



International Day of Older People 2021

International Day of Older People (IDOP) is on 1st October and is celebrated annually in Leeds, focusing on a different theme each year. The theme for 2021 was Linking Lives.

IDOP 2021 'Linking Lives' aimed to bring people and communities together (literally and figuratively), raise awareness and celebrate the strength of the diversity of older people and communities across Leeds. Supporting the ambition for Leeds to be the Best City to Grow Old In.

It was felt that communities carry the stories, teachings and experiences of their elders; the inherited memories of what happened to people over many generations. The previous year would be another chapter in the storytelling for many older people and diverse communities in our city. Everyone would have different experiences and journeys to share.

The aim of IDOP Leeds is to ensure that the City of Leeds promotes and celebrates the International Day of Older Persons and promotes the values of:

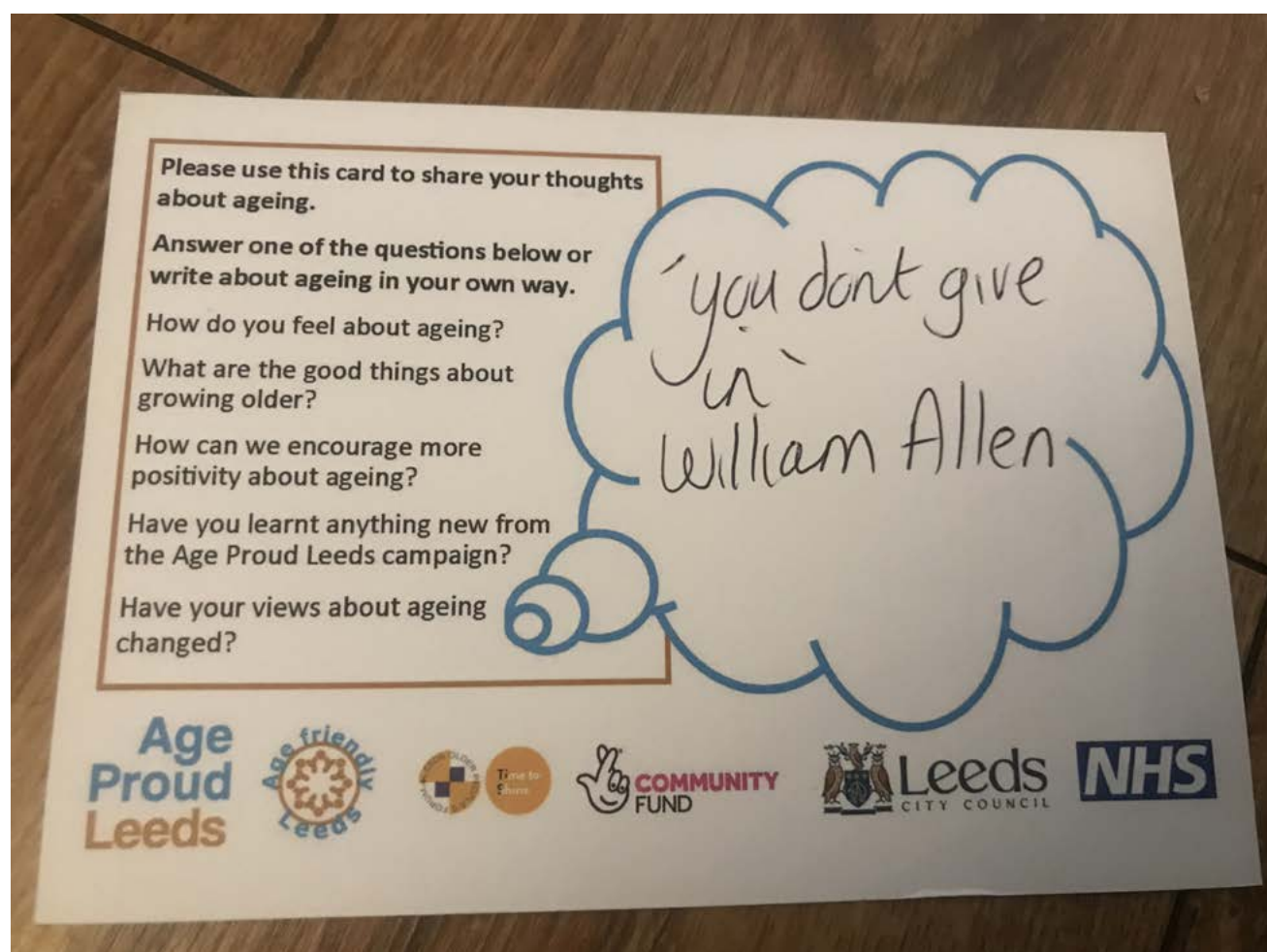
- a positive view of old age
- older people being enabled to lead active healthy and involved lives as citizens
- full participation of older people in the decisions and processes which affect their lives
- challenging the barriers faced by older people to independence, inclusion and equality
- older people being treated with respect and dignity at all times

IDOP Leeds is organised by Leeds Older People's Forum with the support of Leeds City Council Public Health, Leeds City Council Adult & Health and Leeds City Council Equality and Diversity, Safer and Stronger Communities Team



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Asha Neighbourhood Project

What, When, Where: Pugneys Country Park, Wakefield on Monday 4th October 2021

Asha Neighbourhood Project arranged a picnic for local older people and some younger women from the Asha Peer Group. It was an afternoon of conversations, memories, reflections and life stories shared alongside delicious picnic foods.



Learning	<p>The picnic in the park gave an opportunity for the older women to create memories with younger women.</p> <p>The aims were:</p> <ul style="list-style-type: none">• to use picnic as a way of improving the women's social skills and improve their relationships with family, friends and neighbours• to reduce social isolation and improve community cohesion• to interact with older people from different faiths and communities• to celebrate the diversity of older people <p>The younger women prompted the conversations - asking the older women to tell their life stories as they gathered around for picnic food. Women enjoyed the opportunity to relive and reflect on their memories. They discussed the impact of Covid-19 on families, their concerns surrounding vaccines and losing family members to the pandemic. Some of the older people said since the Covid-19 this was the first time they've come out for a day trip.</p>
Legacy	<p>The older women used arts and craft to create a picture collage of their memories of leaving their birth place to travel to the UK and added photographs of the IDOP events to the picture collage. As a result of the event we have new members who have joined the Asha project's older people's group.</p>
No. of Older People involved	9
No of People involved (under 60 years old)	10

Association of Blind Asians

What, When, Where: Roundhay Park Wednesday 15th September 2021, 11-2pm

A picnic at Roundhay Park sharing food from different parts of the world and sharing memories and stories from lockdown



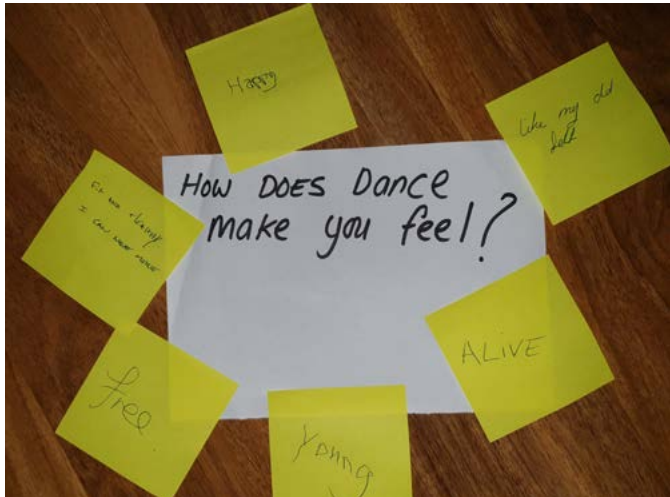
Learning	That people should be valued and listened to no matter what their age or background. We learnt it's good for a variety of ages to meet up and talk to each other.
Legacy	More communications between people
No. of Older People involved	20
No of People involved (under 60 years old)	6

AVSED

What, When, Where: Aireborough Voluntary Services to the Elderly - Meet up and workshops 1st & 8th September 10.30am at Nunroyd pavilion.
Live performance at Leeds library Saturday 11th Sept 11am.

As part of the Age Proud Festival, we brought back the dancers from last year's IDOP 'Dance through the decades' for two workshops. We talked about the past 12 months and how the pandemic has affected us.

The second part of the workshops was a dance class – learning more routines from the Dance Through the Decades programme. Dancers could showcase their dance at the festival roadshow on Saturday 11th September 11am.



Learning	People are still struggling in the pandemic - timing is not right for a lot of people, however some were eager to have something to look forward to. Interesting conversations around the dance last year and the changes this year - anticipation and excitement for the future. Coming out of comfort zones to perform live was a brilliant (little scary) opportunity. Chance to be together and produce something that families were proud of and members were excited about.
Legacy	We will continue to offer space for the dancers to come together over the winter. We discussed going to a show together as a trip and possibly a reunion dance at our 30th anniversary celebrations next year.
No. of Older People involved	17
No of People involved (under 60 years old)	1

Belle Isle Senior Action

What, When, Where: 59 Club, 59 Belle Isle Circus, Belle Isle, Leeds LS10 3DU - Wednesday 29th September 2021, 11.30am - 3pm

'Belle Isle Senior Action's Celebration Day' - this was an afternoon of connections, reconnections, talks (suggestions included the impact of Covid-19 on Older People, Bereavement Support and Digital Inclusion)



Learning	Belle Isle Senior Action was able to learn a number of things from the event. This included how our older people felt about being labelled old (thanks to Elizabeth from LOPF's wonderful presentation), the need to have all events moving forward in larger spaces due to COVID-19 (which also puts older people at ease), that older people enjoy coming together to celebrate the simple things such as each other's company, food and educational talks.
Legacy	The event will now enable Belle Isle Senior Action to further explore options on how best we can safely get people together and the wonderful feedback we received will help us develop our future celebrations, including Christmas and our AGM. The feedback older people gave us on the topics discussed such as bereavement and ageism has also equipped us with the insight on what the older people we support find interesting and engaging. Further sources of funding and project involvement/ signposting to these topics will be now looked at internally.
No. of Older People involved	30
No of People involved (under 60 years old)	7

Circles of Life Together Women / Circles of Life Voice of Men

What, When, Where: 1-4pm, 30th October 2021, Scarcroft Village Hall, Leeds

We came together to see each other face to face after a long period of time. The activities included singing folk songs from native countries using cultural instruments, reminiscing of childhood experiences and the differences in the western world, discussing the great barriers faced such as language and cultural differences, raising awareness of how people from different countries can keep their cultural identity and integrate into a local society and the event also provided a way of interacting and engaging with our community through food from different countries which often leads to many conversations. Dancing styles from each country were encouraged as well as bringing family members to share this exciting story telling experience.

Learning	Personal Impact of Covid-19 on individuals going through personal loss, trauma, isolation, loneliness and depression
Legacy	The event had highlighted a great demand from individuals requesting for such events like this to take place more frequently and individuals to be contacted regularly via our Phone and Check Project that been running during the Covid-19 Pandemic
No. of Older People involved	45
No of People involved (under 60 years old)	10

Collingham and Linton Remembers

What, When, Where: Brigham, School Lane, 10.30am - 12 noon, Wednesday 6th October 2021

A 'Coffee and Chat' where old photographs were brought for scanning and there was an opportunity to reminisce and stimulate the memories from older residents. It is hoped that a local historian will collate photos and memories and lay them out in a book format to be printed in the New Year, helping to spark many more conversations. Everyone welcome.

For more information: diana.r.lee1@gmail.com



Learning / legacy	We were promoting our project, giving out flyers and encouraging people to contact us with their photos and stories.
No. of Older People involved	36
No of People involved (under 60 years old)	10

Hamara HLC

What, When, Where: Men's trip was 16th October 2021 (Leeds Royal Armouries & boat trip) and the women's group trip (to People's History Museum) was 13th November 2021

35 people aged 60+ from South Asian Communities and Neighbourhood Network groups attended trips to Leeds Royal Armouries Exhibitions and The People's History Museum in Manchester. They shared memories, stories and experiences - they were also able to make some new ones as our men's group took a boat trip in Leeds - the first time ever on a boat for a few of them!



Learning	That even at an older age, people should still try and enjoy new experiences.
Legacy	We will continue to promote a range of events which promote activities and educational opportunities. Our women's group are still to go to the People's Museum in Manchester soon as part of the grant as well. They will get the chance to reflect on experiences and share stories as the men's group did at the Leeds Royal Armouries.
No. of Older People involved	30
No of People involved (under 60 years old)	2

Holocaust Survivors' Friendship Association

What, When, Where: MAZCC (Majorie and Arnold Ziff Community Centre), 311 Stonegate Road, Moortown, Leeds, LS17 6A - 30th September 2021

An afternoon get-together for Holocaust survivors in Leeds and staff of the Holocaust Survivors' Friendship Association. The aim is to create a context for them to reconnect after the worst moments of the ongoing Covid pandemic. The event will revolve around stories from the pre- and post-Holocaust period, focusing particularly on their arrival in the North of England as refugees and how their successes in becoming members of local communities

For more information: Alessandro Bucci / 07701051673 / <https://holocaustlearning.org.uk/>



Learning	Holocaust survivors shared stories of their arrival in the UK and starting a new life in the North of England. HSFA staff shared knowledge about how those stories are used in our learning programme, social media and research and how 'a global history' can be told through 'local stories' from the North of England.
Legacy	More collections will be developed and we are going to produce a series of intergenerational interviews. The aim of these interviews is to highlight that this history is transnational and transgenerational, and that memory and trauma travels across generations. They will also be designed to highlight the impact of refugee communities in local areas.
No. of Older People involved	9
No of People involved (under 60 years old)	14

Indian Women Association

What, When, Where: 14 October 2021, 11am- 2pm at Ramgarhia Sports Centre

Memoirs and stories were collected which influenced older people's life and celebrated their achievements and talents



Learning	<ul style="list-style-type: none"> Everyone felt happy to meet face to face. Some of them came out for the first time. The suggestion was to make such gatherings regular. They found person centred care and bereavement very beneficial but also wished to include other activities such as exercises, yoga, sharing stories and social networking. Giving a platform to this type of event for sharing individual interests, skill development and skill sharing
Legacy	<ul style="list-style-type: none"> Seeking and applying for grants Looking for safe space- a venue easy for disabled and vulnerable older people. Yoga and gentle exercises on Zoom depending upon grant Face to face person centred emotional care, end of life care and bereavement support in the language they speak One suggestion was to make it a mixed group Further develop activities highlighting cultural heritage and art.
No. of Older People involved	30
No of People involved (under 60 years old)	3

Naya Savera

What, When, Where: Treetops Community Centre, 4th October, 11-2pm

This event connected people through cultural stories, playing games and sharing food.



Learning	Some people felt that it needs to be an away day and not to be held at their usual venue but budget would not have allowed this in given grant
Legacy	More new people joining up as the day was like a taster event for them to see and take part in our activities
No. of Older People involved	15
No of People involved (under 60 years old)	2

Rawdon Community Library

What, When, Where: Micklefield Park, New Road Side, Rawdon, Leeds LS19 6DD last two weeks of September 2021 whenever the library is open (Wednesdays and Saturdays 10-1.00 and Thursdays 2-5.00 and on the International Day of Older People itself on Friday October 1st 10-5.00.

A display and activities in the Community Library around the theme of 'All Our Yesterdays' which encouraged people in the local community to come to the library, bring their grandchildren, meet people, reminisce, and bring in objects or photos relating to their earlier lives. Facilitators were on hand to chat and talk to visitors. Personal photos or written memories were photocopied (with the owner's consent) and will be kept in the library's Local History Room with a selection also being sent to the Leeds Older People's Forum. On Friday 1st October there was an open house with cakes and coffee, activities and quizzes related to All Our Yesterdays.

For more information: <https://www.facebook.com/Rawdon-Community-Library-135484629854125/>



Rawdon Community Library (cont.)

Learning	<p>Much learning including:</p> <ul style="list-style-type: none"> * The value of objects and photos in prompting conversations, memories and laughter. <p>As we had hoped, visitors and volunteers met up with people with whom they had lost touch, with friends, with strangers and even with the Lord Mayor of Leeds who was so appreciative of the efforts made.</p> <p>Learning about the past and lifestyles took place at all the table displays, by the mounted photographs of old Rawdon and Yeadon, and over cups of tea, coffees and home baked cakes (an essential!!)</p> <ul style="list-style-type: none"> *Although not many children were able to come as the All Our Yesterday display ran mainly during school days, the younger parents and children were engrossed by the display of old cooking items such as meat mincers and vintage tin openers, old board games and spinning tops, and especially large, heavy and complicated pre-decimal currency. Lots of questions and explanations! *A very popular display was that of the photos and items from Auntie Margaret's life. 'Auntie Margaret' was until recently a regular attender, (before she moved) at library activities. The display included photos of her working at A.V.Roe Lancaster Bomber factory at Yeadon Airport, her savings tin, and even her little black dress from the 1950s which she went dancing in. A whole history and a lot of learning in one display! *We learnt what treasures people have in their attics, whether it was notes of family histories to handicrafts and vintage recipe books and how generous people were in letting us have the items on loan. <p>Our completed questionnaires from visitors and volunteers alike were so positive. We learnt that the library can be a real focus of community activity and enjoyment.</p>
Legacy	<p>The library's Steering Group will re-commit to promoting activities for all ages.</p> <p>Volunteers are already discussing what further activities can be developed in future which will appeal to old and young alike, including an exhibition of photos of local families, family history, and vintage clothing. (The book club which meets in the library have just read a Jeeves and Wooster book and suggested 'spats' as an item of clothing which has entirely disappeared apart from in people's attics!)</p>
No. of Older People involved	120
No of People involved (under 60 years old)	30

SAGE / Leeds - MESMAC

What, When, Where: Roundhay Park on Tuesday the 21st of September 2021

A series of storytelling opportunities for new members and to watch already existing video stories from our cooperation with Lippy People and with Queer Stories. We will be making short videos on the day to add to our video archive. Around 40 people are expected on the day from a variety of LGBTQ+ groups which is also meant as an opportunity to strengthen ties between these groups through sharing of resources and opportunities to reduce isolation and loneliness.

For more information: Keith Hargreaves at k.hargreaves@mesmac.co.uk

Learning	<p>We learned that there are so many stories to tell about the LGBTQ+ experience in Leeds, and that stories are being added to all the time. We had two sessions sponsored by IDOP on two consecutive days, including a trip to Roundhay Park where we talked about an ideal day and what that might mean to us.</p> <p>We learned that everyone's experience of coming out and living as an out man or woman was different. Several people told their coming-out stories or the fact that even now they have not come out to their parents. We heard of horror stories in countries less tolerant of the LGBTQ+ community and how this affected one person's life. Others were out to everyone of course.</p> <p>We also learned about Leeds as a centre of LGBTQ+ activity over time. A second trip the day after our trip to Roundhay highlighted the vibrant LGBTQ+ club scene that Leeds has hosted over the years and still does, to some degree. We reminisced over the comings and goings of our favourite places and how one club morphed into another and lost favour only later to gain it again. We also talked about how the police surveyed bars that we frequented and how intimidating that was. Now of course some policemen and women drink in those very same bars.</p> <p>The landscape of some bars has changed completely, with no trace left of them at all. It was even hard to find some pictures online. The advantage of having several generations on these walks (our oldest was 90 and our youngest 50) is that we all have a different view of what the 'scene' was like in our day. As in many circumstances the older you are the more you have experienced. What we did learn was that in so many ways life for the LGBTQ+ community is so much better today than it ever was. While there are still some who are not as accepting of us as they might be, we all realised we have the tools to try and positively influence even these nay-sayers.</p>
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SAGE / Leeds - MESMAC (cont.)

Legacy	<p>The experience of these two activities has highlighted, for me at least, the need to visit places that stir good memories (and some less good) to remind us of how far we have come as a community. Following these visits some of us went to The Leeds Industrial Museum at Armley Mill to see the shocking conditions that workers (especially children) had to endure to earn money for their families. We also saw the many industries that hired LGBTQ+ staff, such as tailoring, where questions about our sexuality were likely not to be asked, and which allowed us to be that bit more invisible.</p> <p>I think it would be great to have a series of events that highlight the LGBTQ+ history related to that event and to write it up as a story. The changing landscape of Leeds City Centre is a case in point. How many times did we see the LGBTQ+ groups being listened to when building housing our venues were knocked down. The Rainbow Trail that sets out some of the LGBTQ+ buildings/events has mostly been taken down by Leeds City Council, citing funding issues. It seems therefore there are still many things we need to advocate for as a community if we want to be seen to be visible in the everyday life of the Leeds general public.</p>
No. of Older People involved	21
No of People involved (under 60 years old)	2



Orji showing off the IDOP Leeds Hashtag in Roundhay park and Shawn, Orji, James, Bobby and Susan enjoy the grandeur of the Mansion in Roundhay and the sun

Sikh Elders Service- Touchstone

What, When, Where: Guru Nanak Nishkam Sewak Jatha (Leeds) UK, 78 Lady Pit Lane, LS11 6DP

Intergenerational connection and story sharing about positively aging in Leeds by sharing Sikh Elders careers as Professors, Dr's, teachers, Lab technicians, factory workers to children. This would provide an opportunity for older people to engage in their community after being in lockdown since March 2020. This afternoon would be an exciting new community development and an opportunity to share stories about positive aging with young people.

Learning	The event provided an opportunity to learn new physical activity games or going back to a childhood activity which brought back memories and sharing stories. The elders engaged face to face for the first time since March 2020 and they learned how valuable their social connections and physical health are in the community. The elders have been taking part in muscle strengthening exercises on zoom with us. We want to expand this important advice, guidance and tips in Punjabi.
Legacy	We will be talking about finding an activity our elders like. What are their passions that help with their well being? How can we maintain our health by being physically active every day? Inviting two inspirational people onto our zoom to talk about their journey.
No. of Older People involved	13
No of People involved (under 60 years old)	2



Sumangal Group

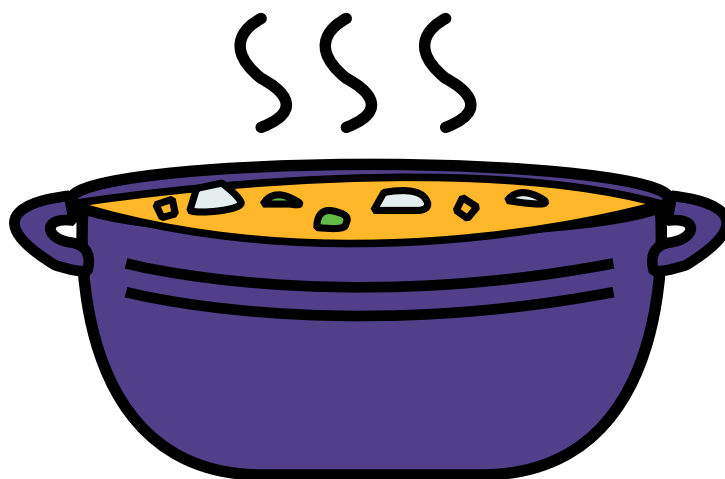
What, When, Where: Burton Resource Centre, Banstead Street, LS8 5RU, 11.30 - 2pm, 29th September

An event to share memories and stories. An opportunity for older people to share their stories with other people of first year memories in the UK. They can share about their first experience of everything in this country, their lifestyle when they had young families and their food recipes from their young lives.

Also, we will be learning how to make chapatis and other indian food and holding a wonderful laughter activity.

For further information: Mrs Gunwati Surah 077833303

Learning	The learning was that people learnt from each other's experiences. We had a few visitors from Sunshine in Leeds who joined us to celebrate the event. They learnt how to cook traditional Indian food. They also added that you will never learn about a community if you don't meet them personally.
Legacy	We will offer opportunities to people who would like to come and visit our group. We have collected some stories before the event and we would like to continue with this activity. People were very happy and proud to share their stories. We feel that we would continue this as one of our activity sessions going forward.
No. of Older People involved	50
No of People involved (under 60 years old)	2



The Conservation Volunteers

What, When, Where: The Great Outdoors Project - Ramblings. - Roundhay Park, Monday 27th September, 11am - 2pm

Great Outdoors members will be walking and talking about re-emerging and reconnecting after lockdown. Includes refreshments. Conversations will only be recorded with permission.



Learning	<p>A gentle stroll in nice surroundings with the opportunity to talk to others does people the power of good. It's a good way to get out, meet people and get exercise. It is something that more people can get involved in.</p> <p>We wait to hear the audio recordings taken on the day to hear about people's experience of emerging and reconnecting to see what other learning there is for us.</p>
Legacy	<p>More challenging walks and longer walks will be organised in conjunction with other TCV Hollybush projects every month - 6 weeks to give those people who like to stride out an opportunity to do so in like minded company.</p> <p>As above, we wait for the recordings to hear how we can respond to the needs and aspirations of the people who participated and others.</p>
No. of Older People involved	11
No of People involved (under 60 years old)	4

Wetherby in support of the Elderly - WISE

What, When, Where: A social event is being held on the 23rd September 2021 in a village close to Wetherby, the location of the venue is Bramham Village Hall and proceedings commence at 2pm for a couple of hours.

The event is being held to bring the local community and nearby villages together. Also to provide information about the service, activities and advice that Wetherby in Support of the Elderly can offer to local people aged 60 plus and their families. To add to the enjoyment of the afternoon, entertainment will be provided along with refreshments and cakes.

For more information:

Debbie Todd / 01937 588994 / debbie@w-ise.org.uk / <https://www.w-ise.org.uk/>



Learning	This was a new venue and it wasn't as well supported as our other events. For more events in this location we need more marketing of the event and activities happening. A positive from the event was the entertainer paid from the grant was well received.
Legacy	We now have a presence in the area and will be utilising the connections made and adding this venue to our events and activities programme.
No. of Older People involved	12
No of People involved (under 60 years old)	2

IDOP 2021 Summary

Amount of money awarded for Community Events	£3750
Number of older people who attended the funded community event	438
Number of Younger people who attended the funded community events	107

IDOP 2021 Steering Committee

David Peel	Leeds City Council, Adults and Health Directorate
Geeta Lota	Independent
Geoff Turnbull	Leeds City Council, Equalities Team
George King	Independent
Hannah McGurk	Leeds City Council, Adults and Health Directorate
Keith Hargreaves	Independent
Marek Romaniszyn	Leeds City Council, Museums and Galleries
Ruth Steinberg	Independent
Zoe Ricketts	Leeds Older People's Forum

IDOP 2021 Funders

Leeds Adult Social Care
Leeds City Council Public Health
Leeds City Council Safer and Stronger Communities Team

For more information please contact:

Leeds Older People's Forum

0113 244 1697

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Time to Shine: a Leeds Older People's Forum programme

Leeds Older People's Forum is a registered charity (#1191030) and a registered company in England and Wales (#CE023712).