**Image ideas for the Ageing Well Leeds Calendar Categories**

These are some ideas for each category, but we welcome people to get creative and interpret in their own way. The key things to consider are the images must represent ageing well, with an emphasis on older people and be Leeds based. Having Leeds landmarks or districts in the images so it is identifiably Leeds would be amazing!

**Conversation**

* Conversing in visual languages, such as British Sign Language
* Non-verbal communications between people like waving, smiling and eye contact.
* Talking and meeting with family, friends, neighbours, community
* Conversing through digital method, on the phone or podcast

**Celebration**

* Celebrating how older look
* Celebrating events like birthdays, weddings especially if the people featured are older!
* Scoring/celebrating a goal, partying at carnival/Pride
* Achieving something: completing a course, getting a new role, passing a finish line, winning a prize
* Debuting a new talent
* Celebrating a sporting achievement, LUFC promotion!

**Movement**

* Partaking in sports, park runs, classes, working out.
* Expressing yourself through movement – dancing / walking / parades
* Movement for fun
* Movement for health
* Movement for purpose - Sponsored activities for charities
* Just moving, be it walking, using an aid or wheelchair
* Transport – Driving, Cycling or using public transport

**Connections**

* The coming together of people from different cultures and backgrounds.
* Making friends and socialising
* Connections with animals, nature or objects

**Community**

* Doing your bit for your local community – charity work / volunteer work / litter picking / activism
* Expressing yourself within your community – art / exhibitions / events/ fashion/ subculture
* Meeting others from different communities

**Intergenerational**

* Connecting with family, friends, neighbours
* Volunteer work
* Sharing experiences and stories
* Reminiscing by using objects, telling stories, looking at photographs

**Accessibility**

* Celebrating where access needs have been met and considered
* What matters to you?
* Awareness raising

**Occupation**

* Celebrating work, passions, and volunteering
* Work like activities like cooking, repairing, housework

**Emotions**

* Joy, happiness, friendships and love in later life
* Awareness raising about loss, grief, and support
* Passion, pride, and empowerment

**Recreation**

* This could be from completing a puzzle to playing a video game
* It could be watching TV to playing snooker
* Going to a gig/being in a band/making music
* Partying at a festival to gardening
* Sensory activities

**Faith**

* This may include communal worship, singing in choirs, praying, scripture studies
* It may feature a particular festival like Eid al-Fitr, Eid al-Adha, Easter, Diwali, Holi. Hanukkah, Wesak and Parinirvana Day
* It could be personal meditation and prayer
* It may people being at their place of worship or with their religious community

**Home**

* We want to see people in varying different homes from flats, care settings, caravans to barges this may reflect identity
* It maybe what home represents