

Celebrating Age




**Clifton Park
Hospital**
Part of Ramsay Health Care



Thu 1 - Sun 18 Oct 2026

**Join us for a range of events
including sport, crafts, talks,
workshops, open days and more.**



**york50plusfestival.wixsite.com
/york50plusfestival**



Connect



Create



Celebrate



Expert Orthopaedic Care at Clifton Park Hospital

As we get older, maintaining mobility and independence becomes increasingly important. Whether it's enjoying time with family, travelling, gardening or staying active, musculoskeletal problems can have a significant impact on quality of life. At Clifton Park Hospital, part of Ramsay Health Care UK, we are proud to be a specialist orthopaedic facility based in York, delivering expert care for patients across Yorkshire and beyond.

We welcome self-funding, insured and NHS patients, and work with all major private medical insurers, providing fast access to consultations, diagnostics, treatment and surgery.

"Many people don't realise how accessible private healthcare can be," says Jessica Forsdyke, Private Patient Manager at Clifton Park Hospital. "Our team supports patients every step of the way, helping them understand their options and access treatment quickly and confidently."



Through our Private Patient Pledge, we offer flexible appointments and visiting times designed to fit around busy lives. For added peace of mind, our TotalCare™ Fixed Price Packages provide a single, pre-agreed price covering all treatment costs.

With access to experienced orthopaedic consultants and specialists, patients receive personalised care from initial consultation through to recovery. If you've received a lower quotation elsewhere, Ramsay may also be able to match the treatment price.

To learn more about your private healthcare options or to arrange a call with Jessica Forsdyke or a member of our Private Patient Team, contact: Clifton Park Hospital on **01904 464550** or visit www.cliftonparkhospital.co.uk.



Welcome



A warm welcome to the 21st annual celebration of ageing well in our City. The organising committee have put together a very varied range of activities and events - and hopefully you'll find things that take your interest. We have worked hard to include some completely new activities as well as those we know you have enjoyed in previous years.

An important part of the Festival will be our focus on the International Year of Older People (IDOP) - with our main celebrations this year on Saturday 3 October. Please join us for our parade through the City to celebrate the wide ranging contributions that older people make to community life - the details are in the programme - and for our Information Fair at York Theatre Royal - a new event this year.

Another key event this year will be the Inaugural Bob Towner Memorial Lecture - an eagerly anticipated evening featuring Prof Alan Walker from Sheffield University who will speak on "Creating an Age-Friendly Society : Realising the Right to Age Well". Everyone is welcome to attend and the event and booking details are included in this programme.

Putting this programme together has been a huge voluntary effort and my personal thanks go to the small (but perfectly formed!) committee who have worked so hard and so imaginatively. Our grateful thanks go to our Sponsors, without whom there would simply not be a Festival. And of course to all those running the events and activities featured in the Programme - your support is much appreciated.

York is home to 77,000 people aged over 50. This is a Festival dedicated to celebrating their achievements, interests and potential! We hope you enjoy it and that we will see you at as many events as possible during the 19 days!

With very best wishes

Matthew Knight

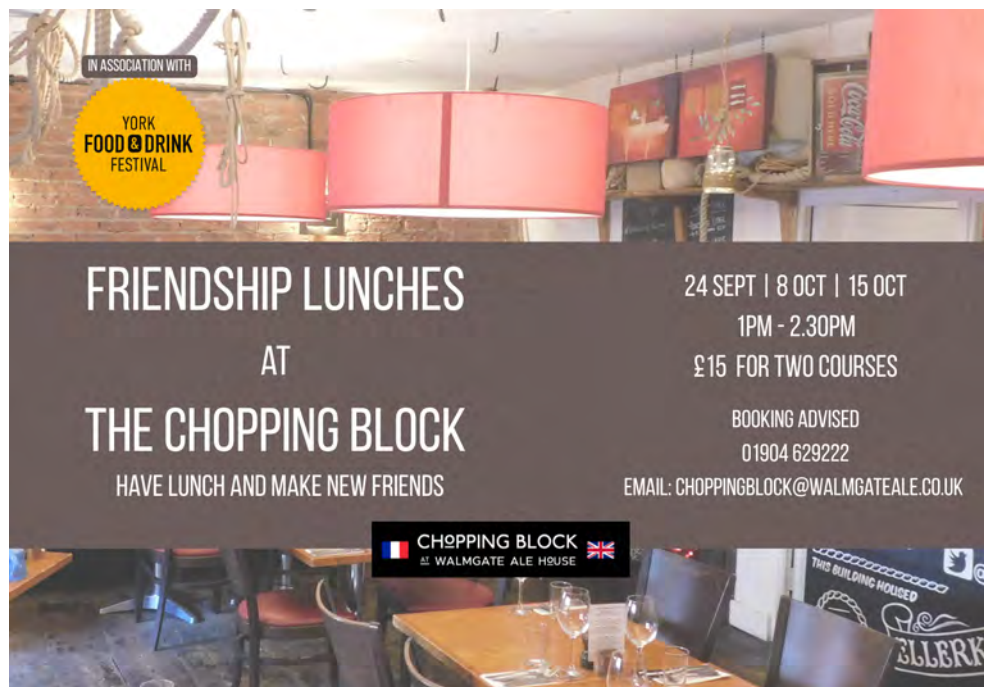
*Chair of York Older Peoples Assembly and the
2026 50+/IDOP Festival Organising Committee* In association with:



A Country Court Care & Nursing Home



Part of Ramsay Health Care



Information

- Please note that changes may have occurred since the production of this programme.
- Events that are free of charge during the festival, may incur charges outside of the festival.
- If there are insufficient participants for prebooked events, the organiser has the authority to cancel these events.
- Please check the website for the latest version of events, where possible.
- We have included accessibility information to the best of our knowledge but if you have any specific requirements, please contact the event organiser.

KEY TO SYMBOLS:



BSL
INTERPRETER



WHEELCHAIR
ACCESS



HEARING
LOOP



ACCESSIBLE
TOILET



BLUE BADGE
PARKING

About The Festival

Welcome, new and returning friends, to the **21st Anniversary York Celebrating Age 50+ Festival**

The festival is organised and led by **York Older People's Assembly (YOPA)** and **Age UK York**. Both organisations recognise the importance of celebrating older people and supporting everyone to age well within our community.

We are committed to making the festival as accessible and inclusive as possible, welcoming people of all ages to take part. In particular, we invite everyone to join the **Mad Hatters Parade** on **Saturday 3 October**, as we come together to celebrate the **International Day of Older People**.

The festival features a stimulating and diverse programme of sports, culture, creativity, wellbeing and social activities, all designed to bring people together, celebrate ageing, and help people connect with others across our community.

This year introduces some exciting new additions, including the **Friendship Lunches** at The Chopping Block and the **Information Fair** at York Theatre Royal. We are also delighted to be hosting three special events in association with Age UK York, including a special **Goon Show** production in association with the Borthwick Institute for Archives, with all profits going directly to the charity to support older people in our local community.

The festival would not be possible without the generous support of our sponsors, volunteers and partners, and we extend our sincere thanks to them for helping make this celebration happen. These include Clifton Park Hospital, Somerset House, Switalskis/Pryors solicitor, York Theatre Royal, St Sampson's Centre, Rotary York Ainsty, Fulprint, The Students' of York University, the children and staff of Knavesmire Cool Kids Club, York Food & Drink Festival and Patch.



@york50plus



YOPAYork50festival

If anyone has any questions about the festival, please visit the website yorkassembly.org.uk/ or email yorkfiftyplus@gmail.com
York Older People's Assembly
Age UK York

Registered Charity 1101018

Registered Charity 1118346

ageukyork.org.uk

Join the Celebrations!

Celebrating International Day of Older People

SAT 3 OCT 2026



📍 **St Helen's Square 10am-3.30pm**

Music from Vanessa Simmons - Piano, Nicola Betts - Choir, Abi & Charlotte - Musical Connections Choir, Rotary Ainsty support point; Mayoral welcome



📍 **York Theatre Royal 1pm - Grand 'Mad Hatters' Parade**

IDOP celebratory tree created by Knavesmire Kool Kids Club, Grand Parade of Elders & Friends - heralded by Town Crier/stewarded by University of York students; departs for Museum Gardens & on to St Helens Square with the theme of "Mad Hatters"

📍 **York Museum Gardens 1pm-1.45pm**

All welcome to greet/join-in/share a musical moment/cheer the Parade!

📍 **St Helen's Sq: 1.45pm-2.15pm**

Mayoral Greeting and a tribute to our elders ❤️



St Helen's Square: 10am-3.30pm



Grand Parade of Elders & Friends



Music from Vanessa Simmons, Piano

Professor Dianne Willcocks, of York Older People's Assembly, added: *"The 50+ Festival is a real celebration of the resilience, sense of fun and love of life that older people demonstrate and their real desire and their contribution to community and wellbeing... elders looking forward, embracing connection and celebrating life in later years."*



Bring your best hat for our Mad Hatter March!

Age UK York is delighted to be part of the 21st Celebrating Age Festival, dedicated to people aged 50 and over. This year's programme offers an exciting and inspiring range of activities, and we can't wait to share this wonderful festival with the people of York. We look forward to seeing people of all ages joining in and celebrating together.

Age UK York is a local, independent charity that aims to be the first point of contact for anyone in the city with an age-related need. We provide practical help, friendly support and a listening ear. The festival reflects our vision of York as an age-friendly city, where older people can enjoy lives of quality, opportunity and dignity.

Alongside our free information and advice service, we offer a wide range of practical services to help make later life easier. These include support to maintain independence, befriending services, pet care during times of crisis, support following a stay in hospital, and much more.

To find out more about Age UK York and the services we provide, please visit ageukyork.org.uk or call 01904 634061.

Our sincere thanks go to everyone who has helped make this year's festival possible. We hope you enjoy everything the festival has to offer and have a wonderful time taking part.

Best wishes,

Simon Holmes (Chief Executive, Age UK York)

Carl Wain (Deputy Chief Executive, Age UK York)



New Events

Raising funds for Age UK York



BEAT THE BOAT



4 OCT

THE GOON SHOW

Celebrating 75 years of THE GOON SHOW
Two classic radio scripts LIVE on stage plus Q&A and a look at the Borthwick Institute's comedy archives



17 OCT

Please check the events listed in this programme for further details. In association with City Cruises, the Goon Show Preservation Society and the Borthwick Institute for Archives.

EVENTS SUMMARY

30th Sept	Breast Friends York Pillow Workshop	29
1st Thu	York City FC Foundation Walking Football	13
	Energise Open Gym Session	14
	York Leisure Cardiac Circuits	14
	York Leisure Open Gym Session	15
	The Sitting Circle Chair Yoga	19
	RAD Silver Swans Ballet Classes	20
	Yorvik Folk Dance	22
	Free Will Advice with Local Solicitors at St Leonard's Hospice	25
	TCV Hull Road Park Activities	30
	TCV Conservation Task Day	34
1st-18th	Better Leisure Centres Consultation & Feedback Opportunity	
2nd Fri	York Leisure Open Gym Session	15
	Yearsley Open Swim	16
	Burnholme Senior Club	17
	Walking Rugby League	17
	Yearsley Aqua Aerobics	19
	RAD Silver Swans Ballet Classes	21
	FnT Club Night	30
3rd Sat	York Leisure Open Gym Session	15
	Burnholme Senior Session Taster	16
4th Sun	Beat the Boat Run Race	13
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	York Leisure Mind & Body Class	15
5th Mon	York City FC Foundation Walking Football	13
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	York Leisure Open Gym Session	15
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	Energise Aquatics for Health	19
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	York City FC Foundation Sporting Memories	29
	Menfulness Meets	35

EVENTS SUMMARY

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	York Leisure Senior Club	17
	York Tai Chi	18
	York Leisure Walking Netball Session	20
	RAD Silver Swans Ballet Classes	21
	Strength & Stillness: Accessible Yoga	22
	Burnholme Supervised Gym Session	23
	Information Fair	24
	Talk to a trusted solicitor about wills etc.	27
	York City FC Foundation Sporting Memories	29
	Morrison's Mingle	34
	TCV Conservation Task Day	34
7th Wed	York Leisure Open Gym Session	15
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	Strictly Fun Dancing	21
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	Stay Safe: Fire and Road Safety	25
	Vision Impairment Advice Drop-in	25
	Talk to a trusted solicitor about Wills etc.	27
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	York Historic Pub Walking Tour	36
	The Uncomfortable York Tour	37
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	What is clinical hypnotherapy?	24
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	York Tai Chi	18
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YOPA CELEBRATES THE LEGACY OF BOB TOWNER



Inaugural Memorial Lecture by Professor Alan Walker CBE

Emeritus Professor of Social Policy & Social Gerontology, University of Sheffield

CREATING AN AGE-FRIENDLY SOCIETY: REALISING THE RIGHT TO AGE WELL

Professor Alan Walker, *Emeritus Professor, University of Sheffield*, is both an eminent scholar, the recipient of many awards for his prolific output, and also, importantly, an actor of substance in diverse public arena. His impressive research career spans the New Dynamics of Ageing Programme (the UK's largest research programme on ageing), the European Research Area in Ageing, FUTURAGE, and Mobilising the Potential of Active Ageing in Europe– all of which he has directed towards shaping better futures for elders, through high-level engagement both in national and European policy-making, and in the delivery of change. An official advisor to key committees, Alan is currently a member of the Strategic Board of the All-Party Parliamentary Group on Longevity.

1 October 2026 | 5.30pm - 8pm

**York St John University,
Creative Centre**



FREE

TO RESERVE YOUR PLACE,
SCAN THE QR CODE OR
CALL 07965 246193

SPORT & ACTIVE LEISURE

OCTOBER 1st, 5th, 8th, 12th, 15th (10am-11am)

York City FC Foundation 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! but register on your first session with the coach on site. **£6.50** (pay by card) or **FREE** upon producing this flyer during the 50+ festival as a new participant.

Burnholme Sports Centre, Mossdale Avenue, York YO31 0HA

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



OCTOBER 4th (10am-11am)

Beat the Boat Run Race

Run by the river, chasing the City Cruise boat on a 2.7km route. Or you can hop on the boat and cheer everyone on! Please see the website for further details and booking link or contact us at fundraising@ageukyork.org.uk

£10 for race entry. £12 for the cruise on the Ouse
(includes unlimited tea or coffee)

Kings Staith/Tower Gardens, York

Age UK York Fundraising: fundraising@ageukyork.org.uk 07711 424928
Ageukyork.org.uk

OCTOBER 6th, 13th (12.45pm-1.45pm)

Circle Dancing

Circle dancing with no experience necessary. No partner needed. Danicng to Greek, Eastern European and modern contemporary music.

£3 No need to prebook

St Olaves Church Hall, Marygate Lane, York YO30 7BJ
Sally Lewis: lewissally439@gmail.com 01904 634319



OCTOBER 1st (11.30am-12.30pm)

OCTOBER 8th (7.30pm-8.30pm)

Energise Open Gym Session

Come and try out facilities in our Open Gym session. A fitness instructor may be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers limited – booking essential via email.

Free

Energise Leisure Centre, Cornlands Road, York YO24 3DX

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 1st, 8th (2.30pm-3.15pm)

York Leisure Cardiac Circuits

This is a low-level circuit-based class aimed to encourage safe exercise whilst increasing fitness levels. The class will help to improve strength and balance as well as a social aspect of meeting other participants. Must be booked via email. **Free**

York Leisure Centre, Kathryn Avenue, York, YO32 9AF

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 5th, 12th (5pm-6pm)

Energise Cardiac Circuits

This is a low-level circuit-based class aimed to encourage safe exercise whilst increasing fitness levels. The class will help to improve strength and balance as well as a social aspect of meeting other participants. Must be booked via email. **Free**

Energise Leisure centre Centre, Cornlands road, York YO24 3DX

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 1st, 2nd, 5th, 6th, 7th, 8th, 12th, 13th, 14th, 15th (2pm-3pm)

York Leisure Open Gym Session

Come and try out facilities in our Open Gym session. A fitness instructor may be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers limited – booking essential via email.

Free

York Leisure Centre, Kathryn Avenue, York, YO32 9AF

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 3rd, 4th, 10th, 11th, 17th, 18th (11am-12noon)

York Leisure Open Gym Session

Come and try out facilities in our Open Gym session. A fitness instructor may be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers limited – booking essential via email.

Free

York Leisure Centre, Kathryn Avenue, York, YO32 9AF

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 4th, 11th, 18th (12.10pm-1.10pm)

York Leisure Mind & Body Class

Feel better inside and out with our Mind and Body group fitness classes. Build your strength and flexibility in our lower-impact classes like Pilates and feel revived and relaxed with our mindfulness-focused sessions, such as Yoga. booking essential via email. **Free**

York Leisure Centre, Kathryn Avenue, York, YO32 9AF

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 2nd, 9th (3pm-5pm)

Yearsley Open Swim

Come and try out Yearsley Swimming Pool and swim in the longest pool in York in a lane session. Centre staff will be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres.

Numbers limited – booking essential via email. **Free**

Yearsley Swimming Pool, Haley's Terrace, York, YO31 8SB.

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 5th, 12th (9am-11am)

Yearsley Open Swim (Lanes)

Come and try out Yearsley Swimming Pool and swim in the longest pool in York in a lane session. Centre staff will be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres.

Numbers limited – booking essential via email. **Free**

Yearsley Swimming Pool, Haley's Terrace, York, YO31 8SB

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 3rd (2.30pm-3.30pm)

Burnholme Senior Session Taster

If you are over 60, join us for a taster of our Senior Club Session: a social session with a variety of fun activities.

Pickleball, Badminton and Table Tennis. booking essential via email.

Free

Burnholme Sports Centre, Mossdale Avenue, York, YO31 0HA

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



EVERY TUESDAY (11.30am-2pm)

York Leisure Senior Club Session

If you are over 60, join us every Tuesday between 11:30am and 2:00pm for a social session with a variety of fun activities.

Aqua Aerobics class 11:30am – 12:10pm, Sports Hall activities from 11:30am Booking is essential on the Better UK app. Email for more information. **£6**

York Leisure Centre, Kathryn Avenue, York, YO32 9AF

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



EVERY WEDNESDAY (10am-12noon)

Burnholme Senior Club Session

If you are over 60, join us every Wednesday between 10am and 12pm for a social session with a variety of fun activities. Pickleball, Badminton and Table Tennis. Booking is essential on the Better UK app. Email for more information. **£6**

Burnholme Sports Centre, Mossdale Avenue, York, YO31 0HA

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 2nd, 16th (1pm-2pm)

Walking Rugby League

Walking Rugby is a modified version of Rugby League designed to be accessible to a wider range of ages and abilities. It is a non-contact sport where players walk, not run and tackles are replaced with two handed touches. It highlights social interaction, fitness and fun, making it an inclusive activity for both men and women. Numbers not limited. **£4**

LNER Community Stadium, Kathryn Avenue, Huntington, York YO32 9AF

Dawn Shore: inclusion@yorkrlfc.com

<https://www.yorkrlfc.com/walking-rugby-league>



OCTOBER 8th (9.30am-11.30am)

Table Tennis

We play social table tennis mostly doubles. We are an informal friendly group. We have a break about 10.30 for Tea/Coffee and a natter.

Booking is essential. **Free**

Dunnington Sports Club Common Road Dunnington York YO19 5NG

Ron Willits: ronwillits48@gmail.com

07766 852055



OCTOBER 10th (12noon-2pm)

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 provided free of charge. Dress comfortably.

16 people maximum, booking advised. **Free**

New Earswick & District Bowling Club, Huntington Road, Huntington, York, YO32 9PX

Michelle Gatenby: manager@newearswickibc.co.uk

www.newearswickibc.club



OCTOBER 6th, 13th (7pm-8.30pm)

York Tai Chi

Tai Chi Demonstration and open class with York Tai Chi in Museum Gardens. Activities will include Warm up, Breathwork, Chinese Yoga and Tai Chi Forms. No experience necessary, just willing participation!

Please bring brochure with you to either class for a free taster session

OLQM School, Hamilton Drive, York

OCTOBER 8th, 15th (7pm-8.30pm)

York Tai Chi

Fishergate Primary School, Fulford Road, York

Paul Neary: paulpauljojo@gmail.com

07903 755847

OCTOBER 1st, 8th (11.30am-12.30pm)

The Sitting Circle: Chair Yoga

Join our lovely community for chair yoga - an accessible practice that helps build strength and mobility in the body as well as ease through mindfulness practices and relaxation. All abilities are welcome and you can join us in your wheelchair. No need to book, pay at reception.

£5

Folk Hall, New Earswick, York YO32 4AQ

Amy Bullard: teapotyoga@gmail.com

07729 779854



OCTOBER 2nd, 9th (1.45pm-2.30pm)

Yearsley Aqua Aerobics

Come and try an Aqua Aerobics class at Yearsley Swimming Pool. Combining aqua aerobics with strength and conditioning moves, a workout in the water will get your heart pumping without putting pressure on joints. booking essential via email. **Free**

Yearsley Swimming Pool, Haley's Terrace, York, YO31 8SB

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 5th (10am-11am)

Energise Aquatics for Health

Aquatics for Health class offers many benefits for your physical health and overall wellbeing. It helps to build strength, endurance, and flexibility while reducing the impact on your joints.

Suitable for individuals of all ages and fitness levels.

Must be booked via email. **Free**

Energise Leisure centre Centre, Cornlands Road, York YO24 3DX

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 6th, 13th (10am-11.25am)

York Leisure Walking Netball Session

Netball, but at a walking pace. The game has been designed so that anyone can play regardless of age, ability or fitness. We have coaches on hand to help teach you all the rules and skills required.

Booking is essential on the Better UK app. **£4.50**

York Leisure Centre, Kathryn Avenue, York, YO32 9AF

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york



OCTOBER 21st

Better North Club Games

Better are hosting the first North Club Games on the 21st October and we'd like you to take part! This event aims to bring together those aged 60+ to participate in a mixture of sport competitions. Please email if you are interested. Please note this event will take place in Penrith but transport will be provided from York. Booking is required. **£4.50**

Burnholme Sports Centre, Mossdale Avenue, York, YO31 0HA

Natalie Thomas: yorkcommunitysportsmanager@gll.org

www.better.org.uk/leisure-centre/york

OCTOBER 1st, 8th, 15th (1.30pm-2.30pm)

RAD Silver Swans Ballet classes

RAD Silver Swans Ballet for the over 50s. This gentle but super fun class is adapted and age appropriate. Experience the profound health and wellbeing benefits and meet people with a passion for life. Taught by RAD Silver Swans Licensee and director of Jorvik Dance (37 years professional performance / teaching experience, plus 13 year of experience working with the over 50s community). Booking essential.

Free Trial

Huntington Memorial Hall, 46 Strensall Rd, Huntington, York YO32 9SH

Laucinda Roberts: jorviksilverswans@gmail.com

www.jorvikdance.com



OCTOBER 5th, 12th (1.30pm-2.30pm)

OCTOBER 2nd, 9th, 16th (10am-11am)

RAD Silver Swans Ballet classes

RAD Silver Swans Ballet for the over 50s. This gentle but super fun class is adapted and age appropriate. Experience the profound health and wellbeing benefits and meet people with a passion for life. Taught by RAD Silver Swans Licensee and director of Jorvik Dance (37 years professional performance / teaching experience, plus 13 year of experience working with the over 50s community). Booking essential.

Free Trial

Haxby and Wigginton Methodist Church Hall in Haxby YO32 2JJ

Laucinda Roberts: jorviksilverswans@gmail.com

www.jorvikdance.com



OCTOBER 6th, 13th (1.30pm-2.30pm)

RAD Silver Swans Ballet Classes

RAD Silver Swans Ballet for the over 50s. This gentle but super fun class is adapted and age appropriate. Experience the profound health and wellbeing benefits and meet people with a passion for life. Taught by RAD Silver Swans Licensee and director of Jorvik Dance (37 years professional performance / teaching experience, plus 13 year of experience working with the over 50s community). Booking essential.

Free Trial

Folk Hall, Hawthorn Terrace, New Earswick, York YO32 4AQ

Laucinda Roberts: jorviksilverswans@gmail.com

www.jorvikdance.com



OCTOBER 7th (2.30pm-4.30pm)

Strictly Fun Dancing!

These are barn/ceilidh style social dances, held on 1st and 3rd Wednesdays in month. You don't need a partner and no previous dancing experience is necessary. Whilst admission is normally £4 this will be reduced to £2 for a special 50+ "taster" session on Wednesday 7th October! No need to book. **£2**

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

Phil Quin: pipqn@supanet.com

01904 783029



OCTOBER 6th, 13th (6.45pm-7.45pm)

Strength & Stillness: Accessible Yoga

Join our lovely community for accessible yoga - a practice that helps build strength and mobility in the body as well as ease through mindfulness practices and relaxation. All abilities are welcome, you can practice sitting on a chair or on a mat. You can join us for class in your wheelchair. limited numbers, please book where you can or contact me directly via phone to let me know you're coming. £6

Orchard Park Community Centre, Badger Paddock, Huntington, York, YO31 9EH

Amy Bullard: teapotyoga@gmail.com
07729 779854



OCTOBER 13th (7.30pm-9.30pm)

Table Tennis, Stamford Bridge

We play social Table Tennis, singles and doubles at our small friendly group and would welcome new members. Come and have a go! Booking advisable. Free

Stamford Bridge Sports Hall, 24 Church Road, Stamford Bridge, YO41 1DG

John Cocker: john.cocker@sky.com
07515 925585



OCTOBER 1st, 8th, 15th (7.45pm-9.45pm)

Yorvik Folk Dance

Do you remember. English folk dancing at school or period TV dramas? Join our friendly group, with or without a partner. We walk through each dance and the caller continues to call as we dance to recorded music. Booking essential. £4

Acomb Parish hall, Front Street, York YO24 3BZ

Annette Soothil: annette@soothil.com
07719 675242



OCTOBER 6th, 13th (5pm-6pm)

Burnholme Supervised Gym Session

Come and try out Burnholme Sports Centre gym facilities in our Supervised Gym session. A fitness instructor will be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers limited - booking essential via email. Free

Burnholme Sports Centre, Mossdale Avenue, York, YO31 0HA

Natalie Thomas: yorkcommunitysportsmanager@gll.org
www.better.org.uk/leisure-centre/york



OCTOBER 9th, 16th (10am-11am)

Burnholme Open Gym Session

Come and try out facilities in our Open Gym session. A fitness instructor may be available to answer any questions you may have. Centre staff can also discuss membership options to access all 4 of Better York's centres. Numbers limited - booking essential via email. Free

Burnholme Sports Centre, Mossdale Avenue, York, YO31 0HA

Natalie Thomas: yorkcommunitysportsmanager@gll.org
https://www.better.org.uk/leisure-centre/york



OCTOBER 10th (10.30am-12noon)

Get Moving!

For all abilities, tailored to your level. Feel good as you move your body, build confidence and have fun alongside others. Gentle warm-ups, body prep drills and practice skills for all-round strength & mobility. Finishing with balance games & guided play exploring the outside space & playground. Spaces limited, booking essential. £10

Rawcliffe Rec, Rawcliffe Pavilion, St Mark's Grove, York YO30 5TS

Julie Wrigley: julie@smoothmoveslab.org 07817 362281
www.smoothmoveslab.org/



ADVICE & INFORMATION

OCTOBER 6th (10am-12noon)

Information Fair at York Theatre Royal

An opportunity to come along and chat to the stall holders about information and advice from various local organisations. **Free**

York Theatre Royal Café Bar

YOPA: yorkolderpeoplesassembly@outlook.com
07965 246193



OCTOBER 7th (10am-1pm)

Sound, vision, communication and inclusion

This session explores methods for full engagement with individuals experiencing sight and hearing loss, focusing on strategies that preserve and enhance motor skills and secondary senses. To support effective interaction, we will present practical communication techniques alongside assistive technologies designed to improve connectivity.

Participants should be prepared for active participation, as we will also cover fundamental exercises aimed at maintaining and strengthening overall sensory health. Spaces limited to 40. **Free - donations welcome**

Marriot room, York Central library

Rachel Barber: rachel.barber@living4moments.com 07379 433707
www.fit-2-learn.com

OCTOBER 12th (1.30pm-2.30pm)

What is clinical hypnotherapy?

Experience a group hypnotherapy relaxation session

Clinical hypnotherapy has been around for 1000s of years and can be used for many different issues from pain management to fears/phobias. Come and find out what it is, how it works and then experience a wonderfully relaxing session of group hypnosis. Wear comfortable clothing, no equipment. **£5**

Patch (Bonding Warehouse) Terry Avenue, York YO1 6FA

Cate Hollett: mytimetherapies@hotmail.com 07751 936231

OCTOBER 7th (12noon-2pm)

Stay Safe: Fire and Road Safety Event

This session held in the Fire Station looks at domestic fire safety and provides advice for all types of road users. Information on Home Fire Safety Visits will be provided, with opportunities to sign up for a free visit. No parking, but pay and display next door. No booking needed.

Free

York Fire Station, Kent Street, York, YO10 4AH

NYFRS: capabilities@northyorksfire.gov.uk 01609 780150
www.northyorksfire.gov.uk



OCTOBER 1st (1.30pm-3.30pm)

Free Will Advice with Local Solicitors at St Leonard's Hospice

Drop into St Leonard's Hospice to speak with a local solicitor about writing or updating your Will. Free Will offers are available, with guidance on planning for loved ones and, if you wish, supporting hospice care for future generations. No need to book. **Free**

*St Leonard's Hospice Sunflower Centre 185 Tadcaster Road
Dringhouses York YO24 1GL*

Ella Bassadone: fundraising@stleonardshospice.org.uk
01904 777 777



OCTOBER 7th (10am-3pm)

Vision Impairment Advice Drop-in

Come meet our friendly Yorsensory team to receive advice, try equipment before you buy it, and enjoy some light refreshments. No need to book. **Free**

Wilberforce Trust, Wilberforce House, The Grove, York, YO24 1AN

Yorsensory Team: enquiry@yorsensory.org.uk 01904 202292
www.wilberforcetrust.org.uk/what-we-offer/yorsensory/



OCTOBER 14th (10am-3pm)

Hearing Impairment Advice Drop-in

Come meet our friendly Yorsensory team to receive advice, try equipment before you buy it, and enjoy some light refreshments. No need to book. **Free**

Wilberforce Trust, Wilberforce House, The Grove, York, YO24 1AN

Yorsensory Team: enquiry@yorsensory.org.uk 01904 202292

www.wilberforcetrust.org.uk/what-we-offer/yorsensory/



OCTOBER 16th (1pm-3pm)

My Sight Digital Accessibility Check

For people of York affected by sight loss. Join the 'MySight York Digital Accessibility Check' drop-in at Explore York, to discover how you can adjust the settings on your phone / tablet to magnify, change colour of text, and beyond. Bring your own device, fully charged, and learn how to more easily stay-connected and access information. **Free**

Brierley Room Explore York Library Square, Museum St, York YO1 7DS

hello@mysightyork.org 01904 636269

www.mysightyork.org



OCTOBER 8th (2pm-3pm)

Become a Dementia Friend

Increase your understanding of dementia and be inspired to make a difference for people affected by all types of dementia.

Booking by email essential. **Free, donations welcome**

St Edwards Community hall, Tadcaster Road, YO24 1 QG

Gill Myers Stamp: Gillmyers10@gmail.com

www.dementiafriends.org.uk



OCTOBER 7th, 14th (10am-3pm)

Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney

Emma Campbell 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 with Emma by Wed 30 Sept 2025.

Appointments available 10am-3pm Wednesdays 7 & 14Oct. **Free**

Crombie Wilkinson Solicitors, 19 Clifford Street, York, YO1 9RJ or if you would like a video conference appointment, we can do this via Teams with link to Teams emailed to you once you book your appointment.

Emma Campbell: e.campbell@crombielawson.co.uk

01904 624185



OCTOBER 6th, 13th (10am-3pm)

Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney

Karen Fryer 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 with Karen by Wed 30 Sept 2025. Appointments available 10am-3pm Tues or days 6 Oct & 13 Oct. **Free**

Crombie Wilkinson Solicitors, 19 Clifford Street, York, YO1 9RJ or if you would like a video conference appointment, we can do this via Teams with link to Teams emailed to you once you book your appointment.

Karen Fryer: k.fryer@crombielawson.co.uk

01904 624185



OCTOBER 8th, 12th (10am-3pm)

Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney

Lois Britchford 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 with Lois by Wed 30 Sept 2025. Appointments available 10am-3pm Thursdays 8 & 12 Oct. **Free**

Crombie Wilkinson Solicitors, 19 Clifford Street, York, YO1 9RJ or if you would like a video conference appointment, we can do this via Teams with link to Teams emailed to you once you book your appointment.

l.britchford@crombielwilkinson.co.uk

Lois Britchford: 01904 624185



OCTOBER 10th (11am-12noon)

Exploring Older People's Perspectives on AI

AI is shaping our world, our future, and our everyday living. This session aims to shed light on the urgent need to make these technologies truly inclusive for older people. The speaker is a researcher interested in exploring perspectives of older people on AI and disseminating findings to technology developers and policy makers. **Free**

SPARK 17 Piccadilly, York YO1 9PB



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01904 862422 www.hearingplace.co.uk

SOCIAL & LEARNING

SEPTEMBER 30th (10am-3pm)

Breast Friends York Pillow Workshop

Breast Friends York make heart shaped cushions which are delivered to York Hospital for all breast cancer patients. We provide hot drinks and cake but you may want to bring some lunch if staying for the full session. Our Facebook Page "Sewn With Love". **Free**

Stableside, York Stableside, Tadcaster Road, York YO24 1QG

Lucy Hart: info@breastfriendsyork.org

01904 373088 www.breastfriendsyork.org

OCTOBER Mondays 5th, 12th (1pm-2.30pm)

York City FC Foundation 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. **Free**

Wigginton Old School, Mill Lane, Wigginton, York YO32 2PU

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



OCTOBER Fridays 6th, 13th (10.30am-12noon)

York City FC Foundation 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. Register on site at your first session. £1 or FREE upon producing this flyer during the 50+ festival as a new participant.

LNER Community Stadium, Kathryn Avenue, Huntingdon, York YO32 9AF

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



OCTOBER 1st, 8th, 15th (10am-1pm)

TCV Hull Road Park Activities

Join us in Hull Road Park for our well-being activities. Take part in gardening, woodwork and food growing the choice is yours. There are lots of different things to try and some great

company to be had. All tools and equipment provided along with refreshments. No booking needed. **Free**

Hull Road Park, Alcuin Avenue, Tang Hall, York YO10 3TQ

Meets us at the Pavilion near to the tennis courts.

Rachel Earnshaw: york@tcv.org.uk

01904 414927



OCTOBER 2nd

FNT Club Night

FnT is a friendly social club for 50+ in York and the surrounding area. Our aim is to meet people, socialise and have fun. Come along to our Club Night to meet members and to see our monthly programme of events. Singles and couples welcome. Email to advise attendance

Free, Buy a drink at the bar.

The Bay Horse, 55 Blossom Street, York YO24 1AZ

Mary Donohoe: fntyork@gmail.com 0798 2741712

Fntyork.com



OCTOBER 10th (11am-1pm)

Is your brain stuck in pain mode?

(Could a simple tapping technique help)

Living with ongoing pain? Discover how the brain can generate real pain and how to retrain it. Booking required. **£3**

Jenny Gilmore: jenny@generatingchange.co.uk 07749 706127

Learn to reduce fear, shift responses, and calm your nervous system using simple practical exercises including EFT tapping. Booking required. **£3**

Debbie Pogson: debbie.pogson@gmail.com 07749 706127

York Natural Health, 36 York Rd, Acomb, York YO24 4LZ

www.yorknaturalhealth.co.uk



OCTOBER 10th (10.30am-3.30pm)

Stories in Glass: open day at St Denys Church, Walmgate

A warm community welcome to allcomers: we showcase a rich stained glass mix from early 13th century (reputedly among the city's oldest) to a remarkable medieval collection and array of Victorian 'impressed' glass. We reveal their stories in guided talks at 11.30am and 2.00pm. Short musical interludes are offered on the outstanding 1879 'Father' Willis organ. refreshments available throughout. No booking required.

Free, donations welcome

St Denys Church, Walmgate, YO1 9QD

Mary Brooks: stdenyschurchyork@gmail.com

07941 246312

OCTOBER 7th (7.30am-9pm)

Talking To The Vases

Distracting poetry from Lockdown. Join poet F.Mary Callan for an entertaining evening of fun verses, and a few serious, as she survives Lockdown by talking to the vases and many other household items. Poetry for all the family. Refreshments included. Books on sale. Booking not necessary. **£7**

*St Bede pastoral centre, 23 Blossom Street, York, YO24 1AQ
(Mitchell Room)*

Mary Callan: blazinggrannies@gmail.com www.notsodeadpoet.com

OCTOBER 16th (10am-12noon)

Coffee, Chat & Culture

Enjoy friendly conversation over coffee or tea and cake in a relaxed setting with stunning views of York Minster. Explore our private art collection, connect with others, discover something new and experience York from a unique city centre vantage point. Numbers limited to 25, booking required Only those who have been registered with our security team will be allowed entry to the building. Photo ID will be required. **Free**

Aviva, Wellington Row, York, YO90 1WR

Alison Sutcliffe: alison.sutcliffe@aviva.com



OCTOBER 7th (1pm-4pm)

Carers Afternoon Tea

Step away from your caring role and enjoy a relaxing afternoon tea with fellow carers and York Carers Centre staff. Optional tabletop games available. Booking is essential, numbers are limited. To attend you must be an unpaid carer registered with York Carers Centre. **Free**

Delta Hotel York, Tadcaster Road, York YO24 1QQ

York Carers Centre: events@yorkcarerscentre.co.uk
01904 715490



OCTOBER 13th (1pm-4pm)

FNT Club Afternoon

FnT is a friendly social club for 50+ in York and the surrounding area. Our aim is to meet people, socialise and have fun. Come to meet members and enjoy our monthly programme of events. Singles and couples welcome. Email to book. **Free - buy a drink at the bar**

The Old Bank, 6-12 Lendal, York YO1 8AA York

Mary Donohoe: fntyork@gmail.com www.fntyork.com
07982 741712



OCTOBER 19th (2pm-4pm)

Cuppa and a Chorus

Join our friendly community to sing in a relaxed environment and enjoy a cup of tea & cake. Led by an experienced community musician, sessions will give you the chance to sing some of the songs you know and love and explore new ones from around the world. Booking essential. **£6**

National Centre for Early Music, St Margaret's Church, Walmgate, York YO1 9TL
Effie Millar: boxoffice@ncem.co.uk www.ncem.co.uk/cuppa-chorus/
01904 658338



OCTOBER 10th (2pm-4pm)

SURPRISE!!!

How do you feel about surprises? Come and share the surprises that stand out in your memory from childhood through to retirement. Bring photos of the event if you have them. We can record your stories, if you like, for uploading to YouTube@ListerInteractions and sharing in the future.

All welcome, in person and on Zoom. Let Sue know you are coming or join us on the day. **Free**

Spark York, 17-21 Piccadilly, York YO1 9PB.

Community Room upstairs at the far end of the building.

Sue Lister: hello@awocyork.org.uk www.awocyork.org.uk
01904 488870



OCTOBER 12th (1pm-3pm)

Wigginton Brain Health Café - Musical Afternoon

As part of the 50+ Festival, we are having a special musical afternoon at our Wigginton Brain Health Café, with music from Fred Ring and a music quiz. The Brain Health Café is open to anyone who wants to keep their brain active or who is concerned about their memory. No need to book. **£3**

Wigginton Recreational Hall, Wigginton, York YO32 2PL

Dementia Forward: info@dementiaforward.org.uk
03300 578592 www.dementiaforward.org.uk



OCTOBER 14th (2pm-3.30pm)

Meeting with guest musician Lesley Locke

Come and hear wonderful singer and violinist Lesley Locke, whose repertoire spans classical, jazz, country, rock, and folk. Our friendly monthly meeting welcomes all and we have lots of information about Parkinson's too. refreshments at the end. No need to book. **Free**

Folk Hall, New Earswick, York YO32 4AQ

Janis Bright: info@yorkparkinsons.co.uk
07943 137616 www.yorkparkinsons.co.uk



OCTOBER 6th (10.30am-12.30pm)

Morrisons Mingle £4

Morrisons café, Foss Islands Road, York YO31 7UR

Bev Ward: bev.ward@ageukyork.org.uk
01904 726191



OCTOBER 1st, 6th, 7th, 8th, 11th, 12th, 14th, 15th (10am-4pm)

TCV Conservation Task Day

Join us to complete practical tasks in the York area to improve places for people and nature. Work outdoors, improve skills, make friends and keep fit. No experience required. Guidance, equipment, transport and drinks provided. We have capacity for 9 people in our minibus, but people can also join us on site if they have transport. Email booking essential for registration form and place on minibus." **Free**

The Conservation Volunteers, Tang Hall Community Centre, Fifth Avenue, Tang Hall, York YO31 0UG

We have capacity for 9 people in our minibus assuming they a book in time, but people can also join us on site if they have transport.

Benedict Batista Everitt: york@tcv.org.uk 07769 642395

OCTOBER 9th (4pm-5pm)

Games, Gathering, and Good Company

Leave ruthless competition at the door and join us for a wonderfully relaxed afternoon. We will start with a short, entertaining talk about the joy of modern, cooperative games, followed by some light-hearted, interactive group play. These are friendly games where everyone works together - meaning no pressure and no losing! Enjoy a playful atmosphere in a bright, fully accessible venue with level access. This is the perfect setting to stretch your mind and enjoy some great company. Booking essential. **Free**

Patch, The Bonding Warehouse, Terry Ave, York YO1 6FA

Ryan at York Board Games Convention: ryan@ybgc.co.uk



OCTOBER 5th, 12th (10.30am-3.30pm)

Menfulness Meets

Jack from Menfulness will be available throughout the day to chat with visitors about the events Menfulness is running across the city.

Pop along for a friendly conversation, find out more about upcoming events, and learn how you can get involved. We look forward to seeing you there! No booking required. **Free**

City Screen Basement, 13-17 Coney St, York YO1 9QL

hello@menfulness.org www.menfulness.org 07773 902074



OCTOBER 7th (1pm-3pm)

Westfield Wednesday

We meet up each month for people aged 50 + or feeling isolated we usually have cup of tea /coffee and cake have a chat, we do a raffle and sometimes we offer crafts too if people want to do it. No booking needed. We also put on afternoon tea and a Christmas party each year.

Pay as you feel

Acomb methodist Church , Front Street, Acomb YO24 3BX

Bev Ward: bev.ward@ageukyork.org.uk 01904 726191



OCTOBER 8th (10am - 1pm)

u3a York Open Day

Want something new to do? Come to the u3a York Open Day, see what we offer, we're showcasing our activities, talks and offering taster sessions. Further details at u3ayork.org.uk.

No booking needed. **Free.**

Central Methodist Hall, St. Saviourgate, YO1 8NQ

Beryl Oppenheim

leadYorku3a@gmail.com



SEPTEMBER 24th, and OCTOBER 8th, 15th (1pm-2.30pm)

Friendship Lunches

Friendship lunches come to The Chopping Block!

Enjoy some company, make new friends and a lunch menu for just **£15**
Booking is advised, if walking in - diners should make us aware of group affiliation

The Chopping Block Bistro 25 Walmgate, York, YO1 9TX

choppingblock@walmgateale.co.uk 01904 629222



OCTOBER 10th (3pm-5pm), 13th (7pm-9pm)

York Historic Pub Walking Tour

Historic pub walking tour. An alternative view of York's history through some of its most historic pubs along with the associated events and people. All funds raised go to support a local charity scheme run by Age UK York. An optional refreshment break is available with 20% discount. Maximum of 16 per tour bookable through Eventbrite **£8**

Next to National Trust shop at Junction of Goodramgate and College Street.

Keith Martin: pubwalks4kyp@outlook.com
07506 570234



OCTOBER 16th (1.30pm - 2.15pm, 2.45pm - 3.30pm, 4pm - 4.45pm)

Breath Body Mind taster session(s)

Partners in Dementia offers free support for unpaid carers in York through "Breath, Body, Mind" courses. This taster session teaches simple breathing and movement techniques to reduce stress, build resilience, improve wellbeing and help prevent burnout. The session is gentle, trauma-informed, and designed to support carers' mental health and confidence. **Free for unpaid carers.**

Numbers limited. Booking essential

Only those who have been registered with our security team will be allowed entry to the building. Photo ID will be required.

Aviva, Wellington Row, York, YO90 1WR

Justin Mazzotta: justin@partnersindementia.org
07932 420726

OCTOBER 10th (11am-12.30pm), and 11th (1.30pm-3pm)

The Uncomfortable York Tour

Join Uncomfortable York for a thought-provoking walking tour, exploring the overlooked stories of women, people of colour, and LGBTQIA+ individuals. Step beyond the city's historic streets and discover York's vibrant, diverse past - revealing a global city shaped by voices too often left out of traditional histories. 20 max per event - pre-booking advised.

Meeting outside Bennett's Café and Bistro, High Petergate, York YO1 7EH

Marilena Netty: info@uncomfortableyork.com 01865 538 409
uncomfortableyork.com



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 **YORK Health Trainers**

CULTURE & CREATIVE

OCTOBER 14th (2pm-3.30pm)

Meeting with guest musician Lesley Locke

Come and hear wonderful singer and violinist Lesley Locke, whose repertoire spans classical, jazz, country, rock, and folk. Our friendly monthly meeting welcomes all and we have lots of information about Parkinson's too. refreshments at the end. No need to book. **Free**

Folk Hall, New Earswick, York YO32 4AQ

Janis Bright: info@yorkparkinsons.co.uk

07943 137616 www.yorkparkinsons.co.uk



OCTOBER 17th (2pm)

75 Years of the Goon Show

The Goon Show Preservation Society and the Borthwick Institute for Archives present a live performance of two classic episodes written by Spike Milligan, Larry Stephens, & Maurice Wiltshire.

PLUS! Explore the comedy archives held at the university with special guests. **Tickets £10 with all profits going to Age UK York.**

Scenic Stage Theatre, University of York

Goon Show Preservation Society 0118 948 5188



75 YEARS

THE GOON SHOW PRESERVATION SOCIETY & BORTHWICK INSTITUTE FOR ARCHIVES UNIVERSITY OF YORK present A BIRMINGHAM COMEDY FESTIVAL production of...

Celebrating 75 Years of THE GOON SHOW

with two classic radio scripts
LIVE on stage + Q&A and
a look at the Institute's
comedy archive

Saturday 17 October 2026, 2pm
Scenic Stage Theatre,
University of York (Campus East),
Baird Lane, Heslington,
York YO10 5GD
goonshow.org

The Goon Show Preservation Society

THE BORTHWICK INSTITUTE FOR ARCHIVES

UNIVERSITY of York

BIRMINGHAM COMEDY FESTIVAL

York ageUK

York 50+





Age Friendly York

AGE FRIENDLY YORK
Helping everyone to age well.

HAVE YOUR SAY!

Age Friendly York is an opportunity for everyone to have a voice about what's important to older people in York and to influence change. If you are a citizen, a carer, a provider, a councillor, or a business then you will have a view. Our next step is to re-launch a York Older People survey in 2027 (10 years on since the last full survey).

If we don't get the questions right then we don't get the information right to plan our next steps. So do come and join us on 1st October at 10am.

Please email AgeFriendlyYork@AgeUKYork.org.uk or call 07345458670 to find out more.



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AgeUK**

Care at Home Service

01904 866070

ageukyork@ageukyork.org.uk

PERSONAL CARE

Support with washing, dressing mobility & medication

COMPANIONSHIP

Help to build confidence or be there for a chat

DEMENTIA SUPPORT

Supported with dignity & respect from trained carers

HELP AT HOME

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crombiewilkinson.co.uk



EMMA CAMPBELL
Associate Solicitor



LOIS BRITCHFORD
Solicitor



KAREN FRYER
Solicitor

**CONTACT OUR
YORK TEAM**
01904 624185

JOIN US AT THE 50+ FESTIVAL INFORMATION FAIR TUESDAY 6TH OCTOBER 10.00-12 AT YORK THEATRE ROYAL



Older Citizens Advocacy York (OCAY) is a local charity, offering people over 50 in York, advocacy and practical support to access services and benefits, making a positive impact on people's lives.

LEARN MORE ABOUT HOW WE CAN HELP IF YOU ARE STRUGGLING

When life gets overwhelming, it's not always obvious where to turn.

- Financial hardship. Confusing systems. Communication barriers.
- No support network. Digital exclusion. Not knowing your rights.

Find out how OCAY is helping ensure no one has to face these challenges alone.

LEARN MORE ABOUT THE VALUE OF VOLUNTEERING

Research indicates that volunteering is linked to enhanced health and well-being.

We couldn't do our work without the support of our amazing volunteers and would love anyone with a little bit a time on their hands to come and join us.

**WE HAVE HELPED 520 PEOPLE IN THE
LAST YEAR IN VERY TANGIBLE WAYS,
ASSISTING WITH BENEFITS, ENERGY,
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For more information, to register with us for support, or to volunteer when you have the time please get in touch:

yorkneighbours.org.uk 01904 891 627 info@yorkneighbours.org.uk



Leaving a legacy of kindness

Your gift stays local (and goes a long way).

Legacies are a crucial part of our income and gifts left to us in wills go directly to supporting older people right here in York.

Whatever the size of your gift, it will go a long way to help someone in York who needs us.



Please call 01904 627995 to find out more or email ageukyork@ageukyork.org.uk

Age UK York is a registered charity in England and Wales (no. 1118346)



Working in partnership with



Help your local NHS and Social Care Services help others by returning equipment.

Local NHS and Social Care Services lose thousands of pounds each year due to missing equipment. All items returned will be assessed, safety tested and either repaired and reused or stripped down for recycling.

Look for equipment label

Contact Medequip to request a free and safe collection:

Call **01423 226240**

Email **north.yorks@medequip-uk.com**



What might you have?

- Adjustable walking sticks
- Crutches
- Chair raisers
- Commodes
- Bed levers
- Wheeled adjustable frames
- Perching stools
- Raised toilet seats
- Pressure cushions
- Toilet frames
- Trolleys

If you would prefer to return equipment to Medequip yourself, you can bring it to:

York Depot:
Unit 3, Gerald's Court, James Street, York, YO10 3DQ

Monday to Friday 8am - 5pm

Scarborough Depot:
5B & 5C Dunslow Court, Eastfield, Scarborough, YO11 3XT

Monday to Friday 9am - 5pm

To find your nearest drop off point, please visit:
mq-uk.com/return-nyorks



Over 90% of returned equipment recycled nationwide.



Keeping people independent

The finest legal support,
for the world we live in

National expertise, local to you.

personal | business | claims



Or scan the
QR to visit
our website

www.switalskis.com

Get in touch

☎ 0800 138 0458

✉ help@switalskis.com

📍 Back Swinegate, York

Switalskis

Pryers

Court of Protection Solicitors

Our advice covers all aspects of property and finance for
someone who can't manage it for themselves.



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explore our services

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Financial
administration

Rehabilitation

Property and
accommodation

help@pryers.co.uk | 01904 409 720 | Based in York



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2nd Friday of the
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Enquire Today

01904 448 313

1 Church Lane, Wheldrake, York, YO19 6AW

www.countrycourtcare.com





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