then record our stories to share. Please book your place.	Free

Contact: Sue Lister 01904 488870 hello@awocyork.org.uk
www.awocyork.org.uk or book on Eventbrite 164043020089

11 am -	Haxby Happy to chat bench	Bench on the
1 pm	Come for a chat and to see a friendly face, help build your community and be part of a global movement to make neighbourhoods friendly. Two people can sit comfortably on the bench, and there are another 2 benches nearby, no need to book.	main street, The Village, Haxby (outside St Mary's church)
		Free

Contact: Natalie Greaves 07957 455359
natalie.greaves@york.gov.uk

11 am - 4 pm	Acomb Chatty Bench Come and meet two of York's Local Area Coordinators at the Chatty Bench near Gateway Centre on Front Street. Find out about things to do in your local area, or just have a chat! If you are not able to be there on 30 th Sept, why not visit the bench when you are next in the area, see who else is there waiting for a chat.	Bench outside Gateway Centre, Front Street, Acomb Free
-----------------	---	--

Contact: Penny Hutchinson 07903 868742

penny.hutchinson@york.gov.uk

1 - 2 pm	Getting to Grips With Using Zoom A chance to find out how to use Zoom to video call others or join a video call to access a course or talk to your friends and family. You can bring your own laptop or tablet if that's what you'd be using, or you can use our computers if you don't have a mobile device that you'd use. Find out how to join a Zoom call using codes, or from your email. Booking advised (via our website) - maximum places 12.	Clifton Explore Library, Rawcliffe Lane, York YO30 5SJ Free
----------	--	--

Contact: York Learning 01904 554277

york.learning@york.gov.uk www.yorklearning.org.uk

2.30 - 3.30 pm Social Media and Using QR Codes – The Basics Clifton Explore Library,
 Rawcliffe Lane,
 York
 YO30 5SJ

Do you want to find out more about social media, like Facebook, Twitter, Instagram, etc but are not sure where to start? Would you want to get some advice to stay safe on social media? Have you seen people using or talking about QR codes and would like to be more informed? This informal workshop with an experienced York Learning ICT tutor will help you find answers to questions you didn't even know you had yet! You don't need any knowledge of social media or QR codes to attend. **Booking advised - maximum places 12. Book via our website.** Free

Contact: York Learning 01904 554277

york.learning@york.gov.uk www.yorklearning.org.uk

7.45 - 9.45 pm Jorvik FDC of Traditional English folk dancing St. Aidan's Church Hall,
 Ridgeway,
 Acomb, York
 YO26 5DP

Folk dancing from traditional with some Playford and modern. We dance to recorded music, instructions called with each dance. Beginners are welcome! We don't always succeed even with instructions but we do enjoy. **Booking essential.** On every week. £3

Contact: Annette 01904 705261 annette@soothill.com



Minster Lions Club of York

How would you like to connect with others?

Lions get involved with five common causes:
diabetes, vision, hunger, environment and childhood cancer

We have more volunteers in more places than any other service organisation.

As Lions we step forward to tackle local community challenges, wherever they occur.

Our Mission: **We Serve**

It's that simple. Lions clubs are places where individuals join together to give their valuable time and effort to improving their communities, and the world.

Join Us – you will be made very welcome! We meet on the 2nd and 4th Tuesday of each month at 19.30 at Acomb Conservative Club, 12A Front Street, York YO24 3BZ

Info@minster-lions.org.uk

Minster Lions Club of York is a charitable incorporated organisation (CIO)
Registered in England and Wales with charity number: 1185813
Charitable Trust registration number: 1105292

OCAY

OLDER CITIZENS ADVOCACY-YORK

OCAY staff & volunteers are here to help.

We can offer face to face appointments in our office or over the telephone.

We are open Mon - Fri 10am - 3pm

Call us on 01904 676200

You Talk - We Listen - Life Changes

8 - 9 pm	Action For Elders - The Furious Five Quiz Night ...Test your skill and knowledge The 'Furious Five' is a series of questions on music, film, TV and books to test your skill and knowledge.	Online Free (optional donation)
-----------------	---	--

We have 5 questions on a variety of subjects with five answers to each question. There's a prize of an Amazon voucher.

Booking is essential via email or the website below.

Contact: Action For Elders 030 330 30132

info@actionforelders.org.uk <https://www.actionforelders.org.uk>

Friday 1 October

7 - 8 am	Fitness and Boxing session The mental and physical benefits of this training have been great and it was greatly missed during the lockdowns. We have a great number of over 50s enjoy the fun and benefits of this type of exercise.	York Masters Club, 17 Redeness St, Layerthorpe, York YO31 7UU £2
-----------------	--	--

Contact: Charlie Malarkey 07712 443163

10 - 11.30 am	Live Well York Live Well York is a website for adults and families. Find information on Health and Wellbeing, Adult Social Care, Money & Legal and more. Discover hundreds of local groups and activities.	St. Sampson's Centre for over 60s, Church St, York YO1 8BE Free
----------------------	--	---

Find events happening across York, and explore volunteering opportunities. Rob will be on hand to answer your questions and show you how to get the most from the site.

Contact: Robert Kilner 01904 551006 rob.kilner@york.gov.uk
www.livewellyork.co.uk

10.30 am	Nordic Walking - Full Lesson How to use Nordic Walking poles to gently work your upper body and legs, giving effective all over workout that doesn't feel like one! Burning more calories, improving posture, and reducing impact on joints.	Rawcliffe Country Park, Rawcliffe £25
-----------------	--	--

Suitable for all, including those with mobility issues or recovering from illness. **Places Limited, booking essential.**

Contact: Jules Titheridge 07950 030040 jules@york.walx.co.uk
<https://walx.co.uk/find-walx/209773>

10.30 am - 12 pm	Age UK York - open house Age UK York offices will be open with staff, trustees and volunteers available to provide information and advice about Age UK York services and strategy. Drop in to view our new offices, pick up a leaflet, have a cup of tea and a chat.	St. Edmund House, Margaret Street, York YO10 4UX Free
-------------------------	--	---

Contact: Jennifer Allott ageukyork@ageukyork.org.uk
<https://www.ageuk.org.uk/york>

11 am - 12 pm	Action For Elders - Balanced Lives : Healthy Older People An exciting new exercise session expanding our reach to healthier older people with Betty Sutherland. Minimum health requirement - must be able to stand for 45 minutes. Every Friday.	Takes place via Zoom Free
----------------------	--	-------------------------------------

Contact: Action For Elders 030 330 30132
info@actionforelders.org.uk
www.actionforelders.org.uk/live-sessions/

11 am - 12.30 pm	Happy to Chat Bench (Community Health Champions) Happy to Chat Benches are for everyone to enjoy. They are a great chance to have a break, a chat with a Community Health Champion and / or ask where you can get some support or advice. No booking required.	Poppleton Green, The Green, Upper Poppleton, York YO26 6EQ Free
---------------------	--	--

Contact: Hannah Hall 07785 368543 Hannah.Hall@york.gov.uk

11 am - 12.30 pm	Walls and floods – a thousand years in York’s history (free walking tour) This walking tour shows how actions on the Foss a thousand years ago created a moat around York Castle and flooded a huge swathe to the east of the city, changing the city’s defences. 15 people maximum - contact the host by email to book places.	Tower Street entrance to Tower Gardens. (next to Skeldergate Bridge) Free
---------------------	---	--

Contact: Ian Tempest 07821 926553 ian.tempest1@btinternet.com

2 - 3.30 pm	Happy to Chat Bench (Community Health Champions) Happy to Chat Benches are for everyone to enjoy. They are a great chance to have a break, a chat with a Community Health Champion and / or ask where you can get some support or advice. No booking required.	St. Lukes Church (outside), Burton Stone Lane, Clifton, York YO30 6DG Free
----------------	--	---

Contact: Hannah Hall 07785 368543 Hannah.Hall@york.gov.uk

6.15 - 7.15 pm	Tag rugby Friday night social tag. Everyone welcome, no matter what your ability, keep fit and healthy but the main aim is to have FUN !!! Join us for a bit of fun social tag rugby then into the clubhouse for a cheeky lemonade.	New Earswick Sport Club, White Rose Avenue, YO32 4AG Free
---------------------------	--	--

Contact: Liam Haxby L.haxby@live.co.uk

7 pm	Resolving Pain Using The Mind Body Connection If you are experiencing long term pain this on-line workshop is for you. Explore different perspectives for resolving pain and practical tapping exercises to help reduce pain & feel more comfortable. To book please email Debbie / Jenny and we'll send zoom link / details for payment.	Zoom online Workshop via emailed zoom link. £6
-------------	--	---

Contact: Debbie 07949 174359 debbie.pogson@gmail.com or jen2627@hotmail.co.uk www.yorknaturalhealth.co.uk

7 - 7.30 pm	Action For Elders - Balanced Lives Tai Chi and Chat Relaxation Talk about anything from lockdown anxiety to health and wellbeing issues. Plus some gentle exercise with Balanced Lives Teacher - Betty Sutherland – to keep you happy and motivated. Every Friday.	Takes place via Zoom Free
------------------------	--	----------------------------------

Contact: Action For Elders 030 330 30132
info@actionforelders.org.uk <https://www.actionforelders.org.uk/live-sessions/>

7 - 8.30 pm **JRHT Care Services. “We show we care”** Online
Few know what care is available if an elderly relative or friend needs help? This question and answer session explains the options and processes. The session is led by Sue Hogston, Care Transformational Lead and Head of Residential and Nursing Care for Joseph Rowntree Housing Trust Care Free



Register in advance to gain the online link. This can be done via the email address below or scan the QR code.

Contact: JRHT Events events@jrf.org.uk

Saturday 2 October

8 or 9 am - dusk **Play basketball for FREE** Hull Road Park, Rowntree Park and Glen Gardens, Heworth
Why not try shooting a few hoops. Glen Gardens, Rowntree Park and Hull Road Park have free to use Basketball Courts and are open from 8am Monday to Friday and from 9am on Saturdays and Sundays, closing at dusk and are available to use on a 'first come first served' basis. Free

Unfortunately, basketballs are not available to hire at either venue so please bring your own.

Contact: Paul Ramskill paul.ramskill@york.gov.uk

10 - 11.30 am **JRHT Care Services. “We show we care”** Online Free
As Friday 1 October, see top of the page.

Register in advance to gain the online link. be done via the email address below or scan the QR code.

Contact: JRHT Events events@jrf.org.uk



10 am - 12 pm	‘Cuppa, Cake and Chatter’ A space to celebrate and give thanks for something or someone. Please bring a photo or an item to share and talk about.	The Tower Room, St. Nicholas Church, Dunnington, York Free
------------------	---	---

Contact: Revd Mark Poole 01904 426522
revmarkpoole20@gmail.com

10 am - 4 pm	Red Tower Open Day Come and have a look round the only brick tower on the Bar Walls and find out about its amazing history. See our award winning refurbishments and drinks and cake will be available for a donation.	Bar Walls, Foss Islands Road. Ground floor including toilet is level, stairs to upper floor Free
-----------------	--	---

Contact:: enquiries@redtoweryork.org.uk
www.redtoweryork.org.uk

1 - 3 pm	Inclusive Fitness Open Afternoon This is an opportunity to visit Energise Leisure Centre, tour the building and discover the accessible facilities on offer including our PoolPod and Inclusive Fitness Initiative accredited Gym both designed to support those with restricted mobility to access more active lifestyles.	Energise Leisure Centre, Cornlands Road, York YO24 3DX Free
----------	---	--

Contact: Chris Armstrong chris.armstrong@gll.org
www.better.org.uk

Saturday 2 October

45

1 - approx. 4 pm	Introduction to Spiritualism / Mediumship A short talk on Spiritualism followed by an introduction to Spiritual Healing with a short demonstration then a demonstration of Mediumship by our local mediums. Tea/Coffee and a home baked cake included in the entrance fee. No need to book. Small free car park to the rear of the building.	7 / 9 Wilton Rise York YO24 4BT £2
---------------------	--	---

Contact: York Spiritualist Centre 07914 795537
emailmlawton@gmail.com

Sunday 3 October

8 or 9 am - dusk	Play Tennis for FREE Why not try tennis. Hull Road Park has free to use Tennis Courts which are open from 8am Monday to Friday and from 9am on Saturdays and Sundays, closing at dusk and are available to use on a 'first come first served' basis. Unfortunately, tennis rackets and balls are not available to hire so please bring your own.	Hull Road Park Free
---------------------	---	------------------------

Contact: Paul Ramskill paul.ramskill@york.gov.uk

11 am - 12 pm	<p>Talk on the Buddhist Way to Inner Peace plus Guided Meditation</p> <p>Come and find out about the Buddhist way to inner peace and enjoy a short guided meditation and refreshments.</p> <p>Numbers are limited so booking is essential by email on group.visits@madhyamaka.org</p>	<p>Kadampa Meditation Centre, 24 Gillygate, York YO31 7EQ</p> <p>£5 including refreshments</p>
------------------	--	--

Contact: Ali Boseley 01759 304832

epc@madhyamaka.org www.madhyamaka.org

2 - 4 pm	<p>Winter Wellbeing for the over 50s</p> <p>Wellbeing in York Panel: self care for winter. Particular focus on keeping well in colder weather. Including stress and anxiety about health and wellbeing. Our integrative healthcare practitioners offer therapeutic recommendations and answer your personal questions. Also time for private chats with the therapists.</p>	<p>Wellbeing in York, The Raylor Centre, James Street, York YO10 3DW</p> <p>Wheelchair accessible. No Hearing Loop</p> <p>£5</p>
----------	--	---

Contact: June Tranmer 07932 163602

enquiries@wellbeinginyork.org www.wellbeinginyork.org

We show we care

What care is available if an elderly relative or friend needs help?

This Q&A session explains the options and processes.

Speaker Sue Hogston, RGN, is Care Transformation Lead and Head of Residential and Nursing Care at JRHT Care Services.



Friday 1st

October

7pm – 8:30pm



Saturday 2nd

October

10am – 11:30am



For further information Scan the QR code or Contact JRHT Events at: events@jrf.org.uk

JRHT JOSEPH
ROLLINTREE
HOUSING TRUST

To find out more, call us on **01904 406 252**
or email residentialcare@jrht.org.uk

Whatever
you're facing

We're here
to listen

Call free day or night on

116 123

Email

jo@samaritans.org

samaritans.org/york

SAMARITANS

A registered charity

York 50+ Festival

YOPA would like to welcome you and your friends to the 16th York 50+ Festival. We hope you will enjoy taking part.

The Festival is going ahead this year despite the challenges posed by the pandemic. Mary Cannon (co-ordinator), Catherine Sotheran (brochure editor), Sue Lister (publicity), and other volunteers have worked on this year's programme. If you want to help with follow up and obtaining feedback this year or to work on next year's Festival phone Mary for a chat on 01904 332613.

The International Day of Older People is celebrated on 1 October, with the theme of digital inclusion, and we're also supporting Silver Sunday on 3 October. More details on the YOPA and Live Well York websites and in the local press.

YOPA's bi-monthly open meetings and newsletters continue, and YOPA is also aiming to hold an Information Fair later in the year. Contact us to join in and let us know what you think.

Please check with the contact people before attending an event as details may have changed after this programme was printed.

**FOR AN AUDIO SUMMARY, BRAILLE, OR LARGE
PRINT VERSION OF THE PROGRAMME
PHONE 01904 636269**

York Older People's Assembly
Registered Charity 1101018
SPARK, 17-21 Piccadilly, York, YO1 9PB
Website: www.yorkassembly.org.uk
Email: yorkolderpeoplesassembly@outlook.com
Tel: 07856 908586

ENJOY!

Brochure printed by FULPRINT, Apollo Street, York