



Saturday 28th September 2024



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## Memories and Dreams dazzle in York's celebration of International Day of Older People

### York Older People's Assembly announces plans for International Day of Older People

Joining the UK network of Age-friendly Communities, every year, on 1 October, people from across the world come together to mark the United Nations International Day of Older People (IDOP). As part of the much loved and well-established 50+ Festival, the York Older People's Assembly (YOPA) is leading a celebratory series of events from 24 September to 2 October 2024.

Ageism is a significant and widespread issue with nearly half of people over 50 in England experiencing age discrimination in the past year, and one-third of the population holding ageist beliefs ([Age Without Limits](#)) ([Ageing Better](#)). This underlines the importance of addressing ageism through education, policy changes, and positive representation of older people to foster a more inclusive and respectful society.

Our exciting plans for IDOP focus on the **Memories and Dreams** of older individuals, aiming to dispel ageist stereotypes, enhance wellbeing and enjoyment, and foster intergenerational understanding and links.

**Professor Dianne Willcocks, IDOP Convener explains:** "York is a city experiencing a substantial rise in our elder population, enriching civic life with their creativity and wisdom. During this time of significant challenge and change for the wider community, we are proud to be hosting the IDOP Celebration. The event is dedicated to promoting intergenerational understanding, combating loneliness and isolation, and infusing joy into the lives of participants. Our goal is to dispel myths about ageism and demonstrate that many older adults remain active and make meaningful contributions to society."



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**Natalie Turner, Deputy Director for Localities at the Centre for Ageing Better, said:** *“It’s wonderful news that York Older People’s Assembly and partners are taking part in this special day. Older people do so much for the benefit of society, and International Day of Older People represents the perfect opportunity to celebrate the enormous contribution that is made.*

*“Many older people would like to do more, but often face societal barriers to doing so. Ageism and negative stereotypes of older people result in exclusion from full participation. Inequalities are another huge barrier that prevents many older people from taking part in many activities.*

*“We invite communities and organisations to mark IDOP in a way that’s right for them. It’s fantastic to see so many exciting plans coming together already up and down the country. It really is shaping up to be the best International Day of Older People yet.”*

The activities will include filming and workshops to encourage creative participation, a ten-day exhibition trail hosted by voluntary organisations in popular venues across York city centre, and the creation of eco-friendly butterfly puppets symbolising evolution and wonder, which will be paraded through the city on Saturday 28 September culminating in a civic reception.

**The events being planned include:**

- 10-day exhibition trail – Tuesday 24 September to Wednesday 2 October 2024
- At 12 noon on Saturday 28 September an IDOP Celebration Parade will begin at York Theatre Royal, go through Museum Gardens, stop at St Helen’s Square, where the Lord Mayor will receive the parade, a creative “happening” will take place; the parade then continues onto St Sampson’s Centre in Church Street.
- On Saturday 28 September York Theatre Royal’s Studio Theatre will host a York Playback Theatre performance at 13.30 and Silver Swans masterclass plus mini-ballet at 15.00. There will also be a facilitated Visual Arts Workshop in York Art Gallery from 14.00-15.30.
- Free tickets would be required to attend these activities, available from YOPA [yorkolderpeoplesassembly@outlook.com](mailto:yorkolderpeoplesassembly@outlook.com).
- There will also be a Tai Chi demonstration in the Museum Gardens.

**Find out more**

- Find out more on the YOPA website <https://www.yorkassembly.org.uk/idop/>
- Reserve your free event tickets by emailing [yorkolderpeoplesassembly@outlook.com](mailto:yorkolderpeoplesassembly@outlook.com)
- See social posts @IDOPYork and through partner organisations.



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We gratefully acknowledge the support from Rotary Ainsty York.

### **About YOPA**

As part of the 50+ Festival, this is the third year in which York Older People's Assembly (YOPA) has successfully led a city-wide collaborative for IDOP. We are an independent local charity which has advocated for, celebrated and supported older people across York and North Yorkshire for over twenty years. We are an organisation of older people, for older people and we work to achieve full citizenship for diverse elders across and within the wider community.

### **About the Centre for Ageing Better**

Everyone has the right to a good life as they get older and our whole society benefits when they do. But far too many people face huge barriers that prevent them from doing so. As a result, many older people are living in bad housing, dealing with poverty and poor health and made to feel invisible in their communities and society. The Centre for Ageing Better is a charity pioneering ways to make ageing better a reality for everyone.

### **About the UK Network of Age-friendly Communities**

The UK Network of Age-friendly Communities is a growing movement, with more than 75 places across the country committed to making their community a better place to age in - including our very own [Age Friendly York](#). More than 26 million people are living in an Age-friendly Community, including places like Greater Manchester and Cardiff. The Centre for Ageing Better works with the network to provide guidance, connect places and offer support to member communities as they work towards making their services and infrastructure more age friendly.

### **About the International Day of Older People**

Each year on October 1, people across the world mark United Nations International Day of Older People to raise awareness of opportunities and challenges faced by ageing populations, and to mobilize the wider community to address difficulties faced by older people.