

# IDOP Leeds 2019

Celebrating the International Day of Older Persons 2019





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# IDOPLeeds<sup>20</sup>19

# Introduction

The International Day of Older Persons (IDOP) is celebrated each year on the 1st October. It is an opportunity to highlight the important contributions that older people make to society and raise awareness of the opportunities and challenges of ageing in today's world.

In Leeds the celebrations are spread out over a week with a series of community events. Local organisations and groups can apply for grants of up to £200, which Leeds Older People's Forum (LOPF) is responsible for administering on behalf of Leeds City Council. The decision on who gets funding is made by a selection panel made up of members of the IDOP steering group which comprises representatives from the statutory and third sectors and older people.

IDOP has a different theme each year. The theme for 2019 was 'Age Friendly Leeds'. This was chosen to tie in with the campaign to make Leeds the best city to grow old in as well as helping to highlight and promote inter-generational work in the city. Age Friendly was interpreted in many different ways in the grant applications and there was a wide range of events including gardening, arts, crafts, exercise, healthy living, music and dancing.

Some events were inter-generational which is something we always encourage. There is much to be gained from different generations coming together to get a better understanding of each other and realise they have more in common than they might expect, all of which helps when trying to create a 'city for all ages'.

The organisations highlighted in this report are among the 24 which were awarded grants in 2019. The report aims to give a flavour of how IDOP was celebrated in Leeds and how different groups and communities came together to celebrate this city's wide and wonderful diversity as well as celebrating the contribution made by older people living in Leeds.

Several of the events will leave a legacy such as a calendar, photos that will be used in exhibitions, memory books, pieces of art which will be publicly displayed or equipment that can be used after IDOP. Some events went so well that the people who attended them want to see them continue on a regular basis. In some cases the attendees decided that they were so keen for the events to continue running that they took on the task of organising them!

**Sean Tunnicliffe**  
*(Communications Officer, Leeds Older People's Forum)*

# IDOP Leeds 2019 Facts & Figures

Number of funded community events	24
Amount of money awarded to community events	£4,352.76
Number of older people who attended	979
Number of Younger people who attended	262

There were 37 applications for IDOP 2019, of which 24 organisations received funding from the IDOP budget, with grants ranging from £100-£200 (£200 is the maximum for an IDOP community event grant). The applications came from a variety of organisations from the large to the very small, with 2019 seeing more applications from small groups than we have had in recent years. There were 13 applications from groups and organisations who haven't previously applied, eight of which were successful.

In order to be successful applicants have to demonstrate how they meet the theme, which changes each year. The steering group favours applications which leave a legacy, something that is made clear in the application guidelines. This could include buying equipment that can be used, creating artwork that can be displayed after the event, producing printed materials or creating a shared space such as a garden. All these were achieved during IDOP 2019.

The application process is managed by the IDOP Steering Group (see page 19) which strives to ensure that the funding reflects the diversity of Leeds and that there is an even spread of events across the city.

## Leeds City Council IDOP event at Leeds Market



# Come and Play Concert

## Collingham Band

Collingham Band gave a demonstration concert to encourage older people to consider taking up the playing of a musical instrument. It was hoped that the concert would promote the talents and abilities of the band's older members in an all age setting and encourage more older people to join and learn a new skill, with a new group of friends, on a regular basis. Research has shown that playing music has benefits for mental health and memory in older people, but many doubt their ability to learn and find it difficult to know where to start.

Six lapsed players joined with band members to play at the concert. One retired player joined Collingham Band at the end of the concert and another older person is coming to band practice, with the hope of joining. A younger adult has also joined the training band. One member of the audience had seen publicity about the concert on Facebook, travelled from Leeds to attend and has since enrolled her two children into the training band.

Both the audience and the band enjoyed the event and we hope to be able to hold a similar concert next year. The appreciation of the mainly elderly audience enjoying a local concert with friends also emphasised the desirability for the band to hold occasional local concerts.

**Diana Lee**

**(Band Leader Collingham Music Association)**



*"The appreciation of the mainly elderly audience enjoying a local concert with friends, emphasised the desirability for the Band to hold occasional local concerts."*

**Diana Lee**



# A Snapshot of Holbeck

## Skippko Arts Project & Holbeck Elderly Aid



This event was run in partnership between Skippko Arts Team and Holbeck Elderly Aid (HEA) and had two distinct activities.

The first was looking at how people connect in Holbeck, asking what's important for keeping well, what affects your health and what makes a place age friendly.

The responses included access to services such as Post Offices, GPs, chemists, and shops as well as activities such as Slung Low Theatre, lunch clubs, the Yellow Bird Singing Group and the Holbeck Club. Good information was also on the list with Holbeck Elderly Aid's newsletter clearly regarded as an important read for finding out what was going on locally. People posted about the importance of friends and companionship and having family close by. One person noted that he eats better when he's at a lunch club.

The second activity involved attendees using photos and personal memorabilia to create a photographic still life, representing something important to them. You often hear the phrase that the simple ideas are often the best, this activity certainly seemed to bear this out.

People shared wonderful and moving personal memories, including stories of living in Holbeck. One example was 90 year old Margaret who spoke about being the youngest of thirteen children, telling us how she never knew her mother as she died aged 42 when Margaret was just two years old. Her father fought in the First World War, was injured on

the Somme and spent time in hospital recovering from his wounds. After the war he was a coal merchant delivering all around Beeston and Holbeck. Margaret shared a photo of her with her father and one of her sisters, with his horse and cart. She said that she used to go on his rounds with him and open the coal grates. Margaret also brought along a photo of her father in his uniform and a postcard picture of her mother which had a poignant message from her father on the back. Skippko plans to take the learning to feed in to future project work, in particular a programme of arts, health and wellbeing.

**Sean Tunnicliffe**

**(Communications Officer, Leeds Older People's Forum)**

"I never knew my mother, I was two when she died. I was the last of thirteen children and I'm the last one left"

**Margaret**





# Crafty Cafe

## Morley Library

The Crafty Cafe was a workshop where attendees created a collaborative piece of artwork that represents Morley Library past and present. The artwork included collage, mosaic and woodworking elements. The workshop provided an opportunity for local older people to come together to meet others, share experiences, socialise and to celebrate the history of Morley Library through craft.

The event was successful in engaging with 15 older people, many of whom do not generally come to the library. It went so well that all the attendees said they wanted to attend another session so another Crafty Cafe was arranged for November 2019.

The group were certainly engaged and created a piece of locally inspired artwork which will be displayed in the recently refurbished library.

**Catherine Hardy**  
(Communities Librarian)





# Healthy Older Age

## Leeds Jewish Welfare Board



This event was designed to encourage older adults to become active and involved in their local community.

Leeds Jewish Welfare Board (LJWB) have highly trained and experienced walking group facilitators who can develop and design bespoke walks, taking into consideration people's needs. This event was designed to encourage older adults to become active and involved in their local community. Attendees were actively encouraged to experience gentle exercise and to eat healthily whilst taking into consideration cultural needs.

The event demonstrated that hosting activities outdoors or involving gentle exercise would be beneficial to the community. These will be embedded into the programme of activities at LJWB. It also enabled those members of the community who we don't necessarily engage with feel welcome at the centre and was an opportunity to promote the other services we offer.

A group will be set up to continue this work on a trial period and encouraged to wear pedometers daily. A weekly competition will be set up to monitor the steps taken. Regular activities which involve gentle exercise will be embedded into our programme of events. Utilising our bespoke technology, we can ensure those with limited mobility can also access sessions.

This event will be sustained and we will also offer a monthly healthy eating Bagel Breakfast and will encourage attendees to share recipes. We intend to partner with local health professional specialists to offer advice on healthy eating and diets.

**Rachel Maughan**

**(Community Support Services Manager, Leeds Jewish Welfare Board)**

# Photography Booth & Photo Exhibition

## ToastLoveCoffee

This was a two-part event comprising a photography booth event and an exhibition using the photos along with spoken word/poetry that people contributed. The emphasis was on positive imagery about ageing to counteract negative stereotypes around older generations.

The first part brought people aged 50+ together at the the ToastLoveCoffee cafe for a photo taking session, using a photography booth. We had a volunteer photographer who is also a carer who captured some beautiful intergenerational shots.

Part two had creative writing sessions which proved to be very popular. Both workshops were completely full with many people joining spontaneously on the day.

Both workshop leaders were very inclusive and inspired everyone to have a go. One leader (70+) had not led a session for over ten years and enjoyed rediscovering her huge talent for bringing out people's creativity.

We plan to put on an exhibition in 2020 which will feature the photos and the writings. We will use the exhibition to promote Age Proud Leeds and carry out some surveys and capture some life stories to contribute to making Leeds an age positive city and raising awareness about ageism.

**Natalie Tharraleos**

**(Volunteer Co-ordinator and Outreach Worker,  
ToastLoveCoffee Cafe)**





# Creative Art Session

## Creative Communities Leeds CIC



This was an inter-generational art session that reflected the history of people in Bramley and their experiences. Older people celebrated their contribution within the local area from working, family life and hobbies. Younger people were invited to join the session and barriers that can sometimes exist between generations were broken down and a shared experience was celebrated.

People's life stories have an impact on how they cope later in life. People said they felt more resilient because of their communities and felt closer and more able to support each other because of shared histories. The session was led by older people and common ground was found about how they find their lives now; there was so many examples of positivity of life in Leeds.

Participants enjoyed the activities offered to them, both traditional and things they would never have tried when they were younger. They valued the session about being able to express their views and also having them recorded, saying

that it is important to have a history for younger people to learn about being an older person in Bramley.

Participants chose the way their views would be kept and came up with a map of Bramley showing where they lived and the local shops they used, with quotes from their lives and experiences of being an older person in their community.

The map is being hand stitched by the artist and the participants have asked that this be shown in their community room before deciding the next venue. As a result of this event there is now a core group of participants who are meeting independently.

**Julie Botham**

**(Company Director, Creative Communities)**

# Celebrating the Achievement of Older People

## Hamara Centre

Three of Hamara's groups marked IDOP by coming together to celebrate their achievements. The groups comprised a women's group, a men's group and an older person's group (who call themselves "Recycled Teenagers") and who meet on a weekly bases. The groups come together for interactive activities but are also encouraged to meet separately in their own groups to participate in activities of their choice. The aim of all three groups is to reduce isolation, improve health and wellbeing, learn new skills, increase confidence and promote social inclusion in all areas of community life, to maximise their quality of life.

*"Focussing on the challenges faced by the elderly reminds us that there is still much more to learn about ourselves and the world."*

**Nizamud Din**

The event included workshops about dementia, health checks and sharing information. There were activities that everyone could take part in such as complimentary therapies, chair based exercise and henna painting. It was used as an opportunity to highlight the important contributions which the older people have made to the community and raise awareness of the challenges they face, for example, loneliness, isolation and health problems.

Focussing on the challenges faced by the elderly reminds us that there is still much more to learn about ourselves and the world. The overall aim and objectives of the event were to encourage healthy living, an independent life style, improve mental health and reduce loneliness and isolation.

**Nizamud Din**

**(Project Leader, Hamara Centre)**





# Graduating From the Best City to Grow Old In

## Bramley Elderly Action

This was a graduation event for members of Bramley Elderly Action celebrating the contribution older people have made towards Leeds being a good place to grow older in. A total of 23 older people 'graduated' in full cap and gown, with each one receiving a certificate and a framed professional photograph to keep.

The event highlighted older people achieving satisfaction, feeling proud and accomplishing a first time celebration that was not available in their younger days. It also celebrated the contribution and value older people in our area bring to their locality, and to the wider city of Leeds – promoting wider acknowledgment of older people's skills and talents. Many older people in our area have not been part of formal education for many years but they are still learning, still discovering new things, and still contributing to society.

Members were reluctant to praise themselves at first but were thrilled with the experience once the event was in action. There was a buffet social which allowed time for personal reflection and conversation around the theme of the event.

There is a possibility of continuing this work with other award ceremonies in other groups or for other events to build on.



**Fran Graham**

**(Operations Manager Bramley Elderly Action)**



# 60s & 70s Music Night With Photo Booth

## The Old Fire Station



The Old Fire Station is a community hub in East Leeds. We have eight charities based here, with five meeting rooms for hire, a cafe, cookery school, and crèche, plus volunteering opportunities and our own events and activities for the community.

The Leeds Eastern Fire Heritage Group are retired firefighters and friends who worked at our building over its 80 years as a fire station. The group was formed following a pop-up museum celebrating the building's heritage, and now meets fortnightly to plan events, talks and curate the museum.

The Heritage Group and The Old Fire Station hosted a 40's and 50's musical afternoon in Spring 2019, which was very popular with older people in the local community. Following the success of this event The Old Fire Station was approached by members of the Heritage Group and other local residents wishing to put on a 60's night.

As well as music the event had games, a photo booth, DJ and activities and was also used to ask attendees what barriers exist to their full participation and to collect ideas for what people would like to see more of at this community hub.

It was an absolutely brilliant evening and lots of great photos of people having fun socialising and dancing were taken. Some of the attendees said they hadn't had a night out in years. One table had a number of people over 90, who were comparing the number



of birthday cards they received for their 90th birthday!

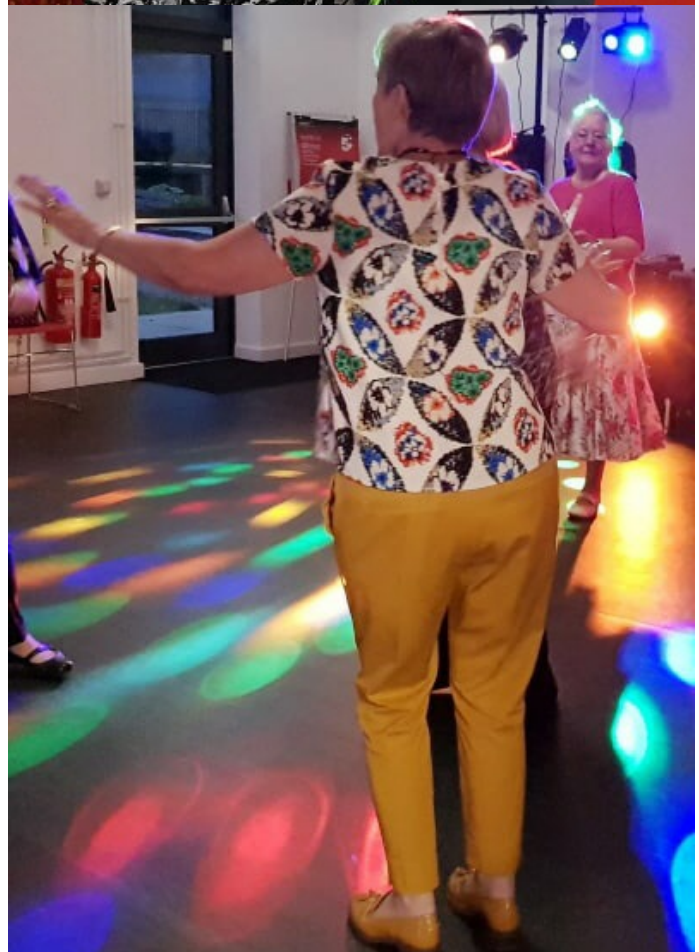
The photos from the night reached 1,000 people on Facebook, with attendees coming in to ask for printed copies of them with partners and friends.

Everyone who attended wanted us to run this event every week and so a group has been formed to organise a future event. They they will look at doing a few each year.

This was an entirely volunteer-led event, with The Old Fire Station supporting local older people to organise an event they knew other local residents would enjoy. Music is a fantastic way to bring together a diverse audience, reaching people of different ages, backgrounds and faiths. As one of the volunteers put it “everyone loves 60’s music”

The Heritage Group is an excellent example of promoting and celebrating the contribution of older people to the city. Their stories and memorabilia bring our local history alive for younger people who love all things fire engine related.

*Jess Woodall*  
(Reception Manager, The Old Fire Station)





# Celebrating Elders

## Health For All

This event was a celebration of older people and volunteers who help in whatever way possible in their local community and groups. It also brought together older people from diverse cultures and backgrounds.

It proved to be a great example of older people from multicultural and diverse cultural backgrounds enjoying time together. The age group was 50+, with the low age range reflecting the life expectancy of some ethnic groups. These people can sometimes experience social isolation, loneliness due to frailty and ill health often due to early onset of long-term conditions.

The event showed that when people from different ethnic backgrounds are brought together and supported by volunteers, they enjoy sharing their culture with each other. It also provided an insight into what other older people are doing in the wider community and some people felt inspired by other people's interest, confidence and involvement. Many of the people who attended were meeting each other for the first time and had the chance to hear music from different cultures as well as sharing food from variety of backgrounds.

The chair-based exercise was also really popular and some people have expressed an interest in having a regular class or group activities, which will be looked into. As an organisation, Health For All is looking at doing similar events in the future and plans to involve as many different ethnic groups as possible.

**Yasmin Khan**

*(Time to Shine Supporting Wellbeing Project Co-ordinator, Health For All)*





# Organisations who received IDOP 2019 Community Grants

- Armley Helping Hands
- Bramley Elderly Action
- Caring Together in Woodhouse and Little London
- Chapel Allerton Primary School/ Harrogate Lodge Carehome/Chapel Allerton in Bloom
- Collingham Band
- Collingham Computer Cafe
- Creative Communities CIC
- Halton Moor & Osmondthorpe Project for Elders (HOPE)
- Hamara
- Health for All
- Horsforth Live at Home Scheme
- Leeds Irish Health & Homes
- Leeds Jewish Welfare Board
- Middleton Elderly Aid
- Morley Library
- Older People's Action in the Locality (OPAL)
- Older Wiser Local Seniors (OWLS)
- Otley Action for Older People
- Pudsey Live at Home Scheme
- Pyramid of Arts
- Sikh Elders Service
- Skippko Arts Team
- The Old Fire Station
- ToastLoveCoffee





# IDOP 2019 Steering Group

- Carole Clark (Leeds City Council Public Health)
- Lucia Fella (Independent)
- Howard Foreman (Independent)
- Debra Kerr (Leeds City Council)
- Sarah Priestley (Leeds City Council)
- Sita Poran (Independent)
- Marek Romaniszyn (Leeds City Council Museums & Galleries)
- Lynn Towler (Leeds Libraries & Information Service)
- Sean Tunnicliffe (Leeds Older People's Forum)
- Geoff Turnbull (Leeds City Council Equalities Team)

The IDOP Steering Committee is made up of representatives from the statutory and voluntary sector and older people. It is supported by Leeds City Council.

## Credits

We would like to thank the following organisations for allowing us the use of their photos:

- Bramley Elderly Action
- Collingham Band
- Creative Communities CIC
- Hamara Centre
- Health For All
- Horsforth Live at Home Scheme
- Leeds Jewish Welfare Board
- Morley Library
- Older People's Action in the Locality
- Skippko/Holbeck Elderly Aid
- The Old Fire Station
- ToastLoveCoffee





Horsforth Live at Home -Never Too Old to Bloom

## For further information contact

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