

# York Older People's Assembly St Sampson's Centre Church Street, York YO1 8BE

Registered Charity 1101018

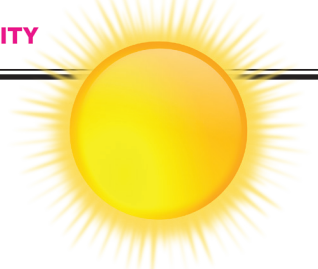
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**SUMMER 2025**



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## 9 Million Pensioners to get Winter Fuel Payment

Rachel Reeves, Chancellor of the Exchequer, has announced changes to the winter fuel payment and pensioners with an income of £35,000 or below will receive the payment. This is expected to cover 9 million pensioners in England and Wales compared to the 1.5 million who receive pension credit.

Who's eligible this winter? Everyone over the state pension age in England and Wales with an income of, or below, £35,000 a year.

How many people will benefit? The government puts the figure at nine million - or more than 75% of pensioners across the two countries.

How much will be paid? As before, £200 per household with a pensioner under 80, or £300 per household where there is someone over 80, will be made automatically.

Assembly urges pensioners to investigate their eligibility for Pension Credit. In the last 3 months of 2024, over 100 pensioners had secured an average of over £6,000 a year in increased benefits. Call the Pension Credit claim line and they can fill in the application for you over the phone on 0800 99 1234.



**Warning!!!! Scammers are already in action sending texts and messages purporting to be from DWP. The message invites you to apply for the payment. DWP will NOT be sending texts or messages asking you to contact them. Payments will be made automatically as in previous years.**



## MBE AWARD FOR FRED RING

Fred Ring, MBE, (former chair of the York Racial Equality Network) has been awarded membership of the order of the British Empire (MBE) for services to the community in York. The honour was conferred by the Princess Royal, Princess Anne at Buckingham Palace in March. Fred helped pioneer YREN, a charity founded in 1992 by people from the diverse communities in York who experienced racial discrimination, victimisation and isolation. YREN aims to help York become a more inclusive city by challenging race discrimination and promoting diversity and equality of opportunity between different groups. The organisation developed from a small self-help group to being recognised as the credible infrastructure organisation equipped to address particular issues pertinent to the black and ethnic minority communities in York. It is a matter of enormous pride to Fred and a huge honour for YREN that this prestigious award is granted to a black citizen of York.





**MYSIGHT YORK** is now based at The Press building on Walmgate. The big day arrived on Thursday 10th April, when members, friends, partners, and supporters celebrated the official opening. Visitors will find everything from equipment demonstrations and assistive technology advice to counselling, transcription services, peer support groups, and social activities. This move also completes a “triangle of support” across York, connecting the MySight Eye Clinic Liaison Officer based at York Hospital with the Sight Support Advice Service at the Community Stadium, and now this city-centre hub at Walmgate.

One of the most touching moments of the day was welcoming Anne Smith, one of the founding members, to officially cut the ribbon. Anne has been at the heart of the organisation since the beginnings in 1979. It's no exaggeration to say that MySight York wouldn't be here today without the foundation she and others built all those years ago. YOPA wishes MySight well in their new location.

To contact MySight telephone 01904 636269 or email [hello@mysightyork.org](mailto:hello@mysightyork.org). Web: [www.mysightyork.org](http://www.mysightyork.org)

**SLIPPER SOCIAL!** Do you remember our slipper swaps at Information Fairs? The new version is slipper socials. Over 120 pairs of free slippers have been distributed already with more to come. If you're aged 60 or over and need a free new pair, pick up yours and get useful information from the Falls Prevention Scheme Team and Age UK York at:

- St Wulstan's Church, Dodsworth Avenue - Tuesday 24 June, 12 noon to 2.00pm

YOPA plans to have a joint event as part of the 50+ Festival at the end of September. Watch this space!

## BOB TOWNER

A packed Bedern Hall celebrated Bob's life on 26th April 2025. Bob and Fiona were married there some 30 years ago and it was a special place for the celebration. Bob's friends from school, from his places of work in Slough, Reading and London came to share their memories. Colleagues from his time in York and his family



and friends reminded us of his commitment to service and to the Labour Party. It was a great celebration with lots of props based on his past publicity activities. Obituaries have been published in the York Press, YOPAs newsletter and The Guardian included a piece from Sir Hugh Bayley. A very fitting tribute to a great friend.



Bob left a legacy for YOPA in his will and contributions have been made through the Just Giving page - to allow people to donate to YOPA in Bob's memory. Thanks to all who have contributed.

[https://www.justgiving.com/page/fiona-samuel-3?utm\\_medium=FR&utm\\_source=EM](https://www.justgiving.com/page/fiona-samuel-3?utm_medium=FR&utm_source=EM)

## FIRE PREVENTION

North Yorkshire Fire and Rescue Service are committed to preventing fires from starting in homes. Common causes of fires can be cooking, heating and electrical appliances but we have also attended fires which started due to pets and so this year we have launched a pet fire safety campaign.

We have been sharing safety advice about how you can keep pets safe from fire. Over half of the homes in the UK have a pet and they can inadvertently cause fires (e.g. by jumping up and turning on the hob) and they are especially vulnerable when a fire breaks out.

We'd love you to think about how safe your home is, both for you and your pets. We can help with this if you call us on 01609 780150 and ask for a Home Fire Safety Check or look at our website [www.northyorksfire.gov.uk](http://www.northyorksfire.gov.uk)



## WILLS - POWER OF ATTORNEY

Back in January, we had an open session on Wills, and Powers of Attorney. Since then, Age UK York have decided they can no longer support this service. Members who are interested can contact OCAY who offer free advocacy support:

Contact via [oldercitizensadvocacyyork.org.uk](http://oldercitizensadvocacyyork.org.uk) or 01904 676200.

## ADMINISTRATION ASSISTANT ALICE

*Following the resignation of Adrian Kybett, we have recruited a new Administration Assistant.*

*Alice Broughton is a native of York who has been working in Scotland for the last few years. We hope she enjoys her new role with us. Thanks to Adrian for his contributions over the last 3 years.*

Our next

## YOPA OPEN MEETING

is on

**Monday 21st July at 2pm**

at

**Friends Meeting House, Friargate.**

Our main guest speaker will be **Martin Barkley, Chair of York and Scarborough Hospital Trust.**

Martin will be giving an update on progress with tackling the waiting lists, improving the flow through the hospitals while managing financial challenges.

**All Welcome! Free to attend.**  
**Other speakers and topics will be announced nearer the date.**

## NOTICE OF ANNUAL GENERAL MEETING

Please note: the Annual Meeting of York Older People's Assembly, will be held at 2 pm on Monday 15th September 2025 at The Friends Meeting House, Friargate.

A buffet lunch will be available from 1 pm in the Penn Room.

Nominations for elections to the Executive Committee should be sent to The Secretary, by post or email, using the addresses on page 1, by the 1st September 2025.

## ACTIVE LEISURE

Our last open meeting in May was about active leisure and featured YSJ Activ, who run the sports facilities for York St John University in Haxby Road, and Better who operate the 4 leisure centres under contract for York council.

Sarah Hawley and Lucie Crowley told us about the free allotment group, exercises after strokes, walking badminton and a whole range of other activities offered by YSJ

Kelly McTighe from the Healthwise team covered exercise referral schemes, as well as some standard events such as pickleball and chair based exercises. rehab after heart incidents.

Full details are available at [www.yorksja.ac.uk/ysjactive](http://www.yorksja.ac.uk/ysjactive) and at [healthwiseyork@gll.org](mailto:healthwiseyork@gll.org)



## YORK FESTIVAL25: THE FUN BEGINS NOW! September 20th to October 1st

Shaping up for Fun! Last year, there were 127 activities in the programme: informative, healthy living, entertaining, educational and more...in this our twentieth anniversary year our ambition is to exceed that rich mix; so do join in! You can follow progress on <https://www.yorkassembly.org.uk/50-festival-2025/> or just join us at regular YOPA open meetings; and keep an eye out for Press reporting. Those who love the challenge of social media can find us on Facebook & loads more (again, see YOPA website). Very soon the call will go out for groups to open their doors and share their skills and passions by offering events for the programme. We look forward to hearing from you.

And meanwhile, there are great plans for our celebratory day on September 27th (save that date!) Honouring the International Day of Older People, we will be filling St Helens Square with diverse musical treats; 'dressing' York Theatre Royal foyer with school-led leaf motifs on hanging branches (signalling growth and positivity in ageing); Studio events are booked for the morning of 27/9; and for this year's Grand Parade through Museum Gardens, all paraders will wear knitted leaf brooches kindly offered by York Minster Crafters. So just watch this space and join in as you can! Let's have a conversation! Email Dianne Willcocks, Festival25 coordinator [d.willcocks@outlook.com](mailto:d.willcocks@outlook.com)



## 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**

**[care@york.homeinstead.co.uk](mailto:care@york.homeinstead.co.uk)**

**[www.homeinstead.co.uk/york](http://www.homeinstead.co.uk/york)**