

International Day of Older People 2022

International Day of Older People (IDOP) is an annual event which focuses on a different theme each year.

The theme for 2022 was **The resilience and contributions of older women**



The resilience and contributions of older women

Older women contribute enormously to political, civil, economic, social and cultural life, but sometimes their contributions and experiences remain unseen and unheard. The 2022 theme of International Day of Older Persons (IDOP) serves as a reminder and celebration of the significant role older women play in overcoming challenges with courage and strength.

The International Day of Older People 2022 is a call to action by the United Nations and an opportunity aimed to embrace the voices of older women and showcase their resilience and contributions in society.

LOPF received funding from Leeds City Council

Community Grants of up to £300 are available to help groups and organisations in Leeds run events which celebrate the resilience of older women and their contribution to our lives and communities.



What did we fund?

Funded 13 organisations to deliver events across the city in the first week of October. Events ranged from intergenerational lunches to poetry workshops to dance sessions to discussion groups.

In total organisations worked with 415 older people and 101 younger people across the events.

Beetey Din

40 older people attended an event.

People were encouraged to share their story and speak about anyone they admire. Members spoke about their own achievements and the pride in themselves for overcoming difficulties.

Feel Good Factor

53 older people attended a community event and were encouraged to take part in a poetry workshop, health checks and an opportunity to share stories from their past and youth.

Through these stories, people shared their achievements and the what they were most proud of.

Ascendance

35 older people attended a dance which included dressing up, creating new dances and learning Charleston routines.

Everyone took turns to share life stories and past achievements.

ABA

Celebratory event for service users with degrees of sight loss or at risk of sight loss. Members shared stories about events that have shaped their lives and helped them overcome challenges & includes lunch and other activities

BSA

48 older people took part in a special lunch, bringing together many different BSA groups.

Games were played and discussions encouraged around resilience of older people in a changing world.

Harehills Park Bowling Club

32 older people and 12 younger people attended an event

Sikh Elders Service

18 older people took part

Recorded a video of women which was shared in the group.

Sung old Punjabi folk songs which draw on stories of Punjab, relationships in the Punjabi household or relationship dynamics.

Learning was shared about the experience of women who came to the UK, leaving careers and a comfortable lifestyle to make new connections in a new country.

Leeds Black Elders Association

45 older people attended a celebratory event opened by Cllr Eileen Taylor. Cllr Taylor gave a speech reflecting on the contribution of older women to society and in Leeds specifically.

Elders played “match the photo” game – matching past photos with women who attended the event.

Leeds Libraries

16 people in total attended workshops around developing and sharing skills for fixing and upcycling clothes, passing on valuable skills.

Leeds Irish Health and Homes

40 older people attended a celebration event where members were asked to nominate a woman who had demonstrated strength and resilience.

Lychee Red

45 Chinese seniors attended an event where they listened and shared stories about the transition from China to living in the UK.

Swarcliffe Good Neighbours

57 older people attended a intergenerational celebratory event

Damasq

Held an event for older men and women to share their stories about influential women in Leeds.



Overall Learning:



Events provided an opportunity for older people to feel listened too and their achievements recognised.



The Opportunity to share stories and past experiences is important



Conversations about the past can be positive as well as challenging. This provides an opportunity to learn from each other's personal experience.



Discussions can develop a sense of pride in achievement and overcoming challenges and encouraged women to reflect on their contribution.



Sharing stories and experiences, encourages confidence and people feel empowered.



One participant said she couldn't believe how confident she used to be and how revisiting these memories draws out her confidence and reminds her what she is able to achieve.

