

# York Older People's Assembly

## St Sampson's Centre

### Church Street, York YO1 8BE

Registered Charity 1101018

Email: [yorkolderpeoplesassembly@outlook.com](mailto:yorkolderpeoplesassembly@outlook.com)

**WINTER 2025**

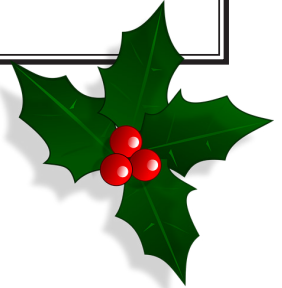


Tel: 07965 246193

Website: [www.yorkassembly.org.uk](http://www.yorkassembly.org.uk)



*Happy Christmas and a Peaceful New Year*



## PENSIONS UP IN APRIL 2026 BY 4.8%

In 2010 the Government introduced the “triple lock” on pensions which guaranteed increasing pensions by the highest of price increases, average earning or 2.5%.

This year the basic and new State Pensions will be increased by 4.8%, in line with the increase in average weekly earnings in the year to May-July 2025.

From April 2026, the full annual rate of the new State Pension will increase by around £575. The full annual rate of the basic State Pension will increase by around £440.

The Standard Minimum Guarantee in Pension Credit will increase by 4.8% in line with the increase in average earnings. From April, it will be £238.00 a week for a single pensioner and £363.25 a week for a couple, ensuring the incomes of poorest pensioners are protected. The actual amount you receive relates directly to the number of years of National Insurance contributions you have paid.

## OPEN MEETINGS continue to thrive

Our Open meetings continue to offer informed background and information to attendees. In November we had Peter Roderick, Director of Public Health for City of York with the topic Health in an Ageing Society.

Did you know that

- The population of York is due to grow from 206,000 to 241,000 by 2040.
- The over 85 year olds will grow by 50%
- There will be 52,000 aged over 65
- 25% of over 65yo do not access digital services
- There are 800 falls pa leading to hospital admissions (mostly older people)

These and many other facts were commented on and a wide-ranging debate took place.

**Our first meeting in 2026 will be:**



Peter Roderick

Date	Topic	Proposed Speakers
19 <sup>th</sup> January	Technologies & Old Age: Artificial Intelligence and Scams	Prenika Anand, researcher, University of York; N. Yorkshire Police

All Open meetings are held at Friends Meeting House in Friargate on a Monday afternoon from 2 to 4pm. All welcome – bring a friend!

# ALL CHANGE AT ASSEMBLY

Upon completion of 9 years as a Trustee of York Older People's Assembly, Jim Cannon stood down at the Annual Meeting in September. He is succeeded as Chair by Matthew Knight.



*Jim Cannon*



*Matthew Knight*

Matthew is originally from North Wales but has lived in York since 1987. He retired 11 years ago having been HR Director at Leeds University since 2000. Before that Matthew worked with George Wood at York Hospital and Bob Towner at the Council. He is involved with a number of York voluntary organisations, particularly as Co-Director of York Samaritans and Vice Chair of OCAY.

"I have long admired the work YOPA does and feel privileged to be able to help the organisation grow and develop. The need for YOPA is greater than ever"

Matthew would like to see an active campaigning Charity with an expanded membership and a varied programme of meetings and activities.

He is looking forward to meeting all YOPA members and hearing views and ideas.

After enjoying a buffet lunch including much conversation (pictured), those present attended the Annual Meeting where Sara Storey, Director of City of York Council for Adult Social Services and Integration, was our keynote speaker.



Sara shared a progress update on Social Care in the City of York, which included partnerships, engagement, and improvement in basic processes.

Closer ways of working with the NHS have been developed and working with other local authorities and the Universities helps to find out what works early on. They are looking to engage with the public more to improve services, collaborating with People First, Mind and The Carers Action Group. In addition, they will implement simpler processes e.g. replacing a 27-page form with a simpler online version to help create an efficient and effective organisation.

Sara also introduced Anne Howgate, the new Assistant Director for Access, Prevention and Improvement. Anne will look at hospital discharges, community Occupational Therapists and community social work.

Sara responded to many questions from the audience and was thanked for her continued hard work.





# As the last leaf falls on York's 50+ Festival, the joy keeps growing

York 50+  
*Festival*  
celebrating & connecting



On Wednesday 1 October, the International Day of Older People, this year's Festival came to a close after an action-packed ten days celebrating and connecting older citizens across York. Featuring over 100 activities, ranging from history talks, language taster sessions and walking netball to over-50s ballet, home and driving safety and Deal or No Deal, the Festival offered something for everyone, whether you fancied cake and connection, fish and chips, origami or a Strictly-inspired dance.

The finale followed Saturday's special celebration, where crowds of residents and visitors gathered to enjoy the joyful 50+ Grand Parade and a host of musical delights in the heart of our city.



Senior Club 60+ session, York Leisure Centre

# A Community Effort: Stamp Out Loneliness

Age UK York charity has launched its winter campaign - aiming to raise awareness and funds to support older people across the city who may be struggling with loneliness, isolation, or financial hardship.

One of the key initiatives of this year's campaign is 'Stamp Out Loneliness', which encourages local primary school children to design and create Christmas cards that will be sent to older people living alone in York.

The charity hopes to raise enough funds to purchase stamps to send the cards, as well as provide warm winter packs containing thermometers, energy-saving tips, and other useful items to help older people stay safe and comfortable through the colder months.

In addition, new packs of Christmas cards will be available to buy in Age UK York's four charity shops across the city. For every pack sold, 87p (the cost of a second-class stamp) will be donated directly to support the campaign.

Age UK York is calling on the local community to support the campaign - whether through donations to help fund essential services and winter support packs, or by volunteering time to help older people stay connected and supported this winter.

**You can help support by visiting the link: [justgiving.com/campaign/stampoutloneliness](https://justgiving.com/campaign/stampoutloneliness)**



## 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](https://www.homeinstead.co.uk/york)

