

YORK 50+ FESTIVAL, JOSEPH ROWNTREE FOUNDATION, & AGE CONCERN YORK
B R I D G I N G T H E G A P
Friends Meeting House, Friargate, York

	11 am	11.20 – 12	12 – 1	1 – 2	2 – 3	3 - 4
Fox(seats 30)		UNIVERSAL LAUGHTER Terry Anne Scholes	NEVER TOO OLD TO VOTE! Kay Bailey	HEALTH, WEALTH & HAPPINESS Lynn Gregory	TEDDY BEAR PICNIC Enid Webster	
Library (seats 20)		WRITING OUR STORIES Sharon Emery	CARERS' RIGHTS Annie Thompson	FROM TOWN TO COUNTRY GIRL Brenda Mackfall		
Penn (seats 40)		MIND YOUR LANGUAGE! Mary Birch (OLGA)		WHAT WILL THE CUTS MEAN FOR ME? Graham Martin		
Meeting Room (seats 150)	SPEAKERS	S T A N D S			MAKING ENDS MEET YOPA Public Meeting	
Fell(seats 25)			HARD TIMES? Tony Martin			

STANDS IN THE FOYER

Interfaith - Joyce Pickard 01904 621179

LGBT Forum - Pete Blackburn & David Lewis 01904 620400

Travellers' Trust - Christine Shepherd 01904 630526

York Older People's Assembly (YOPA) - Derek Shaw 01904 634661

Sue Lister, 50+ Festival Coordinator Phone: 01904 488870 Email: sueann@curlew.totalserve.co.uk

SPEAKERS: Oliver Mawdsley, Pension, Disability & Carers Service (DWP); Christine Shepherd, York Travellers' Trust; Mary Birch, Older Lesbian Gay Bisexual and Trans Association (OLGA); Yinka Abraham-Silas, York Citizens Advice Bureau (CAB).

FOX

A Taste of Universal Laughter: Terry Anne Scholes 01904 750880

Laughter is a universal beneficial skill that we can all utilise to enhance our lives. Learn how to do a belly laugh which will help you de-stress and love life any time you choose. Young, old, single, paired, from different cultures and with different world views - what makes you laugh?

Never too Old to Vote! Kay Bailey, CYC Neighbourhood Management Unit 01904 551818

Interactive session about local democracy and active citizenship, and finding ways to have your say as a citizen of York from 18 to 80 years old.

Health, Wealth & Happiness: Lynn Gregory 01904 787017

We Baby Boomers are now a lot older than we feel, certainly in our heads, but what about our bodies? Ageing is inevitable but there are lots of things we can do to keep ourselves as fit as possible. What about the health of our bank balance? Come along and listen to some of Lynn's ideas.

Foresters' Teddy Bear Picnic: Enid Webster 01904 413623

Teddy Bear "Cuddles" is hoping to meet with other favourite cuddly toys for an indoor picnic. All under-5s welcome. (No. 447 A O Foresters)

LIBRARY

Writing Our Stories - Ideas for Autobiography: Sharon Emery 07817 408877

Creative Writing Taster Session. We all have our own story - perhaps you'd like to think about writing yours, or that of a family member or ancestor. During this creative writing session you will have the chance to share some good memories and get some useful tips on making your autobiography a good read!

Promoting Carers' Rights: Annie Thompson, York LiNk 01904 621631

York LiNk is consulting with carers to find out what services they receive, what services they need and where the gaps are. Another public awareness consultation event on Carers' Rights is to be held on 8 Sept at Team Talk (Rougier Street, 10 - 4 pm). All views to be put into the final report.

From Town to Country Girl: Brenda Mackfall 01759 371900

True life experience of starting a farm from an empty field, not much money, both "townies", lots of laughs and tears. How did we cope?! Come and find out.

PENN ROOM

Mind Your Language! Mary Birch 07929 465044

OLGA The Older Lesbian Gay Bisexual and Trans Association presents an awareness raising interactive workshop dealing with issues surrounding being lesbian gay bisexual and trans and receiving health and social care. The need for the use of appropriate and inclusive language is demonstrated in this workshop, which has been presented to (amongst others) social care staff, care home managers and Yorkshire Coast Homes staff, in Scarborough. This workshop also deals with end-of-life care issues of relevance to everyone.

What will the Cuts mean for Me? Graham Martin 07956 856103

Presentation and discussion led by members of York Right to Work. With almost every government department facing 25% funding cuts, how will those over 50 and on low incomes be affected? Will the "choice agenda" in the NHS actually mean better healthcare for those increasingly less mobile? Will housing benefit changes push pensioners from their homes? What can be done to address these problems?

MAIN HALL: STANDS

Benefits Advice, City of York Council – Denise Wishart 01904 552252

Denise is a Welfare Benefits Advisor and will give advice or do a quick benefits entitlement check with you.

Briar House Resources – June Tranmer 01904 679868

Please come and talk to us and pick up information about some of the healthy courses available, how to volunteer with us and about our Friends.

Carers and Disability Benefits – Oliver Mawdsley (DWP). Carer's Allowance: 0845 608 4321. There are 6 million unpaid carers in the UK - are you one of them?

Citizens Advice Bureau – Yinka Abraham-Silas 01904 623648

£4.5 billion older people's benefit lies unclaimed. Are you claiming all you're entitled to? It's not charity, it's your contributions!

Confused by Computers? Ann Masters 01904 552817

Are you confused by computers, intimidated by the internet? Drop in on the York Libraries laptops and find out what's what. Follow-up Online Basics courses available.

York CVS – Charlotte Smithson 01904 621133

York Volunteer Centre helps you to get involved in your community and use your spare time for something fun and worthwhile.

York Carers Forum – Kate & Irene 01904 422437. We offer support to all unpaid carers and former carers who live, work or care for someone in the York area.

York Health Group – Andrew Bucklee 01904 724340. Twenty-four local GP practices working together to commission services to improve your health care.

MAIN HALL: MAKING ENDS MEET, YOPA Public Meeting with a Panel from the organisations represented here today. All welcome!

FELL ROOM

Hard Times? Tony Martin, qualified Reminiscence Facilitator 07588 236597

Have you memories of 'making do'? In these straightened times we are all being urged to live frugally. Are there things to be learnt from the past? Join us for an informal sharing of past experiences with an eye on the future.