



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



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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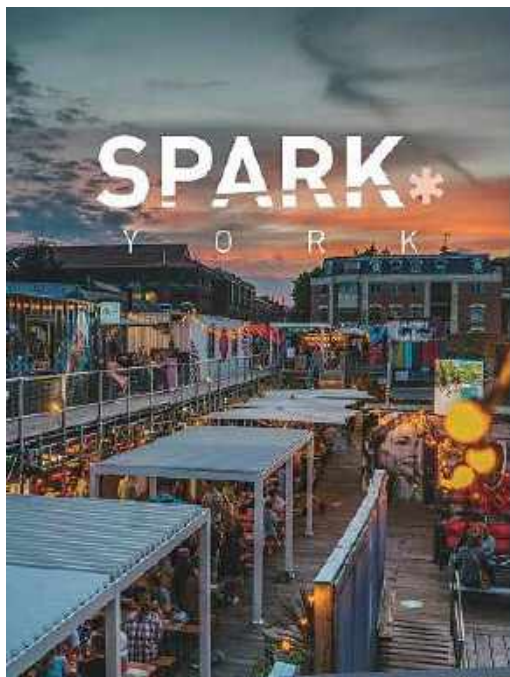
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- * EAT
- * DRINK
- * SHOP
- * LOCAL

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.

Spark:York
17–21 Piccadilly
York
YO1 9PB



Visit our website

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

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Befriending

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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



SPONSORS

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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| | Free Swimming and Cycling at York Sport Village | p. 19 |
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| Mon 25 | Walking Football | p. 20 |
| | Talk to a trusted solicitor about making your Will and Lasting Powers of Attorney - book by 22/9 | p. 20 |
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| Heworth Ladies Choir | p. 23 | |

Events Summary September

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

Events Summary September

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

Events Summary

October

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| 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. 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 OCA Y & 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 |

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| | | |
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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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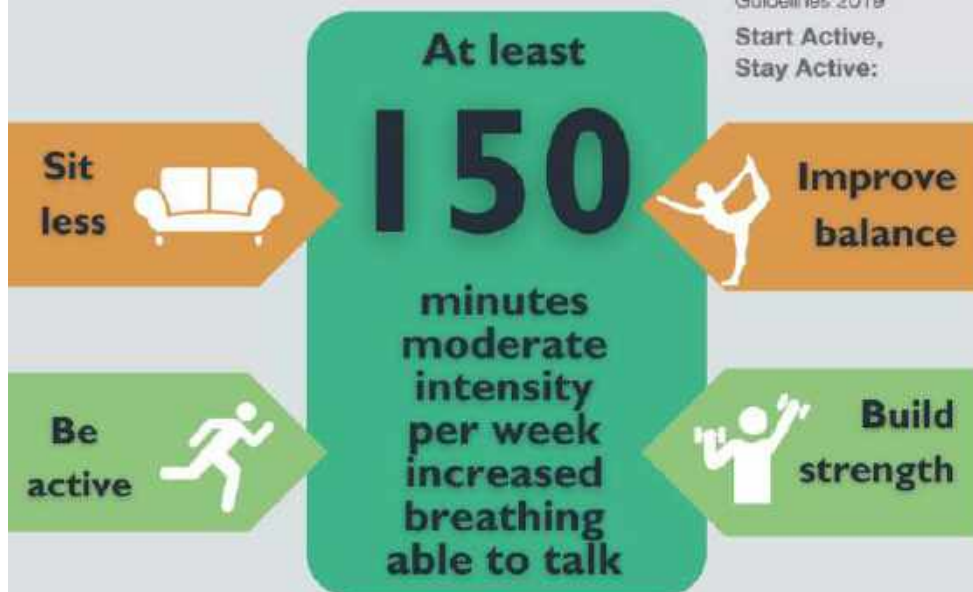
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Physical activity benefits for adults and older adults



UK Chief Medical Officers'
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Start Active,
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-  **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

OCA Y 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 OCA Y 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 oldercitizensadvocacyork.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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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** Red Tower York,
As Sat 23, see p. 17 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** York Sport Village,
Free Swimming and Cycling at York Sport Village. Just turn up between Lakeside Way, York YO10 5FG

1- 3pm on the specified dates to gain entry via the Reception Desk.

Swimming numbers may be limited Free and will be first come first served.

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”** The WORK Space, SPARK, 17 -21 Piccadilly, York YO1 9PB

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. 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 Burnholme Sports Centre,
 This is a great place to come and play a slowed down version of the game. Mosssdale Avenue, York YO31 0HA (3G Pitch)
 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 ! £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 Crombie Wilkinson Solicitors,
 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. 19 Clifford Street, York YO1 9RJ or online via video Teams meeting
Pre-book your 30 minute appointment by Fri 22 September 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 Wigginton Old School,
 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. Mill Lane, Wigginton, York YO32 2PU
 Join us and enjoy various quizzes, games, activities and even the occasional guest. No need to book, just turn up ! Free

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

Accessibility YES - parking NO - WA, HL, BSL

1 - Pickleball for fun
3.30 pm 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 Pétanque introduction for beginners
pm 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 Bingo
pm 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@stsampsoncentre.co.uk stsampsoncentre.co.uk/

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

2 - 3 York Leisure Centre Facility Tour
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

50+ FESTIVAL

Bombholme Sports Centre

Facility Tours - 25/09/23, 9.30-9.50am & 26/09/23, 9.30-11.30am
 Badminton & Table Tennis - 27/09/23, 1-3pm
 Gym - 25/09/23, 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
 Clp 'n' Club - 29/09/23, 6.35-7.55pm
 Swimming - 28/09/23, 11am-2pm & 29/09/23, 7.30-8pm

Embsay Leisure Centre

Facility Tours - 27/09/23, 3-4pm & 30/09/23, 10-11am
 Gym & Swimming - 02/10/23, 1-3.30pm

Veardley Swimming Pool

Aqua Aerobics - 26/09/23, 7-8pm
 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 IGL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlecote House, The Royal Arsenal, London, SE18 6XK. Inland Revenue Charity no: 3043398 VAT registration no. 232740120.



BETTER

Struggling with energy bills or keeping warm at home?

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

Get in touch!

yorkenergyadvice.org.uk

Phone: 01904 922249

SMS: 07418 364631



**York
Energy
Advice**

by York Community Energy



Funded by
UK Government



CITY OF
YORK
COUNCIL

| | | |
|---------------------------|---|---|
| 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 anmansfield@talktalk.net

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

| | | |
|----------------------------|---|---|
| 9.30 - 10.30 am | 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, Mosssdale Ave., 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

| | | |
|-------------------------|---|--|
| 10 am - 2 pm | Information Fair with MySight York and Healthwatch York 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. | MySight York, 14 Merchants Place, Merchantgate, York YO1 9TU 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 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 - 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

| | | |
|--------------|---|--|
| 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 We meet outside the Museum
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.** 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 Yearsley Swimming Pool,
Come along to Yearsley Pool and try our aqua aerobics sessions. Haley's Terrace,
With a mix of aerobics, strength and Clifton, York
conditioning moves, a workout in the YO31 8SB
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.

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

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

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

9.30 Samaritans Circular Ramble Start at York Railway Station.
 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.
 Free. Donations can be made to York Samaritans but not obligatory
Booking is essential. To book or find out more, contact: Anita

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

10 - 11 am Yearsley Swimming Pool Facility Tour Yearsley Swimming Pool, Haley's Terrace, Clifton, York YO31 8SB
 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.
 Free

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

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

11 am - Line Dance Workshop St. James the Deacon Church Hall, Woodthorpe YO23 9SE
1 pm 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.
 Free
Booking by email advised but not essential.

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 Joseph Rowntree Theatre
 as Tue 26, see p. 26

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 St Sampson's
 Come along and enjoy some music Centre,
 from The Roll Ups. They are a local Church St., York
 band in York who play 60s rock and YO1 8BE
 roll. No booking required.
 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 St Nicks
 The St Nicks EcoCrafters meet Environment
 weekly to share craft skills, warm Centre,
 drinks and chat. We specialise in Rawdon Avenue,
 upcycling and repurposing items to York
 sell for the St Nicks charity. YO10 3FW
 All abilities welcome! Materials
 provided or bring your own project. Free
 There will be a warm welcome and
 cake! No booking required.

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 Energise Leisure
Facility Tour Centre,
 Tour Energise Leisure Centre and Cornlands Road,
 and talk to our Community Manager Acomb, York
 about what you would like in the YO24 3DX
 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, 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 - Table Tennis

12 pm 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,
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 - 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
YorkCommunitySports@gll.org Better.org.uk/York

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

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

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

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

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

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 Huntington
 Free Silver Swans Ballet taster. Memorial Hall,
 All ages and abilities welcome from 46 Strensall Rd,
 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.** 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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- Not for profit
- IT & P Practice members
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Acomb Garth, 2 Gek Rise, York YO244LJ
01904 3413 690
NIMBUSCARE.CO.UK

Community Healthcare

Local healthcare services to local people

New earwax removal service
Acomb Garth Community Care Centre

Nimbuscare Ltd - Services

| | | |
|------------|--|---|
| 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

| | | |
|---------------------|--|---|
| 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** Meet:
 "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".
 Community Centre, Cranfield Place, Foxwood, York YO24 3HY
 Free

Contact: yorkhealthwalks@gmail.com

1 - 2.30 pm **Sporting Memories** LNER
 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.
 Kathryn Avenue, Huntington, York YO32 9AF
 Free
 No need to book, just turn up !

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

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

1.30 - 3.30 pm **Line Dancing** St Sampson's Centre,
 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.**
 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, 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 - 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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TRTrehab.co.uk
01904 404 729

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

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 Glen Gardens,
Come and join us at Glen Gardens Heworth, York
to join in and have a go at Flat Green YO31 1AP
Bowling. This is a great sport to have Free
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.

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



| | | |
|--------------------------|---|---|
| 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 Bustardthorpe
 Changing Facility,
 Racecourse Road,
 York
 YO23 1EX

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.

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 Glen Gardens,
 Heworth, York
 YO31 1AP

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

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 York Sport Village,
 Lakeside Way,
 York
 YO10 5FG

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

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** Energise Leisure Centre,
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.** Cornlands Road, Acomb, York YO24 3DX
Free

Also on site between 1 - 3 pm will be a CYC Health Trainer offering advice about stopping smoking, see their advert on p. 17

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 ”** The WORK Space, SPARK,
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. 17 -21 Piccadilly, York YO1 9PB
Free

Books will be on sale afterwards.
Please book so I know how many people to expect.

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** Burnholme Sports Centre,
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 ! 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** Monkton Road (near shops) YO31
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. 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** 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 - 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)** York Sports Club
Clifton Park,
Shipton Rd, York
YO30 5RE

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.

Free

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

Accessibility YES - AT, BBP

7.30 - 9 pm **Heworth Ladies Choir** Methodist Church,
Heworth Village
YO31 0AE

We are a group of ladies who meet together to sing popular songs and enjoy being together. We have fun. No need to book.

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

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 !

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
afancksen@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-Trial 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** St Sampson's Centre, Church Street, York YO1 8BE

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.

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** Crombie Wilkinson Solicitors, 19 Clifford Street, York YO1 9RJ

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.**

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** Meet: Holtby Church, Holtby Lane, York YO19 5UD

"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".

11 am - 60 mins walk **York Health Walks - York City** Meet: Hungate Reading Cafe, Hungate, York YO1 7AF

As above

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 - 12 pm **Age UK York Keep Your Pet - Dog Café** Clifton Community Café, Marjorie Waite Ct, Evelyn Cresc, Clifton YO30 6DR
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.
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, The Grove, Dringhouses, York YO24 1AN
Join our YorSensory Introduction at Wilberforce House for a taster of the services which the YorSensory Team can offer to people with sensory loss.
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, 15 Priory Street, York YO1 6ET
OCAY 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.
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 Centre, Kingsway North, Clifton, York YO30 6JA
2 pm 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.
 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 Church, Burton Stone Lane, Clifton YO30 7BE
1.30 pm 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. 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

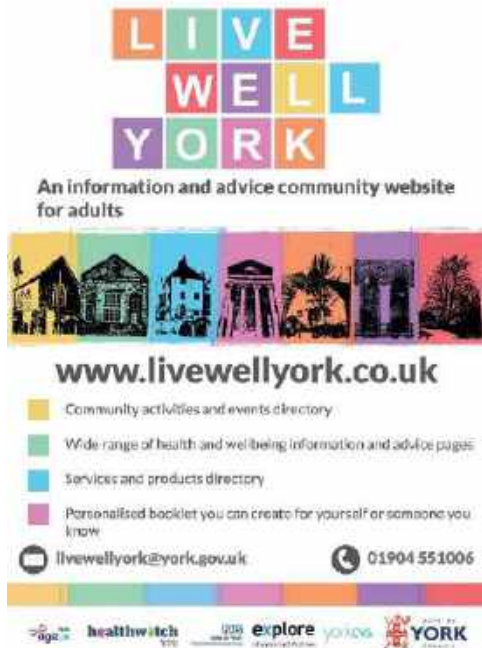
The Priory Street Centre
info@ocay.org.uk
 01904 676 200

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.

Scavenger Hunt



LIVE WELL YORK

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

Partners: age, healthwatches, explore york, YORK



Call CareRooms today!
03331 212 227

Transform moments of struggle into stories of strength, turn spaces into sanctuaries and strangers into extended families.

Become a CareRooms Host, where your space and skills transform lives with compassion.

If you have a spare room and you work from home or you're retired, join our community of Hosts!

Earn over £350 per week for your room, plus a competitive hourly rate if you are a certified carer and provide personal care to your Guests.

Visit www.careroms.com and sign up to become a Host!



Scan the QR code to hear a fellow's Yorkshire Host experience

03331 212 227

www.careroms.com

support@careroms.com

1 - 3.30 pm Age UK York Westfield Wednesday drop-in Acomb Methodist Church, 40A Front Street, Acomb, York YO24 3BX
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. 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 Meet: York Art Gallery, Exhibition Square, York YO1 7EW.
"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". Free

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

2 - 3 pm Acomb Wellbeing Walk We meet outside Acomb Explore Library, Front Street, Acomb

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.

Free

Booking is essential.

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

2 - 4 pm Ecocrafters and Cake St Nicks Environment Centre, Rawdon Avenue, York YO10 3FW

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.

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

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 !

£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,
York Tri is a friendly triathlon club, Cornlands Rd, Acomb,
open to all. This session develops York
front crawl technique, as well as YO24 3DX
building fitness. NB: Session to Free taster session
improve fitness and technique, not
learn to swim. You should already
be able to swim 50m front crawl
unaided.
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
As Wed 4 Oct, see p. 56 Centre,
Mosdale Avenue,
York
YO31 0HA (3G Pitch)
£5

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 - York Health Walks - Tang Hall
60 mins Explore Library
walk “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 - Jorvik Folkdance club
9.45 pm 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 |
|--------------------------------|---|---|

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

| | | |
|----------------------|--|---|
| 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 |
|----------------------|--|---|

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 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

Saturday 7 October

| | | |
|---------------------|---|--|
| 10 am - 4 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, York YO23 1JQ 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 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. | Last Wishes, 17s Hawthorn Terrace, New Earswick, York YO32 4BL 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

| | | |
|-----------------|---|--|
| 11.30 am | Tennis taster session | York Tennis Club, Shipton Road, York YO30 5RE |
| - 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 ! | 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 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. | Online via Zoom Free |
|-----------------|---|-----------------------------|

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

1 - 3 pm Free Swimming and Cycling at York Sport Village York Sport Village, Lakeside Way, York YO10 5FG
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. Free

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

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



York Learning has one mission: to inspire you to **learn, explore** and **achieve**.
Learn something new, improve your skills, and gain confidence in your abilities. Be creative, support your health and wellbeing, or keep up to date with technology.

Don't miss **Adult Learning in York Week**
4 - 8 September 2023



For more information, call: **01904 554277**
email: york.learning@york.gov.uk
visit: www.yorklearning.org.uk



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Call CareRooms today!
03331 212 227

Transform moments of struggle into stories of strength, turn spaces into sanctuaries and strangers into extended families.

Become a CareRooms Host, where your space and skills transform lives with compassion.

If you have a spare room and you work from home or you're retired, join our community of Hosts!

Earn over £350 per week for your room, plus a competitive hourly rate if you are a certified carer and provide personal care to your Guests.

Visit www.carerooms.com and sign up to become a Host!



What is CareRooms?

CareRooms provides short stays in the home of a vetted Host within your local community. We offer recovery and respite in a home-from-home environment with a friendly Host.

We provide bespoke meals, 24/7 monitoring devices and access to a dedicated support team, mobility aids and personal care if required, and warm, supportive conversations!

Why CareRooms?

We tailor the package of care to suit our Guests' needs and requirements. They will stay with a trained Host in a homely environment, to help them rest and recover.

Also, we assist next of kin by taking on some of the responsibilities and stress, such as communicating with hospital staff and others who are part of our Guests' care and support team.

At CareRooms, we always put YOU first!



Who can stay in a CareRoom?

CareRooms is suitable for those who are medically optimised for discharge from the hospital but need a period of convalescence and support before they are ready to go back home.

It is also suitable for those seeking companionship in the community, or a respite stay for full-time carers who plan a well-deserved break or need to attend an event.

CareRooms are here to help in any way we can.



Scan the QR code
to hear a fellow's
Yorkshire Host experience

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

ENJOY !

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