

York Older People's Assembly

Unit 24, SPARK: YORK

17-21 Piccadilly, York YO1 9PB

Registered Charity 1101018

Email: yorkolderpeoplesassembly@outlook.com

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Tel: 07856 908586

Website: www.yorkassembly.org.uk

COUNCIL ELECTIONS – Thursday 4th MAY 2023

The Assembly has organised an open meeting on **Monday 17th April at 2pm** at the Friends Meeting House, Friargate. Each of the main political parties have been invited to present their proposals for the City of York Council for the next 4 years. Invitations have been sent to all the current party leaders represented.

| Leader / Party | Current Councillors |
|----------------------------------|---------------------|
| Keith Aspden – Liberal Democrats | 21 |
| Claire Douglas – Labour | 17 |
| Andy D'Agorne – Green | 3 |
| Paul Doughty – Conservatives | 2 |
| Independents – | 4 |
| Total | 47 |



Everyone welcome – you don't have to be a member of the Assembly to attend the Open Meeting.

VOTER ID



For the first time York residents will be required by the Government to show photo identity (ID) to vote at this year's local elections. Forms of acceptable ID are:

- UK passport
- Older Persons Bus Pass
- Disabled Persons Bus Pass
- Blue Badge

No photo ID? Or if you want vote by post, contact the Council on 01904 551007.

If you vote by post, there is no requirement for photo ID!

HEATING OR EATING?

More than 700,000 people in England are living in homes without central heating, one in 10 of whom are elderly and ill, according to the latest figures from the Office of National Statistics. In December alone, 1047 people died as a result of living in cold damp homes.

In York, over 2,400 people are living in cold, damp homes.

Households without central heating are some of the worst affected by the energy crisis and are twice as likely to be fuel poor than those in centrally heated homes.

The Decent Home Standard, which includes central heating, covers council and housing association properties. Unfortunately, the standards do not apply to privately rented properties, which account for 20.1% of York housing.





FREE HEALTH ADVICE ON OFFER

Free and personalised health advice delivered by qualified trainers is on offer to York residents. A health trainer will develop personal health plans virtually, over the phone or face to face.

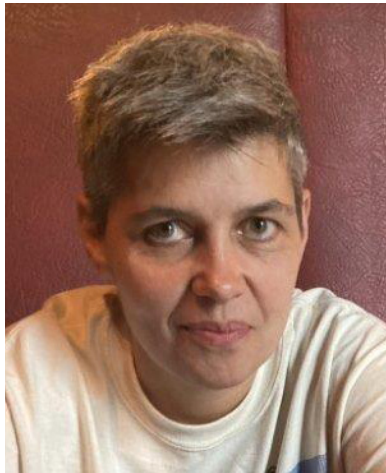
The Council's campaign this year focuses on stopping smoking, lowering alcohol intake, being a healthy weight and being physically active.

Over 700 residents have already benefitted and the service is on offer to any York resident over the age of 16.

To find out more ring the council on 01904 553377 and ask for Glyn Newberry who heads up the team.

DO YOU WANT TO HELP OLDER PEOPLE MAKE BETTER HOUSING CHOICES?

I am Alice Walker a PhD student at Oxford Brookes University and a former housing advisor for older people in York.



My research looks at how we make housing decisions in later life and if you are over 65, live in North Yorkshire and own or rent your home, I would really appreciate the chance to speak to you.

Through understanding how people think about choice, how they view housing and what has shaped their decision making, I hope to identify ways in which people can be helped to make good decisions in the future.

Taking part would mean talking with me for up to an hour, either face to face, on the telephone or computer, at a time and place that suits you. If you are interested or would like more information, please contact me on 07354 603549, or email me on HD@brookes.ac.uk

SAVE ENERGY AND MONEY.....WITH YORK ENERGY ADVICE

Monday 27th March, 10am to 12.30pm at York Explore Library, Library Square. Energy prices and the global temperature keep rising. Pop along for free support on saving energy and water, managing bills and related issues, such as insulation grants or benefits. Enjoy short talks and information stalls, plus LED bulbs for eligible residents (on a low income, aged 50 plus or with a chronic condition).



COURIER FRAUD

North Yorkshire police have received a number of reports since Christmas of what is classified as "Courier Fraud". They are asking the Assembly to raise awareness with our members. This type of fraud arises when you are contacted by someone by telephone claiming to be a police officer or bank official. They will have some basic details about you such as your full name and address.

Having got your trust, they may ask you about removing money from your bank account or providing evidence to the police with financial information to assist them over an arrest.

Never co-operate in the way suggested. The police will never ask you to withdraw money to assist in an investigation.

CORRECTION

In the last newsletter it was stated that the Basic State Pension from April 2023 would rise by 10.1%. This was correct, however, translated into a weekly increase we said it would amount to £158.58. It should have read £156.20. Many apologies.

COMMUNITY TRANSPORT IN YORK

Two services are funded by the Council to meet the needs of older or disabled residents, for whom public transport is no longer suitable or available.

York Wheels

Through a number of volunteer drivers, York Wheels is a pre-booked car service. This offers flexible door to door transport which is low cost and reliable. A lot of the trips are for medical appointments. If this is of interest to you, for more information ring York Wheels on 01904 630080.



Dial and Ride

York's flexible bus service takes passengers from their home to the city centre, major supermarkets or local shops. The buses have full wheelchair facilities. For more information contact Karen Woodward on 01904 721770.

Dial&Ride
York's flexible bus service



FORMER HOSPITAL TO BE TRANSFORMED

Bootham Park Hospital is to be converted to an "Assisted Living" scheme for older people. The Grade I listed, John Carr building and its grand internal fittings will be retained.

Enterprise Retirement Living have produced a scheme which will see the 18

acre site – opened in 1777 - converted to 172 homes for older people – with 24 hour staffing support. In addition, a wide range of community facilities are proposed.

The developer has extensive experience with retirement villages in Cambridge and Ripon. Members of the Assembly visited the scheme at Ripon and were impressed by the quality of accommodation and a clear knowledge of the needs and aspirations of the residents. We wrote to the planning department of the council supporting the scheme proposed.

AGE BEFORE DUTY!

It is the age of rebellion. They may be frail, but 95 year olds are engaged in a campaign of "resistance and subversion" to foster a sense of control over their lives, a study by the University of York has confirmed.

By refusing to wear emergency call pendants, to casting aside walking sticks, many older people used "subversive tactics" to maintain a level of independence often laced with humour and secrecy, particularly with their family.

The study, from the latest census, showed 520,000 people in England and Wales are aged over 95, up 23% in the last decade. Similar increases for those over 90 is reflected in York.

Being independent reflects the continued passion for life. A 95 year old from the study said "I go up the stairs and down. It's like climbing Mount Everest going up, (laughter) but I don't want a stairlift at all."



INFORMATION FAIR - Thursday 16th March 10am - 1pm

The Assembly has organised an Information Fair at St. Sampson's Centre, Church Street on Thursday 16th March, between 10am and 1pm. There will be 12 stalls from key charities in York, with direct relevance to older people. You will be very welcome. Do bring a friend!

FOCUS ON DEMENTIA

Society should stop treating people with dementia as a burden and care for them better in the community says a report from the Archbishops of Canterbury and York.

It comes as it revealed half of the dementia care homes reported on by independent inspectors were rated "inadequate or requiring improvement."

The Alzheimer's Society said the declining standards were "deeply disappointing" and many in residential care are not receiving the high-quality personalised care we know is vital.

At a local level a dementia strategy is being developed. Overall, it would make sure that people with dementia, their family and carers are supported to live life to their full potential. In particular, to be able to say:

- I live in a dementia friendly community
- I know, who/where to turn to for information advice and support
- I have access to a timely and accurate diagnosis
- I have access to the right support that enables me to live well at home as long as possible
- My voice is heard and makes a difference
- When it comes to it, I can die with dignity, in the place of my choice



ATTENDANCE ALLOWANCE – ARE YOU CLAIMING YOURS?

This is a little known and grossly under claimed benefit. Do you qualify? You have to be:

- Over pensionable age
- Have long term physical or mental health issues – which can include sight or hearing loss or dementia
- Have needed care for at least 6 months – including washing and bathing, dressing and undressing, getting in or out of bed.

This benefit helps you to carry on your life as you would want by getting money to help with care or practical things like gardening or cleaning.

You do not have to have someone caring for you in order to make a claim.

There is no means test at all! No financial assessment!

The benefit is available at two levels:

1. If you need help during the day **or** night: £61.55 per week
2. If you need help during the day **and** night: £92.40 per week.

Call in at the next Information Fair on Thursday 16th March between 10am to 1pm for more information from Age (UK) York, Older Citizens Advocacy or York Citizens Advice. They will be pleased to help you.