

THE RESILIENCE OF OLDER PEOPLE IN A CHANGING WORLD

IDOP



2023



## **THE RESILIENCE OF OLDER PEOPLE IN OUR CHANGING WORLD**

**Older people contribute enormously to political, civil, economic, social, and cultural life, but sometimes, their contributions and experiences remain unseen and unheard. The 2023 theme of the International Day of Older Persons (IDOP) serves as a reminder and celebration of the significant role older people play in overcoming challenges with courage and strength.**

**The International Day of Older People 2023 is a call to action and an opportunity to embrace the voices of older people and showcase their resilience and contributions to society as we see increasing changes in the climate and the digital world.**

### **COMMUNITY GRANTS**

**Leeds Older People's Forum (LOPF) received funding from Leeds City Council.**

**Community grants of up to £300 were made available to help groups and organisations in Leeds run events that celebrated older people's resilience in our changing world.**

**LOPF received 16 applications and were able to fund 13 groups to celebrate IDOP in 2023. The panel, which included older people, felt the three we were unable to fund did not fit the theme.**





## **WHAT DID WE FUND?**

**We funded 13 organisations to deliver events across the City in the first couple of weeks of October. The events ranged from story telling to keeping physically active.**



## FEEL GOOD FACTOR

**26 people attended the event. People shared lessons they'd learned through their life journeys that they felt would help other attendees. This was followed by a dance workshop where participants expressed themselves through movement and dance. The learning from the event was that life needs to be celebrated!**

## LEEDS UNITED FOUNDATION

**96 people attended an afternoon at Elland Road to celebrate their support for the club over many years. The event included a ground tour, a light chair-based exercise session and a quiz about Leeds United in the past, helping happy memories around the 1930s, 1940s, 1950s and 1960s.**

## BURMANTOFTS COMMUNITY FRIENDS

**52 people spent time celebrating all the things they have to 'shout about'; how age comes with challenges and difficulties. However they felt they had lots to be grateful for. People of different ages and backgrounds came together, shared food and chatted. The message was to remember fun is important!**

## MHA COMMUNITIES HORSFORTH

**20 people attended a pottery class and created circular items representing the world. They enjoyed painting their pots and left with a memento of the event.**

What makes you resilient?

**“Being happy with everything around me.”**





## **COFFEE POT MEMORY CAFE**

**77 people attended the cafe, many to see the speaker - a lady who travelled to the Berlin Wall in the 1960s, campaigned against FGM and is a real inspiration of resilience and determination. Some of the people attending the session shared amazing and interesting stories, showing their many talents.**

## **TOUCHSTONE SIKH ELDERS AND ASSOCIATION OF BLIND ASIANS**

**49 people attended the event co-organised by the Sikh Elders and the Association of Blind Asians. The day focused on the importance of health and well-being. All enjoyed a 'Sports Day' of softball, light chair-based exercise, meditation, and soft play skittles followed by a vegetarian meal and refreshments.**

What makes you resilient?

**“Determination - will power - keeping independence without bothering anyone - good family - good social life - good health.”**

## LEEDS RHINO'S FOUNDATION

**The day was a networking event for the City's Age-Friendly Ambassadors. It included a Dementia Friends Session, over 20 Age-Friendly Ambassador stalls, and Wise Up to Ageism Training.**

**During the day, the Leeds Rhinos Foundation delivered a bespoke and accessible drop-in rugby-based (including wheelchair-supported) session for participants.**

**Member(s) of the Leeds Rhinos first team and Women's team in ambassadorial and support roles.**



## AVSED

**A questionnaire was sent to all AVSED members asking what makes them resilient, how they feel about change, and how they cope with change. The responses unearthed some gems and some stones! Support from family and friends was important to many, but others found change very difficult. A display of the responses with an event and a speaker was made.**

What makes you resilient?

**“My husband.”**



## **THE PERFORMANCE ENSEMBLE**

**112 people booked onto the Symposium, which brought together older people and decision-makers. It was an opportunity for older people to tell their stories and reflect on the importance of their roles in shaping the world. People shared stories of activism, and the symposium promoted and celebrated the contribution older people have made to the City while not forgetting the barriers that can exist to fuller participation by older people.**

## **OTLEY ACTION FOR OLDER PEOPLE**

**72 people attended a celebration event to think about the resilience of older people in a changing world. People with physical impairments, dementia, and mobility problems, as well as older volunteers and those who have played a huge role in the community and shaped Otley town and history, were invited. Digital was a key feature. The event included support from services to help members with sensory problems so that it could be inclusive for all.**

## **SINAI LEEDS**

**The event was called ‘Stories in the Sukkah’ and launched an oral history project, gathering stories from older members about their connections to the community. Many of our members have family who were born or grew up outside the UK and have family histories connecting them to locations and cultures worldwide. The event was enjoyed by over 20 members, and the wider project will reach many more.**

**35 people had fun at a "Picnic at the Park" at Moortown Park, followed by a walk around the park. Members remembered the founder of their organisation, who recently passed away at the age of 93 and was actively involved in the organisation until his passing. It was an opportunity to promote and celebrate the contribution of older people to the city, as well as to provide older people with the opportunity to tell their stories and reflect on the importance of their roles in shaping the world.**



What makes you resilient?

**“The need to have the best life I can.”**