

York Older People's Assembly

St Sampson's Centre

Church Street, York YO1 8BE

Registered Charity 1101018

Email: yorkolderpeoplesassembly@outlook.com

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Tel: 07965 246193

Website: www.yorkassembly.org.uk



DAVID SKAITH – MAYOR OF YORK AND NORTH YORKSHIRE

Following the elections on the 2nd of May, David Skaith, the Labour Candidate was elected to represent the whole of North Yorkshire including York. This does not affect the ceremonial role of the Lord Mayor of York.

His 5-point plan includes:

- Champion York and North Yorkshire
- Fight for more GP and dentist appointments
- Tackle crime and anti-social behaviour
- Connect our communities with a new transport system
- Deliver a cost-of-living recovery plan

As a small business owner in York, he says he knows how to balance the books and will always spend tax-payers money wisely and get value for money.



CARERS ALLOWANCE SCANDAL

People looking after those who are frail or disabled can receive a weekly Carers Allowance of £81.90. A carer can earn a maximum of £151 per week without affecting the benefit.

It has recently been revealed that the Department for Work and Pensions (DWP) has been recovering overpayments in a high-handed manner.

If a carer is paid only £1 above the benefit for 52 weeks, they have to pay back the whole of the allowance for the year, over £4250 rather than the £52 overpayment.

This scandal has been raised with the government and the DWP, who should have notified carers if they exceeded the limit.

If any of our readers have been affected in this way, please contact the local MP – Rachael Maskell or Julian Sturdy.

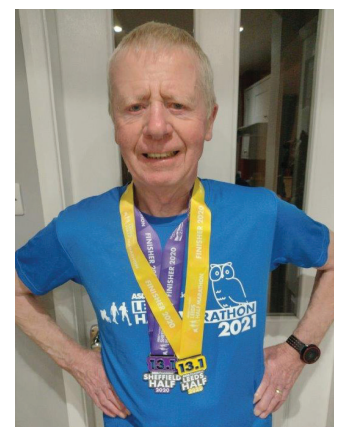
AGE SHALL NOT WITHER!!

George Wood, (pictured right) well known secretary of the Assembly, has completed yet another half marathon in Sheffield, in April at the age of 79.

Challenged to check on his history of long-distance running, George, who has kept all his medals, has clocked up 1881 miles covering 148 races, starting in 1986. This includes 19 marathons and 81 half marathons.

It seems he has no intention of stopping, with a further 5 races planned for 2024.

He must be the "Health Champion" of York! Many congratulations from us mere mortals.



CHOICE AT THE END OF LIFE

One of the themes of the Health and Wellbeing Strategy in York is "Ageing Well". This includes enabling people to die well in their place of choice. Currently it is a criminal act to help an individual to die, punishable by a prison sentence under the "Suicide Act" of 1961.

The issue of assisted dying has come to the fore with both Jersey and the Isle of Man currently considering legislation to help eligible people to end their own lives.

Two hundred million people across the world have legal access to some form of assisted dying including in Belgium, Spain, Canada, The Netherlands and ten States in the USA.

Both Rishi Sunak and Keir Starmer have promised to allow time for a full debate in the next Parliament. Currently public opinion shows 84% backing a safeguarded and compassionate assisted dying law.

It has been championed by Dame Esther Rantzen, who has terminal cancer.

With a general election declared, now is the time to express your views to the existing members of parliament for York Central and York Outer. Please contact Rachael Maskell or Julian Sturdy if you want your voice to be heard.



INTERNATIONAL DAY OF OLDER PEOPLE (IDOP) – OCTOBER 1ST 2024

"What is IDOP all about?" In 2022 we introduced a collaborative project to engage York people in the UN designated day and adopted their theme of "older women". In 2023, working with colleagues in York Theatre Royal, York Museums Trust, York Library and York Minster plus many others we aligned the focus of the day on living planet friendly lives.

Our exciting plans for 2024 are centred on Memories and Dreams of older people. We aim to challenge ageist myths and stereotypes; and to promote well-being and full citizenship for all.

Find out more at the Information Fair at St Sampson's Centre on July 3rd.



YORK 50+ FESTIVAL 21 Sep - 6 Oct 2024

2024 is the 19th year of the York 50+ Festival and we welcome back people and groups from previous years, and people with new ideas, to add to the enjoyment. We welcome large and small events from everyone who wants to "accentuate the positive" of being over 50.

Virtual events online, traditional in-person activities, or hybrid events are all welcome for the printed and online Festival Brochure, available from early September. Previous years programmes and photos can be found by clicking the Festival link on www.yorkassembly.org.uk.

For more details come to the Information Fair or contact Mary Cannon, the Festival Co-ordinator, via email marycannon3988@gmail.com, tel: 01904 332613, mob: 07920 162034 or the Festival email: yorkfiftyplus@gmail.com.

FALLS PREVENTION IS TOP PRIORITY

The Assembly recently received a presentation on the Falls Prevention Service provided by the council.

Over one in ten of those over 65 are classified as frail, with over 3000 at moderate or severe risk of falls.

Over 800 referrals were made to the service in the past year. The focus is to reduce falls risks and maintain people's independence at home. They consider any falls history and fear of falling related to the individual's needs and circumstances.

A home visit is completed by a trained assessor which may result in minor adaptations and appropriate equipment to assist the individual, whether in the bathroom or elsewhere. The service is provided free of charge.

Direct contact can be made with the Falls team by phoning: 01904 552300 or on the website: www.york.gov.uk/form/reducingfalls



FALLS PREVENTION – DIRECT EXPERIENCE



One of our Executive Committee members, Maureen O'Hare (pictured left), has direct experience of the Falls Service.

She says "Following a bad fall on Lendal Bridge, requiring an ambulance to take me to York Hospital, my subsequent recovery was slow. I rang the Falls Prevention Service and received a visit from an occupational therapist the next day. Following an assessment, arrangements were made to fit external grab rails to my home. This work was completed the following day. In addition, a referral to the Fire Service resulted in a call to adjust the smoke alarms and lighting to assist me. This was also completed within a week.

In the light of this personal experience, I would highly commend the service to others".

INFORMATION FAIR - WEDNESDAY 3RD JULY, 10AM TO 1PM

This will be held at the St Sampson's Centre in Church Street, FREE admission. Information stalls and representatives providing advice and support for older people will be available.

Exhibitors include:

- HealthWatch York
- MySight York
- Osteoporosis Society
- York Carers Centre
- Last Wishes Funerals
- York 50+ Festival
- International Day of Older People

There will also be a "Happy to Chat" opportunity provided by Age Friendly York.



GENERAL ELECTION – 4TH JULY 2024

The Government has called the next general election for Thursday 4th July. Both existing members of parliament for York, Rachael Maskell and Julian Sturdy are understood to be standing for re-election.

Because the date of the election may clash with holidays that have been arranged away from York, you may wish to apply for a postal vote. Applications must be submitted by 5pm on Wednesday 19th June. You can do this online at www.gov.uk or by contacting the council to obtain the appropriate form.



HOSPITAL MISSES TARGET FOR EMERGENCIES

The National Performance Target for attendance at Accident and Emergency is for 95% of patients to be seen within 4 hours.

York and Scarborough Hospitals Trust falls well below this performance with only 67% in April seen within the target time. This means 1762 patients waited longer than 4 hours, including 859 who waited over 12 hours.

The hospital has set itself a local target of seeing 78% within 4 hours by March 2025!!

This performance really isn't good enough.



Home Care and Live-in care

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

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

Tailored Services

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

Longer Calls

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

Dedicated Team

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

01904 690884

care@york.homeinstead.co.uk

www.homeinstead.co.uk/york