

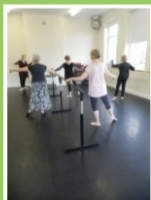


York Older People's
Assembly presents..

York 50⁺ Festival

In association with **THE PRESS**

Saturday 23 September - Sunday 8 October 2023



yorkassembly.org.uk
yorkfiftyplus@gmail.com

Sponsored by

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Foresters
Friendly Society

A few words from YOPA's Chair

York Older People's Assembly (YOPA) continues to coordinate the York 50+ Festival and celebrate the range of activities available for older people in York. YOPA organises bi-monthly open meetings, publishes 4 newsletters a year and runs Information Fairs as well as campaigning on big issues.

This year as part of the Festival, an Information Fair will be held on Friday 6th October from 10 am - 1 pm in St Sampson's Centre in Church Street. We are grateful to St Sampson's for their support as well as their continued services to older people. We would encourage you to visit them and take part in their other activities.

We also appreciate the support and funding from the sponsors of the Festival, who help to enable the Festival to take place, and our particular thanks go to all the many individuals, clubs, and organisations who provide the events and activities that make up the Festival. This year we have more focus on the International Day of Older People, which takes place formally on Sunday 1 October, but is being celebrated in York on Saturday 30 September. Look at the programme for the rich mix of events for IDOP 23 involving 14 different organisations.

Our website (for more information about YOPA) and our contact details are on the back cover. We look forward to hearing from you - enjoy the Festival.

Jim Cannon, Chair, York Older People's Assembly Charity No. 1101018.

Supported by the National Lottery



St Sampson's Centre

Monday - Friday

10am - 4pm

(Excluding bank holidays)

Come along for a hot drink and a meal, and take part in our various activities put on throughout the week.

Phone: 01904 652247 | Email: centre@stsampsoncentre.co.uk

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York
YO1 9PB



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*DRINK
*SHOP
*LOCAL

SPARK* is a free to enter unique space championing the creative and independent community and next generation of entrepreneurs in York.

You'll find the best food, drinks, retail, events and entertainment Yorkshire has to offer.

All access facilities provide a comfortable space for individuals and groups to meet and enjoy, especially the 50+ community across the city. We look forward to welcoming you soon.

@sparkyork



SPONSORS

SPARK is proud to sponsor the York 50+ Festival for the second year in a row. We have always aimed for our venue to appeal to people of all ages, so it seemed a natural thing for us to support the festival this year. We've been lucky enough to work with some of York's most passionate advocates for York's over 50s, including Jim Cannon from YOPA and Sue Lister from Ageing Without Children, amongst others.

We work closely with Ageing Without Children, providing our community event space for their monthly meetings, AGMs and celebration social events. The group receives free meeting spaces at the venue, alongside other community groups looking to make a difference to people across the city. We are passionate about doing our bit to build community cohesion across all generations in York, and promoting the opportunity for groups vital to these communities across the city to come together without financial restriction to meet and make a difference.

We see SPARK as a unique space championing the creative and independent community, providing a home for the next generation of entrepreneurs in York. You'll find the best food, drinks, retail, events and entertainment Yorkshire has to offer. All access facilities provide a comfortable space for individuals and groups to meet and enjoy, especially the 50+ community across the city. We look forward to welcoming you soon !

1834

BECOME A MEMBER TODAY



Foresters Friendly Society has been established in York since 1837. Members of local branches administer their funds for the benefit of members in the form of support, educational, dental, optical and convalescence grants (over £1 million granted nationally) as well as organising social events and fundraising activities.

Full details of membership can be found at www.forestersfriendlysociety.co.uk
Or contact branch secretary **Helen Mackinnon** on **01609 751675**

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“Efficient and professional service, yet friendly and personal at the same time.”

“Communication, guidance and response times were excellent
- we are very pleased with the time it took to complete.”

Please to call us on 01904 558600 or visit www.harrowells.co.uk to find out how we can help you.

SPONSORS



In 2022, Age UK York helped more than 200 people claim over £1.1 million in benefits.

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Money and Benefits

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Trusted Trader Directory

For free and confidential information and advice

01904 634061

Mon - Fri, 9.30 am to 3 pm

firstcall@ageukyork.org.uk

ageukyork.org.uk

Or join us at our Outreach sessions



Welcome to York's 50+ Festival 2023

Here at Age UK York we are delighted to once again be able to sponsor this incredible Festival and the fantastic array of events taking place. Last year was my first Festival since joining and I am excited about 2023 and the opportunity to learn more about the organisations supporting older people here in York and the range of activities available to get involved in. For Age UK York our history is much longer. For over 50 years we have been running a range of services and support for older people and those around them here in York. This support continues and each and every day our staff, volunteers and supporters make possible all we do in our communities as we support local people. You can find out more about what we offer online at www.ageukyork.org.uk or please do contact us directly if you yourself or someone you know needs support. We are so fortunate to work in partnership with so many incredible individuals, organisations and networks where we all strive together to help others across York. As ever, we can always achieve more together and York's 50+ Festival is built on this principle. Please do take the time to get involved and the chance to learn and try something new or perhaps get reacquainted. For example, you can find out about Age UK York's Information and Advice team and our Keep Your Pet Service. There is plenty to choose from and I will be visiting the re-opening of the Red Tower and finding out how to play underwater hockey ! Thank you to everyone involved in making the Festival a reality and such a positive part of the calendar here in York. I hope you enjoy it.

Best wishes, **Simon Holmes** (he / him) Chief Executive, Age UK York

Important information

- **Please check with the contact people before attending an event as details may have changed after this programme was printed.**
- Many regular activities continue after the Festival but some events that are free during the Festival may have a charge afterwards.
- Please take note of events that need to be **booked**, some may be cancelled if there are not enough participants.
- We have tried to include accessibility information where we have it but it might be best to check with the contact person if you have any specific needs. See the codes below.

| | | |
|------------------------|--------------------------|-------------------|
| Wheelchair access = WA | Accessible toilet = AT | Hearing loop = HL |
| BSL interpreter = BSL | Blue Badge Parking = BBP | |

Events Summary

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Events Summary September

| | | |
|--------|--|--|
| Tue 26 | <p>Burnholme Sports Centre Facility Tour Information Fair with MySight York and Healthwatch York Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney - book by 22/9 York Health Walks - Dunnington & York city Grandparents and Kinship Carers Tea Party with Arts and Crafts for Children Deal or No Deal York Leisure Centre Facility Tour Circle dancing for fun. Joseph Rowntree Theatre - How the theatre is run today / Back stage theatre tour City Centre Wellbeing Walk Yearsley pool Aqua Aerobics Table Tennis</p> | <p>p. 24 p. 24 p. 24 p. 25 p. 25 p. 25 p. 26 p. 26 p. 26 p. 27 p. 27 p. 27</p> |
| Wed 27 | <p>Samaritans Circular Ramble Yearsley Swimming Pool Facility Tour Line Dance Workshop Joseph Rowntree Theatre - How the theatre is run today / Back stage theatre tour Indoor Bowls Taster Session Burnholme Sports Centre Badminton & Table tennis Pétanque introduction for beginners The Roll Ups Ecocrafters and Cake Energise Leisure Centre Facility Tour Walking Football York Leisure Centre Facility Tour Coached swim taster session</p> | <p>p. 28 p. 28 p. 28 p. 28 p. 29 p. 29 p. 29 p. 30 p. 30 p. 30 p. 31 p. 31 p. 31</p> |

Events Summary September

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| | | |
|-------------------|---|--|
| <p>Thu 28</p> | <p>Table Tennis Walking Football York Leisure Centre Facility Tour York Health Walks - New Earswick York Leisure Centre Swimming How to Self-Market for Employability Workshop (women's workshop) Orienteering taster session Bingo Silver Swans Ballet Class Walking Netball taster session Jorvik Folkdance club</p> | <p>p. 32 p. 32 p. 32 p. 33 p. 33 p. 33 p. 34 p. 34 p. 34 p. 35 p. 35</p> |
| <p>Fri 29</p> | <p>Weekly Cycling Age UK York in Tang Hall Energise Leisure Centre Facility Tour York Health Walks - Foxwood Sporting Memories Line Dancing Burnholme Sports Centre Gym session York Leisure Centre Facility Tour York Leisure Centre - Clip 'n' Climb Taster Session York Leisure Centre Swimming The story of the scoria brick: the history of our alleyways.</p> | <p>p. 36 p. 36 p. 36 p. 37 p. 37 p. 37 p. 38 p. 38 p. 38 p. 38 p. 39</p> |
| <p>Sat 30</p> | <p>Social bike ride (uncoached) Indoor Bowls Taster Session Red Tower Open Days Yearsley Pool Swimming Flat Green Bowling - Free Trial Session Racketball taster session International Day of Older People (IDOP)</p> | <p>p. 40 p. 40 p. 40 p. 41 p. 41 p. 41 p. 42</p> |

Events Summary October

| | | |
|-------|---|---|
| Sun 1 | Indoor Bowls Taster Session Red Tower Open Days York Open Eco Homes Southlands Masters Rugby League Flat Green Bowling - Free Trial Session Free Swimming & Cycling at York Sport Village Energise Gym & swim “York Minster in close up” | p. 44 p. 44 p. 44 p. 45 p. 45 p. 45 p. 46 p. 46 |
| Mon 2 | Walking Football Pension Credit Bus Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney - book by 22/9 York Health Walks - Rawcliffe Bar Outdoor craft and campfire cooking with Social Connections Sporting Memories Inclusive York Walking Touch Rugby (none-contact) Heworth Ladies Choir Live Independently for Longer in Your Own Home! Scottish Country Dancing | p. 47 p. 47 p. 47 p. 48 p. 48 p. 48 p. 49 p. 49 p. 49 p. 49 p. 50 |
| Tue 3 | Age UK York at St Sampson's Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney - book by 22/9 York Health Walks - Holtby York Health Walks - York city Circle dancing for fun. | p. 51 p. 51 p. 51 p. 51 p. 52 |
| Wed 4 | Sewn With Love - pillow making workshop York Health Walks - Haxby Age UK York Keep Your Pet Dog Café YorSensory Introduction at Wilberforce House OCAY & Age UK York Volunteering Information Day Grandparents and Kinship Carers Tea Party with Arts and Crafts for Children Age UK York at St Luke's Food Share Age UK York Westfield Wednesday drop in York Health Walks - York Art Gallery | p. 52 p. 52 p. 53 p. 53 p. 53 p. 54 p. 54 p. 55 p. 55 |

Events Summary October

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| | | |
|-------|--|--|
| Wed 4 | Acomb Wellbeing Walk Ecocrafters and Cake Walking Football Coached swim taster session | p. 56 p. 56 p. 56 p. 57 |
| Thu 5 | Walking Football How to become your Authentic Self Workshop (women's workshop) York Health Walks - Tang Hall Jorvik Folkdance club | p. 57 p. 57 p. 58 p. 58 |
| Fri 6 | Weekly Cycling Information Fair York Health Walks - Dringhouses Fishergate Wellbeing Walk Sporting Memories Indoor Bowls Taster Session | p. 59 p. 59 p. 60 p. 60 p. 60 p. 61 |
| Sat 7 | Orienteering taster session Choice at the End of Life - Dignity in Dying Campaign Tennis taster session Don't Leave Me Alone | p. 61 p. 61 p. 62 p. 62 |
| Sun 8 | Free Swimming and Cycling at York Sport Village | p. 63 |

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for adults and older adults



UK Chief Medical Officers’
Guidelines 2019

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Stay Active:

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At least

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minutes
moderate
intensity
per week
increased
breathing
able to talk



Improve
balance

Be
active



Build
strength



Benefits health



Improves sleep



Maintains healthy weight



Manages stress



Improves quality of life



Sport and Active Leisure team



sportandactiveleisure@york.gov.uk



16 - 24 September

York Walking Festival 2023

A 9-day long Festival 16 - 24 September, including walks in various locations, distances and interests. Go to the website to see the schedule. [York Walking Festival group walks – iTravel York](#). Printed copies of the programme will be available from The Visitor Information Centre, Parliament Street, from 1 September

Various

Free

Contact: iTravel York 01904 553694 itravel@york.gov.uk

18 September

2 - 4 pm Cuppa and a Chorus

At Cuppa & a Chorus, sing songs you know and explore new ones from around the world. You don't need to have sung before, just enjoy singing with other like-minded people. Enjoy the all-important Cuppa in the break to chat to friends, new and old.

Advanced booking is essential.

National Centre
for Early Music,
St Margaret's
Church,
Walmgate, York
YO1 9TL
£5

Contact: Cherry Fricker 01904 632220
education@ncem.co.uk ncem.co.uk/taking-part

Accessibility YES - WA, AT, HL, BBP (book through box office) NO - BSL

During the Festival

23 September - 1 October

York Environment Week (YEW) is an annual city-wide festival aimed at showcasing and celebrating the work of environment groups active in York. The programme is for anyone, of any age, who cares about tackling climate change, increasing biodiversity and making the city more sustainable, offering opportunities to connect and get involved. More information at yorkenvironmentweek.org.uk

During the Festival

23 September - 8 October

OCAY York Scavenger Hunt

Wander around the City of York, solve the clues for a chance of winning a prize ! Pick up your Scavenger hunt from our OCAY offices for £1, return the form by 8th October. All correct entries will be entered into a random prize draw !

The Priory Street Centre,
15 Priory Street,
York
YO1 6ET

Contact: Danni Gordon 01904 676200

info@ocay.org.uk oldercitizensadvocacyyork.org.uk/

Saturday 23 September

10 am - Thinking Outside the Box !

12.30 pm Join Chris Dudzinska (Last Wishes Funerals), and associate celebrants, for an informative session offering advice on planning for your future. This how-to guide answers queries on making a will, allocating a power of attorney, and finding a funeral ceremony that reflects your wishes and budget.

Friargate Meeting House, Friargate, York
YO1 9RL

Free

Contact: Chris Dudzinska 01904 763335 / 07824 639244

chris@lastwishesfunerals.co.uk lastwishesfunerals.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP at Castlegate car park

10 am - Eat...Pray...Love: open day at St. Denys Church, Walmgate

4 pm A warm community welcome is extended to all-comers. We will offer tea, tours, talks and entertainment under the theme of "Eat-Pray-Love...." telling the history and ambition of our beloved church alongside refreshment both bodily and spiritual; celebrating the refurbished church fabric and fabulous 'Henry' organ installation.

St. Denys Church, Walmgate, York
YO1 9QD

Free

Stepped access

Contact: Mary Brooks PCC Secretary 07941 246312

stdenyschurchyork@gmail.com

Accessibility NO - WA, AT, HL, BSL, BBP

| | | |
|---------------------|---|--|
| 10 am - 4 pm | Red Tower Open Days The Red Tower on Foss Islands Road is reopening after a long closure while the property has been re-roofed. The 50+ Festival is an early opportunity to see inside a building whose 530 year history has just been given a new lease of life. Tea, coffee and cakes will be available via an outdoor café on the lawn. No booking necessary | Red Tower York, Foss Islands Road, York Free entry Charge for refreshments |
|---------------------|---|--|

Contact: Red Tower York
enquiries@redtoweryork.org.uk redtoweryork.org.uk

Accessibility YES - WA (ground floor only) NO - AT, HL, BSL, BBP

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Call: 01904 553377
Fill in the form online:
york.gov.uk/CYCHHealthTrainers



A CYC Health Trainer will be at Burnholme Sports Centre on 27 September 1 - 3 pm, York Leisure Centre on 28 September 11 am - 2 pm and Energise on 1 October 1 - 3 pm to advise about stopping smoking.

Saturday 23 September

| | | |
|-----------------|--|--|
| 3 - 4 pm | York Underwater Hockey Taster If you enjoy swimming, come and try out underwater hockey for the first time ! We will provide all the kit you need; you just need a pair of socks you are happy to get wet. We'll cover the basics and play a short game. | Yearsley Swimming Pool, Haley's Terrace, York YO31 8SB Free |
|-----------------|--|--|

Contact: Sam Birt yorkoctopush@gmail.com yorkoctopush.org.uk/

Accessibility YES - WA, AT, HL, BBP NO - BSL

Sunday 24 September

| | | |
|--------------|---|--|
| 10 am | Fishergate Foraging Walk with Social Connections Join older and younger neighbours for a foraging walk to explore what edible plants are available on our doorstep, how we can identify them and what they can be used for. We will meet at the East side of Millennium Bridge and will | Meet at the end of the Millennium Bridge on the corner of Millennium fields (East side of the bridge). Free |
|--------------|---|--|

explore Millennium Fields, followed by Danesmead Wood before heading back to Cycle Heaven for a free drink. The walk will take about an hour, this will be at a slow pace as we will be stopping to discuss the wild food we find. There are a number of benches available.

Contact: 07769 178998
megan.wilkinson@york.ac.uk [Social Connections | York Cares](#)

No wheelchair access Accessible toilet at Cycle Heaven

| | | |
|--|---|--|
| 10 am - 12 pm OR 2 - 4 pm | Croquet Taster Session Come and try out croquet on our lovely lawns ! You'll learn how to hold a mallet, hit balls through hoops and take part in a simple croquet game. Please wear flat-soled shoes. All equipment is provided. Numbers are limited, please email to book a place. | York Croquet Club, Scarcroft Green, Scarcroft Road, York YO24 1DD Free |
|--|---|--|

Contact: Christine Morris cmorris@fastmail.com yorkcroquet.org/

Accessibility NO - WA, AT, HL, BSL, BBP

| | | |
|-------------------------|--|---|
| 10 am - 2 pm | Red Tower Open Days As Sat 23, see p. 17 | Red Tower York, Foss Islands Road, York |
| | | Free entry |
| | | Charge for refreshments |

Contact: Red Tower York
enquiries@redtoweryork.org.uk redtoweryork.org.uk/

Accessibility YES - WA (ground floor only) NO - AT, HL, BSL,
BBP

| | | |
|-----------------|--|---|
| 1 - 3 pm | Free Swimming and Cycling at York Sport Village Free Swimming and Cycling at York Sport Village. Just turn up between 1- 3pm on the specified dates to gain entry via the Reception Desk. Swimming numbers may be limited and will be first come first served. | York Sport Village, Lakeside Way, York YO10 5FG Free |
|-----------------|--|---|

Contact: York Sport Activities 01904 325770
activities@york-sport.com york-sport.com

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|------------------------|---|--|
| 2.15 - 4 pm | “York in close up” An illustrated talk based on my book of the same name, showing you lots of little details on buildings that you’ve probably never noticed, followed by a fun picture quiz. Books will be on sale afterwards. Please book so I know how many people to expect. | The WORK Space, SPARK, 17 -21 Piccadilly, York YO1 9PB Free |
|------------------------|---|--|

Contact: Catherine Sotheran 01904 411845
CSotheran@aol.com [facebook.com/catherine.sotheran](https://www.facebook.com/catherine.sotheran)

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-------------------|---|---|
| 10 - 11 am | Walking Football This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book ! | Burnholme Sports Centre, Mosssdale Avenue, York YO31 0HA (3G Pitch) £5 |
|-------------------|---|---|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|---------------------|--|---|
| 10 am - 3 pm | Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Matthew Railton, Crombie Wilkinson Solicitors York is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. Pre-book your 30 minute appointment by Fri 22 September | Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ or online via video Teams meeting Free |
|---------------------|--|---|

Contact: Matthew Railton 01904 624185
m.railton@crombiewilkinson.co.uk crombiewilkinson.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|--------------------|---|---|
| 1 - 2.30 pm | Sporting Memories This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up ! | Wigginton Old School, Mill Lane, Wigginton, York YO32 2PU Free |
|--------------------|---|---|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - parking NO - WA, HL, BSL

| | | |
|--------------------|--|---|
| 1 - 3.30 pm | Pickleball for fun Find out how Pickleball can change your life. Our players age range is 50 ish to 87. The game is likened to table tennis where you stand on the table (badminton Court) 3ft net, short handle paddle, underhand serve, plastic with holes in. Everything is provided for immediate start. | The Rec. Copmanthorpe, Barons Crescent, York YO23 3XJ Free for first session £2 after |
|--------------------|--|---|

Contact: Keith Grainge 07804 290232 keithg1941@gmail.com

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-----------------|---|--|
| 1 - 4 pm | Pétanque introduction for beginners Help and guidance from other members on how to play the game of pétanque. Equipment available on the day. Sensible shoes recommended. Booking not required. | Wigginton Pétanque Club, Mill Lane, Wigginton, (next to the Squash Club). YO32 2PY Free |
|-----------------|---|--|

Contact: Stuart Morton 01904 769890
wiggypetanque.york52@yahoo.co.uk wiggintonpetanque.weebly.com

Accessibility YES - parking NO - WA, HL, BSL

| | | |
|----------------|---|---|
| 1.30 pm | Bingo Join us for an afternoon of Bingo. Tickets are only £1 with great prizes to be won. No booking required | St Sampson's Centre, Church St, York YO1 8BE |
|----------------|---|---|

Contact: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-----------------|---|--|
| 2 - 3 pm | York Leisure Centre Facility Tour Tour York Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour, but centre tours are available anytime. | York Leisure Centre, Kathryn Avenue, Monks Cross Dr, Huntington, York YO32 9AF Free |
|-----------------|---|--|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

50+ FESTIVAL

Burnholme Sports Centre

Facility Tours - 25/09/23, 5.30-6.30pm - 26/09/23, 9.30-11.30am
 Badminton & Table Tennis - 27/09/23, 1-3pm
 Gym - 29/09/23, 2.30-4.30pm

York Leisure Centre

Facility Tours - 25/09/23, 2-3pm - 26/09/23, 12-1pm - 27/09/23, 6.30-7.30pm - 28/09/23, 10-11am - 29/09/23, 6-7pm
 Clip 'n' Climb - 29/09/23, 6.55-7.55pm
 Swimming - 28/09/23, 11am-2pm & 29/09/23, 7.30-9pm

Energise Leisure Centre

Facility Tours - 27/09/23, 3-4pm & 29/09/23, 10-11am
 Gym & Swimming - 01/10/23, 1-3.30pm

Yearsley Swimming Pool

Aqua Aerobics - 26/09/23, 2-3pm
 Facility Tour - 27/09/23, 10-11am
 Swimming - 30/09/23, 1-2.30pm

Better has much more to offer at each of the centres in York, for more information please visit any of the centres or find more online at: better.org.uk/york



Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398 VAT registration no: 219749179.

In partnership with



BETTER

Struggling with energy bills or keeping warm at home?

We offer **FREE advice and support on energy issues** to York residents.



**York
Energy
Advice**

by York Community Energy

Get in touch!

yorkenergyadvice.org.uk

Phone: 01904 922249

SMS: 07418 364631



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YORK
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| | | |
|---------------------------|--|---|
| 5.30 - 6.30 pm | Burnholme Sports Centre Facility Tour Tour Burnholme Sports Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour, but centre tours are available anytime. | Burnholme Sports Centre, Mossdale Avenue, Tang Hall, York YO31 0HA Free |
|---------------------------|--|---|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|------------------------|--|---|
| 6.30 - 8 pm | Inclusive York Walking Touch Rugby (none-contact) Touch is a fun and friendly environment for both men and women of all abilities to get involved in touch rugby. Whether it's about honing your fitness or having a great time exercising as a group, this is social fitness at its best. | York Sports Club Clifton Park, Shipton Rd, York YO30 5RE Free |
|------------------------|--|---|

Contact: Glen Coultish 07782 393716
glen@coultish.co.uk yorksportsclub.co.uk/

Accessibility YES - AT, BBP

| | | |
|------------------------|--|--|
| 7.30 - 9 pm | Heworth Ladies Choir We are a group of ladies who meet together to sing popular songs and enjoy being together. We have fun. No need to book. | Methodist Church, Heworth Village YO31 0AE |
|------------------------|--|--|

Contact: Ann Mansfield 07712 250814 annmansfield@talktalk.net

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|------------------------|---|---|
| 9.30 - 10.30 am | Burnholme Sports Centre Facility Tour | Burnholme Sports Centre, Mosssdale Ave., Tang Hall, York YO31 0HA |
| | Tour Burnholme Sports Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour, but centre tours are available anytime. | Free |

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|---------------------|---|--|
| 10 am - 2 pm | Information Fair with MySight York and Healthwatch York | MySight York, 14 Merchants Place, Merchantgate, York YO1 9TU |
| | Come along to our information fair and meet representatives from local organisations, MySight York and Healthwatch York. Free to attend. Full details available on our website. | Free |

Contact: MySight York 01904 636269
hello@mysightyork.org mysightyork.org

Accessibility YES - WA, AT, HL NO - BSL, BBP

| | | |
|---------------------|--|---|
| 10 am - 3 pm | Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney | Crombie Wilkinson Solicitors, 19 Clifford Street, York, YO1 9RJ or online via video Teams meeting |
| | As Mon 25th see p. 20 | |
| | Pre-book your 30 minute appointment by Fri 22 September | Free |

Contact: Matthew Railton 01904 624185
m.railton@crombiewilkinson.co.uk crombiewilkinson.co.uk

| | | |
|--------------------------------|--|---|
| 10.30 am - 90 mins walk | York Health Walks - Dunnington “We love our walks and we’re sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register”. | Meet: Cross Keys Pub, Common Road, Dunnington, York YO19 5NG Free |
| 11 am - 60 mins walk | York Health Walks - York City As above | Meet: Hungate Reading Cafe, Hungate, York YO1 7AF |

Contact: ramblers.org.uk/wellbeing-walks/

| | | |
|---------------------|---|---|
| 11 am - 2 pm | Grandparents and Kinship Carers Tea Party with Arts and Crafts for Children Come and join us for free light refreshment, and arts and craft activities for the little ones. Just drop in, no need to book. Ring the Family Hub’s doorbell upon arrival. | Hob Moor Children’s Centre, Green Lane, Acomb, York YO24 4PS Free |
|---------------------|---|---|

Contact: York Family Information Service 01904 554444
fis@york.gov.uk yor-ok.org.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

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|--------------|---|--|
| 12 pm | Deal or No Deal Join us for a game of Deal or No Deal where we will be selling tickets for £1, and one ticket will be selected on the day for the chance to play. There is a top cash prize, vouchers, and more to be won, and each week if the top prize is not won, it will increase. | St Sampson’s Centre, Church St, York YO1 8BE |
|--------------|---|--|

Contact: Contact: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|------------------|---|---|
| 12 - 1 pm | York Leisure Centre Facility Tour Tour York Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour, but centre tours are available anytime. | York Leisure Centre, Kathryn Avenue, Monks Cross Dr., Huntington, York YO32 9AF Free |
|------------------|---|---|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|------------------------|--|--|
| 12.45 - 1.45 pm | Circle dancing for fun Dance to Balkan, Greek and modern music. No experience or partner necessary. No need to book, just turn up. Flat comfy shoes recommended. | Saint Olave's Church Hall, Marygate Lane, York YO30 7DS £1 |
|------------------------|--|--|

Contact: Sally Lewis 01904 634319 / 07951368234
lewissally439@gmail.com

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-------------|--|---|
| 1 pm | Joseph Rowntree Theatre - how the theatre is run today A talk about how the theatre is run today, the challenges faced in maintaining a listed building and encouraging new audiences. Booking is essential. | Joseph Rowntree Theatre, Haxby Road, York YO31 8TA £5 each or £8 for both |
| 2 pm | Back stage theatre tour A behind-the-scenes look at the workings of a Community Theatre. Booking is essential. | Tour is not wheelchair accessible (stairs) |

Contact: Joseph Rowntree Theatre 01904 501935
boxoffice@jrtheatre.co.uk josephrowntreetheatre.co.uk

Accessibility YES - WA (ground floor only), AT, HL NO - BSL, BBP

| | | |
|-----------------|--|---|
| 1 - 2 pm | City Centre Wellbeing Walk This sociable group walk will be approximately one mile in length, at a gentle pace, with opportunities to sit along the way. Please let us know in advance if you use a mobility aid or wheelchair. Booking is essential. | We meet outside the Museum Garden gates (Lendal side) Free |
|-----------------|--|---|

Contact: Move Mates 01904 373017
york@movemates.org.uk movemates.org.uk/my-events/

| | | |
|-----------------|--|---|
| 2 - 3 pm | Yearsley Pool Aqua Aerobics Come along to Yearsley Pool and try our aqua aerobics sessions. With a mix of aerobics, strength and conditioning moves, a workout in the water will get your heart pumping without putting pressure on joints. Better for: mobility and stress relief. Limited numbers, please email to confirm a place. | Yearsley Swimming Pool, Haley's Terrace, Clifton, York YO31 8SB |
|-----------------|--|---|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|--------------------|---|--|
| 7.30 - 9 pm | Table Tennis We are an informal friendly group playing social table tennis. Basic instruction can be given to beginners. Booking is essential , please contact Ron 07766 852055. | Dunnington Sports Club, Common Road, Dunnington YO19 5NG Free |
|--------------------|---|--|

Contact: Ron Willits 07766 852055 / 01904 489046
ronwillits48@gmail.com

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|-------------|--|---|
| 9.30 | Samaritans Circular Ramble A 15 mile ramble with lunch stop and options to complete the circuit or join along the way. This ramble includes riverbanks, countryside and nature reserves around the York area and is an opportunity to walk, chat and meet fellow walkers. Booking is essential. To book or find out more, contact: Anita | Start at York Railway Station. Free. Donations can be made to York Samaritans but not obligatory |
|-------------|--|---|

Contact: Anita Moore 07944 717019 anita.yorksams@gmail.com

| | | |
|-------------------|---|---|
| 10 - 11 am | Yearsley Swimming Pool Facility Tour Tour Yearsley Swimming Pool and talk to our Community Manager about what you would like in the community. 1 hour drop- in session. This is an organised tour but centre tours are available anytime. | Yearsley Swimming Pool, Haley's Terrace, Clifton, York YO31 8SB Free |
|-------------------|---|---|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|---------------------|---|---|
| 11 am - 1 pm | Line Dance Workshop Line Dance is a great way to meet new people and have fun ! Learn new routines as well as social dancing and requests. Suitable for all ability levels - even if you've never danced before come and give it a try. Booking by email advised but not essential. | St. James the Deacon Church Hall, Woodthorpe YO23 9SE Free |
|---------------------|---|---|

Contact: Ami Carter 07891 510646 blackvelvetdance@yahoo.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|-------------|---|-------------------------|
| 1 pm | Joseph Rowntree Theatre - how the theatre is run today as Tue 26, see p. 26 | Joseph Rowntree Theatre |
|-------------|---|-------------------------|

2 pm Back stage theatre tour

Contact: Joseph Rowntree Theatre 01904 501935
boxoffice@jrtheatre.co.uk josephrowntreetheatre.co.uk

Accessibility YES - WA (ground floor only), AT, HL NO - BSL, BBP

| | | |
|-----------------|---|---|
| 1 - 3 pm | Indoor Bowls Taster Session 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 and shoes will be available free of charge. Dress comfortably. Maximum 12 people per session. Booking is advised. | New Earswick & District Bowling Club, Huntington Road, Huntington, York YO32 9PX Free |
|-----------------|---|---|

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

Accessibility YES - WA

| | | |
|-----------------|---|--|
| 1 - 3 pm | Burnholme Sports Centre Badminton & Table tennis Come along to Burnholme Sports Centre and dust off those racquets ! We will have two table tennis and two badminton courts set up for you to try, if you're an experienced hand or want to try something new these sessions will be ideal for you. All equipment is provided; please email to confirm a place. Also on site will be a CYC Health Trainer offering advice about stopping smoking, see their advert on p.17 | Burnholme Sports Centre, Mosssdale Avenue, Tang Hall, York YO31 0HA Free |
|-----------------|---|--|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|-----------------|---|--|
| 1 - 4 pm | Pétanque introduction for beginners Help and guidance from other members on how to play the game of pétanque. Equipment available on the day. Sensible shoes recommended. Booking not required. | Wigginton Pétanque Club, Mill Lane, Wigginton (next to the Squash Club) YO32 2PY Free |
|-----------------|---|--|

Contact: Stuart Morton 01904 769890
wiggypetanque.york52@yahoo.co.uk wiggintonpetanque.weebly.com

Accessibility YES - parking NO - WA, HL, BSL

| | | |
|----------------|--|---|
| 1.30 pm | The Roll Ups Come along and enjoy some music from The Roll Ups. They are a local band in York who play 60s rock and roll. No booking required. | St Sampson's Centre, Church St., York YO1 8BE |
| | | Free |

Contact: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-----------------|--|--|
| 2 - 4 pm | Ecocrafters and Cake The St Nicks EcoCrafters meet weekly to share craft skills, warm drinks and chat. We specialise in upcycling and repurposing items to sell for the St Nicks charity. All abilities welcome! Materials provided or bring your own project. There will be a warm welcome and cake! No booking required. | St Nicks Environment Centre, Rawdon Avenue, York YO10 3FW |
| | | Free |

Contact: Jo Young jo@stnicks.org.uk
stnicks.org.uk/nature-based-wellbeing/ecocrafters/

Accessibility YES - WA, AT, basic BSL NO - HL, BBP but parking nearby

| | | |
|-----------------|--|--|
| 3 - 4 pm | Energise Leisure Centre Facility Tour Tour Energise Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour but centre tours are available anytime. | Energise Leisure Centre, Cornlands Road, Acomb, York YO24 3DX |
| | | Free |

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, BBP NO - HL, BSL

6 - 7 pm Walking Football

This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book!

Huntington
Community
Sports Pitch,
YO32 9WT
(opposite
Huntington
Secondary
School)
£5

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

6.30 - York Leisure Centre Facility Tour

7.30 pm Tour York Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour but centre tours are available anytime.

York Leisure
Centre,
Kathryn Avenue,
Monks Cross Dr.,
Huntington, York
YO32 9AF
Free

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

7 - 8 pm Coached swim taster session

York Tri is a friendly triathlon club, open to all. This session develops front crawl technique as well as building fitness. NB: Session to improve fitness and technique, not learn to swim. You should already be able to swim 50m front crawl unaided.
Booking essential: by email.

Energise,
Cornlands Rd,
Acomb, York
YO24 3DX
Free taster
session

Contact: Rachael Holmes
rachael@yorktriclub.co.uk yorktriclub.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|------------------------|---|--|
| 9.30 am - 12 pm | Table Tennis We are a informal friendly group playing social table tennis. Basic instruction can be given to beginners. Booking is essential , please contact Ron 07766 852055 | Dunnington Sports Club Common Road, Dunnington YO19 5NG |
| | | Free |

Contact: Ron Willits 07766 852055 / 01904 489046
ronwillits48@gmail.com

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|-------------------|--|--|
| 10 - 11 am | Walking Football This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book! | Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA (3G Pitch) £5 |
|-------------------|--|--|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|-------------------|---|--|
| 10 - 11 am | York Leisure Centre Facility Tour Tour York Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour, but centre tours are available anytime. | York Leisure Centre, Kathryn Avenue, Monks Cross Dr, Huntington, York YO32 9AF Free |
|-------------------|---|--|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|--------------------------------|--|---|
| 10.30 am - 90 mins walk | York Health Walks - New Earswick “We love our walks and we're sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register”. | Meet: The Folk Hall car park, Hawthorn Terrace, New Earswick, York YO32 4DX Free |
|--------------------------------|--|---|

Contact: ramblers.org.uk/wellbeing-walks/

| | | |
|---------------------|--|---|
| 11 am - 2 pm | York Leisure Centre Swimming Come and try swimming at York's newest swimming pool. York LC has accessible entry into the pool if required. This is a 1 hour drop-in session. Limited numbers, please email to confirm a place . Also on site will be a CYC Health Trainer offering advice about stopping smoking, see their advert on p. 17 | York Leisure Centre, Kathryn Avenue, Monks Cross Dr., Huntington, York YO32 9AF Free |
|---------------------|--|---|

Contact: Community Sports Manager

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|------------------------|--|---|
| 11 am - 4.00 pm | How to Self-Market for Employability Workshop (women's workshop) This exciting new and informative online workshop will help you uncover the facts and myths of self-marketing, understand the principles of good self-awareness and how to master a personal pitch, whilst becoming more strategic in | online via zoom - zoom link sent via email the day prior to event - laptop or computer and internet access required £5 |
|------------------------|--|---|

networking your way to success in employment or business enterprise. **Numbers limited to 12 / booking essential via email.**

Contact: Liz Hempsall 07495 731958
lizhempshall@futureintentions.co.uk
futureintentionsyorkshire.org.uk/

| | | |
|-----------------|---|---|
| 1 - 6 pm | Orienteering taster session Exercise and Navigation is known to maintain mental and brain health. Come and find control points in and around Rowntree Park using the map supplied. Mobile phone app option also available. Booking not required. Accessible option available. | Rowntree Park café, Terry Ave, YO23 1JQ Free |
|-----------------|---|---|

Contact: Simon Brook 07790 495668 simon.brook@lineone.net

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|----------------|---|---|
| 1.30 pm | Bingo Join us for an afternoon of Bingo. Tickets are only £1 with great prizes to be won. No booking required | St Sampson's Centre, Church St, York, YO1 8BE |
|----------------|---|---|

Contact: Contact: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk/

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-----------------------|--|---|
| 1.30 - 2.30 pm | Silver Swans Ballet Class Free Silver Swans Ballet taster. All ages and abilities welcome from 50 upwards. We can make many adaptations for class safety and enjoyment which can be discussed at the time of booking. Plus join us for a cuppa afterwards. Numbers limited. Booking essential via phone or email. | Huntington Memorial Hall, 46 Strensall Rd, Huntington, York YO32 9SH Free taster to newcomers |
|-----------------------|--|---|

Contact: Jorvik Dance 07725 478479
jorviksilverswans@gmail.com jorvikdance.com

Accessibility YES - BBP

6 - 7 pm Walking Netball taster session
Booking is necessary as courts are outdoors so we rely on favourable weather & need contact info in case cancellation is necessary.

York RI Sports Ground, New Lane, Acomb YO24 4NX
 Free

Contact: Janet Ivel 07949 948358 janetivel@aol.com

Accessibility YES - WA, AT, BBP NO - HL, BSL

7.45 - 9.45 pm Jorvik Folkdance club
 We are a small friendly group meeting weekly. We dance to recorded music, instructions are called throughout the dances. We welcome singles and couples. No experience needed, just come and have a try !
Please phone for further information before attending.

First floor , Acomb Parish Church hall, 18A Front Street, York YO24 2SH
 1st free then £3

Contact: Annette Soothill 07719 675242 annette@soothill.com

Accessibility NO - WA (first floor), HL, BSL, BBP



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Healthcare

Local healthcare
services to local people

**New earwax removal service
Acomb Garth Community
Care Centre**



**Nimbuscare Ltd
- Services**
www.nimbuscare.co.uk

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|------------|--|---|
| tbc | Weekly cycling Sociable cycling club. We go out every week - usually about 10 miles to a cafe - sometimes longer rides, usually with an alternative short route. We are a smallish group with some ebikes and everyone is encouraged to lead a ride now and then. Please get in touch and we can arrange for you to come with us and see how you like the pace, the place, and the company ! | Contact Heather for starting location Free |
|------------|--|---|

Contact: Heather overfiftiesbikes@yahoo.com

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|---------------------|--|---|
| 9.30 - 10.30 | Age UK York in Tang Hall Come along to find out about Age UK services in York and for information and advice on issues affecting older people including welfare benefits and care. Our Wills / Power of Attorney advisor will also be in attendance. Booking not required. | Tang Hall Community Centre, Fifth Avenue, York YO31 0UG Free |
|---------------------|--|---|

Contact: Andy Waites 01904 933635
ageukyork@ageukyork.org.uk ageuk.org.uk/york

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|-------------------|--|---|
| 10 - 11 am | Energise Leisure Centre Facility Tour Tour Energise Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour but centre tours are available anytime. | Energise Leisure Centre, Cornlands Road, Acomb, York YO24 3DX Free |
|-------------------|--|---|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|--------------------------------|---|--|
| 10.45 am - 60 mins walk | York Health Walks - Foxwood “We love our walks and we're sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register”. | Meet: Community Centre, Cranfield Place, Foxwood, York YO24 3HY Free |
|--------------------------------|---|--|

Contact: yorkhealthwalks@gmail.com

| | | |
|--------------------|--|--|
| 1 - 2.30 pm | Sporting Memories This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up ! | LNER Community Stadium, Kathryn Avenue, Huntington, York YO32 9AF Free |
|--------------------|--|--|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|-----------------------|--|--|
| 1.30 - 3.30 pm | Line Dancing Join us for an afternoon of line dancing. Everybody is welcome as Dave and Nicole, our pros, cater to all abilities. Booking is advised as we have limited capacity. | St Sampson's Centre, Church St., York YO1 8BE £3 |
|-----------------------|--|--|

Contact: Sarah 01904 652247
sarah@stsampsonscentre.co.uk stsampsonscentre.co.uk

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-----------------------|--|--|
| 2.30 - 4.30 pm | Burnholme Sports Centre Gym session Come along to Burnholme Sports Centre and have the opportunity to try out the gym. During the afternoon participants will be able to try different equipment and see the facilities. Limited numbers - please email to confirm a place. | Burnholme Sports Centre, Mosssdale Avenue, Tang Hall, York YO31 0HA Free |
|-----------------------|--|--|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|-----------------|--|---|
| 6 - 7 pm | York Leisure Centre Facility Tour Tour York Leisure Centre and talk to our Community Manager about what you would like in the community. 1 hour drop-in session. This is an organised tour but centre tours are available anytime. | York Leisure Centre, Kathryn Avenue, Monks Cross Dr., Huntington, York YO32 9AF All Free |
|-----------------|--|---|

| | | |
|-----------------------|--|--|
| 6.55 - 7.55 pm | York Leisure Centre - Clip 'n' Climb Taster Session Try out climbing at Clip 'n' Climb ! Colourful and adventurous climbing walls designed to be multi-generational. Please wear suitable clothing and footwear. Dresses, skirts, hooded tops not recommended. 20 places per session - please email to confirm a place. | |
|-----------------------|--|--|

| | | |
|--------------------|---|--|
| 7.30 - 9 pm | York Leisure Centre Swimming Come and try swimming at York's newest swimming pool. York LC has accessible entry into the pool if required. This is a 1 hour drop-in session. Limited numbers - please email to confirm a place | |
|--------------------|---|--|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

**7.45 pm
- doors
open at
7.30**

The story of the scoria brick: the history of our alleyways.

A talk by Susan Major, Clements Hall Local History Group.

Have you ever wondered why we have all those silvery grey blue tiles in our back alleyways and gutters in York? It was the ultimate recycling solution. **Booking advisable**

Clements Hall,
Nunthorpe Road,
York
YO23 1BW

£1 members
£3 non-members

Contact: Clements Hall 01904 466086

clemhallmembership@gmail.com clementshallhistorygroup.org.uk/

Accessibility YES - WA, AT, HL, local parking NO - BSL

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| | | |
|---------------------------------|---|----------------------------------|
| Tbc, usually mid morning | Social bike ride (uncoached) Friendly ride, suitable for relative newcomers to cycling, all bikes welcome if safe and road worthy. Non drop ride i.e. we wont leave you behind ! Exact ride details still tbc, likely to be around 50km with café stop. Booking essential. | Tbc (central York) Free |
|---------------------------------|---|----------------------------------|

Contact: Rachael Holmes
rachael@yorktriclub.co.uk yorktriclub.co.uk/

| | | |
|----------------------|---|---|
| 10 am - 12 pm | Indoor Bowls Taster Session 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 and shoes will be available free of charge. Dress comfortably. Maximum 12 people per session. Booking is advised. | New Earswick & District Bowling Club, Huntington Road, Huntington, York YO32 9PX Free |
|----------------------|---|---|

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

Accessibility YES - WA

| | | |
|---------------------|--|--|
| 10 am - 4 pm | Red Tower Open Days The Red Tower on Foss Islands Road is reopening after a long closure while the property has been re-roofed. The 50+ Festival is an early opportunity to see inside a building whose 530 year history has just been given a new lease of life. Tea, coffee and cakes will be available via an outdoor café on the lawn. No booking necessary. | Red Tower York, Foss Islands Road, York Free entry Charge for refreshments |
|---------------------|--|--|

Contact: Red Tower York
enquiries@redtoweryork.org.uk redtoweryork.org.uk/

Accessibility YES - WA (ground floor only) NO - AT, HL, BSL, BBP

| | | |
|--------------------|---|---|
| 1 - 2.30 pm | Yearsley Pool Swimming Come and try swimming at York's longest swimming pool! Yearsley is 50 yards in length and has accessible entry into the pool if required. This is a 1 hour drop-in session. Limited numbers, please email to confirm a place. | Yearsley Swimming Pool, Haley's Terrace, Clifton, York YO31 8SB Free |
|--------------------|---|---|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|-----------------|---|--|
| 1 - 3 pm | Flat Green Bowling - Free Trial Session Come and join us at Glen Gardens to join in and have a go at Flat Green Bowling. This is a great sport to have some fun, meet new people and it has lots of other health and wellbeing benefits. Please wear flat soled shoes and comfortable clothing. Please contact Ray Bycroft if you are interested in attending. | Glen Gardens, Heworth, York YO31 1AP Free |
|-----------------|---|--|

Contact: Ray Bycroft 07484 639237 r.bycroft1@btinternet.com

Accessibility YES - WA, AT, BBP (on road) NO - HL, BSL

| | | |
|-----------------|---|---|
| 2 - 4 pm | Racketball taster session Come along and try Racketball at York Squash Club. All equipment can be provided. Booking is essential as places are limited. Please contact Matt on the attached contacts or via our Facebook page YorkSquashClub | York Squash Club, York Sports Club, Clifton Park, Shipton Road, York YO30 5RE Free |
|-----------------|---|---|

Contact: Matt Bridson 07949 289536
coaching@yorksquashclub.com yorksquashclub.com
facebook.com/YorkSquashClub

Accessibility YES - AT, BBP

York Celebrates

*United Nations International Day of Older People
Saturday, 30th September 2023*

**Growing Old Responsibly:
saving the planet & celebrating the natural world -
through story-telling & painting**

What is it all about?

- ✓ Showcasing resilience & contribution of elders in a changing & challenging world...
- ✓ Making space to talk about and share memories and ambition with older people...
- ✓ Signposting the creative & diverse ways older people practise sustainable wellbeing as they live their best lives!

Who is getting involved in York?

YOPA; Age UK York; Age-Friendly York; York Art Gallery;
Museum Gardens; Castle Museum; York Theatre Royal; York Explore;
York Minster; Parkinsons' Creatives; Radio York; Hospital Radio;
UoY Tea & Coffee Club

Join us, Come & Visit on September 30th

Art Gallery: inspired by the *Bloom* exhibition, artist-led still life drawing in the YAG studio, free drop-in session: celebrating the natural world & painting the beautiful world around us.

Museum Gardens: guided tours to complement *Bloom*.

Theatre Royal:

- Linked to **A Play for The Living in a Time of Extinction**, tv screening, in the foyer, of local elders' memories – stories from objects & practices that are planet-friendly, *from September 26th*
- Patio screening of the same stunning heritage stories.... on pedal-powered cinema screen! *from September 25th*
- Still-life 'painting' workshop in upper foyer, *on September 30th*

York Minster: *tv screening, as above from September 25th*

St Helens Square: *Eco-angel-sculptures installation, September 30th*

York Explore: *tv screening + mini-info fair for elders, October 1st*

Join us, Listen & Link in

Radio York: will be hearing live and recorded voices of older people from across all corners of our city, storytelling across the day.

York Hospital Radio: storytelling designed to engage the wider hospital community.

Websites: Age UK York, YOPA, Live Well York, Museums, Theatre and Minster will be promoting this celebration of old age with messages on their main websites.

York Art Gallery, York Theatre Royal, YOPA and York Explore will be provoking dialogue and debate for those of us who tweet(!) with a twitter takeover of the Theatre, and York Museum social media Twitter accounts!

For further information contact:

Mary Cannon: marycannon3988@gmail.com 07920 162034

Dianne Willcocks: d.willcocks@outlook.com 07850 111299



**YORK
MINSTER**



Age Friendly York

explore
Libraries and Archives

PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

**YORK
BRANCH**



York Museums Trust

| | | |
|--------------------------|---|---|
| 10 am - 12 pm | Indoor Bowls Taster Session 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 and shoes will be available free of charge. Dress comfortably. maximum 12 people per session. Booking is advised. | New Earswick & District Bowling Club, Huntington Road, Huntington, York YO32 9PX Free |
|--------------------------|---|---|

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

Accessibility YES - WA

| | | |
|-------------------------|--|--|
| 10 am - 2 pm | Red Tower Open Days As Sat 30 Sep, see p. 40 | Red Tower York, Foss Islands Road, York Free entry Charge for refreshments |
|-------------------------|--|--|

Contact: Red Tower York
enquiries@redtoweryork.org.uk redtoweryork.org.uk/

Accessibility YES - WA (ground floor only) NO - AT, HL, BSL, BBP

| | | |
|-------------------------|--|--|
| 10 am - 4 pm | York Open Eco Homes Visit homes that don't cost the Earth to run. Upgrading your home for energy saving with insulation and other measures is a triple win. You get lower bills and carbon footprint, as well as better comfort. Book a tour to be inspired and learn from hosts' experiences. | Several local homes, addresses supplied upon booking Free |
|-------------------------|--|--|

Contact: Ivana Jakubkova 07966 720347
stnicks.org.uk/ecohomes

| | |
|---|---|
| 12 - 1 pm Southlands Masters Rugby League Southlands Masters are hosting a fun, friendly and safe touch rugby session on our pitch on York Knavesmire. Limited contact, with the emphasis firmly on having fun with a little exercise thrown in for good measure. No experience necessary to join our fully inclusive sessions. | Bustardthorpe Changing Facility, Racecourse Road, York YO23 1EX Free |
|---|---|

Contact: Southlands Masters Rugby League 07828 816986
 Twitter @SouthsMastersRL

Accessibility NO - WA, AT, HL, BSL, BBP

| | |
|---|--|
| 1 - 3 pm Flat Green Bowling - Free Trial Session Come and join us at Glen Gardens to join in and have a go at Flat Green Bowling. This is a great sport to have some fun, meet new people | Glen Gardens, Heworth, York YO31 1AP Free |
|---|--|

and it has lots of other health and wellbeing benefits. Please wear flat soled shoes and comfortable clothing. **Please contact Ray Bycroft if you are interested in attending.**

Contact: Ray Bycroft 07484 639237 r.bycroft1@btinternet.com

Accessibility YES - WA, AT, BBP (on road) NO - HL, BSL

| | |
|--|--|
| 1 - 3 pm Free Swimming and Cycling at York Sport Village Free Swimming and Cycling at York Sport Village. Just turn up between 1- 3pm on the specified dates to gain entry via the Reception Desk. Swimming numbers may be limited and will be first come first served | York Sport Village, Lakeside Way, York YO10 5FG Free |
|--|--|

Contact: York Sport Activities 01904 325770
activities@york-sport.com york-sport.com

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|--------------------|--|--|
| 1 - 3.30 pm | Energise Gym & swim Come along to Energise Leisure Centre and have the opportunity to try out the gym and swimming pool. During the open afternoon participants will be able to try different equipment and see the facilities. Limited numbers, please email to confirm a place. Also on site between 1 - 3 pm will be a CYC Health Trainer offering advice about stopping smoking, see their advert on p. 17 | Energise Leisure Centre, Cornlands Road, Acomb, York YO24 3DX Free |
|--------------------|--|--|

Contact: Community Sports Manager
YorkCommunitySports@gll.org Better.org.uk/York

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | | |
|--------------------|--|--|
| 2.15 - 4 pm | “York Minster in close up - the exterior ” An illustrated talk based on my book of the same name, showing you lots of the amazing grotesques and other carved figures on the outside of the Minster. Books will be on sale afterwards. Please book so I know how many people to expect. | The WORK Space, SPARK, 17 -21 Piccadilly, York YO1 9PB Free |
|--------------------|--|--|

Contact: Catherine Sotheran 01904 411845
CSotheran@aol.com facebook.com/catherine.sotheran

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|-------------------|---|---|
| 10 - 11 am | Walking Football This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book ! | Burnholme Sports Centre, Mosssdale Avenue, York YO31 0HA (3G Pitch) £5 |
|-------------------|---|---|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - BSL, HL

| | | |
|---------------------|--|--|
| 10 am - 2 pm | Pension Credit Bus An Age UK York advisor will be available on the York Explore bus offering free benefits assessments and answering your queries on pensions and welfare benefits. Come along to check you are receiving everything you are entitled to. We can also help you make a claim if there are benefits you're not currently receiving. No need to book. | Monkton Road (near shops) YO31 Free |
|---------------------|--|--|

Contact: Andy Waites 01904 933635
ageukyork@ageukyork.org.uk ageuk.org.uk/york

Accessibility Yes - WA (lift)

| | | |
|---------------------|---|--|
| 10 am - 3 pm | Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney As Mon 25th see p. 20 Pre-book your 30 minute appointment by Fri 22 September | Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ or online via video Teams meeting Free |
|---------------------|---|--|

Contact: Matthew Railton 01904 624185
m.railton@crombiewilkinson.co.uk crombiewilkinson.co.uk

| | | |
|--|---|--|
| 10.30 am - 90 mins walk | York Health Walks - Rawcliffe Bar, 2 walks, 1 moderate & 1 fast "We love our walks and we're sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register". | Meet: The Country Park Office, Rawcliffe Bar Park and Ride, Shipton Road, York YO30 5XZ. Free |
|--|---|--|

Contact: yorkhealthwalks@gmail.com

| | | |
|-------------------------------|---|---|
| 10.30 am - 2.30 pm | Outdoor craft and campfire cooking with Social Connections Join older and younger neighbours to sit in the lovely atmosphere of Homestead park, experience some outdoor crafts, whittling and weaving, help to make a campfire and cook a seasonal snack to share with others. Or simply just enjoy nature, drop in anytime from 10.30 - 2.30. Booking not necessary. | Meet at the lower meadow, Homestead Park Free |
|-------------------------------|---|---|

Contact: 07769178998 megan.wilkinson@york.ac.uk

Accessibility YES - AT (in main park), BBP NO - WA, HL, BSL

| | | |
|--------------------|---|--|
| 1 - 2.30 pm | Sporting Memories This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up ! | Wigginton Old School, Mill Lane, Wigginton, York YO32 2PU Free |
|--------------------|---|--|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|--------------------|--|---|
| 6.30 - 8 pm | Inclusive York Walking Touch Rugby (none-contact) Touch is a fun and friendly environment for both men and women of all abilities to get involved in touch rugby. Whether it's about honing your fitness or having a great time exercising as a group, this is social fitness at its best. | York Sports Club Clifton Park, Shipton Rd, York YO30 5RE Free |
|--------------------|--|---|

Contact: Glen Coultish 07782 393716
glen@coultish.co.uk yorksportsclub.co.uk/

Accessibility YES - AT, BBP

| | | |
|--------------------|---|--|
| 7.30 - 9 pm | Heworth Ladies Choir We are a group of ladies who meet together to sing popular songs and enjoy being together. We have fun. No need to book. | Methodist Church, Heworth Village YO31 0AE |
|--------------------|---|--|

Contact: Ann Mansfield 07712 250814
annmansfield@talktalk.net

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|---------------------|---|--|
| 7.30 - 10 pm | Live Independently for Longer in Your Own Home ! Come along and meet some of our experts and learn what you can do to ensure you can live independently for longer in your own home. Enjoy a coffee, music and some lively chat ! | English Martyrs Church Hall, Dalton Terrace, York YO24 4DA Free |
|---------------------|---|--|

Contact: Angie Francksen 0300 330 9480
info@laterlifehub.org laterlifehub.org

Accessibility YES - WA, AT, parking at the Hall NO - HL, BSL

7.30 - 10
pm

Scottish Country Dancing

Come along and give Scottish Country Dancing a try ! Everyone welcome, no partner needed just a pair of soft shoes. All dances are walked through. Enjoy a dance, the music, a coffee and a chat ! **Booking is advised.**

English Martyrs
Church Hall,
Dalton Terrace,
York
YO24 4DA

Free

Contact: Angie Francksen 07793 367296
afrancksen@hotmail.com yorkscdclub.org.uk/

Accessibility YES - WA, AT, parking at the Hall NO - HL, BSL



TRY OUT

SCOTTISH COUNTRY DANCING!

Every Monday Evening 7.30pm

English Martyrs Church Hall, Dalton Terrace, York. YO24 4DA



Come and Join Us
Everyone Welcome No Partner Needed
Call Angie for further information
07793367296



**Live Independently for longer
in your own home!**



Oct 2nd 2023
7.30pm -10.00pm

Meet the Team
Later Life Hub

English Martyrs Church Hall
Dalton Terrace, York YO24 4DA

Programme

Coffee and a Chat
with our Experts



Book your Free Place
0300 330 9480
info@laterlifehub.org

| | | |
|---------------------|---|---|
| 10 am - 1 pm | Age UK York at St Sampson's Come along to find out about Age UK services in York or for information and advice on issues affecting older people including welfare benefits and care. Our Wills / Power of Attorney advisor will be in attendance. Booking not required. | St Sampson's Centre, Church Street, York YO1 8BE Free |
|---------------------|---|---|

Contact: Andy Waites 01904 933635
ageukyork@ageukyork.org.uk ageuk.org.uk/york

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|---------------------|---|--|
| 10 am - 3 pm | Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney Matthew Railton, Crombie Wilkinson Solicitors York, is providing a legal advice drop-in clinic to take questions about making your Will and Lasting Powers of Attorney. Pre-book your 30 minute appointment by Fri 22 September. | Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ or online via video Teams meeting Free |
|---------------------|---|--|

Contact: Matthew Railton 01904 624185
m.railton@crombiewilkinson.co.uk crombiewilkinson.co.uk

| | | |
|--------------------------------|---|---|
| 10.30 am - 90 mins walk | York Health Walks - Holtby Church "We love our walks and we're sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register". | Meet: Holtby Church, Holtby Lane, York YO19 5UD |
| 11 am - 60 mins walk | York Health Walks - York City As above | Meet: Hungate Reading Cafe, Hungate, York YO1 7AF Free |

Contact: ramblers.org.uk/wellbeing-walks/

Tuesday 3 October

| | | |
|----------------------------|--|---|
| 12.45 - 1.45 pm | Circle dancing for fun Dance to Balkan, Greek and modern music .No experience or partner necessary. No need to book, just turn up. Flat comfy shoes recommended. | Saint Olave's Church Hall, Marygate Lane, York YO30 7DS |
| | | £1 |

Contact: Sally Lewis 01904 634319 / 07951 368234
lewissally439@gmail.com

Accessibility YES - WA, AT NO - HL, BSL, BBP

Wednesday 4 October

| | | |
|-------------------------|---|---|
| 10 am - 3 pm | Sewn With Love - Pillow making workshop We make pillows to give a bit of comfort to mastectomy patients. Hand sewing, cutting, stuffing, packaging tasks required, so jobs for sewers and non sewers alike. | York RI RFC, New Lane, Acomb YO24 4NT |
| | | Free |

Come for as much or as little of the day as you like. Tea and coffee provided, bring your own lunch if staying all day. **Booking is essential via email or telephone.**

Contact: Breast Friends York - Sewn With Love 01904 373088
info@yorkbreastfriends.org yorkbreastfriends.org/

Accessibility YES - WA, AT, BBP NO - HL, BSL (some Makaton knowledge)

| | | |
|--|---|--|
| 10.30 am - 60 mins walk | York Health Walks - Haxby “We love our walks and we're sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register”. | Meet: Oaken Grove Community Centre, Reid Park, Oaken Grove, Haxby YO32 3QW |
| | | Free. |

Contact: ramblers.org.uk/wellbeing-walks/

| | | |
|-----------------|---|---|
| 10.30 am | Age UK York Keep Your Pet - Dog Café | Clifton Community |
| - 12 pm | Come along with your dog, or without, to meet like-minded others and make new friends. No booking required. The group meets in the main body of the cafe and refreshments can be purchased. | Café, Marjorie Waite Ct, Evelyn Cresc, Clifton YO30 6DR |
| | | Free |

Organised by Age UK York's Keep Your Pet service, helping older people keep their faithful companions even when their health makes this difficult.

Contact: Andy Waites 01904 933635
ageukyork@ageukyork.org.uk ageuk.org.uk/york

Accessibility YES - WA, AT NO - HL, BSL, BBP ?

| | | |
|----------------------|---|---------------------------------------|
| 11 am - 12 pm | YorSensory Introduction at Wilberforce House | Wilberforce House, |
| | Join our YorSensory Introduction at Wilberforce House for a taster of the services which the YorSensory Team can offer to people with sensory loss. | The Grove, Dringhouses, York YO24 1AN |
| | | Free |

Our workshop will provide an accessible introduction to sensory loss and ways in which we can support you to live independently.

Contact: Olivia Sharrard enquiry@yorsensory.org.uk
wilberforcetrust.org.uk/what-we-offer/yorsensory

Accessibility YES - WA, AT, HL, BSL, BBP

| | | |
|---------------------|--|--------------------------------|
| 11 am - 2 pm | Volunteering Information Day | The Priory Street Centre, |
| | OCA Y and AGE UK York are teaming up during the YOPA 50+ Festival for anyone over the age of 18 who is interested in becoming a volunteer. | 15 Priory Street, York YO1 6ET |
| | Come and have a chat and discover the many opportunities of helping older people in York. Refreshments provided. | |
| | Booking preferred. | Free |

Contact: Danni Gordon 01904 676200
info@ocay.org.uk oldercitizensadvocacyork.org.uk/

Accessibility YES - WA, AT, BBP booking required NO - HL. BSL

11 am - Grandparents and Kinship Carers Tea Clifton Children's
2 pm Party with Arts and Crafts for Children Centre, Kingsway
 Come and join us for free light North, Clifton,
 refreshment, and arts and craft activities York
 for the little ones. Just drop-in, no need YO30 6JA
 to book. Ring the Family Hub's doorbell
 upon arrival. Free

Contact: York Family Information Service 01904 554444
fis@york.gov.uk yor-ok.org.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

12.30 - Age UK York at St Luke's Food Share St Luke's Parish
1.30 pm Come along to find out about Age UK Church,
 services in York or for information and Burton Stone
 advice on issues affecting older people Lane, Clifton
 including welfare benefits and care. YO30 7BE
 Booking not required. Free

Contact: Andy Waites 01904 933635
ageukyork@ageukyork.org.uk ageuk.org.uk/york

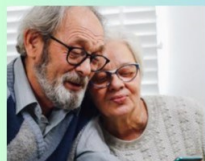
Accessibility YES - WA, AT NO - HL, BSL, BBP

OCAY
 OLDER CITIZENS
 ADVOCACY-YORK

**Volunteer
 Information
 Day**

**4th October 2023
 11am - 2pm**

**York
 ageUK**



The Priory Street Centre
info@ocay.org.uk
 01904 676 200

Looking to volunteer in your local area for local people?
 OCAY and AGE UK are joining forces for the YOPA 50+ Festival.

We would love to have a chat with you about our
 volunteering roles.



OCAY are also holding a scavenger
 Hunt around York City.
 Pay £1 for the hunt pack at OCAY
 offices as above address and return
 by the 8th of October for entry into a
 prize draw.



An information and advice community website
 for adults



www.livewellyork.co.uk

- Community activities and events directory
- Wide range of health and wellbeing information and advice pages
- Services and products directory
- Personalised booklet you can create for yourself or someone you know

 livewellyork@york.gov.uk

 **01904 551006**



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to hear a fellow's
Yorkshire Host experience

03331 212 227

www.careromms.com

support@careromms.com

1 - 3.30 pm

Age UK York Westfield Wednesday drop-in

Westfield Wednesday drop-in - drop in for a cuppa, to meet friends and to find out about Age UK York services. Refreshments are provided. No need to pre-book.

Acomb Methodist Church,
40A Front Street,
Acomb, York
YO24 3BX

Free

Contact: Andy Waites 01904 933635

ageukyork@ageukyork.org.uk ageuk.org.uk/york

Accessibility YES - WA, AT, limited BBP NO - BSL, HL ?

2 pm - 30 mins walk

York Health Walks - York Art Gallery

"We love our walks and we're sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register".

Meet: York Art Gallery, Exhibition Square, York
YO1 7EW.

Free

Contact: ramblers.org.uk/wellbeing-walks/

| | | |
|-----------------|---|--|
| 2 - 3 pm | Acomb Wellbeing Walk This sociable, group walk will be approximately one mile in length. The walk is at a gentle pace. It takes in a woodland track and an upwards climb and steps through a church yard. Booking is essential. | We meet outside Acomb Explore Library, Front Street, Acomb Free |
|-----------------|---|--|

Contact: Move Mates 01904 373017
york@movemates.org.uk movemates.org.uk/my-events/

| | | |
|-----------------|---|---|
| 2 - 4 pm | Ecocrafters and Cake The St Nicks EcoCrafters meet weekly to share craft skills, warm drinks and chat. We specialise in upcycling and repurposing items to sell for the St Nicks charity. All abilities welcome ! Materials provided or bring your own project. There will be a warm welcome and cake ! No booking required. | St Nicks Environment Centre, Rawdon Avenue, York YO10 3FW Free |
|-----------------|---|---|

Contact: Jo Young jo@stnicks.org.uk
stnicks.org.uk/nature-based-wellbeing/ecocrafters/

Accessibility YES - WA, AT, basic BSL NO - HL, BBP but parking nearby

| | | |
|-----------------|---|--|
| 6 - 7 pm | Walking Football This is a great place to come and play a slowed down version of the game. Experience not necessary, all members support one another. Come down and have a go whilst enjoying the company and laughter that playing the game can provide. No need to book ! | Huntington Community Sports Pitch, YO32 9WT (opposite Huntington Secondary School) £5 |
|-----------------|---|--|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | |
|--|---|
| 7 - 8 pm Coached swim taster session | Energise, Cornlands Rd, Acomb, York YO24 3DX |
| York Tri is a friendly triathlon club, open to all. This session develops front crawl technique, as well as building fitness. NB: Session to improve fitness and technique, not learn to swim. You should already be able to swim 50m front crawl unaided. | Free taster session |
| Booking essential by email. | |

Contact: Rachael Holmes
rachael@yorktriclub.co.uk yorktriclub.co.uk/

Accessibility YES - WA, AT, BBP NO - HL, BSL

Thursday 5 October

| | |
|------------------------------------|---|
| 10 - 11 am Walking Football | Burnholme Sports Centre, Mosssdale Avenue, York YO31 0HA (3G Pitch) £5 |
| As Wed 4 Oct, see p. 56 | |

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, HL, BBP NO - BSL

| | |
|---|--------------------------|
| 11 am - How to become your Authentic | online via zoom -zoom |
| 4.30 pm Self Workshop (women's workshop) | link sent via email the |
| A full day online interactive | day prior to event - |
| workshop for women, empowering | laptop or computer and |
| insight into what is your 'authentic | internet access required |
| self'? | £5 |

Many of us live a version of oneself known as our 'adaptive self', learn about your 'adaptive self' and how it can end up running your life.

Numbers limited to 12 / booking essential via email.

Contact: Liz Hempshall 07495 731958
lizhempshall@futureintentions.co.uk futureintentionsyorkshire.org.uk/

2 pm - 60 mins walk **York Health Walks - Tang Hall Explore Library**
 "We love our walks and we're sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register".

Meet: The Centre
 @ Burnholme,
 Mossdale Avenue,
 York
 YO31 0HA
 Free

Contact: ramblers.org.uk/wellbeing-walks/

7.45 - 9.45 pm **Jorvik Folkdance club**
 We are a small friendly group meeting weekly. We dance to recorded music, instructions are called throughout the dances. We welcome singles and couples. No experience needed, just come and have a try ! **Please phone for further information before attending.**

First floor, Acomb
 Parish Church hall,
 18A Front Street,
 York
 YO24 2SH
 1st free then £3

Contact: Annette Soothill 07719 675242 annette@soothill.com

YORK Neighbours

Older? Isolated? York Neighbours are here to help!

Support for over 65s - How can we help?

Practical one-off jobs

From changing a lightbulb to taking down curtains

Regular supportive phone calls

For Neighbours with minimal contacts

Individual and group outings

From Christmas concerts to bowling

Could you be our next volunteer?

Call for more information



| | | |
|------------|---|---|
| tbc | Weekly cycling Sociable cycling club. We go out every week - usually about 10 miles to a cafe - sometimes longer rides usually with an alternative short route. We are a smallish group with some ebikes and everyone is encouraged to lead a ride now and then. Please get in touch and we can arrange for you to come with us and see how you like the pace, the place, and the company ! | Contact Heather for starting location Free |
|------------|---|---|

Contact: Heather overfiftiesbikes@yahoo.com

| | | |
|-------------------------|--|---|
| 10 am - 1 pm | Information Fair YOPA (York Older People's Assembly) Information Fair. A dozen (approx.) organisations exhibiting information of interest to older people. Booking not required. | St Sampson's Centre, Church Street, York YO1 8BE Free |
|-------------------------|--|---|

Contact: York Older People's Assembly 07965 246193
yorkolderpeoplesassembly@outlook.com yorkassembly.org.uk/

Accessibility YES - WA, AT NO - HL, BSL, BBP

| | | |
|--|---|---|
| 10.30 am - 60 mins walk | York Health Walks - Dringhouses “We love our walks and we’re sure you will too. All are led by trained volunteers. No need to book, just turn up on the day, about 15 minutes before the start time to register”. | Meet: The War Memorial, Tadcaster Road, Dringhouses, York YO24 1QG Free |
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Contact: ramblers.org.uk/wellbeing-walks/

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|--------------------------|--|---|
| 11 am - 12 pm | Fishergate Wellbeing Walk This sociable group walk will be approximately one mile, at a gentle pace, with opportunities to sit along the way. The walk mostly follows off-road tarmacked paths beside the river. Booking is essential. | We meet by the noticeboard at the Blue Bridge, Blue Bridge Lane, Fishergate Free |
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Contact: Move Mates 01904 373017
york@movemates.org.uk movemates.org.uk/my-events/

| | | |
|------------------------|--|--|
| 1 - 2.30 pm | Sporting Memories This session is open to all, a great place to get together and enjoy the company of other individuals. We discuss so much more than just sport. Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up ! | LNER Community Stadium, Kathryn Avenue, Huntington, York YO32 9AF Free |
|------------------------|--|--|

Contact: Amy Tyro 01904 559508
inclusion@yorkcityfcfoundation.co.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|-----------------------|---|--|
| 6.30 - 8.30 pm | Indoor Bowls Taster Session | New Earswick & District Bowling Club, Huntington Road, Huntington, York YO32 9PX |
| | 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 and shoes will be available free of charge. Dress comfortably. Maximum 12 people per session. Booking is advised. | Free |

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

Accessibility YES - WA

Saturday 7 October

| | | |
|---------------------|---|--|
| 10 am - 4 pm | Orienteering taster session | Rowntree Park café, Terry Ave, York YO23 1JQ |
| | Exercise and Navigation is known to maintain mental and brain health. Come and find control points in and around Rowntree Park using the map supplied. Mobile phone app option also available. Booking not required. Accessible option available. | Free |

Contact: Simon Brook 07790 495668 simon.brook@lineone.net

Accessibility YES - WA, AT, BBP NO - HL, BSL

| | | |
|---------------------|---|--|
| 11 am - 1 pm | Choice at the End of Life - Dignity in Dying Campaign | Last Wishes, 17s Hawthorn Terrace, New Earswick, York YO32 4BL |
| | Have you thought about how you might want to die ? A chance to have a cuppa and discuss views on choice at the end of life and learn about the UK Dignity in Dying campaign to change the current broken law. Booking required by Email. | Free |

Contact: Dignity in Dying Yorkshire Group
 Email yorkshire.group@dignityindying.org
 website www.dignityindying.org.uk

Accessibility YES - WA, AT, BBP NO - HL, BSL

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|-----------------|--|-----------------------------------|
| 11.30 am | Tennis taster session | York Tennis Club, |
| - 1 pm | Are you keen to take up a new sport ? Or are you a tennis player who has not picked up a racquet in a while ? Come along to our free taster session with one of our qualified coaching team. To be followed by a cuppa and cake and a chance to meet some of our sociable members to find out about our flexible membership options and deals. All welcome so hope to see you there ! Contact Jill to book your place or to find out more ! | Shipton Road, York YO30 5RE |
| | | Free |

Contact: Jill Le Pla leplajill@gmail.com yorktennisclub.net

Accessibility YES - WA NO - AT, HL, BSL, BBP

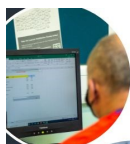
| | | |
|-----------------|---|-----------------|
| 2 - 4 pm | Don't Leave Me Alone | Online via Zoom |
| | Who to trust ? When does independence become isolation or loneliness ? Millions of us are ageing without children or nearby family. Decision-makers need to hear and understand the impact on social services and the NHS. This is an opportunity to add your voice through personal stories and discussion. Book to get a link to the online meeting. | Free |

Contact: Sue Lister 01904 488870
hello@awocyork.org.uk awocyork.org.uk/

| | | |
|-----------------|---|--|
| 1 - 3 pm | Free Swimming and Cycling at York Sport Village Free Swimming and Cycling at York Sport Village. Just turn up between 1 - 3pm on the specified dates to gain entry via the Reception Desk. Swimming numbers may be limited and will be first come first served. | York Sport Village, Lakeside Way, York YO10 5FG Free |
|-----------------|---|--|

Contact: York Sport Activities 01904 325770
activities@york-sport.com york-sport.com

Accessibility YES - WA, AT, BBP NO - HL, BSL



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to inspire you to **learn**, **explore** and **achieve**.

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email: york.learning@york.gov.uk
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York 50+ Festival

The York Older People's Assembly would like to welcome you and your friends to the 18th York 50+ Festival. We hope you will enjoy taking part in these events and will help to create next year's Festival.

This year's Festival is brought to you by:
Mary Cannon (coordinator), Catherine Sotheran (brochure editor), Adrian Kybett (website), Dianne Willcocks (International Day of Older People)
and many other volunteers.

We would welcome more solid support in all these areas plus willing helpers on social media and distribution. If having a 50+ Festival in our city is important to you, please now consider lending a hand and phone Mary for a chat on 01904 332613 or 07920 162034 .

Please check with the contact people before attending an event as details may have changed after this programme was printed.

**AUDIO SUMMARY, BRAILLE OR LARGE PRINT
VERSIONS OF THIS BROCHURE CAN BE OBTAINED
FROM OUR PARTNERS AT MYSIGHT YORK
PHONE 01904 636269 .**

www.yorkassembly.org.uk
yorkolderpeoplesassembly@outlook.com
York Older People's Assembly
Registered Charity 1101018

St Sampson's Centre, Church St, York YO1 8BE

E N J O Y !

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