

FULL OF LIFE

1-6
OCTOBER
2018

PROGRAMME OF EVENTS 2018

Celebration of
older people
week



FULL OF LIFE

Celebration of Older People



Welcome to the Events Programme for Older People's celebration week

The 1st of October is UK Older Peoples Day and coincides with International Day of Older Persons. Get involved with UK Older People's Day and help celebrate the achievements and contributions that older people make to our society and tackle negative attitudes and outdated stereotypes and support issues that affect their lives on a day to day basis.

Once again, we have worked in partnership with the voluntary sector, community groups and other statutory and private organisations to put together and support a programme of fun activities, entertainment and information event.

Older People's Partnership Hull and East Riding Charity are hosting a week-long celebration. The events will include a series of activities and entertainment to celebrate and showcase the contributions that older people are making to our local community and society today and the positive impact that cultural activities can have on health and wellbeing, reducing loneliness and isolation in our aging population.

We hope from the event to provide a platform for local and national organisations from the voluntary/community/private and public sector, which can support the older people in and around Hull to live a healthy and more independent life, also have information of services that they can access to provide support should they need it.

The Older People's Partnership Hull & East Riding would like as many people as possible to join in the celebrations and to build on the success of previous years events.

Everyone welcome, so please come and visit us throughout the week.

Look forward to seeing you there.



Monday 1st October

National Older Peoples Day

Britannia Royal Hotel, Ferensway, Hull

**FREE
EVENT**

1920's Theme

Photo Booth

Pampering

**Reminiscence
characters**

**Market stalls
of Information
and services**

**Teaming Up
for Health**

Programme for the Day

10.00 AM



**Opening of the Event by
Councillor Gwen Lunn,
Portfolio Holder for
Public Health and Adults
- Hull City Council**



- Bagpipe Performance
- Ladies in Red (left)
- Our Lives Our Hull Performance

12.00 PM

**Meet and Greet local MP
Emma Hardy**

- Dance workshop with stepping back in time and Samantha Rogerson
- Fashion Show - Age UK Hull and East Riding – Sponsored by George Asda
- PFH Big Elastic Band demo
- Chris Holmes Cabaret entertainment

Tuesday 2nd October

OLDER PEOPLES CELEBRATION EVENT

Britannia Royal Hotel, Ferensway, Hull

Free Event

Photo Booth

Pampering

**Reminiscence
characters**

**Market stalls
of Information
and services**

**Teaming Up
for Health**

Programme for the Day

10.00 AM



**Opening of the Event by
Erica Daley, Director of
Integrated Commissioning -
NHS Hull CCG
Tracy Meyerhoff, Head of
Social Care and Health
Integration - Hull City Council**

- Hull Ladies Choir
- The Hut People - making music – interactive
- Sahara dance – Belly dance /seated exercise interactive workshop (right)
- Singing form the Hull and East Yorkshire (HEY) Choir
- Demonstration from the Strictly Wheelers Hull
- Interactive display by the Bransholme chair exercise group
- Sight support singing group performance
- Ukulele demo



Tuesday 2nd October

7 PM

HULL AND EAST RIDING'S GOT TALENT 55+



Ticket only event

Doors open at 6:30

**The Britannia Royal Hotel,
Ferensway, Hull HU1 3UF**

**Opening and entertainment by
The Mega Motown performing the
best of Soul and Motown**

The talent competition has a variety of performances to keep you entertained throughout the evening.

Entry forms can be found on www.olderpeoplehull.org.uk or call 07724 532955 – Closing date 20th September 2018. Please note that two complimentary tickets will be issued to each entrant. ***All competitors are 55+***

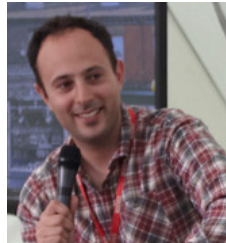
Judging Panel



Pam Davies
CEO, Age UK
Hull & East
Riding



Claire Warren
CEO,
Pickering
and Ferens



David Reeves
Producer of
the Beryl and
Betty Show,
BBC Radio
Humberside



Lee Crooks
Rugby Legend,
Hull FC

TICKETS can be purchased for £2 each from:

Age UK Hull & East Riding
Healthy Living Centre
Bradbury House, Porter Street,
Hull, HU1 2RH
Tel: 01482 324 644

Pickering and Ferens Homes
Silvester House
The Maltings
Hull
HU1 3HA

FULL OF LIFE

Celebration of Older People

Wednesday 3rd October

7PM - 9 PM

COLIN HUTTON NORTH STAND @ CRAVEN PARK



Join us on Wednesday 3rd October for a Hull Kingston Rovers heritage evening.

Highlighting key memories from the clubs rich history, these events are free of charge and located in the Legends Lounge: Colin Hutton North Stand @ Craven Park.

Memories will be shared, stories told and we'll also have memorabilia on hand. Evenings in the past have included past and present player appearances, film nights as well as special event focusing on Rugby League history.

The theme of the event is yet to be decided, however we look forward to you joining us in what will certainly be a very entertaining night.

Wed 3rd & Thurs 4th October

As part of Celebration of Older People week 2018. The Older Peoples Partnership are holding an in reach project to Care Homes within Hull and East Yorkshire.

This is a closed event for the homes residents and aims to entertain residents and join in the weeks celebrations, whereby sometimes they may not be able to attend events put on during the week.

Hull Community Theatre

The performance is about Hull Fair.

Reminiscing on stories they have collected from local people about the Fair in the 50s, 60s.

The actors like a bit of audience participation and ask the audience if they have any similar memories of the Fair to share with them, which then becomes interactive and more fun.

There will also be pictures of the Fair from different periods on screen and appropriate music.



The performance will be

**Wednesday
3rd October**

- St Clares
- Alexander Court

**Thursday
4th October**

- Woodleigh court
- Overton House

Thursday 4th October

11AM-3PM

PICK & MIX TASTER DAY - £3.00



**Leisure & Fitness Suite, Healthy Living Centre, Porter Street, Hull
Age UK Hull and East Riding**

Sample our range of classes and fitness sessions as much or as little as you want:

Featuring:

- Zumba • Yoga • Ballroom Fitness
- Arts and Crafts • Hula Hoop Fitness • And much more

For more details please telephone 01482 591544

Friday 5th October

10 am - 4pm

EAST RIDING EVENT - FREE

Cottingham Civic hall, Market Place, Cottingham



**Live music and entertainment
Market stalls of Information and services
Refreshments available**

11-12:30 - Folk Dance Demo and workshop delivered by Hull Folk Dance group

1pm-3:30 - Tea dance Delivered by Ballroom Blitz Dance Academy - including workshop to learn a ballroom/ latin or sequence dances ***Bring your dancing shoes!***

Sponsored by Older Peoples Partnership Hull & East Riding



Friday 5th October

9.30AM

Countryside Health Walks 2018



Supported by The Older People's Partnership Hull and East Riding

Friday 5th October 2018

Meeting at Hull Truck Theatre, Ferensway, Hull

Mystery Walk (approx 7 miles)

50% off with this walks with the voucher below

Friday 2nd November 2018

Swanland to Raywell circular (8 miles)

Friday 7th Dec 2018

Christmas walk Walkington to Skidby (5 Miles)

Plus Christmas Lunch at Half moon in Skidby *(Lunch not included)*

To purchase a ticket to secure your place on a walk please go to:

Age UK – Porter Street . HULL Tel: 01482 324644.

For more information on the walks please contact: **oppghull@hotmail.com**

Or Claire Champlin – OPP Chair/Trustee – **01482 313555**

Walks maybe subject to change due to weather/building/access

Pick up point for all walks is Hull Truck Theatre

*** NO TICKET NO WALK**

Unfortunately the Walks are not accessible for wheelchairs or mobility scooter due to the uneven terrain and off road track

ENTITLES ONE WALKER TO



50% OFF

OUR OCTOBER 2018 WALK

Original Cost £6 – With this Voucher £3

Older People's Partnership Hull and East Riding Charity
C/O Buckingham Street Day Centre, Buckingham Street, Hull HU8 8UG
E: oppghull@hotmail.com T: 07724 532955

Friday 5th October

1pm-3pm

Friday Friends @ Dove House Hospice



dovehouse
hospice

caring for people with a life limiting illness

Teaming up for Health will be working with Dove House Hospice to host a Friday Friends session on Friday 5th October in the Amy Johnson Community Hub from 1-3pm.

Come and join us for a look through memorabilia from both clubs, reminisce about previous matches and players, and enjoy some tea, coffee and cake!



Dance Classes

**We have a class to suit all levels.
Ballroom, Latin American &
Sequence Dancing**

Mondays 7.30pm Ex Beginners

Wednesday 7.00pm Beginners

Wednesday 8.30pm Advanced



Contact us via Facebook

Email ballroomblitzda@gmail.com

Telephone 07986 963 485

Calling All Patients, Carers and User Groups!

INVITATION

NHS

**Hull and East
Yorkshire Hospitals**
NHS Trust

We are holding a friendly informal event to tell our patients, carers and groups more about the work to improve our outpatient services.

We want to ask for your views and ideas to help us shape and improve our outpatient services in the future. Come along and help us develop our service improvement plan, we'd really appreciate your thoughts!

Event details:

Friday 5th October 2018 - 14:00 - 16:00
Board Room, Hull Royal Infirmary

To book your place please contact: eileen.henderson@hey.nhs.uk

01482 605384

Refreshments will be served



Public Health
England

NHS

Hull
Clinical Commissioning Group

Have you still not had your flu jab?

If you're 65 or over or you have a long-term health condition, flu can be serious.
That's why you're eligible for a free flu jab.

Don't put it off. Get your flu jab straight away.

**STAY WELL
THIS WINTER**



Cheryl Sowell, Nurse

Saturday 6th October

7PM

**Enjoy an evening with
The Hull Male Voice Choir**



Hull Male Voice Choir

**Singing a variety of popular
songs with support from
The Humber Harmony Chorus**

**In celebration of
Hull's Older People's Week**

**The finale of
Hull's Older
People's
Week**

**At Hessle Town Hall
Start 7 for 7.30pm
Tickets £5.00**



**Available from Age UK Hull and East Riding on
01482 324644**

**Choir Secretary: Andrew Burgess on
07754 542993
All Choir Members**

Who are the Older People's Partnership Hull and East Riding?



Credit: Hull daily Mail

Hull's Older People's Partnership Hull and East Riding are now a charity who are champions of older people in our region.

Working across Hull and East Yorkshire, this multi-agency partnership promote the needs of older people, coordinating and improving existing services in the region.

They also help to find new, creative approaches to problems older people face in the community. This creativity is the driving force behind the Celebration of Older People Week, organised and run by the charity. The 2018 event includes a broad programme of creative activity, highlighting the positive impact creativity can have on the lives of older people.

What do we offer?

- A Multi Agency Partnership aimed at promoting the needs of older people
- Assist in coordinating and improving existing services for older people
- Stimulate more creative approaches to problems and issues
- Develop a simple, yet effective, engagement and intervention strategy which has had considerable success
- Importantly, we offer a pool of knowledge around services for Older People which is accessible and beneficial to all participating bodies

- We also deliver an annual talent competition

What we do?

- Meet on a monthly basis
- Share information and resources, identify gaps and maximise opportunities
- Offer peer advice and support
- Open access to all groups and services supporting older people
- in Hull and local East Riding villages
- Welcoming environment

For further information about the Older Peoples Partnership Hull and East Riding and our members go to our website: www.olderpeoplehull.org.uk or telephone: 07724 532955



Information and Advice

Contact us for help and support on a variety of issues including activities, crime prevention, utilities, housing, health and social issues, personal and care problems and many other issues that may affect you or the lives of the other members of your family.

Telephone Befriending Service

The Telephone Befriending service aims to reduce loneliness for people aged 50 or over, by providing a regular telephone call at a time which is convenient to the person. The regular telephone call allows the person to enjoy general conversation on subjects that interest them.

Social Groups

Age UK Hull facilitate regular social groups at the Healthy Living Centre and at convenient locations throughout the city of Hull. The groups allow people aged 50 or over to meet and make lasting friendships and also allow people to gain confidence. Occasionally groups from different locations within the city can meet together and enjoy a meal in a local restaurant. At times it may also be possible for groups to enjoy a day out. This may be a trip to the sea side or to another attraction.

Day Service

The Day Service works on the basis that there are older members of each community who, for various reasons, now find themselves less able to get out unaccompanied but still have the desire to enjoy a day out, share a cooked lunch and join in the activities of the centre which provides the opportunity to spend quality time with others. The Day centre provides support and friendship for isolated, housebound older people. It also provides meals and refreshments, talks, activities such as crafts, games and bingo, gentle exercise, outings in the summer and, most importantly, social companionship. We also provide transport to and from the centre. An assessment is needed as we don't have provisions for personal care.

Equipment Loans

Everyone likes being able to get around independently, but for when that is not possible, Age UK Hull can provide information and advice on services available to help. We also offer a hire service for wheelchairs. A hire charge of £2.50 per day, or £10.00 per week. Hire for up to three weeks at any one time, with the option to extend the hire period if required. A £30.00 deposit

is also charged. This deposit is fully refunded upon the return of the wheelchair in good condition and working order. Electric heaters are also available free of charge, however we do require a deposit of £10.00 which will be refunded when the heater is returned to us.

Falls Prevention

Falls are a common, but often overlooked, cause of injury. Around one in three adults over 65 who live at home will have at least one fall a year, and about half of these will have more frequent falls. Most falls don't result in serious injury. However, there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn and feel as if they've lost their independence. The Age UK Falls prevention team can visit you in your home and carry out a holistic risk assessment to identify any potential risks in the home as well as offer advice on how to prevent any further falls occurring. Our Team also go out into the community and offer information and advice to Social groups as well as other professionals working in Health and Social Care.

Home Support Service

Getting all those chores done can be difficult. Imagine - a carer in your home that you can trust. We can find you a carer you can rely on to help you with:

- Shopping and pension collection
- Preparation and cooking of meals
- Cleaning
- Respite care - allowing a carer or spouse to go out.

The carers have all been carefully selected by Age UK Hull. They are sensitive to the needs of people in later life and trained to provide a quality service. We aim to ensure that the same person visits you each time wherever possible.

Internet Shopping

This is a regular and reliable way of accessing shopping from large supermarkets such as Tesco, Asda or Sainsburys. The service is available Monday and Tuesdays between 10.00am and 2.00pm. Shops ordered on Monday or Tuesday will be delivered across the week at a time and date of your choosing. A volunteer will ring you for your shopping list weekly, fortnightly or monthly depending on what you require.

For more information of any of the above services please contact Age UK Hull on:

T: 01482 324 644

E: mailbox@ageukhull.org.uk

Age UK Hull and East Riding

Bradbury House

Porter Street

Hull

HU1 2RH



The Butterflies hold social meetings at venues in Hull and Cottingham. Activities include informative speakers, quizzes, music, drama, gardening, history and much more. There is something for everyone as all members have a say in what activities you would like. Our workshops aim to provide a fun activity that carers and the cared for can enjoy together and provide a new talking point to help get through the routine of the day.

For more information please visit www.butterflies.org.uk or our FaceBook Page Butterflies Memory Loss Group

George Cooke Singers & Music Group

The Club House Community Centre
Elm Avenue Garden Village HU8 8PZ

1pm - 2.30pm

(Doors open for light lunch if required at 12.00)

5th Oct 2nd Nov

Butterflies North

Harrison Park, Hall Road, Hull HU3 9DQ

Held on the Second Monday of the Month

1pm - 2.30pm

(We are there from 12 noon, a light lunch is available in the restaurant if required)

10th Sept 8th Oct 12th Nov

Butterflies West

Derringham Bank Methodist Church,
Willerby Road, Hull HU5 5DT

Held on the second Wednesday of the month

1pm - 2.30pm

(Doors open for light lunch if required at 12.00)

12th Sept 10th Oct 14th Nov

Butterflies Central Luncheon Club

Held on the third Thursday of the month at

ButterfliesHQ, 2nd Floor 94

Alfred Gelder Street Hull HU1 2AN

12pm - 2.30pm

Thurs 20th Sept, 18th Oct, 15th Nov

Cottingham

Held on third Friday of each Month

Cottingham Methodist Church,
Hallgate, Cottingham HU16 4BD

1pm - 2.30pm

(Doors open for light lunch if required at 12.00)

Fri 21st Sept, 9th Oct, Nov

Christmas Party

14th December

Panto Jack and the Beanstalk

Men's Luncheon Club

The Club House Community Centre
Elm Avenue Garden Village,
Hull HU8 8PZ

This is our only weekly club, and is there for men to come along and enjoy the company of other men!! This is for all men who maybe feel they need a bit of company, not specifically for those experiencing memory problems.

We offer a speaker/activity, a two course dinner and as much tea/coffee as you can drink with a chance to just sit and chat with friends.

Every Tuesday 11am - 1.30pm



Teaming up for Health is a partnership between Hull FC, Hull Kingston Rovers, NHS Hull Clinical Commissioning Group (CCG) and Hull City Council Public Health.

The project aims to demonstrate the positive impacts that engaging with the various community based programmes can have on health and wellbeing. Both clubs offer a range of activities for fans and the general public to enjoy!

Hull FC's Old Faithful programme provides reminiscence sessions every week at various locations throughout Hull. Old Faithful allows fans to share their stories and memories of their club across a range of topics, including visits from current and past players, watching footage from previous matches, in addition to plenty of club memorabilia.

For more information about these sessions, please contact **olivia.jackson@hullfc.com** or visit **www.hullfc.com**.

The Heritage of Hull KR project delivers high class reminiscence sessions to the local community. Involving care homes, schools and other community organisations, the aim is to celebrate the rich history and heritage of the club and take it out into the immediate area.

Our sessions are very relaxed and led by users, with memorabilia, past players as well as archive footage available to help memories and story sharing.

For more information about the sessions or to book one, please contact **craig.spivey@hullkr.co.uk**



Creating a
healthier
Hull

NHS

Hull

Clinical Commissioning Group

Join Hull's People's Panel



PeoplesPanelHull



@ThePeoplesPanel

The People's Panel consists of 3,000 residents who share their views with NHS Hull CCG and Hull City Council through the People's Panel Survey. Anyone who lives in Hull can get involved and your answers will help to inform local policy, provision and decisions.

Panel members get involved in lots of ways:

- short text and email polls
- feedback by Facebook
- exclusive events
- questionnaires and surveys
- courses, workshops and conferences

If you join, you can decide how much or how little you get involved.

Hull City Council send a newsletter out once a quarter and contact People's Panel members around every 6 weeks.

You can become a member of the People's Panel online or by post. Hull City Council always endeavours to make sure that the survey accommodate the needs of everyone, and will provide other formats.

You can join by:

Email: panel@hullcc.gov.uk Tel: 01482 300 300 Text: panel to 07795 563000

What is NHS Hull Clinical Commissioning Group?

"Our vision is to Create a Healthier Hull"

The main role of NHS Hull Clinical Commissioning Group is to buy and monitor the quality of NHS healthcare services for the people of Hull. This is known as "commissioning".

We are clinically led, which means that local GPs and health professionals direct us. Our clinicians see Hull patients every day, making them ideally placed to make decisions about local care.

To find out more please visit us at www.hullccg.nhs.uk

Our housing is designed to meet the requirements of people over the age of 60 and promote independent living. However depending on the scheme, the age requirement may be 50 and over. PFH owns more than 1,350 homes for rent.

PFH has grown to become the largest locally based independent provider of high quality housing accommodation within the city of Kingston upon Hull providing people in their later life with one of the most important things in life – a well-designed, safe and secure place to live and many health and wellbeing opportunities to get involved with.

Most of our homes are in Hull but we also own and/or manage properties in Tickton, Hornsea, Patrington and Bridlington. PFH offers a range of retirement plus living properties, for people who need a little extra support.

Customers living in our homes have regular checks via our OkEachDay telephone service to ensure that they are fit and well every day .

If you wish to come and view our Retirement Living Plus properties please see the open days scheduled below or contact the office for more details on 01482 223783.

Retirement plus living Open days October 2018

Humber View – Victoria Dock	9th October 2018
Malin Lodge – Maybury Road	10th October 2018
Christopher Pickering Lodge - Hessle High Road	16th October 2018
Broadway Manor – The Broadway East Hull	17th October 2018
Ada Holmes Circle – Greenwood Ave	18th October 2018

For more information please contact the office on 01482 223783 or pop into our registered office at Silvester House, The Maltings, Silvester Street, Hull HU1 3HA.

TRIPS FROM SEPTEMBER to DECEMBER 2018

*BOMBER COMMAND MEMORIAL	25TH Sept 2018	Resident *	£11.00
		Non-resident	£12.00
PICKERING 1940S WEEKEND	12th OCT 2018	Residents	£11.00
		Non-resident	£12.00
MONKS CROSS @ BREWERY	30th OCT 2018	Resident	£11.00
		Non-resident	£12.00
MEADOWHALL SHOPPING CENTRE	20TH NOV 2018	Resident	£11.00
		Non-resident	£12.00
MYSTERY CHRISTMAS MARKET	DATE TBC	Resident	£
		Non-resident	£
CHRISTMAS PARTY AT THE RITZ	7th DEC 2018	Resident	£5.00
		Non-resident	£6.00

Please contact Lords Coaches for more information on Booking the Trips on 01482 424951

**The above price do not include entrance fee*

Older People's Week Offers

Please present this booklet to receive these offers

Londonway Café Hull Paragon MENU Interchange



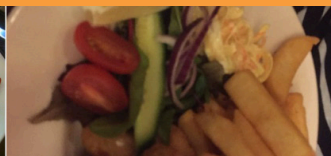
- 2 full English breakfasts with tea or coffee for £8.50
- Any 2 sandwiches in a bread cake served with salad and coleslaw with tea or coffee £7.00
- Two jacket potatoes with filling of your choice with tea or coffee £9.00
- Cake of the day with tea or coffee £3.50

The Londonway offers a wide selection of fresh food and drinks, from all day breakfasts to freshly made sandwiches to enjoy in our friendly relaxed environment or to take out.



Valid Monday 1st October and Tuesday 2nd October 2018.

Punch Hotel Queen Victoria Square, Hull HU1 3RA.



Wednesday 3rd October 2018 Offer 2 Meals for £12*

*on selected Menu

www.punchhotel.co.uk

The Older Peoples Partnership Hull & East Riding Charity
would like to thank its sponsors for supporting the
Celebration of Older People week 2018:



Creating a
healthier
Hull



Hull

Clinical Commissioning Group

Older People's Partnership Hull and East Riding
C/O Buckingham Street Day Centre,
Buckingham Street,
Hull
HU8 8UG

E-Mail: oppghull@hotmail.com
Telephone : 07724 532955
www.olderpeoplehull.org.uk

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