
Corrections to printed copy of 50+ Festival brochure as of 25 Sep

p.22 There isn't any Tai Chi on Fri 6 Oct

Events at **Briar House** will now take place at their current address, Club Chambers, Museum Street and **not** the new address in Merchantgate, due to a delay in relocating.

p.31 2 Oct Seated Pilates

p.32 30 Sep Touch for health stress relief workshop

p.35 3 Oct Introduction to mindfulness practice

p.47 30 Sep Winifred Taylor, Keepsake art

Humanist celebrant

Soul midwife

p.48 Dead good cake 'n chat

Ideal living

p.59 4 Oct Sing for joy

p.34 York Sporting Heritage Celebration is on **SAT** 30 Sep not **SUN**

p.58 4 + 5 Oct. **Dementia Friends session** (West Offices / Energise)

+ 61 **Cancelled** due to sickness

p.73 Mon 9 **bringing science into York's history :**

The York Science Trails Group meets at 12 noon on the 2nd Monday of each month, usually at Kings Manor.

For our October SPECIAL EVENT we shall visit the Borthwick archives to look at science-related items.

New times: 12 - 1.30pm + 2 - 3.30pm

New Venue: Meet at: Borthwick Institute University Library, Heslington, YO10 5DD

Everyone is welcome: please book at

www.YSTGoctober.eventbrite.co.uk

Contact: John Bibby 01904 330334 jb43@york.ac.uk

p.74 11 Oct **50+ Festival show, backstage tour + cream tea.**

Unfortunately the show has had to be cancelled but the tour + cream tea will still be on offer.

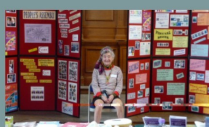


York Older People's
Assembly presents..

York 50⁺ Festival

in association with 

Saturday 30 September - Sunday 8 October 2017



Information Fair
Tuesday 12 September - see p. 8 - 14

Supported by



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YORK OLDER PEOPLE'S ASSEMBLY



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We provide specialist legal advice on planning for
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to older people

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crombiwilkinson.co.uk

YORK | MALTON | SELBY



AGE UK YORK

Age UK York has once again supported the York 50+ Festival in the production of materials and programmes. Our organisation has been providing services for the older people of York and the surrounding area for 45 years and it seems very right for us to continue to support this exciting and innovative Festival.

This year has continued to be a challenge for voluntary organisations endeavouring to ensure that services can still be offered across the area. We have continued to work with our sister Age UKs in North Yorkshire and the City of York has proved to be an ardent supporter of older people and the voluntary organisations who serve them. We therefore continue to support this amazing FESTIVAL as it puts into practice the City's core principles which support and value everyone over 50 and foster community cohesion across the generations.

The Festival continues to leave a legacy and inspires our fellow citizens to try a new or different activity or pastime. The programme grows every year with events reflecting all walks of life, abilities and tastes. Enjoy the Festival and try something new!!!

Sally Hutchinson, Age UK York



1834 – 2017

A HELPING HAND

is extended to all members of the Foresters Friendly Society which has been established in York since 1837. As a mutual society there are no shareholders. Members of local branches administer branch funds for the benefit of members and organise social events.

Nationally, considerable funds are raised and distributed to various charities each year. Full details of our work can be found at

www.forestersfriendlysociety.co.uk

or contact the local branch secretary, Enid Webster, on 01904 848589.

SAMARITANS

YORK

Commemorating 50 Years in York

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THROUGH**



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record—about whatever's
getting to you.



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samaritans.org



visit us — you will find us here:

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York
YO23 1AH

A registered charity

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GOT ME
THROUGH**



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50

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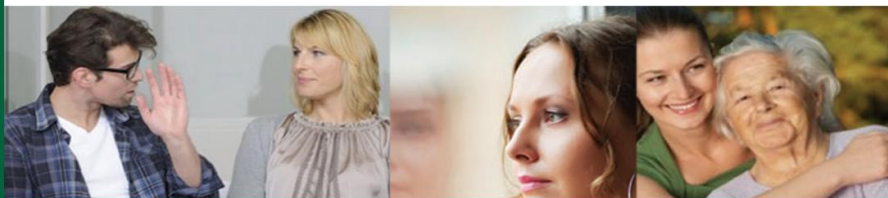
YORK

SAMARITANS

SAMARITANS

SAMARITANS

York Carers Centre



Carers Advice Line

Wednesday Evenings 5 to 8pm

Do you need information or advice about your caring role or for the person you care for?

If you have any questions or you would like to know more about;

- Benefits for carers or disabled people
- Disability Rights
- Community Care, including; accessing support for the person you care for, adaptations & aid, services & support groups
- Carers Rights
- Your caring role & employment rights

Does someone close to you rely on your help?

York Carers Centre helps unpaid carers living, or caring for someone who lives in York. We offer free advice and information, an Emergency Card Scheme, a Discount Card Scheme and support for young carers and young adult carers. We also offer a variety of activities and events.

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



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Mickle Hill

Mickle Hill | Pickering | North Yorkshire | YO18 7ND

www.micklehill.co.uk

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& York**

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CARERS
AND THE
PEOPLE THEY
SUPPORT**



If you would like further information please contact us and we will be happy to discuss our services in detail.

Alternatively, if you prefer, we can arrange to visit you at home for a no obligation, informal

01423 522371

admin@crossroadnorthyorks.org

crossroadsnorthyorks.org



Do you need a break from caring for a loved one?

Crossroads Care places carers and the people they support at the heart of everything we do. Our aim is to reduce the everyday stresses carers face by allowing them to take a break on a regular or occasional basis.

Our care is person centred and can be provided to people of all ages, disabilities and health conditions.

Whether you are self-funding, are in receipt of a personal budget or direct payment, we are happy to help arrange the best possible care package for your needs.

Being a not for profit organisation, we care about people not profit, allowing us to keep our hourly rates low.

We offer:

- Individually tailored packages and a client centred approach
- Continuity - the same carer support worker will visit you at the same time each week
- Flexibility - time visits to suit your needs

STRENSALL
Day Care Centre
 FOR THE OVER 50's



Do you know anyone who would benefit from Day Care ?

We currently have a few place available.

It may be someone who has Dementia or Alzheimer's
 or even someone who would benefit from
 socialising one day a week.

*Or even giving a carer a well-earned rest while we look
 after their loved one enabling them to relax for a few hours
 or do something as simple as going shopping.*

Our days are filled with fun: our ladies love having
 their nails painted; others like to have a game of
 dominoes, with crafts and activities thrown in.

Making bird feeders, bracelets, wind chimes.

*For further information or to arrange a visit please call
 Amanda on 01904 490461*

The Bungalow, Ox Carr Lane, Strensall, York YO32 5TD
 Tel: 01904 490461

www.strensalldaycarecentre.co.uk

INFORMATION FAIR SUMMARY

8

TUESDAY 12 SEPT 10 AM - 3 PM

FREE ADMISSION Refreshments available

YORK EXPLORE see p. 9 + 10

City of York Council Housing Options

Connect to Support - web based information portal

Crombie Wilkinson Solicitors

Dementia Forward

Department of Works & Pensions - Carers

Garbutt & Elliott

IDAS – Independent Domestic Abuse Services

New Earswick & District Indoor Bowls Club

The Art of Living and Dying

York Blind and Partially Sighted Society

York Carers Centre

York Housing

WEST OFFICES see p. 11 + 12

Alzheimer's Society

City of York Council Road Safety Team

House of Colour

The Conservation Volunteers (TCV)

YOPA

York Racial Equality Network

York Teaching Hospital NHS Trust

York Wellbeing

SPURRIERGATE see p. 13

Be Independent Telecare Team

Crossroads Care Harrogate, Craven & York

Harrowells Solicitors

WEA York Branch (Workers Educational Association)

Rotary York Ainsty

ST. SAMPSONS see p. 14

AWOC York (Ageing without Children)

Age UK York

OCAY

Wilberforce Trust



York Explore
(Central library)
 Library Square
 10 am – 3 pm

YORK EXPLORE INFORMATION FAIR

City of York Council Housing Options

Explore your options around housing with York's 60+ specialist and the falls prevention team. Advice and information on staying safe at home, reducing risk, mental wellbeing, moving on, specialist housing, retirement options, Extra Care etc.

Connect to Support - web based information portal

York CVS and York Healthwatch in partnership with City of York Council would like to seek your views on re-modelling of an advice and information portal for wellbeing provision, called Connect to Support.

Crombie Wilkinson Solicitors

Protect yourself and your loved ones from the effect of mental incapacity by talking to an expert solicitor about a Lasting Power of Attorney. We can advise you on the importance of an LPA and help with preparing a Will.

Dementia Forward

We are a 'local for local' charity providing support, information and advice for people living with dementia and their carers and families.

Garbutt & Elliott

We are here to help you protect and support those things that mean the most to you, your family, the life style you have and your freedom to make choices about them all. We can help you protect your assets for the long term benefit of you and your family including making probate applications.

Department of Works & Pensions - Carers

10

Providing information and advice on Carer's Allowance and disability benefits

IDAS – Independent Domestic Abuse Services

IDAS is a registered charity that provides specialist support, free of charge, to people who are escaping from or living with domestic abuse. We also support survivors of sexual violence.

New Earswick & District Indoor Bowls Club

We are an indoor bowls club with bar and restaurant but also provide a wide range of social and community activities – a great place to meet and make new friends. Come and meet us.

The Art of Living and Dying

Humanist Celebrant – for all life's milestones

Ideal Living – organising lives and homes

Last Wishes Funerals – Independent Funeral Director

Soul Midwife – companion to the living and dying

Winifred Taylor – keepsake art for all occasions

York Blind and Partially Sighted Society

Advice, information and support for all people with or those associated with people who are visually impaired.

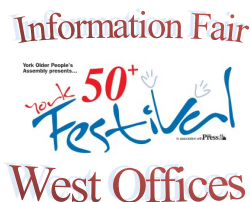
The stand will be an Eye Health Information Stand.

York Carers Centre

York Carers Centre helps unpaid carers living or caring for someone who lives in York. The Centre offers free advice and information, an Emergency Card scheme and support for young carers and young adult carers.

Yorkshire Housing

Yorkshire Housing - Home Improvement Agency. We assist customers to maintain independence in their own home through the York Handyperson Service for clients who qualify. We refer to other agencies for Mobile Wardens / Telecare / Benefits Advice / Safer York Partnership and Yorkshire Housing's Handytec Service.



**City of York
West Offices,
Station Rise**

10 am – 3 pm

WEST OFFICES INFORMATION FAIR

Alzheimer's Society

Alzheimer's Society is the UK's leading support and research charity for people affected by dementia. We provide support to people living with dementia and their carers through personalised information services, education courses and support groups.

City of York Council Road Safety Team

Come and chat to us about cycling in York. Let us give you resources such as maps and talk about things which may help you to cycle more - be it for leisure or simply getting from A to B.

House of Colour

I am a Personal Stylist helping you to discover your confidence and authenticity through Colour Analysis and Personal Styling. We help you build a wardrobe full of clothes for your body shape and look years younger!

The Conservation Volunteers

TCV (The Conservation Volunteers) is the largest practical conservation charity in the UK, we enable local people to enhance and protect green spaces in their area for the benefit of everyone and for wildlife. We coordinate practical tasks 3 - 4 days every week, no experience is necessary, free transport is available and all tasks are fully supervised by experienced leaders. Our ethos is "Join In – Feel Good".



YOPA (York Older People's Assembly)

Our aim is to raise awareness of policy issues affecting the lives of older people through our public meetings and newsletters, to be well represented on policy-making committees, and to speak out in the press and media on local and national issues of concern to older people. Our annual 50+ Festival and Information Fairs offer activities, entertainment, services and advice and help to promote community cohesion.

York Teaching Hospital NHS Trust

Research & Development Dept. – currently running a questionnaire study for the Yorkshire area.

Would also like to provide information on Research.

Require 100,000 participants by December 2018.

Will distribute leaflets for Stroke Research.

York Racial Equality Network

Information and support for BME people wanting to access local services, combat isolation and develop friendships.

Information and training for organisations. Improve access to services and improve knowledge. Combat racial hatred, discrimination and harassment.

YorWellbeing

YorWellbeing Service offers advice, signposting and health promotion to residents of York. We are also offering free mini health checks on the day.



Spurriergate Centre
Coney Street
York YO1 9QR
10 am - 3 pm

SPURRIERGATE CENTRE INFORMATION FAIR

Be Independent Telecare Team

We offer emergency response, telecare and community loan equipment - please come and talk to us about how we can help you.

Crossroads Care Harrogate, Craven & York

We are a registered charity providing a regular break for those caring for a sick or disabled relative / friend at home.

We are rated "Good" with the CQC.

Harrowells Solicitors

We offer legal advice for individuals and families on a wide range of issues including wills, inheritance tax and probate, Powers of Attorney, property transactions, disputes and compensation claims including reclaiming care home fees.

WEA York Branch (Workers Educational Association)

WEA provides a variety of courses for adults at various locations in the city. Do drop by our stand, pick up a brochure and chat to our volunteers about our organisation.

Rotary York Ainsty

We work locally in the community providing volunteer support to groups such as the Youth Club Door84, 'Days for Girls', and the York Hospital Garden Charity.

You are sure of a warm welcome from Rotary York Ainsty.

Email: rcyorkainsty@gmail.com



St Sampson's Centre
Church Street
York YO1 8BE
10 am – 3 pm

ST SAMPSON'S INFORMATION FAIR

Age UK York

We provide support and services for the older people of York. Services range from advice and information to specific support for carers, day clubs, home from hospital support and even looking after people's pets during a health emergency.

AWOC York (Ageing without Children)

We started in January 2016 with monthly meetings and speakers every second Wednesday at the Cross Keys on Goodramgate. Millions of people are ageing with the support of nearby children to lend a hand in time of need: see www.awoc.org
 Contact: Sue Lister 01904 488870.

OCAY

OCAY helps by providing a free and independent advocacy service ensuring older people have a voice in the issues that concern them. Everyone needs a helping hand now and then, never feel you cannot ask.

Wilberforce Trust

We provide services for local people with sight and hearing loss in York.

Promoting *Lifelong* Independence

Response Service

Our response service offers 24/7 support to help individuals maintain independent living at home. Clients who are part of our response service have access to a range of Telecare sensors that are activated if they need help and notify our control centre. Our control centre operators will dispatch York-based responders to assist you should you need any help.

Equipment Service

Be Independent's equipment service provides simple daily living aids for disabled people, people recovering from surgery or living with long term conditions, elderly people and their carers to support lifelong independence. We now have an extensive range of equipment available to purchase or hire in our showroom.



Private Occupational Therapy Assessments

If you are struggling with any aspects of your life or are worried about falling, our qualified Occupational Therapist can come to your home, assess your circumstances and advise which pieces of equipment could help you remain as safe and as independent as possible. All prescribed equipment will be available to purchase or for short term rental.

Private Physiotherapy Assessments

At York Home Physiotherapy, we pride ourselves on the quality of our service. Providing comprehensive assessment and treatment in the comfort of your own home by highly experienced physiotherapists. We have extensive specialised interest in the treatment and management of conditions, such as Parkinson's, orthopaedics and falls. We will assess your needs and advise and provide equipment. We deliver the highest standard of treatment in partnership with you, to enable you to attain your goals and progress. Working in partnership with Be Independent.

YORKHOME
PHYSIOTHERAPY LIMITED 

Be independent.
community equipment and response service



@2beindependent



/Be-Independent-CIC

Be Independent
3 & 4 Gerald's Court
James Street
York • YO10 3DQ
01904 645000

enquiries@beindependent.org.uk
www.beindependent.org.uk



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www.ypsyork.org

Volunteer with TCV...



Get involved with
**The Conservation
Volunteers** to help en-
hance and protect local
green spaces in and
around the York area for
both people and wildlife!

Come and join in, have fun and make a difference!

*Practical conservation task days are run every week
with experienced leaders.*

For more info call us on
01904 644300

Join in, feel good

www.facebook.com/TCVYork

Email: York@tcv.org.uk



Reclaiming green places since 1959 www.tcv.org.uk

©2002 The Conservation Volunteers
Registered Office: 10000 The Conservation Volunteers
Registered charity 1045010 (Charity 10000000)

Just paperwork and signatures? Think again.

Yes, we know...paperwork and signatures
are part of what we do.

However, the real benefit of our advice
is that we identify options you might not
have thought possible and help sort out
practical issues if the need arises.



Visit our stand at the **York 50+ Information Fair** to find out how we can help.

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www.harrowells.co.uk

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**York Blind &
Partially Sighted Society**

50% of sight loss is avoidable

Look after your sight by having an eye health
check (sight test) at least every 2 years.

If your vision is poor, even with glasses,
WE CAN HELP !!

YBPSS Equipment and Information Centre,
Rougier Street, York.

Open 10am - 3pm weekdays

01904 636269

enquiries@ybpss.org

Free health checks



Between 40 and 74 years old and want to speak to someone about your health?

We're offering free health checks in community venues across the city

- learn about your risk of developing common but preventable health conditions
- learn about how lifestyle can influence your risk
- be supported to live a healthier lifestyle.

To see if you qualify visit  www.yorwellbeing.org.uk or contact the team:

 yorwellbeing@york.gov.uk  **01904 553377**

Events Summary

September

Thu 14	Enda Kenny - Black Swan	p.39
Sat 16	Family History Drop-In Day	p.39
Tue 19	"Sleep: The Science and the Myths" York's Future Bus Strategy	p.40 p.39
Thu 21	Tom McConville & Andy Watt - Black Swan 'Victorian Craftsmen' by John Shaw	p.40 p.40
Fri 22	"Longing, Belonging and Balfour" Friends Of York Hospital @ St Crux	p.41 p.41
Sat 23	York Samaritans – Commemorating 50 years in York	p.41
Sun24	Celebrating Older People	p.42
Tue 26	"A Year in the Life of a Parish Council Chair"	p.42
Wed 27	Laughter Yoga– laugh for better health Line Dancing	p.29 p.28
Thu 28	OCAY Singers and Musicians Night - Black Swan We'll Meet Again 1940's Concert	p.42 p.43 p.43
Fri 29	A Celebration of Palestinian Fair Trade	p.43
Sat 30	A Celebration of Palestinian Fair Trade Clothes Swap in aid of York Fair Trade Forum Dead Good Cake 'n Chat. French Taster session for complete/post beginners French Taster session for advanced level Humanist celebrant Ideal Living Karate - Free Taster Session Open Afternoon - tea and cakes Soul Midwife Tennis cardio games Touch for Health Stress Relief Workshop Winifred Taylor, Keepsake Art York Sporting Heritage Celebration	P.43 p.46 p.48 p.46 p.46 p.47 p.48 p.31 p.46 p.47 p.33 p.32 p.47 p.34

Events Summary

October

20

Sun 1	Bowls Taster Session Dementia friendly swimming Healing dance Let go and laugh Open Afternoon - tea and cakes Walk and Talk, Islam & Christianity in York: Good Neighbours	p.33 p.25 p.27 p.32 p.45 p.49
Mon 2	50+ Tai Chi classes Boost your Immune Health Confidence Building for Women Returners Workshop Dementia friendly swimming Helping Disabled Overseas, 'Physionet', (Rotary Charity in Yorks.) Playing the Edinburgh Fringe (York Women & Words) Resolving pain using the mind body connection Seated Pilates The Monday Club TIBET – The Mystery of Shangri La Vintage Dance Classes York Almshouse walk York Health Walks York Scottish Country Dance Club	p.29 p.50 p.49 p.25 p.51 p.50 p.51 p.31 p.50 p.51 p.28 p.50 p.26 p.27
Tue 3	“From flat screen TVs to Augmented Reality:- talk An Introduction to Creative Writing workshop Bulb planting with the Friends of Rowntree Park and YUMI Carers Legal Clinic Games and coffee afternoon Holtby Health Walk Introduction to Mindfulness Practice Karate - Free Taster Session Keep fit OCAY On My Trolley (York Women & Words) Open Afternoon - tea and cakes Open Coffee Morning Pukka Tips on Health & Wellbeing Sequence Dancing Swim for all Table Tennis Tai Chi The Island Mentoring Scheme – coffee morning Yoga class with Anna Semlyen York Health Walks	p.56 p.55 p.53 p.53 p.55 p.26 p.35 p.31 p.30 p.53 p.56 p.45 p.54 p.54 p.28 p.25 p.34 p.30 p.54 p.29 p.26

Events Summary

October

Wed 4	<p>'Terry and Rowntree': Meet the characters from York's Sweet Past</p> <p>Burnholme Badminton Club free taster session</p> <p>Café Scientifique: Dr George Tsoulas "Language and the representation of number(s)"</p> <p>Carers Café</p> <p>Dementia Friends session</p> <p>French Taster session for complete/post beginners</p> <p>Information and Budgeting Café</p> <p>Needle felting for beginners</p> <p>Quiz with prizes</p> <p>Sing for joy</p> <p>Tai Chi + seated Tai Chi</p> <p>The strange story of my lost family. Tracing my mother's parents</p> <p>Vintage Dance Classes</p> <p>yourcave - tackling food waste</p> <p>Urban Skill Sessions - cycling</p>	<p>p.57</p> <p>P.33</p> <p>p.60</p> <p>p.57</p> <p>p.58</p> <p>p.58</p> <p>p.58</p> <p>p.59</p> <p>p.59</p> <p>p.59</p> <p>p.30</p> <p>p.60</p> <p>p.28</p> <p>p.57</p> <p>p.36</p>
Thu 5	<p>Dementia Friends session</p> <p>Drama Workshop: Stage by Stage</p> <p>French Reading club / Book club</p> <p>Herbal Health</p> <p>Information and Budgeting Café</p> <p>Karate - Free Taster Session</p> <p>Keepsake Art Workshop</p> <p>Music and games event</p> <p>Musical connections – community singing open session</p> <p>Needle felting for beginners</p> <p>New Earswick Carers Hub</p> <p>Quiz with prizes</p> <p>Real Memories (York Women & Words)</p> <p>Return to Tennis</p> <p>Rowing Taster Session</p> <p>Sarah Jane Scouten - Black Swan</p>	<p>p.61</p> <p>p.63</p> <p>p.63</p> <p>p.62</p> <p>p.61</p> <p>p.31</p> <p>p.62</p> <p>p.64</p> <p>p.64</p> <p>p.62</p> <p>p.61</p> <p>p.64</p> <p>p.63</p> <p>p.34</p> <p>p.35</p> <p>p.67</p>

Events Summary

October

22

Thu 5	Swim for all Tai Chi + Tai Chi (seated class) The Island Mentoring Scheme – afternoon tea Urban Skills Session - cycling Yoga class with Anna Semlyen York Health Walks	p.25 p.30 p.64 p.36 p.29 p.26
Fri 6	AGEING WITHOUT CHILDREN - panel discussion Café Scientifique - lecture by Dr. George Tsoulas Circle Dance for Fun and Fitness Inika Makeovers Introduction to staying connected and reducing social isolation using digital technology. Karate - Free Taster Session Let Go and Laugh Playwriting Workshop: Rethink, Refresh, Rewrite! Supportive Sewers – pillows for Breast Cancer Patients Workshop York Health Walks Young at heart - Coffee + Cake morning	p.69 p.60 p.27 p.67 p.67 p.31 p.32 p.68 p.68 p.26 p.25
Sat 7	Community day Karate - Free Taster Session LGBT Coffee Morning More food for thought Open Afternoon - tea and cakes	p.71 p.31 p.71 p.71 p.45
Sun 8	Aqua fit Art for Wellbeing Dementia friendly swimming Open Afternoon - tea and cakes	p.25 p.72 p.25 p.45
Mon 9	Bringing science into York's history - a promenade via the local to the global.	p.73

Events Summary

October

Tue 10	"A Vet's Work" - a talk Community energy for York Swim for all	p.73 p.73 p.25
Wed 11	50+ Festival Show, Backstage Tour & Cream Tea York Evening Decorative & Fine Arts Society - Lecture by Sarah Dunant	p.74 p.74
Thu 12	Swim for all	p.25
Fri 15	Aqua fit	p.25
Sat 19	"Display - A Delve into the Local Archives"	p.74

30 Sep - 10 Oct	Intuitive Massage	p.32
2 - 6 Oct	Family History Open days	p.45
2 - 7 Oct	New Season Fair Trade Products	p.45
6 Oct onwards	Finding Your Feet - film	p.70



Swimming

SUN 1, 8	Dementia friendly swimming	<i>Energise,</i>
1.30 -	Session designed for people who	<i>Cornlands Road,</i>
3.25 pm	appreciate a quieter setting and	<i>York,</i>
Mon 2	atmosphere. Energise pool is an	<i>YO24 3DX</i>
10.20 -	approved Dementia Friendly site with	
11.55 am	improved facilities and signage to help	<i>Adult with York</i>
+	remove barriers to swimming.	<i>card £4.00,</i>
2.30 -		<i>Adult con. with</i>
3.25 pm		<i>York Card £2.75</i>

Contact: 01904 552424 energise@york.gov.uk

Tue 3, 10	Swim for all	<i>Yearsley Pool,</i>
9 am -	Swimming is a great way to keep fit	<i>Haley's Terrace,</i>
12 noon	without putting any stress on your	<i>York,</i>
Thu 5, 12	joints. It is a full body workout as	<i>YO31 8SB</i>
2.30 -	well as being a good social activity.	
5 pm		<i>Free for 50+</i>

Sun 8, 15	Aquafit	
5.30 -	A great fun fitness class held in	<i>Free for 50+</i>
6.15 pm	shallow water up to chest height.	
	Aquafit is very low impact as your	
	body mass is supported by the water,	
	and is ideal for both swimmers and	
	non swimmers	

Fri 6	Young at heart - Coffee + Cake	<i>Usual entry</i>
10.30 -	morning	<i>charge</i>
12 noon	A swimming session to keep fit and	
	socialise away from splashing	
	youngsters.	

Contact: 01904 552424 yearsley.pool@york.gov.uk

Walks

Mon 2	York Health Walks	<i>Meet at</i>
10.15 for	We love our walks and we're sure you	<i>Rawcliffe Bar</i>
10.30 am	will too. They're great for getting	<i>Park and Ride</i>
	some fresh air and giving yourself a	<i>(Country Park</i>
1.5 hrs	boost. The walks include some	<i>office).</i>
	wheelchair and pushchair friendly	
	routes, which avoid steps, stiles and	<i>Free</i>
	uneven ground.	
Tue 3		<i>Meet at Museum</i>
10.45 for	There is no need to book, simply turn	<i>Gardens, inside</i>
11.00 am	up on the day. Walking requires very	<i>Museum St.</i>
1 hr	little skill or specialist kit, just some	<i>entrance</i>
Fri 6	sturdy footwear and clothing suited to	
10.45 for	the weather.	<i>Free</i>
11.00 am		
30 mins	Find our full, regular programme at	
	your local library or visit	
Thu 5	www.walkingforhealth.org.uk , or	<i>Meet at Art</i>
1.45 for 2	www.facebook.com/yorkhealthwalks .	<i>Gallery.</i>
pm		
30 mins		<i>Free</i>

Contact: jennynich53@gmail.com 07709 526254

Tue 3	Holtby Health Walk	<i>Holtby Church</i>
10.30 am	A pleasant circular country walk from	
	Holtby to Stockton and back. Some 4	<i>Free</i>
	and a half miles, about 1 hour 30	
	minutes, ending with coffee and	
	biscuits in Holtby Church. Stout shoes	
	and suitable clothing required.	

Contact: Derek Utley 01904 488552 derekutley30@gmail.com

Dancing

Fri 6 12 - 1 pm	Circle Dance for Fun and Fitness Join in traditional and modern circle dances from around the world, with great music and wonderful rhythms. Clear teaching. Friendly atmosphere. No partner needed. Beginners and experienced dancers all welcome.	<i>St. Olave's Church Hall, Marygate Lane, York YO30 7DS</i> <i>Free</i> <i>2 steps in to hall</i>
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Contact Niccy for further details. 07845 115777
niccycordner1@gmail.com

Sun 1 5 pm	Healing dance Using Arabic dance principles of stretching and moving to music, combined with breath control, to aid mobility and flexibility. This is suitable for men and women, and all ability levels.	<i>York Yoga Studio, 112 Acomb Rd. York</i> <i>£5</i>
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Please wear comfortable and non restrictive clothes, this is a bare foot studio so please do not wear shoes or socks - I understand toe socks are permitted.

Contact: Heather Honeyman 01226 293336
heatherrhoneyman@hotmail.co.uk

Mon 2 7.30 pm	York Scottish Country Dance Club No need to come with a partner, bring soft shoes, and enjoy traditional Scottish Country dancing, in a social setting, with a group of friendly people	<i>English Martyrs Church Hall, Dalton Terrace, York YO24 4DA</i> <i>Free</i>
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Contact: Diana Nicholson 01423 329011

Dancing

Wed 27 10 - 11 am	Line Dancing Join our regular line dancers for a friendly jig around the dance floor. New members always welcome	<i>New Earswick & District Indoor Bowls Club, Huntington Road, York, YO32 9PX</i>
Tue 3 2 - 3.30 pm	Sequence Dancing Join our regular dancers for a spin around the dance floor. New members always welcome	<i>£1</i>

Contact: Michelle Gatenby 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

Mon 2 +	Vintage Dance Classes	<i>Huntington WMC, 1 North Moor Rd, Huntington, YO32 9QS</i>
Wed 4 1.45 - 2.45 pm	Widely promoted for the young at heart, dance is good exercise. Vintage covers popular dances 20's > 60's with music and songs from that era. Individual strolls (line dance), Old time (Barn dance Jive, Square Tango) and more. A feel good factor and sense of achievement from this social activity. Limited to 40 per session with booking advisable	<i>£2</i>

Contact: Tina Hull / Judith Mallinson 01904 765780 / 594592
yorkvintagedance@gmail.com

Yoga, Tai Chi, Keep fit + Pilates

Wed 27 **Laughter Yoga– laugh for better health** *The Knavesmire*
 7.30 - *pub private*
 8.30 pm *function room,*
 Albemarle Road,
 York

*£6/£3 for over
50's or
concessions*

Not Accessible

Tue 3 **Yoga class with Anna Semlyen**
 5.45 - *Yoga for all abilities to improve health*
 6.45 pm *and wellbeing. Easy, gentle exercises*
 with a back care yoga expert. Learn to
 strengthen, release, breathe and relax.
 Equipment provided

St Clement's
Church Vestry,
Scarcroft Rd
Not Accessible

*£.6.50 /£3.50
for over 50's or
concessions*

Thu 5
 10.30 -
 11.45 am

*£.7 / £3.50 for
over 50's or
concessions*

Contact: Anna Semlyen 07891 989310 anna@yogainyork.co.uk

Mon 2 **50+ Tai Chi classes**
 10.30 - *Tai Chi to suit all levels, fitness &*
 11.30 am *abilities. Friendly – easy to learn – fun*
 – improve balance, strength & memory
 with this Chinese art.

St. Oswald's
Church Hall,
Fulford

*£5 pay as you
come*

Contact: Betty Sutherland 07771 850129 betty@uktaichi.com

Yoga, Tai Chi, Keep fit + Pilates

Tue 3 8 - 9 pm Wed 4 10 - 11 am + 11.15 - 12 noon (Seated)	Tai Chi Studies have shown that Tai Chi works to improve conditions such as arthritis, diabetes, heart disease, respiratory diseases and other chronic illnesses. In addition it improves balance, aids good posture and fall prevention and helps build immunity to disease.	<i>Poppleton Road Memorial Hall, Oak Street, York YO26 4SE</i> <i>Free</i>
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Thu 5
10.30 -
11.30 am
+
11.45 am
-
12.30 pm
(Seated)



*Heworth
Without
Community
Centre, 34
Applecroft Road.
Heworth, York
YO31 0HD*

Free

Contact: Fran Haggerty 07896 253214 frantaichi@gmail.com

Tue 3 10 - 11 am	Keep Fit Join our regular keep fitters for a not too strenuous workout to keep agile whatever your age	<i>New Earswick & District Indoor Bowls Club, Huntington Road, York, YO32 9PX</i>
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£1

Contact: Michelle Gatenby 01904 750230

manager@newearswickibc.co.uk

www.newearswickibc.co.uk

Yoga, Tai Chi, Keep fit, Pilates + Karate

Mon 2 1.30 pm	Seated Pilates This seated Pilates class is for those with physical limitations and others who struggle with mat routines, and is designed to improve mobility, flexibility and strength. It is for those who have not exercised regularly for some time or who are afraid to do so.	<i>Briar House, Club Chambers, Museum Street</i> <i>£8</i> <i>Accessible with notice</i>
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If you are new to exercise, please check with your health care provider.

I can teach a class maximum of 10, and would need people to book to be sure of numbers Contact: Joanna Ingerson 07802 722525
joanna.ingerson@gmail.com

Sat 30 + 7 10.30 - 11.30 am	Karate - Free Taster Session "We've just joined up a guy who's 84 years old. Anybody can do it - bring your kids and grand-kids too!" (Same time every Saturday.)	<i>St Aidan's Church, Ridgeway, Acomb</i> <i>Free</i>
Tue 3 6 - 7 pm Fri 6 6.30 - 7.30 pm	(Same time every Tuesday and Friday.)	<i>St Joseph's Church Hall, Burdyke Avenue</i> <i>Free</i>
Thu 5 6.30 - 7.30 pm	(Same time every Thursday.)	<i>Tang Hall Community Centre, Fifth Avenue</i> <i>Free</i>

Contact: Gareth & Karen Pearson 07775-643009
gpearson@gkrkarate.com

Sat 30 1 - 3 pm	Touch for Health Stress Relief Workshop. Learn some simple self – help Touch for Health Kinesiology techniques to cope with stresses of various kinds: mental/ emotional, physical, electromagnetic, and how to deal with cramps.	<i>Briar House, Club Chambers, Museum Street</i>
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£5

Do book if you can, but we will make room for you if you just turn up!

Contact: June Tranmer 07932 163602 june.tranmer@gmail.com

Sat 30 - Sun 8 10 am - 9 pm	Intuitive Massage I have been massaging for over 20 years. As well as my intuition, I use techniques derived from Swedish massage, sports massage, Thai massage, acupressure and Reiki to ease away your tension and pain, leaving you more relaxed and with an improved sense of well-being.	<i>20 Hambleton Terrace, York, YO31 8JJ</i> <i>£30 per hour</i>
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Usual price: £40 per hour.

Contact: Rakesh Aggarwal 07946 419151 rakesh7788@yahoo.co.uk

Sun 1 1.30 - 3.30 pm	Let Go and Laugh Join Jude to discover the benefits of laughter, enjoy gentle laughter exercise, and leave with practical tips and techniques to share with your family and friends, and a smile on your face.	York Yoga Studio, 12 Acomb Rd, York, YO24 4EY
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Fri 6 7 - 8 pm	Book in advance for Early bird rates. <i>£10 per head or 2 for £10 for early booking</i>	Viriam Yoga Studio, 5a South Ln, Haxby, York YO32 3DJ
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Contact: Jude Robinson 01904 728342

laughwithjude1@gmail.com www.facebook.com/laughwithjude/

Team Sports

Sat 30	Tennis cardio games	<i>Heworth Tennis Club,</i>
9.30 am	Games & drills to really get your heart pumping. Club Coach Jason May will get you running around & hitting lots of balls, it's a great way to improve your tennis & your fitness.	<i>East Parade,</i>
	No booking necessary.	<i>Heworth YO31 7TA</i>
		<i>Free</i>

Contact: Anne Gray heworthtennis@yahoo.co.uk

Sun 1	Bowls Taster Session	<i>New Earswick & District Indoor Bowls Club,</i>
10 - 12 noon	Your chance to try a free introductory game of bowls. Our coaches will be on hand to give expert guidance and all equipment needed- bowls & shoes will be available free of charge.	<i>Huntington Road, York,</i>
	Dress comfortably	<i>YO32 9PX</i>
		<i>Free</i>

Contact: Michelle Gatenby 01904 750230
manager@newearswickibc.co.uk www.newearswickibc.co.uk

Wed 4	Burnholme Badminton Club free taster session	<i>Burnholme Community College, Bad Bargain Lane,</i>
8.30 - 10 pm	We are a friendly mixed club playing doubles for fun and exercise on Wednesday evenings throughout the year. Open to all ages and abilities, but not suitable for beginners because there is no formal coaching. Normal cost: £35 per term or £5 per session.	<i>York YO31 0GW</i>
		<i>Free 1st session</i>

Accessible but no facilities for players in wheelchairs

Contact: Jon Ripley chair@burnholmebadminton.org.uk

Team Sports

Tue 3	Table Tennis	<i>Dunnington</i>
7.30	We play on a Tuesday evening, run	<i>Sports Club,</i>
10pm	in a friendly environment where we	<i>Common Road</i>
	invite both beginners and players to	<i>Dunnington</i>
	join us. If you want to keep fit in a	<i>YO19 5NG</i>
	sociable atmosphere, give us a try	<i>Free</i>

Contact : Will or Janet 01904 622917 jan.will@live.co.uk

Thu 5	Return to Tennis	<i>Copmanthorpe</i>
9.30 -	All standards welcome, particularly	<i>Tennis Club,</i>
11.15 am	those who haven't played for many	<i>Recreation</i>
	years - suitable shoes for tarmacadam	<i>Centre,</i>
	courts, racquets and balls provided	<i>Copmanthorpe</i>
	http://www.coptennis.com/	<i>£2</i>

Contact: Jane Jones (Club secretary) 07702522420
info@coptennis.com

Sat 30	York Sporting Heritage Celebration	<i>Haxby Road</i>
1.30 - 5	A day to celebrate York's rich sporting	<i>Sports Park,</i>
pm	heritage. The day will include walking	<i>Haxby Road</i>
	rugby taster sessions, Ruby League	<i>York</i>
	reminiscence sessions, walking football	<i>YO31 8TA</i>
	taster sessions, Sporting Memories	
	workshop, displays of York's rich	<i>Free</i>
	sporting history, showcase of York	

Knights memorabilia collection, and much more!

A chance to try a new sport, mingle with others whilst chatting about York sporting heritage. All welcome.

Contact: Fiona Barker or Matt Orme 01904 553377
yorwellbeing@york.gov.uk

 Assorted

Tue 3 10 - 12 noon	Introduction to Mindfulness Practice This session is open to both newcomers and those who already practice mindfulness. Alison will share some mindfulness practices and in doing these together you will experience and learn about mindfulness.	<i>Briar House, Club Chambers, Museum Street</i> <i>£5</i>
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These simple practices can then be taken into everyday life - they are skills that enable us to live more fully in the present moment, developing kindness, acceptance and creativity in our approach to life.

Bring a cushion / rug / anything you need to sit comfortably.
Numbers limited to **12 - booking advised**.

Contact: Alison Gear 07876 505080 ali.gear1@virginmedia.com

Thu 5 9am - 1pm	Rowing Taster Session Participants will receive a boathouse tour, technical session on a rowing machine and short boat trip. All activities will be supervised by experienced coaches.	<i>York City Rowing Club, West Esplanade, YORK, YO1 6FZ</i>
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Bring sports clothing plus a sweatshirt (not hoodie), changing facilities available. Format subject to river/weather conditions.
Coffee and cakes available afterwards in the bar.

Contact: Chris Polack 07851 019274 polack759@btinternet.com

Wed 4	URBAN SKILLS SESSIONS	<i>Various</i>
+ Thu 5	ALL YEAR ROUND we offer our URBAN SKILLS SESSIONS which are individually tailored sessions for adults of any age in York.	

The aim is to teach skills and give tips so that you can ride more confidently on the roads. It is not a test, and there is no pressure to do anything that you do not feel comfortable with.

Sessions are arranged at a time and place to suit you, usually last for about 1 to 1.5 hours and are currently discounted to £5

We have male and female trainers available who are all fully trained to National Standards (Bikeability).

AMONG OUR MANY OTHER ACTIVITIES AND ROLES WE CAN

- * organise Learn to Ride courses for people who have never ridden a bike, or not ridden for a long time
- * teaming up with others, we can organise Bike Try-Out sessions which usually now include the chance to try Electric Bikes
- * arrange led and guided rides for groups.

Specially for the 50+ Festival, we would like to put on some social rides on Weds 4th and Thurs 5th October. They would be mainly on quiet roads and cycle ways and would give you an opportunity to enjoy cycling in the company of others.

They would cover a distance to meet, as much as possible, the requirements of those who book with us by **Thurs 21st September**.

If you are interested in any of the above, or have any other enquiries,- please call the Road Safety Team on 555579, or email cycle.training@york.gov.uk giving us your name and telephone number so that we can get back to you



York Neighbours

...for that little bit of help



York neighbours seeks to lend a hand to those 65+ wishing to stay independent at home

Would you like to register for our free service?

Could you spare some time and volunteer for us?

No minimum time commitment needed



One off tasks



Regular phone calls



Trips out



Contact us:

www.yorkneighbours.org.uk

01904 891627

info@yorkneighbours.org.uk

‘No More Victims’ - Volunteers Needed



Yorkshire, Humberside and Lincolnshire Circles of Support and Accountability (YHLCOSA) is a community response to sexual harm, working in partnership with criminal justice agencies.

We aim to reduce the risk of future sexual harm by supporting and holding to account those who have acknowledged their sexually harmful thoughts or potential to offend (known as ‘Core Members’) and who are committed to safely leading responsible, non-harmful and productive lives. We carefully train and support volunteers to provide Core Members with responsible opportunities for safe and constructive reintegration. Volunteers act as both a support and safety mechanism – they truly are our “magic ingredient” and we could not function without them!

- We currently have Circles ready to go in your area and are looking for volunteers to work with us.
- Individuals of the older generation are particularly needed as we want to work with a wide diversity of volunteers and really value any life experience you can bring.
- No prior experience needed as we are looking for individuals who, in a group, will reflect the community as a whole.
- This is a great opportunity to take part in important work which will make your community safer while also working together as a team in a social and sometimes challenging setting.

Are you interested in helping us realise our aim of ‘No More Victims’? Volunteer for us! To find out more, visit our website www.yhlcosa.org.uk, contact us at info@yhlcosa.org.uk or 01904 630911. Why not come meet us at the York 50+ Festival?

Events prior to the Festival

Thu 14	Enda Kenny	<i>Black Swan Inn,</i>
Sep	This Irish-born singer-songwriter has	<i>Peasholme</i>
8 - 11	lived in Australia since the 1980's.	<i>Green,</i>
pm	His thoughtful, descriptive story songs	<i>YO1 7PR</i>
	about his adoptive homeland have struck	
	a chord with audiences all over Australia	£10 on door
	and beyond, always memorable and	

spiced with plenty of humour, and he is a thoroughly entertaining stage performer. www.endakenny.com.au

Contact: Roland Walls 01904-632922
blackswanfolkclub@yahoo.co.uk

Sat 16	Family History Drop-In Day	<i>St Oswald's</i>
Sep	Expert talks at 10.30am and 12.30pm:	<i>Church Hall,</i>
10 am -	Research resources and hands-on help	<i>Fulford</i>
2 pm	how to search archives - a must for	<i>(Bus 7)</i>
	anyone thinking of researching their	
	family!	<i>Free</i>

FFH and YFHS have combined to hold a day when people can come and discuss how to begin their family history research and learn how to make it more than just a list of births, marriages and deaths!

Contact: Chris Rainger rainger.chris@btinternet.com

Tue 19	York's Future Bus Strategy	<i>West Offices,</i>
Sep	Speakers from the Council and from	<i>Station Rise</i>
5.30 -	York Bus Forum will discuss how to	<i>(entrance on</i>
7 pm	get better buses for York.	<i>Tanner Row</i>
	Everyone is welcome at 5.30 pm on	<i>side).</i>
	the 3rd Tuesday of every month (except	
	August), especially 21 November,	<i>Free</i>
	16 January, 20 March etc. when we	
	shall discuss further topical issues.	

Contact: Graham Collett yorkbusforumchair@gmail.com

Events prior to the Festival

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Tue 19 Sep	"Sleep: The Science and the Myths"	<i>Tempest</i>
7.30 - 9 pm	Lecture by Professor Graham Law (University of Lincoln). All welcome! Donation of £2 invited, but we hope you will soon become a member. Lectures also on 17 & 31 October, 14 & 28 November, and 12 December ("Does wine prevent dementia?") York Philosophical Society.	<i>Anderson Hall (Yorkshire Museum), Museum Gardens</i>
		<i>YO1 7FR</i>
		<i>Donations invited</i>

Contact: Catherine Brophy 01904 656713 info@ypsyork.org

Thu 21 Sep	"Victorian Craftsmen" by John Shaw	<i>St. Aelred's Community Centre,</i>
10 - 12 noon	Come and hear a leading local speaker and meet interesting local people. Snack included!	<i>Fifth Avenue</i>
		<i>£2</i>

Contact: Jane Burrows tanghallhistory@gmail.com

Thu 21 Sep	Tom McConville & Andy Watt	<i>Black Swan Inn,</i>
8 - 11 pm	A special treat! Tom's an amazing fiddle player and distinctive singer and Andy is one of the new batch of incredibly talented young performers with which the folk scene is currently blessed. (Arts Centre, Washington)	<i>Peasholme Green,</i>
	www.tommccconville.co.uk	<i>YO1 7PR</i>
	Advance booking advisable (£10) at www.wegotickets.com	<i>£11 on the door</i>
		NOT ACCESSIBLE
		(Stairs)

Contact: Roland Walls 01904-632922
blackswanfolkclub@yahoo.co.uk

Events prior to the Festival

Fri 22 Sep	Friends Of York Hospital @ St Crux	<i>St Crux Parish</i>
10 am -		<i>Hall, at the</i>
4 pm	Café with bric-a-brac and book stalls.	<i>junction of</i>
	Soup, sandwiches, cake and hot and cold drinks on sale at good value prices to raise money for Friends of York Hospitals. Donations welcome - edible and inedible - please get in touch. Also if you would like to help on the day.	<i>Pavement and the Shambles</i>
		<i>Free</i>

Contact: Andy White 01904 726762 andrew.white@york.nhs.uk

Fri 22 Sep	"Longing, Belonging and Balfour"	<i>Central</i>
7.30 -		<i>Methodist</i>
9.30 pm	Longing, Belonging & Balfour: an essential & exciting evening of music, drama & song - a musical re-telling of the Balfour Declaration story of 1917. Jazz, klezmer Arabic, & story telling will entertain and challenge, as Chai-For-All throw light on Balfour and its effects, still felt today across our world.	<i>Church,</i>
		<i>St Saviourgate,</i>
		<i>York YO1 8NQ</i>
		£9 waged / £7 unwaged

Contact: Sue Cooke - York Balfour Group
YorkBalfour.eventbrite.co.uk or 07799 034484

Sat 23 Sep	York Samaritans	<i>The Crescent</i>
12 - 3 pm	Commemorating 50 years in York	<i>Community</i>
	You are warmly invited to pop in for a cuppa and cake and gain an insight into who we are and what we do in a friendly, informal way.	<i>Venue,</i>
		<i>8 The Crescent,</i>
		<i>York</i>
		<i>Free</i>

Contact: Anita Moore 07944 717019

Events prior to the Festival

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Sun 24 Sep	Celebrating Older People	<i>St Edward's, Dringhouses</i>
6.30 pm	Celebrating older people in prose, poetry and music, followed by light refreshments. No booking required....	<i>Free</i>
	Car park, No 4 bus or Coastliner.	

Contact: Gill Stamp 01904 709111 parishoffice@care4free.net

Tue 26 Sep	"A Year in the Life of a Parish Council Chair"	<i>Heworth Without Community Centre, Applecroft Road (Bus 11 or Coastliner)</i>
10 for 10.30 am	Light talk with biscuits from Stewart Kaye (Chairman of Dunnington Parish Council). Heworth Retired Men's Forum meets fortnightly starting September 12th, and restarting on 9 January 2018.	
	ALL RETIRED MEN WELCOME	<i>£1.50 includes snack</i>

Contact: Ian Anderson 01904 423277

ian.anderson@ic24.net www.Heworth.eventbrite.co.uk

Thu 28 Sep	OCA Y (Older Citizens Advocacy York)	<i>Tang Hall Explore Library, Fifth Avenue , York</i>
10 - 11.30 am	Come along and have a chat to find out about our free, confidential advocacy support service for over 50s in York.	<i>Free</i>
	If you need help with form filling, letter writing or getting your point across, we are the organisation for you.	

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

Events prior to the Festival

Thu 28	“We’ll Meet Again” 1940’s Concert	<i>St. Sampson's</i>
Sep	A Concert of music from the 40’s and a	<i>Centre,</i>
2 pm	Tribute to Vera Lynn in her 100th year.	<i>Church St.</i>
	1940’s dress encouraged but not essential.	<i>York</i>
	Come along to the St Sampson's Centre	
	and enjoy the music and atmosphere of	<i>Free</i>
	the 1940’s.	

Contact: Keith Jackson 01751 431 522 akjmusic1@gmail.com

Thu 28	Singers and Musicians Night	<i>Black Swan</i>
Sep	All acoustic performers welcome, and	<i>Inn,</i>
8 - 11 pm	listeners besides, at our popular Open	<i>Peasholme</i>
	House session. The more the merrier,	<i>Green,</i>
	so do come along.	<i>YO1 7PR</i>

NOT ACCESSIBLE (stairs)

£3/£1 for
performers

Contact: Contact: Roland Walls 01904-632922
blackswanfolkclub@yahoo.co.uk

Fri 29 +	A Celebration of Palestinian Fair Trade	<i>Fairer World</i>
Sat 30	Spotlight on Palestine at the Fairer World	<i>fair trade</i>
Sep	shop: soap from Nablus, pottery from	<i>shop, 84</i>
10 am -	Hebron, olive wood from Bethlehem.	<i>Gillygate,</i>
6 pm	Full range of food products: flag ship	<i>York</i>
	olive oil, za’atar (herb mix) freekeh,	<i>YO31 7EQ</i>
	maftoul (cous cous), caramelised almonds,	
	medjoul dates. Cook books, recipes and	<i>Free</i>
	tasters. Supporting communities,	
	preserving culture and tradition.	

Contact: Charlie Bridge 01904 655116 fairerwrld@aol.com

Interested in becoming a hospital volunteer ?
Could you help for 2 to 3 hours each week ?



Phone or Email

FRIENDS of York HOSPITALS

for details: Tel. (01904) 726762

Email: Andrew.white@york.nhs.uk



Friday 22nd September
Central Methodist Church
St Saviourgate, York 7:30pm



"Longing, Belonging & Balfour"

*A musical re-telling of the
Balfour Declaration story of 1917*

Tickets £9 and £7 unwaged

Bookings: YorkBalfour.eventbrite.co.uk or 01904-330334



Supported using public funding by

**ARTS COUNCIL
ENGLAND**

Presented by "Chai for All" @ChaiForAll



York Bus Forum

"The voice of York's bus users"

Please come and join us – get better buses for York

We meet at 5.30 pm on the 3rd Tuesday of each month (except August)

Our "**Members' Meetings**" in January, March, June, September and November discuss topical issues. In other months our open '**Executive Meetings**' discuss business matters.

The following meetings are open to all as part of the York 50+ Festival:

September 19th : Future Bus Strategy (speakers from the Council)

November 21st : Details TBC

Venue for all meetings: West Offices, Station Rise, York YO1 6GA



YorkBusForum.org



Members.yorkbusforum@gmail.com



@bus_York



York
Bus
Forum

Events during the Festival

Sat 30	Open Afternoon - tea and cakes	<i>Glen Gardens,</i>
Sun 1	"Open Afternoon" at our lovely	<i>East Parade,</i>
Tue 3	Victorian Community Kiosk. (Buses 6,	<i>Heworth</i>
Sat 8	11, 66 & Coastliners go nearby).	
2 - 4 pm	Open 2- 4pm every Tues, Sat and Sun.	

Delicious homemade cakes with biscuits, teas/coffees and soft drinks and friendly company.

Playground and Mosaic Community Garden nearby.

All proceeds go to improving and maintaining Glen Gardens.

Contact;: Celina Gee glenmosaicgarden@gmail.com

Mon 2 -	New Season Fair Trade Products	<i>Fairer World</i>
Sat 7	New crafts, foods and Christmas cards	<i>fair trade shop,</i>
10 am	on sale and display. Crafts include	<i>84 Gillygate,</i>
- 6 pm	baskets from Bangladesh, tumblers	<i>York</i>
	from Bolivia, painted bowls from	<i>YO31 7EQ</i>
	Palestine and lots of boxes from India.	

Christmas cake tasters; food samples; catalogues to take away – no charge. Products on sale. Orders taken.

Contact;: Charlie Bridge 01904 655116 fairerwrld@aol.com

Mon 2 -	Family History Open Days	<i>York Family</i>
Fri 6	People will be able to access internet	<i>History Society,</i>
10 am -	based Family History sites and also	<i>Raylor Centre,</i>
4 pm	have access to Monumental Inscriptions	<i>James Street,</i>
	and the invaluable help from our	<i>York</i>
	committee and members....	<i>suggested</i>
	No need to book, just turn up.	<i>donation of £2</i>
	Refreshments available.	<i>per visit</i>

Contact: York Family History Society 01904 412204
yorkfamilyhistory@btopenworld.com

10.30 - 12 noon	French taster session for complete / post beginners	<i>Alliance Francaise 61 Bootham, York YO30 7BT £5</i>
	Basic French for the Holidays, phrases, role-plays, listening and a bit about cultural differences and similarities, etc.	
1 - 2.30 pm	French taster session for advanced level	<i>Booking is essential</i>
	Conversation in French on various current topics using newspapers, live news, etc... Good grasp of the language is essential.	FIRST FLOOR, NO LIFT

Contact: Alliance Francaise 01904 656827
www.alliancedeyork.co.uk afdeyork@gmail.com

2 - 4 pm	Clothes Swap in aid of York Fair Trade Forum	<i>St Lawrence Parish Church, Lawrence Street, York YO10 3WP</i>
	Donate unwanted clothes, pick up a bargain and support fair trade! Bring maximum three items of women's clothing (on hangers and sized) then pay £1 for any swap item. Also fair trade stalls selling accessories, tombola, raffle etc. Bring your own bag. Entry includes tea and cake.	<i>£3 plus 3 items of women's clothing</i>

Details at <http://www.fairtradeyork.com/calendar/>.
 Contact: Helen Harrison helen@fairtradeyork.com

10 - 11 am	Winifred Taylor, Keepsake Art Sarah creates pieces of art from memorabilia that you can't bear to discard but don't quite have a place for. Bring yours along to see what might be created to celebrate significant life events. Commissions undertaken. Enquiries: sarah@winifredtaylor.co.uk www.winifredtaylor.co.uk 07899 092299	<i>Briar House, Club Chambers, Museum Street</i> <i>Free</i>
11.15 am - 12.15 pm	Humanist Celebrations A practical and informative workshop with Sharon Kent accredited celebrant with Humanists UK. Celebrate life's major milestones in a contemporary way including baby namings, marriages and partnerships, funerals and any significant dates in between. Enquiries: sharon@1thestables.co.uk www.humanist.org.uk/sharonkent 07977 208 595	<i>Briar House, Club Chambers, Museum Street</i> <i>Free</i>
12.30 - 1.30 pm	Soul Midwife Companions to the living and dying. Exploring the practical side of soul midwifery as well as looking at how this sacred work is done here and in other cultures, both past and present. Enquiries: sylvia@feelgood-gowell.co.uk www.feelgood-gowell.co.uk 07999 880163	<i>Briar House, Club Chambers, Museum Street</i> <i>Free</i>

2.15 - 3.15 pm Ideal Living

Whether upsizing or downsizing, Anne supports and assists clients through the moving home process from start to finish! Alternatively, do you have a room in need of sorting and clearing; why not reclaim that spare room for guests?

Enquiries: Anne
hello@idealliving.co.uk
www.idealliving.co.uk
07885 729759

*Briar House,
Club Chambers,
Museum Street
free*

3.30 - 4.30 pm Dead Good Cake 'n Chat

An opportunity to speak freely about any aspects of dying without being “shushed”. The needs of individuals and families can be met if we think about, and plan for, the inevitable in advance - there are options to suit all.

Enquiries: Chris
enquiries@lastwishesfunerals.co.uk
www.lastwishesfunerals.co.uk
07824 639244

*Briar House,
Club Chambers,
Museum Street*

*£5 to include
tea + cake*



Walk & Talk starting at the Bull Lane Mosque 2015

Sunday 1 October

1.30 - 4 pm	Walk and Talk, Islam and Christianity in York : Good Neighbours	<i>York Mosque, Bull Lane & St Lawrence's Church, Lawrence St</i> <i>suggested donation of £3 in dry/tinned food for the Trussell Trust's food bank in York</i>
	Meet in time for the midday prayer at York Mosque, before walking the short distance to St Lawrence's Church. At each place of worship, participants will read and discuss a short passage from Christian and Islamic scriptures on neighbourliness. Refreshments will be served. Ample parking available.	

Contact: Sheikh Abid 01904 413123 contact@yorkmosque.com

Monday 2 October

10 am - 1 pm	Confidence Building for Women Returners Workshop	<i>York CVS, 15 Priory Street, York. YO1 6ET</i>
	Are you socially isolated, lonely and struggling with mental health issues whilst planning returning to the workplace after years on a break? This workshop offers empowering insight into rebuilding confidence, self-belief and improving resilience. Overcome potential barriers (e.g. self-limiting beliefs) and increase your capacity for moving forward into work-readiness.	<i>£5</i>
	Numbers limited to 8 and booking essential	

Contact: Liz Hempshall 07495 731958

10.15 -	Playing the Edinburgh Fringe	<i>St. Sampson's</i>
11.45 am	(York Women & Words)	<i>Centre,</i>
	Fresh from her fourth appearance	<i>Church St. York</i>
	at the Edinburgh Fringe, F.Mary	
	Callan tells us how she accidentally	<i>Donation</i>

found a totally new hobby not long after her seventieth birthday. With practical tips on entering the fray (Oooops, Edinburgh Fringe !) yourself.

Contact: F. Mary Callan 01904 653836

blazinggrannies@gmail.com

10.30 am	Boost your Immune Health	<i>Tullivers,</i>
- 3 pm	Come & talk to Ali from Allicin Max	<i>1 - 2 Colliergate,</i>
	& Bee Health to get advice on	<i>York</i>
	keeping healthy in the winter months.	
	No booking required, just pop in!	<i>Free</i>

Contact: Tracey Malcolm 01904 636437 hello@tullivers.co.uk

2 pm	York Almshouse walk	<i>St. Sampson's Sq.</i>
	York charities or guilds built	<i>Parliament St.</i>
	almshouses to care for the poor or	
	elderly in their later years. We meet	<i>£1</i>
	for a leisurely walk past some of the	

surviving almshouses, and finish with refreshments

Maximum 20 people – no advanced booking.

Contact: Monica Nelson 01904 612581

2 - 4 pm	The Monday Club	<i>Poppleton Rd.</i>
	We meet every Monday 2-4pm (term	<i>Memorial Hall,</i>
	-time only) at the hall where we have	<i>Oak Street, York</i>
	a varied activity programme including	<i>YO26 4SE</i>
	games, crafts, gentle exercise, monthly	
	speakers and occasional outings.	<i>Free</i>

Open to ideas from members. Have a game of bingo or bring your own craft project and chat over a cuppa and a biscuit.

Contact: Fran Haggerty 07896 253214 frantaichi@gmail.com

6.30 pm	Helping Disabled People Overseas, 'Physionet', (a Rotary Charity in Yorkshire)	<i>Mercure Fairfield Manor Hotel, Shipton Road</i>
	Rotary York Ainsty is part of the worldwide network Rotary International, the largest service organisation in the world. We would like to extend an invitation to those	<i>£10 (includes 2 course meal)</i>

interested in giving something back to your community while enjoying the friendship of like minded individuals. This meeting highlights a project helping disabled people overseas.

Contact: Jim Murison 01937 360119 james.murison@outlook.com

7 pm	TIBET – The Mystery of Shangri La	<i>Friend's Meeting House, Friargate, York YO1 9RL</i>
	A special illustrated talk by acclaimed film Director, Nick Gray, about the West's fascination with Tibet; making his award winning film 'Escape from Tibet' about Tibetan refugees crossing the Himalayas and his recent book	<i>£5 (£3 concessions)</i>

about their life now in exile; plus Tibet Support Group York's handicraft and information stalls.

Contact: Rowena Field 01904 656504 rfield151@yahoo.co.uk

7 - 9pm	Resolving pain using the mind body connection	<i>York Natural Health, 36 York Road, Acomb, YO24 4LZ</i>
	If you are experiencing long term pain this workshop is for you. Explore the mind-body connection for different perspectives for resolving pain.	<i>£5</i>

The workshop includes practical tapping exercises to help you reduce pain and feel more comfortable.

Please contact Jennie 07749 706127 / Debbie 07949 174359 to reserve your place.

Email: jen2627@hotmail.co.uk or debbie.pogson@gmail.com

9 - 11 am	<p>An Introduction to Creative Writing workshop</p> <p>Join Kerry Briggs for an introductory creative writing workshop. Take part in some fun & stimulating writing tasks and pick up tips, resources and information to kick-start your creative writing journey. Looking at writing from a creative perspective, we will explore storytelling and poetry.</p>	<p><i>Tang Hall Community Centre, Fifth Avenue, Heworth, York, YO31 0UG</i></p> <p><i>Voluntary donation</i></p>
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Booking is essential, places limited.

Contact: Kerry Briggs 07541322064 info@supportforsuccess.co.uk



Do you know someone who is struggling with sight loss, hearing loss or both then we are here to help.

Information and signposting, equipment demonstration, groups, activities, and outreach.

01904 202292

enquiry@yorsensory.org.uk

Do you, or someone you know, love music?
Then why not pop along to one of your local, weekly music sessions?

MUSICAL CONNECTIONS

Music & singing for adults of all ages & abilities.
Wide range of musical styles & activities in a sociable, fun & relaxed setting.
No musical training needed.

"It's like after you've had a shower – you come out & you feel great!"

Over 90% of participants say that getting involved has been fun, enjoyable & great for meeting new people.

"We all go away feeling happy for the rest of the day!"

Groups take place during term-times as follows:

- Mondays at 10.30-11.45am: Barstow House**
5 St Benedict Road, Nunnery Lane, York YO23 1YA
- Mondays at 1.15-2.30pm: Glen Lodge**
Sixth Avenue, Heworth, York YO31 0TR
- Wednesdays at 10-11.15am: Honeysuckle House**
Herdsman Road, Dringhouses, York YO24 2UL
- Thursdays at 3.30-4.45pm: Gale Farm Court**
Front Street, Acomb, York YO24 3DR

Musical Connections also run a Community Choir
Tuesdays at 10.15-11.45am: Tang Hall Community Centre
Fifth Avenue, Tang Hall, York YO31 0UG

We are a registered charity & ask for a voluntary donation of £3 per session
Charitable registration no: 1163993

For more information please contact us on T: 01904 373011. E: enquiries@musicalconnections.org.uk
or write to us at Musical Connections, PO Box 724, York YO1 0HL.

www.musicalconnections.org.uk

9.30 am -	Bulb planting (and a free cuppa!)	<i>Rowntree Park,</i>
12 noon	with the Friends of Rowntree Park	<i>meet below the</i>
	and YUMI (York Unifying	<i>café</i>
	Multicultural Initiative)	
		<i>Free</i>

The Friends of Rowntree Park's volunteer gardening group are working with YUMI to help the park look its best. We meet regularly and all are very welcome.

If you would like to help, but cannot make this date, email Rosemary to go on the gardening mailing list.

www.rowntreepark.org.uk

Contact: Rosemary Bentley rosiebbentley2000@yahoo.co.uk

9.30 am	Carers Legal Clinic	<i>Crombie</i>
- 4pm	Belinda Poulter from Crombie	<i>Wilkinson,</i>
	Wilkinson will be offering carers free	<i>17 -19 Clifford</i>
	30 minute advice appointments	<i>Street, York,</i>
	throughout the day.	<i>YO1 9RJ</i>
		<i>Free</i>

Please ring Sharron Smith 01904 715490 to book.

sharron.smith@yorkcarerscentre.co.uk

10 -	OCAY	<i>Clifton Library,</i>
11.30 am	Come along and have a chat to find	<i>Rawcliffe Lane,</i>
	out about our free, confidential	<i>York</i>
	advocacy support service for over 50s	
	in York. If you need help with form	<i>Free</i>
	filling, letter writing or getting your	
	point across, we are the organisation	
	for you.	

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

10.30 am - 3 pm	Pukka Tips on Health & Wellbeing Come & chat to Lizzi from Pukka Herbs to get advice on health & wellbeing. Samples & tea tastings too. No booking required, just pop in.	<i>Tullivers, 1 - 2 Colliergate, York Free</i>
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Contact: Tracey Malcolm 01904 636437 hello@tullivers.co.uk

11 am	The Island Mentoring Scheme – coffee morning An opportunity to have a cup of coffee or tea and cake at The Island's office to find out more about the charity and its work with vulnerable children and young people in York. Meet volunteer mentors and hear about the various volunteering opportunities available for 50+ from just a couple of hours a week or fortnight!	<i>URC building, Priory Street, York, YO1 6EX Free</i> STEPS + LIFT
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Contact: Nigel Poulton 01904 628449 enquiries@theislandyork.org

11 am - 1 pm	Open Coffee Morning Open to all York Seniors. Come and meet our local members and see the facilities available at this hall. Children and others welcome too!	<i>Bell Farm Social Hall, Roche Avenue, York, YO31 9BB Free (by donation)</i>
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Contact: Hilary Platt HilaryPlatt@hotmail.com

12,30 - 2,30 pm	An Introduction to Creative Writing workshop	<i>Foxwood Community Centre, York, YO24 3HY</i>
	Join Kerry Briggs for an introductory creative writing workshop. Take part in some fun & stimulating writing tasks and pick up tips, resources and information to kick-start your creative writing journey. Looking at writing from a creative perspective, we will explore storytelling and poetry.	<i>Voluntary donation</i>

Booking is essential, places limited.

Contact: Kerry Briggs 07541322064 info@supportforsuccess.co.uk

2 pm	Games and Coffee Afternoon	<i>Gale Farm Court, Front Street, Acomb, York, YO24 3DR</i>
	We will be having a games afternoon comprised of dominoes, Scrabble, Play Your Cards Right and a quiz, we will also be serving tea, coffee, juice and cakes, please feel free to come and join us for an enjoyable time, no need to book just turn up.	<i>£1</i>

Contact: Sharon Richardson 01904 552298
Sharon.richardson@york.gov.uk



2 - 3.30 pm	On My Trolley (York Women & Words)	<i>St. Sampson's Centre, Church St. York</i>
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Carole Cunningham shares her memories, and invites yours.
“I was a trolley pusher, a nurse in hospital. With the energy of youth I don't ever recall any effort involved. The hours flashed by. Many different needs were met by the ubiquitous trolley”.

*Donations
welcome*

Contact: F. Mary Callan 01904 653836
blazinggrannies@gmail.com

7.30 - 9 pm	“From flat screen TVs to Augmented Reality: How Yorkshire helped to build the high tech world of today” Emeritus Professor John Goodby and Dr Stephen Cowling	<i>Tempest Anderson Hall (Yorkshire Museum), Museum Gardens YO1 7FR</i>
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Yorkshire Philosophical Society.
No booking necessary and all are welcome.

*Donations
invited*

More details: www.tinyurl.com/FlatscreenTVs
Contact: Catherine Brophy 01904 656713 info@ypsyork.org



10 - 11.30 am	Carers Café An opportunity for unpaid carers to enjoy a free drink and teacake and meet other carers. You can bring the person you care for, no need to book.	<i>Spurriergate Centre, Spurriergate Free</i>
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A Carer Support Worker will be there to talk to and we bring lots of information from other organisations to look at.

Contact: enquiries@yorkcarerscentre.co.uk

10.30 am - 12 noon	“Terry and Rowntree” - Meet the characters from York’s Sweet Past Join us at the York Castle Museum for an informal and relaxed chance to find out about York’s confectionery heritage.	<i>York Castle Museum FREE with normal museum admission</i>
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Meet ‘Sir Joseph Terry’ and ‘Joseph Rowntree’, actors Patrick Smith and Chris Cade, for entertaining chat and stories as part of the museum’s new experience Chocolate: York’s Sweet Past.

Visitors are welcome to visit Kirkgate (our recreated Victorian street) with Terry and Rowntree, if appropriate.

Tea, coffee and biscuits provided

Contact: Lucy Knock 01904 650361 lucy.knock@ymt.org.uk

11 am - 2 pm	yourcafe - tackling food waste whilst promoting community spirit #payf yourcafe offers opportunities to make new friends and enjoy a communal feast or a bite to eat. Special activities: dominoes and craft. 50+ and wanting to volunteer for an hour or two each week ? Come to find out more.	<i>Tang Hall Community Centre, Fifth Avenue, York YO31 0UG Pay as you feel</i>
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Contact: Margaret Hattam 07874 129514 yourcafeuk@gmail.com

12.30 - 3.30 pm	Information and Budgeting Café Pop in for a chat and a cuppa. Get skills, advice and know-how. (Same time every Wednesday). We can advise on how to save on fuel costs, bring your bills.	<i>Tang Hall Community Centre, Fifth Avenue Free</i>
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Contact: 0344-411-1444 www.citizensadviceyork.org.uk

1 - 2.30 pm	French taster session for complete / post beginners Basic French for the Holidays, phrases, role-plays, listening and a bit about cultural differences and similarities, etc.	<i>Alliance Francaise 61 Bootham, York YO30 7BT £5</i>
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Booking essential

Contact: Alliance Francaise 01904 656827
www.alliancedeyork.co.uk afdeyork@gmail.com

2 - 3 pm	Dementia Friends session Information session to learn more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts. Our aim is to make all communities dementia friendly. More information can be found at www.dementiafriends.org.uk	<i>Energise, Cornlands Road, York, YO24 3DX Free</i>
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Contact: Fiona Barker 01904 555720
Fiona.barker@york.gov.uk

2 - 3.30 pm	Sing for joy Come and join Lucy Castro for an afternoon of joyful, soul nourishing song & sound in a warm and friendly atmosphere. Experience and explore the creative power of your voice, and bask in some beautiful harmony alongside others.	<i>Briar House, Club Chambers, Museum Street</i>
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All are very welcome – no reading music or prior experience necessary.

Contact: Lucy Castro 07808401386 lucycastrovoice@gmail.com

2 - 4 pm	Quiz with prizes This event is open to all residents and friends, and will be held in the communal lounge. Scheme Manager with PSS Team leader will be holding the quiz and will have prizes for	<i>Marjorie Waite Court, Evelyn Crescent, Clifton, York, YO30 6DX</i>
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winners and losers. It will be happy joyful event which have questions from different categories to get the mind thinking and have a laugh on the way.

Contact: Scheme manager 01904 551875

7 - 9 pm	Needle felting for beginners Create your own mini felted piece based on the work of Clarice Cliff. Ask about our regular arts & crafts groups.	<i>Chill in the Community (formerly Chill Café), Front St. Acomb. Opposite Boots the Chemist</i>
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£20 to include full artist support, all materials, a cheeky glass of Prosecco & sweet treats . For more information & to book a place Contact us on 01904 787008 contact@chillinthecommunity.co.uk

7 for 7.30 pm	The strange story of my lost family. Tracing my mother's parents The talk leads us to unexpected places, new horizons and much, much more than we bargained for! By Carol Runciman	<i>New Earswick & District Indoor Bowls Club, Huntington Road, York, YO32 9PX</i> <i>£1 for members and £5 for non members (£4 refundable upon joining).</i>
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Contact: York Family History Society 01904 412204
yorkfamilyhistory@btopenworld.com

7.30 pm (doors open 7 pm)	Café Scientifique: Dr George Tsoulas “Language and the representation of number(s)” Dr George Tsoulas, Senior lecturer, York University Department of Language and Linguistic science. Book via City Screen Booking system online, phone (0871 902 5726 charges) or in person or at the door on the night. 70 tickets only.	<i>City Screen Basement, Coney Street, York, YO1 9QL</i> <i>Free</i> Lift available with staff assistance
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Contact: Catherine Brophy 01904 656713 info@ypsyork.org



10 - 11 am	New Earswick Carers Hub	<i>The Friends Meeting House, New Earswick</i>
	An opportunity for unpaid carers to get together in their local community, take a break and have a chat, gain support and information, and have fun. The person you care for is welcome and there is no need to book. New people always welcome!	<i>Free</i>

Contact: enquiries@yorkcarerscentre.co.uk

10 - 11 am	Dementia Friends session	<i>West Offices, Station Rise, York, YO1 6GA</i>
	Information session to learn more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts. Our aim is to make all communities dementia friendly. More information can be found at www.dementiafriends.org.uk	<i>Free</i>

Contact: Fiona Barker 01904 555720 Fiona.barker@york.gov.uk

9 am - 12 noon	Information and Budgeting Café	<i>Sanderson Court, Bramham Road, Chapelfields</i>
	Pop in for a chat and a cuppa. Get skills, advice and know-how. (Same time every Thursday). We can advise on how to save on fuel costs, bring your bills.	<i>Free</i>

Contact: 0344-411-1444 www.citizensadviceyork.org.uk

10 am - 4 pm	Keepsake Art Workshop Do you have old items of fabric and memorabilia (photos, letters)? Do they stay hidden in a drawer? Spend a relaxing day creating a piece of textile art to celebrate significant moments or people in your life. Drinks and a delicious home made lunch included. Maximum of 10 people. Booking essential.	<i>Me & Mrs Fisher 18 Lord Mayor's Walk, YO31 7HA £60 per person incl. food & drink Not accessible (upstairs room)</i>
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Contact: Sarah Jackson 0789 9092299 sarah@winifredtaylor.co.uk

10.30 am - 3 pm	Herbal Health Come & talk to Earl from Bioforce/ A.Vogel to get advice on your health & wellbeing. Samples & tastings too, plus £2 off AtroGel to help keep your joints flexible!. No booking required, just pop in!	<i>Tullivers, 1 - 2 Colliergate Free</i>
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Contact: Tracey Malcolm 01904 636437 hello@tullivers.co.uk

1 - 3 pm	Needle felting for beginners Create your own mini felted piece based on the work of Clarice Cliff. For more information & to book a place Contact us on 01904 787008 contact@chillinthecommunity.co.uk	<i>Chill in the Community (formerly Chill Café), Front St. Acomb. Opposite Boots the Chemist</i>
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Ask about our regular arts & crafts groups.

£20 to include full artist support, all materials, a cheeky glass of Prosecco & sweet treats

Contact: 01904 787008 contact@chillinthecommunity.co.uk

1 - 2.30 pm	French Reading club / Book club We will read short 'nouvelles' or stories in French and discuss them. Good grasp of the language is essential.	<i>Alliance Francaise 61 Bootham, York YO30 7BT</i>
		<i>Free Booking essential</i>

Contact: Alliance Francaise 01904 656827
www.alliancedeyork.co.uk afdeyork@gmail.com

1.30 - 3 pm	Real Memories (York Women & Words) "What was it really like ?" in the 40s. Or 50s, or 60s. Let's write memories down before we forget. The Women & Words group will be here to interview you, and help trigger all our histories.	<i>St. Sampson's Centre, Church St. York Donations welcome</i>
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Contact: F. Mary Callan 01904 653836
blazinggrannies@gmail.com

2 - 4 pm	Drama Workshop: Stage by Stage Stage by Stage gives you the opportunity to create characters and scenes using different stimuli. Using improvisation and applied theatre techniques we will create mini-plays based on your ideas. This fun and accessible workshop is perfect for both beginners and those who already have experience creating original work.	<i>Friargate Theatre, Lower Friargate, York, YO1 9SL £8</i>
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Contact: Peter Birkinshaw 01904 613000 peter@rltc.org

2 - 4 pm	Music and games event Music played by one of our tenants, Mr Kevin White who DJ's in some of York's busiest pubs, games to play such as dominoes and Bocca balls and anything else that is available. Refreshments will be on sale.	<i>Barstow House 5 St Benedict Road, York YO23 1YA</i>
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Contact: Kerrie Smith-Jankowskyj 01904 552297

3 pm	The Island Mentoring Scheme – afternoon tea An opportunity to have a cup of coffee or tea and cake at The Island's office to find out more about the charity and it's work with vulnerable children and young people in York.	<i>URC building, Priory Street, York, YO1 6EX Free Steps + lift</i>
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Meet volunteer mentors and hear about the various volunteering opportunities available for 50+ from just a couple of hours a week or fortnight!

Contact: Nigel Poulton 01904 628449 enquiries@theislandyork.org

3.30 pm	Musical connections – community singing open session Musical connections runs weekly singing and music-making sessions in York. Our groups cover a range of music in sociable, relaxed settings, and particularly welcome older	<i>Gale Farm Court, Front Street, Acomb, York YO24 3DR £3 donation requested</i>
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people (no need for musical training) – our open session will provide further information and a demonstration.

No limit on numbers - booking advised, but not essential.

Contact: Emma Tatnall 07714 821446

enquiries@musicalconnections.org.uk



Registered Charity 1120420

VOLUNTEER MENTORS NEEDED

Mentoring children and young people in York

**Today you could make a lasting difference
in the life of a young person!**

Download our App from iTunes store to find out more

or

Visit [**www.theislandyork.org**](http://www.theislandyork.org)

Call **01904 628449** or **07595695559**

Email [**enquiries@theislandyork.org**](mailto:enquiries@theislandyork.org)

Facebook **[/theislandmentoringscheme](https://www.facebook.com/theislandmentoringscheme)**

Twitter **[@islandyork](https://twitter.com/islandyork)**

York Musical Theatre Company presents

Something Wonderful



The enchanting music of
Rodgers and Hammerstein

Devised and directed by Paul Laidlaw

18 – 21 October
Joseph Rowntree Theatre

TICKETS £14 concessions and family ticket offer available

york
musicaltheatre
Formerly YAODS company
Making musical theatre since 1902



Thursday 5 October

8 - 11 pm	Sarah Jane Scouten A combination of "agile voice, ruminative songwriting, and love for classic country, indie pop, and everything in between" (Review). Sarah returns to York with her small band after a great solos debut in 2014 http://www.sarahjanescouten.com	<i>Black Swan Inn, Peasholme Green, YO1 7PR</i> <i>£10 on door</i> NOT ACCESSIBLE <i>(Stairs)</i>
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Contact: Roland Walls 01904 632922
blackswanfolkclub@yahoo.co.uk

Friday 6 October

10 am - 12 noon	Introduction to staying connected and reducing social isolation using digital technology During our friendly and informal workshop, we can help you start to take positive steps towards helping you stay connected and socially active when living in the digital age by teaching you in a safe and supportive way how to connect to friends, family and loved ones using digital technology.	<i>Foxwood Community Centre, York, YO24 3HY</i> <i>Voluntary donation</i>
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Contact: Kerry Briggs 07541 322064 info@supportforsuccess.co.uk

10.30 am - 4 pm	Inika Makeovers Come & enjoy a professional makeover from Debby from Inika. Inika makeup is vegan & cruelty-free. Booking required. Appointments last about 40 minutes.	<i>Tullivers, 1 - 2 Colliergate</i> <i>Free</i>
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Contact: Tracey Malcolm 01904 636437 hello@tullivers.co.uk

10 am - 2 pm	<p>Supportive Sewers – pillows for Breast Cancer Patients Workshop</p> <p>The workshop will demonstrate the pillows & drain bags that we make for Breast Cancer patients at YDH. Participants will be able to take part in making some of these products which will be donated to the hospital. There are jobs for machinists, hand sewers and non sewers alike. Feel free to bring your own machine or sewing kit. Refreshments are available for a voluntary donation. Come for as much or as little of the session as you like. If coming for the whole session please bring a lunch with you.</p>	<p><i>The Viking Loom, Wigginton Road, YO32 2RH</i></p> <p><i>£1</i></p> <p>NOT ACCESSIBLE <i>(upstairs room)</i></p>
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Spaces are limited to 10.

Contact: Zoe Bounds 07725 194907 zoe_bounds@yahoo.co.uk

2 - 4 pm	<p>Playwriting Workshop: Rethink, Refresh, Rewrite !</p> <p>Have you got a story inside you? Have you ever wanted to write a play? This workshop is a collection of practical tips and exercises designed to help you defeat the blank page and begin your dramatic masterpiece! No experience is necessary but even experienced dramatists should find something useful here.</p>	<p><i>Friargate Theatre, Lower Friargate, York, YO1 9SL</i></p> <p><i>£8</i></p>
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Contact: Peter Birkinshaw 01904 613000 peter@rltc.org

3 - 5 pm AGEING WITHOUT CHILDREN - panel discussion

For all those ageing without the support of nearby children...the question is *"Who will speak up for me and lend a hand when I can no longer cope on my own?"*

An impressive panel including the Lord Mayor, Rachael Maskell MP, Cllr Stephen Fenton, Kirsty Woodard the founder of AWOC and Robin Hadley has been assembled to discuss these issues with you. All welcome.

*Novotel,
Fishergate,
York
YO10 4FD*

*Free (Donations
welcome)*

Contact: Sue Lister 01904 488870 sueann@curlew.totalserve.co.uk

OCA Y OLDER CITIZENS ADVOCACY YORK

We work to help people over the age of 50 by providing a free and independent advocacy service ensuring you have a voice in the issues that concern you.

Everyone needs a helping hand now and then asking for help is a good thing, never feel you cannot ask.

Together we can make a difference.

Contact us:

Phone: 01904 676200

Email: info@ocay.org.uk

Write or call at our office at

The Priory Street Centre, 15 Priory Street, York, YO1 6ET
Office hours Mon to Thu 10am to 3pm, Fri 10am to 2pm

www.oldercitizensadvocacyyork.org.uk



The City of York & District
FAMILY HISTORY SOCIETY
www.yorkfamilyhistory.org.uk
Registered Charity Number 1085228



FREE LESSONS !

LEARN HOW TO RESEARCH

YOUR FAMILY HISTORY
York Family History Society
Research Room
The Raylor Centre
James Street
York YO10 3DW

Telephone 01904 412204

Open every Tuesday & Thursday 10am to 4pm

*Special opening hours for York 50+ Festival
10am-4pm Sept 30th & Oct 2nd through to Oct 6th
ALL WELCOME - bring a friend*

6 Oct
onwards

FINDING YOUR FEET

Comedy starring Staunton, Joanna Lumley, Celia Imrie and Timothy Spall. On the eve of retirement, a middle-class, judgemental snob discovers that her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

*City Screen,
Coney Street,
York*

*Adult £11.60,
Member £9.60,
Retired £10.60,
Retired Member
£8.60*

Check programme or online
www.picturehouses.com

Contact: 0871 902 5726 cityscreenyork@picturehouses.co.uk

CITYscreen



JOIN THE PARTY Aged over 60?

Join the Silver Screen Club
for discounted tickets
and a free tea or coffee
every Thursday
before 5pm.

The usual ticket prices
apply for non-Members.

Sally Potter's comedy
drama, **THE PARTY**,
starts on 13 October.
JOIN US...

SILVERscreen

10 am - 12 noon	LGBT Coffee Morning	<i>Yorkshire MESMAC Offices, Marygate Lane, York</i>
	A free monthly drop in, 1st Saturday of each month, for anyone who identifies with and / or supports the LGBT community.	<i>Free</i>

Contact: Jake yorklgbtforum@gmail.com

10 am - 4 pm	Community day	<i>St. Denys Church, Walmgate</i>
	Tea, Talks, Tours and a friendly welcome to our historic venue with stories to tell about our community events and our proud heritage.	<i>Free</i>

Contact: Dianne Willcocks 07850 111299 d.willcocks@sircles.net

2.30 - 4.30 pm	MORE FOOD FOR THOUGHT	<i>Denham Room, Priory Street Centre, 15 Priory Street, York YO1 6ET</i>
	Join us for an interactive presentation by the Real People Theatre Company. How do we feel about factory farming, plastic oceans, soil erosion, organic produce and how much we rely on farmers and supermarket chains for healthy food? What can we do about all this?	<i>cash collection to the York Food Bank</i>

Contact: Sue Lister 01904 488870 sueann@curlew.totalserve.co.uk

1.30 - 3.30 pm	Art for Wellbeing Drop-in practical art session for adults. Release your creative energy in the company of others and with gentle guidance on hand. This is an inclusive session, suitable for all abilities which runs on a monthly basis throughout the year.	<i>York Art Gallery, Exhibition Square, York</i> <i>Free with admission, no need to book</i>
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Contact: Gaby Lees 01904 465038 gaby.lees@ymt.org.uk



UNIVERSITY
of York

**Adult Evening &
Day Courses**



**For further
information**

E: lifelonglearning@york.ac.uk
T: 01904 328473
W: www.york.ac.uk/lifelonglearning

Post-festival events for your continued enjoyment

Mon 9 12 - 1.30 pm	Bringing science into York's history : The York Science Trails Group meets at 12 noon on the 2 nd Monday of each month, usually at Kings Manor. For our October SPECIAL EVENT we shall visit the Borthwick archives to look at science-related items.	Meet at: Borthwick Institute University Library Heslington YO10 5DD
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Everyone is welcome: please book at

www.YSTGoctober.eventbrite.co.uk

Contact: John Bibby 01904 330334 jb43@york.ac.uk

Tue 10 10 for 10.30 am	"A Vet's Work" Light talk with biscuits from Dr. Myfanwy Hill. Heworth Retired Men's Forum meets fortnightly starting September 12th, and restarting on 9 January 2018. ALL RETIRED MEN WELCOME www.Heworth.eventbrite.co.uk	<i>Heworth Without Community Centre, Applecroft Road (Bus 11 or Coastliner) £1.50 (includes snack)</i>
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Contact: Ian Anderson 01904 423277 ian.anderson@ic24.net

Tue 10 7.30 pm	Community energy for York Join us at the front line of cleaning up our energy supply! We're part of an international movement making gains in the fight against climate change and building community.	<i>Friends Meeting House, Friargate YO1 9RL Free</i>
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Find out how our community can provide itself with cheap, clean energy, how you can help - and benefit.

More info: <http://yorkcommunityenergy.org.uk>

yorkcommunityenergy@gmail.com

or call Richard Lane 07923 915724

Post-festival events

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Wed 11	50+ Festival Show, backstage tour & cream tea	<i>York Theatre Royal Studio,</i>
4 - 7 pm	Three treats in one afternoon! A backstage tour of our historic theatre (have ghosts survived the renovations?) and a tasty cream tea, followed by an hour's lively entertainment. Goddesses of the Vikings	<i>St. Leonard's Place, York YO1 7HD</i>
		£8

featuring singer Alda Raven and host Adrian Spendlow. Goddesses by SigRun Viking Art & Design with mature models from Mazazik dance group and the Vanaheim Vikings.

Booking: Theatre Royal Box Office 01904 623568 or

www.yorktheatreroyal.co.uk

Contact: Adrian Spendlow

07460 786268

adrian_spendlow@btinternet.com

Wed 11	York Evening Decorative & Fine Arts Society - Lecture	<i>Shepherd Hall, St Olave's School, Queen Anne's Rd, Bootham</i>
6 for 6.30m pm	Sarah Dunant offers a lecture entitled "A truly cultured woman is as rare as the Phoenix: The Life and Work of Isabella d'Este - a leading figure of the Italian Renaissance (15 th Century) "	
	Booking not required. It will be popular as Sarah Dunant is a very well known author, journalist, broadcaster and critic. Guests always welcome!	<i>£7 for guests. Free for Yedfas members</i>

Contact: Sheila Bartlett 07745 347338

sheilabartlett@btinternet.com

Thu 19 Oct	"Display - A Delve into the Local Archives"	<i>St Aelred's Community Centre, Fifth Avenue</i>
10 am - 12 noon	Original artefacts relating to the history of Heworth, Tang Hall, and York generally. Leading local speaker. Meet interesting local people. Snack included!	£2

Contact: Jane Burrows tanghallhistory@gmail.com

York 50+ Festival

The York Older People's Assembly would like to welcome you and your friends to the 13th York 50+ Festival. We hope you will enjoy taking part in these events and will help to create next year's Festival.

Sue Lister MBE has been coordinating this festival as a member of the YOPA committee since she came up with the idea in 2005. She has now handed the reins over to a new team. We'd like to thank her for all her hard work over the last 12 years and hope we can continue her legacy.

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 731120.

www.yorkassembly.org.uk
yorkassembly@btconnect.com

49 North Moor Road,
Huntington,
York, YO32 9QN
Tel: 01904 202293

ENJOY !