

York Older People's Assembly

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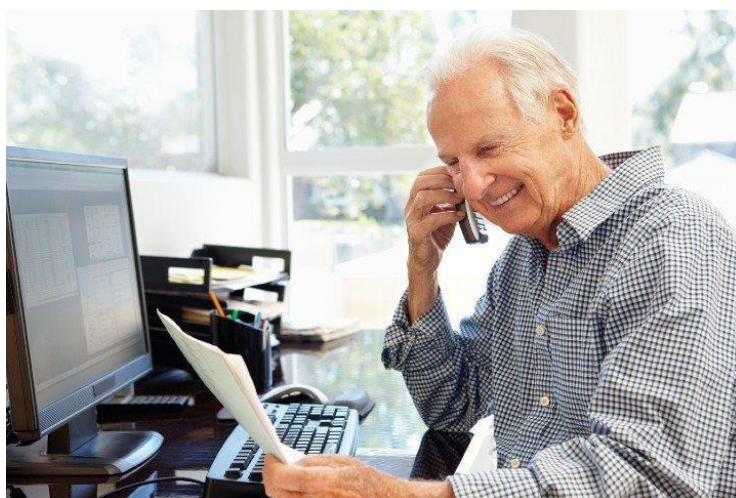
Website: www.yorkassembly.org.uk

INTERNATIONAL DAY OF OLDER PEOPLE - 1ST OCTOBER 2021

In 1990, the United Nations General Assembly designated October 1st to celebrate the contributions that older people make to society.

Each year a different theme was adopted. So, for 2020 it was "Pandemics - Do They Change How We Address Age and Ageing?" It was to raise awareness of the impact on an ageing population and the need to ensure people can grow old with dignity.

The theme for the current year 2021 is "Digital Equity for All Ages." Research indicates that women and older people experience digital inequity to a greater extent than other groups in society. They either lack access to technologies or are often not benefiting fully from the opportunities provided by technological progress.



York Explore is leading on this topic across the City, but the Assembly has arranged as part of the 50+ Festival a range of opportunities to become more digital savvy.

On October 1st at St. Sampson's Centre 10am to 11.30am you can:

- check whether you're eligible for a free computer or other device
- find out how you can get help with using a computer from York Cares
- discover the computer facilities at St. Sampson's Centre
- learn how to use "Live Well York" on a computer to see what is going on in your community.

Other digital related events in the Festival Programme include:

- | | |
|----------|--|
| 28.09.21 | York Learnings "Fun with Google" – Clifton Explore Library |
| 29.09.21 | Want to Feel More Confident on your Smartphone or Tablet? |
| | - New Earswick Folk Hall |
| 30.09.21 | Getting to grips with using Zoom – Clifton Explore Library |
| 30.09.21 | Social Media and using QR codes – Clifton Explore Library |

Full details in the Festival Programme

COVID CARE HOME DEATHS IN YORK REVEALED

The Care Quality Commission have finally published information on care home deaths from Covid-19 for each Council area. This covers the period from April 2020 to March 2021. In England as a whole, 39,000 deaths were recorded. In York 150 care home residents died from Covid-19. In summary, the homes most effected were:

Meadowbeck Care Home, Osbaldwick	22	Birchlands Care Home, Haxby	8
Minster Grange Care Home, Clifton	21	Chocolate Works Care Village, South Bank	8
Derwent House Residential Home, Kexby	12	Ebor Court, Nether Poppleton	7
Mulberry Court, Clifton	9	Peppermill Court, Huntington Road	5
Connaught Court, Fulford	9	Broadway Lodge, Fulford	5
Handley House, Green Lane, Clifton	9	Ivy Lodge, Haxby	5



It needs to be remembered that during this period not all older people being discharged from hospital were tested before returning to their care home, additionally not all staff at the care homes were required to have two vaccinations!

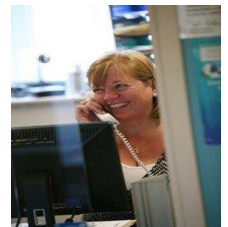
TALKING THERAPIES

Feeling sad isn't a natural part of ageing. If you feel hopeless, lack motivation, suffer with unexplained aches and pains, or constantly worry, Tees, Esk and Wear Valley NHS Foundation Trust would like you to know they are there for you. The Trust has a Talking Therapy Service which is open to anyone under the care of a GP in the Vale of York.

York and Selby's "Improving Access to Psychological Therapies Services" would like you to know that "we are here to help you, so please reach out if you need support. We can arrange a short mental health assessment on the telephone to find the best treatment for you, either within our service or another service".

To refer yourself you can either:

- **Call 01904 556820**
- **Use the form on the website www.yorkandselbyiapt.co.uk**
- **Email TEWV.iptyorkselby@nhs.net with your name and contact details.**
- **Ask your GP to refer you**



HEALTHY ACTIVE AGEING

York St. John University has launched a new programme including a range of activities specifically for older people.



Initially, an allotment project "Growing Active" started on the 25th August and will run weekly on Wednesdays between 10am to 11am. It is based at the Haxby Road Allotments across the road from the Haxby Road Sports Park where parking is available.

Plans are for a relaxed informal environment where, those attending can engage with the allotment and spend time with others. For more details phone: 01904 876200.

“THE RETREAT” – LOOKING BACK – LOOKING FORWARD

“The Retreat” was founded in 1792 by William Tuke and fellow Quakers to offer a more humane way of treating people with mental illness. Until then the only secure building was the York lunatic Asylum (Bootham Park).

Plans have now been revealed to develop a dedicated “Brain Injury” hospital in the grounds of the former Terry’s Chocolate Factory. This proposal by “the Disabilities Trust” and a developer will provide 4 wards, offering 36 flats and 4 assessment flats for those seeking more independence.



The main building at the “Retreat” will be converted into residential accommodation. Some physiological therapy services will however continue to be available at Heslington Road.

FREE PRESCRIPTIONS AT RISK FOR 60 - 65 YEAR OLDS



The Government has announced that they are planning to move the qualifying age for free prescriptions from 60 to the current pension age of 66. Many older people will be badly affected, with some saying they will have to choose between paying for medication or other bills.

At £9.35 per item and with 4 items per prescription, this amounts £37.40 per prescription. Members views are sought on the plans and whether the Assembly should join with Age (UK) in protesting to the Government.

Members will recall that the entitlement to a free bus pass was originally set at the age of 60, but has in recent years been raised to the State Retirement age of 66.

CARD PAYMENTS - NOT FOR EVERYONE!!!

During the pandemic, a number of shops advertised that they would only accept payment for goods with a credit or debit card. Even with restrictions having been relaxed, many of these shops have continued with the practice.

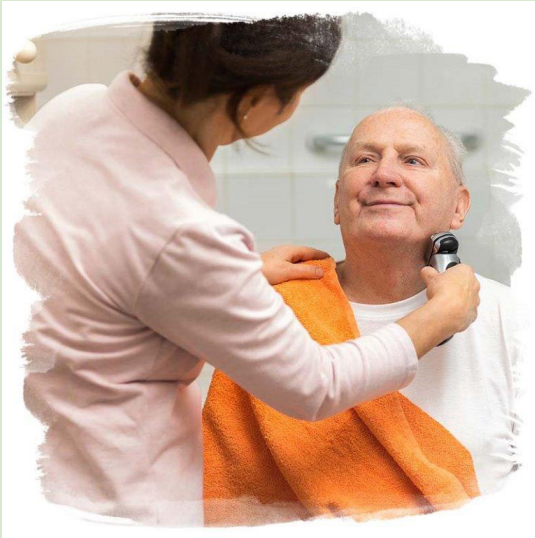
Some older people do not have either a credit or debit card. What happens to them when they wish to use the currency of the realm to make their purchase? They are denied this freedom of choice.

The Assembly is making representations to Age (UK) to campaign against this obvious discrimination of older people.



CARE PROVIDER RATED “OUTSTANDING”

The Great Care Company at Kettlestring Lane, is a home care agency providing care and support to people in their own homes, who are older or have physical difficulties or suffer from dementia.



They have received an “Outstanding” rating by the Care Quality Commission, an independent body established to monitor performance in the care sector. The recent report states:

“People’s well-being and happiness were made a priority by the care company who exceeded contractual obligations to ensure people’s independence, welfare, social and emotional needs were promoted and provided for”.

The Company, based in Louth and with a local office in York, were rated in the top 20 of Care Providers nationally. Congratulations to all those involved. They can be contacted by ringing 0333 200 7199.

NOTICE OF AGM

The Annual General Meeting of the Assembly will be held at 2pm on Monday 18th October 2021 at the Friends Meeting House, Friargate, York. Our guest speaker will be Simon Morritt, Chief Executive of York Teaching Hospital NHS Foundation Trust.

Nominations of election for the executive committee need to be sent to the Secretary, by post or email, by 27th September 2021.

50+ FESTIVAL



This year's festival takes place from 25th September to 3rd October. Programmes are available from local libraries, community hubs, St Sampson's Centre and Visit York.

Full programme details at www.yorkassembly.org.uk/50-festival including a summary by theme such as socials, health and well-being workshops, walks and talks, advice and displays, sports and active leisure and chatty benches.

LAST WORD - LEWIS CREED

Fondly remembered by many, Lewis Creed, who was manager of St. Sampson's Centre for 12 years until 1992, died on the 6th August age 91. St Sampson's Church was declared redundant in 1968 and was re-opened by the Queen Mother 6 years later as a social centre for those over 60.

Lewis was a former art teacher for 22 years in Buckinghamshire, developed the centre as a hub for older people offering hot and cold food in a relaxed environment and encouraging companionship to all in the absence of children!!

Lewis was concerned that too many older people were living alone or at home watching TV and getting bored. He wanted there to be an opportunity for older people to socialise in a relaxing and welcoming environment. His greatest regret was that other major towns had not imitated what had been achieved in York. He will be greatly missed.

