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Happy Christmas and a Peaceful New Year



York Celebrates International Day of Older People (IDOP)

The United Nations designated September 28th as the day to raise awareness and recognise the opportunities and challenges that older people face.

The day saw a large parade beginning at York Theatre Royal before processing through the Museum Gardens and onto St. Helen' Square to be greeted by the Lord Mayor of York, Councillor Margaret Wells.

Attendees were dressed in a variety of butterfly themed outfits whilst they made their way to the square.

The Assembly were the main organisers of the event and were joined by Age (UK) York, Older Citizens Advocacy York and Parkinson's (UK). We are grateful to Professor Dianne Wilcox for organising the event.



NEW CARE HOME OPENS IN YORK



York Manor Care Home based at Blue Beck Drive off Shipton Road held an open day on the 17th October. It offers 72 bedrooms all of which have en suite toilet and shower facilities. The scheme includes a cafe/bistro, dining room, 3 terraces, a sports lounge and activity room.

A detailed schedule of activities is offered including nails and hand massage, painting and art classes amongst many others.



It is the 17th scheme provided by Tanglewood Care which started in Lincolnshire and spread north. In addition to residential care the scheme offers dementia and day care. The total investment in York is £9.5 million and provides a modern development, fostering independence, dignity and a sense of belonging. For more information ring 01904 202825 to obtain a scheme brochure.

YORK HOSPITAL – PERFORMANCE IMPROVEMENT

The number of patients waiting for treatment for a year or more has fallen from 4220 to 1319, a drop of 69% compared with the year before. This compares across England where the drop was only 28%.



ASSISTED DYING BILL – UPDATE

Kim Leadbeater MP has introduced a private members bill that would give some terminally ill adults the option of being helped to end their lives.

There will be a “free vote” across all members of the House of Commons and it is envisaged that the first debate on this contentious issue will be held at the end of November.

Strict safeguards are proposed including the requirement for approval of two doctors and of a Judge. There is no compulsion whatever, it is a matter of choice for each individual. Further details will be provided as the Bill passes through Parliament.

LAST CALL FOR WINTER FUEL PAYMENTS

The Chancellor has confirmed in her first Budget that the entitlement to the Winter Fuel Payment of £200/300 will be restricted to those on Pension Credit. The other benefits that will trigger automatic entitlement are:

- Universal Credit
- Income Support
- Working Tax Credit
- Income Related Employment and Support Allowance (ESA)
- Income based Job Seekers Allowance (JSA)

The take up in York is very low with only 2780 currently claiming Pension Credit. The Assembly urges you to contact York Citizens Advice if you are in any doubt. Please ring them on 0808 2787 895.

BUDGET CHANGES AFFECTING OLDER PEOPLE

The Chancellor confirmed the commitment to pensioners to maintain the “Triple Lock,” under which pensions will rise in accordance with inflation, earnings or a minimum of 2.5%.

From next April pensions will rise by 4.1% or approximately £3.65 per week to £227.10 for a single person. This compares with an uplift of other benefits of only 1.7%.

The Carers allowance will increase by £1.39 per week but critically the limit on what carers can earn without affecting their benefit is increased by £45 from £155 to £200.

BLUE BADGE HOLDERS – WHERE CAN I PARK AND FOR HOW LONG?

A recent controversy highlighted in the Press concerned Blue Badge Holders overstaying the limit of 2 hours at a private retail car park. The fine of £85 was eventually cancelled on appeal on the basis that the signage at the car park was unclear. What are the rules?



- Blue Badges are issued by the City Council after an assessment of the applicants needs.
- As well as the Blue Badge, a disabled person's parking disc is issued, showing the maximum time limit of 3 hours which must be displayed in the car, alongside the Blue Badge, when parking in streets on single or double yellow lines.
- City of York Council owned car parks are free during opening hours. Different arrangements may apply to other Council areas, do check.
- Where a Car Park is privately provided different time limits may apply often a maximum of 2 hours.
- If the disabled car park is full at York Hospital, Blue Badge holders can park free in the multi storey car park as long as you inform the duty staff and give them your details.



AND ABOUT TIME TOO!

8 years after the closure of Oak Haven Elderly persons home in Acomb Road work has finally started on a replacement. Oak Haven was owned and managed by the Council who decided many years ago that the scheme was not fit for the future and should be replaced. The site was sold to Burlington Care based in Bridlington and planning consent has been granted for a 64 bedroomed care home.

SEPTEMBER OPEN MEETING

This was a special event held jointly with Age Friendly York concentrating on housing in York. Councillor Michael Pavlovic Executive Member for Housing introduced the session. 8 different workshops took place with people moving between groups which covered:

Telecare and Equipment – Be Independent providing demos of some equipment to let people see what is available from the Council.

Falls Prevention Team – Showed some of the aids that can be fitted to homes to help avoid falls.

Later Life Decision Making – Alice Walker emphasised the benefits of seeking advice before taking decisions on future homes.

Intergenerational Accommodation – The Home Care Scheme where Older People in large houses can accommodate younger people in exchange for help around the home as well as companionship.

Retrofitting Homes – improvements to reduce energy consumption whilst maintaining efficient heating was highlighted.

Housing Development and Homes for Life – A lively debate on how to ensure developments are sustainable for older people.

Access to Information to Enable Informed choices – Nicola Edwards from Age (UK) covered a range of services and information available. The First Call Service to deal with any query from older people is run by Age (UK) 01904 634061.

Housing Options – The range of housing options including Housing Association Properties was described and discussed.

Feedback from those present included “very professional speakers”, impressed by Council officers and the innovative approach which

helps people to get involved. A big thank you was given to all participants especially Carl Wain from the Council and Councillor Pavlovic for his support.



HARTRIGG OAKS CELEBRATION QUILT – LAUNCH EVENT



Creating a special quilt seemed like a good way to celebrate the 25th anniversary of Hartrigg Oaks continuing care retirement community in New Earswick.

After 8 months of careful work this beautiful creation is now on display to be enjoyed and cherished by everyone at the Oaks. A launch event was held on 3rd October when over 50 residents and guests joined the celebrations and a quilt book was published. Each of 59 of the decorated squares tells a story of what makes Hartrigg Oaks special.

The cream squares have been transformed into a kaleidoscope of colour of design using a range of techniques including embroidery, knitting, appliqué, photograph and paint.

Thanks were also given to the White Rose Quilters for their support with the venture.

SKILLS FOR CARE

One of the issues facing the crisis in Social Care is the ability to retain existing staff as well as recruiting new people.

The Government has been keen to recruit more male members in the profession traditionally very female orientated. Recent national data shows male workers at 21% of care staff, the highest rate so far.

The figures for York are virtually the same and for the past three years men represented only 20%. This is still higher than in children's Social Care where only 13% are made up of men.

NEW DEMENTIA SERVICE FOR THE CITY

The number of people living in the city with dementia is expected to increase by nearly 1000 to 3860 by 2030. In response the Council has approved a community dementia model including a helpline and activities for people with the condition and their families. It will include day clubs which gives carers a respite break.

As a joint venture between Health and the Council the £380,000 cost will be met largely by Health with the Council share being £140,000.



YORK 50+ FESTIVAL

2024 saw the 19th 50+ Festival organised by York Older People Assembly. Each year we produce a programme for the Festival which includes a wide range of events and activities to inform, excite, and introduce people to new ideas, interests, occupations and pastimes.

This year we had over 120 events in the programme, which included all kinds of walks for fitness, history or just to chat and stroll. We learned about saving energy and using online and digital information. We found out more about York through talks and presentations. We enjoyed musical event, films, guided tours, dancing of all sorts and a wide variety of sports and fitness activities.

The brochure included details of the regular activities of many local groups. Copies of the brochure can still be obtained by contacting Mary Cannon (**above left**) on 07920162034. The brochure and activity information can also be found on www.yorkasssembly.org.uk/50-festival-2024.

We are indebted to the advertisers and event sponsors – Age (UK) York, Spark, The Joseph Rowntree Foundation and Harrowells (Solicitors) and are extremely grateful to all the groups who took part.

THE ASSEMBLY ANNUAL GENERAL MEETING 21ST OCTOBER



The guest speaker, Stephen Lewis (**above right**)

recently retired, spoke of his career at the York Press especially concerning major changes at the business such as reduced staffing and digital-first publishing.

He then responded to comments and questions from members on local press topics including the biggest changes in York over his career such as the growth of the Universities, holding the Council to account and one story he would never forget about, the death of a child from illicit drugs.

The formal business of the meeting approved the Chairs report, the accounts and amendments to the Constitution.



Home Care and Live-in care

Being able to live at home can be one of the most important comforts in an older person's life. Family and friends can't always be there, so Home Instead is here to help.

Owners Ann-Marie Roche and Luke Norbury take pride in helping people to achieve their aim of remaining as independent as possible in their own homes.

Tailored Services

Designed around you – bespoke packages of care built around individual needs and outcomes.

Longer Calls

The standard length of our visits is 1 hour or more – we also deliver companionship and respite care to meet your needs.

Dedicated Team

All our care professionals are introduced so there are never any strangers. Small local teams ensure continuity and you'll receive a dedicated time slot.

01904 690884

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