

**PRESS RELEASE**

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**The next open meeting of the York Older People's Assembly will be held on Monday 16<sup>th</sup> September 2019 at 2pm at the Friends Meeting House Friargate York.**

**Paul Ramskill** is Community Sports Development Manager for York Council. His task includes the promotion of sporting activities for older people as well as those with disabilities. He has been working with the 50+ Festival team to offer a range of sessions over the Festival period. Come and hear what is planned and how to join in some of the events – you don't need to be super fit!!.

**Ruth Potter** works for Older Citizens Advocacy York (OCAY) and has been encouraging older people to claim benefits and to register for Pension Credits. Ruth is an ardent supporter of YOPA and will be bringing us up to date on the various activities OCAY is supporting.

This is a wonderful opportunity to hear about 50+ Festival alongside our push to help people claim pension credit – do come and join us. All Welcome.

For further information contact Jim Cannon on 07818047232.

September 2019



**Notes to Editors:**

**York Older People's Assembly:**

- **has 6 public meetings a year open to all to inform and aid discussion.**
- **publishes 3500 copies of a quarterly newsletter which is distributed throughout the city.**
- **Runs Information Fairs to inform older people of services available to help with finances, health and general activities**
- **Supports the 50+ Festival to highlight activities ranging from angling, bowling, reading to walking, Yoga and a whole range of activities with over 100 events promoted during a 10 day period in September**

**We are a member organisation and subscription is £5 per annum – all are welcome to join.**