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We've nailed it! IDOP York is coming to life with less than a week to go!

Excitement is growing ahead of York's celebration of International Day of Older People as we unveil the complete schedule of events.

The York Older People's Assembly (YOPA) is leading a celebratory series of events from 24 September to 2 October 2024, as part of the much loved and well-established 50+ Festival.

Professor Dianne Willcocks, IDOP Convener explains *"Our exciting array of activities focus on the Memories and Dreams of older individuals, aiming to dispel ageist stereotypes, enhance wellbeing and enjoyment and foster intergenerational understanding and links. We are so lucky to have had the support of so many to make our ambitions come to life: a joyous shout-out from elders living with dementia; imaginative eco-model-making from the Parkinson's community; and 'look again!' photos from AgeUK members.*

1. Film: Memories and dreams - We feel enriched by elder's wit and wisdom and by their presence amongst us.

There is so much to look forward to, starting with our **fabulous film** which will be available to view from 24 September at four venues - St Sampson's Centre, Council West Offices, York Theatre Royal and York Minster. The film features eminent elders from North Yorkshire who have made significant contributions across various fields, including public service, creativity, caregiving and work, representing a diverse array of communities. If you miss it, you can always view it on our [YouTube](#) channel next week.

2. 10-day exhibition trail from 24 September to 2 October

Why not explore our IDOP York Exhibition Trail? We invite you to discover the creativity and dedication that older citizens bring to York society and civic life. While they are often defined by the challenges they face, older individuals continue to contribute generously and enjoy



themselves along the way. We recognise that many voluntary organisations support groups facing difficulties, but they also empower their members to lead active and fulfilling lives. These organisations are as varied as Ageing Without Children, Dementia Forward, Older Citizens Advocacy York, and many, many more. Just pop in as you're going around the city – look out for the IDOP stickers. See our Trail leaflet [here](#).

3. IDOP Celebration Parade Saturday 28 September

Butterflies and balloons will flutter and placards will be raised as excitement fills the air. The gathering point is York Theatre Royal, where we will assemble for the parade, set to begin at 12 noon. From there, we'll make our way behind the Art Gallery, passing through the Museum Gardens, and arrive at the Mansion House. Outside, we will be greeted by the Lord Mayor and the Sheriff, who will formally recognise and celebrate our activities and installation.

4. Performances and activities on Saturday 28 September

Time	Location	Activity
10.00-16.00	St Helen's Square	Installation; make Butterflies; song/dance
12 noon	York Theatre Royal	IDOP celebration parade commences
12.45	Mansion House, St Helens Square	Civic welcome
13.30	York Theatre Royal Studio Theatre	Playback Theatre performance
14.00-15.30	York Art Gallery	William Morris 'making' workshop
14.30-15.30	Museum Gardens Pavilion Lawn	T'ai Chi: watch & join
15.00	York Theatre Royal Studio Theatre	Silver Swans masterclass / ballet

Butterfly making with song and dance 10.00-16.00 at St Helen's Square

The Parkinson's UK Art Installation in St Helen's Square will comprise giant eco-flowers with giant butterflies attached. Under one of the flowers there will be a table on which some small butterfly shapes will be available for any children to decorate and take away. When the Lord Mayor appears she and her Sheriff will be wearing golden butterflies made by the Parkinson's creatives and, at St Sampson's, these will be presented to the St Sampson's community for their golden anniversary. Paula Ryan, singer song-writer, will be playing her music around 11am-2pm - as she did last year.



Saturday 28th September 2024



York Playback Theatre performance at 13.30 at York Theatre Royal's Studio Theatre

York Playback Theatre is community theatre, where the real moments, dreams and stories of the audience are spontaneously improvised – echoing the International Day of Older People theme: *Memories and Dreams*. You can tell your story with the help of our conductor, choose the actors to play the parts and then sit back and watch as it is brought to life by our company of actors and musicians. Stories can be hilarious, humdrum, tragic or joyful – any moment, however small, can make a Playback story.

Facilitated visual arts painting workshop at 14.00-15.30 at York Art Gallery

Join us for a family-friendly drop-in session, where you will have the chance to learn more about hand-printed wallpaper by getting stuck in! Help us create a roll of wallpaper, inspired by William Morris and the skilled workers of the Arts and Crafts movement. We will be using water-based inks but old clothes are recommended in-case you get messy. Tickets are limited so please arrive at 2pm to avoid disappointment'

T'ai Chi demonstration 14.30-15.30 at Pavilion Lawn, Museum Gardens

We will begin the hour with York T'ai Chi local club members completing Lee style T'ai Chi Short Form so you can see the beautiful group work we do and then you are invited to take part in some of our partner and breathing meditation. The activities are very accessible and everyone should be able to try this internal energy art that uses soft continuous movement to cultivate a sense of flow, calming busy minds and helping you to relax.

Silver Swans masterclass plus mini-ballet at 15.00, York Theatre Royal's Studio Theatre

At York Theatre Royal we will be displaying examples of ballet exercises both at the barre and in the centre, with a fun mini ballet choreography at the end. All sections include modifications and adaptations based on experience and/or clinical need. We hope you enjoy watching and sharing our joy of dance.

ENDS



Saturday 28th September 2024



Find out more

- Find out more on the YOPA website <https://www.yorkassembly.org.uk/idop/>
- And our YouTube channel <https://www.youtube.com/@YorkOlderPeoplesAssembly>
- Reserve your free event tickets by emailing yorkolderpeoplesassembly@outlook.com
- Follow us on social media
 - x.com/IDOPyork
 - linkedin.com/in/idop-york
 - instagram.com/idopyork/
 - facebook.com/



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 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.



