



**Older
People's
Partnership**
Hull & East Riding



**Full
of
LIFE**

28 September - 2 October 2020

**CELEBRATION OF
OLDER PEOPLE WEEK
HULL & EAST RIDING**

Beating Coronavirus by going online

Welcome to the Events Programme

for Hull & East Riding 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celebrate the achievements and contributions that older people make to our society and tackle negative attitudes and outdated stereotypes and support issues that affect their lives on a day to day basis.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, but with a difference – the event will be delivered predominantly online this year to ensure that people are kept safe and social distancing measures are followed.

Older People's Partnership Hull and East Riding Charity have coordinated a week-long celebration. This will include a programme of interactive activities that you can sign up to take part in, entertainment being shared across the charities [Facebook](#) and [Twitter](#) account which will include contributions from our areas older people showcasing their talents on video.

We will also be using our social media accounts and the week to provide a platform for local and national organisations - which support the older people in the area to live a healthy and more independent life – to promote their services via virtual market place videos.

The Older People's Partnership Hull & East Riding hope as many people as possible access the programme this year, as we show that despite all that Coronavirus has thrown at us, we can still celebrate the contributions that older people are making to our local community and society.

So please join the celebrations and to build on the success of previous years events as we go virtual.

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



Older People's Partnership Hull & East Riding

The Older People's Partnership Hull and East Riding is a charity formed in 2017 who continue to be champions and a voice for 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 2020 Virtual event includes a broad programme of interactive activities that will allow older people to try new activities, learn about useful things that will help them live safer and healthier lives or just reminisce and talk with like-minded residents over a shared interest. While the pre-recorded entertainment available for all to enjoy and showcasing videos will highlight 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

What we do?

- Meet on a Bi-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.olderpeoplespartnership.org.uk

| Title | Description | Provider | Duration | Time | Limit on Places | Platform |
|--|---|---|----------|--------------------|-----------------|-----------------|
| Monday 28th September 2020 | | | | | | |
| A brief Introduction to Fraud Prevention | If you would like to improve your knowledge of fraud and take steps to prevent yourself from becoming a victim then this training is for you. | Humberside Police and Neighbourhood Network | 90 mins | 10.00am to 11.30am | NA | Zoom |
| Library Link Pop Up Poetry: I Must Down to the Seas Again | Enjoy poems and chat all about sailing and the sea. | Hull Library Service | 30 mins | 11.30am to 12 noon | 8 | Microsoft Teams |
| Move, Stretch, Relax with Sandra Thompson from Sahara Dance | This is a follow on dance session to get people moving, it would be a mixture of Belly dance/Latin and Pop music. NB: This workshop would have options for those who cannot stand. | Sandra Thompson Professional Dance Artist | 60 mins | 12.30am to 1.30pm | NA | Zoom |
| Chair Yoga with EM Yoga | Come along and join in with a gentle yoga movement practice. This will be done sat on a chair and some standing too. We will take some time to look at techniques to move the body, calm the mind and bring an element of mindfulness into our day! | EM Yoga | 45 mins | 2.30pm to 3.15pm | NA | Zoom |
| Library Link Read & Chat: School Holidays | Share stories and memories about school summer holidays. | Hull Library Service | 60 mins | 3.00pm to 4.00pm | 8 | Zoom |
| Tuesday 29th September 2020 | | | | | | |
| Introduction to Crime Prevention | Looking at acquisitive crime from the perspective of an offender, this training will help recipients to make their homes and properties more secure with simple and practical crime prevention advice. | Neighbourhood Network and Office of the Police & Crime Commissioner | 90 mins | 10.00am to 11.30am | NA | Zoom |
| Library Link Pop Up Poetry: Poems I Learned at School | Do you remember learning to recite poems at school? Sit back and relax as we share some of the old favourites. | Hull Library Service | 30 mins | 11.30am to 12 noon | 8 | Microsoft Teams |
| Wet Felting Workshop | Crafter Brenda will show the kinds of things she likes to make – practical rather than arty! She will also demonstrate the basics of how to wet felt and talk about materials and equipment. FREE Felting pack for all those who register. | Timebank Hull and East Riding | 90 mins | 12.30pm to 2.00pm | 30 | Zoom |
| Seated Dance and Movement Class with people who are less mobile with Hull Dance | A fun and relaxed session including tasks focusing on co-ordination, body awareness and creativity which will leave participants energised and with their spirits uplifted. | Hull Dance | 45 mins | 2.30pm to 3.15pm | NA | Zoom |
| Library Link Read & Chat: Hull Memories | Stories and poems that recall the fun and games of growing up in Hull during the 1940s and 1950s. | Hull Library Service | 60 mins | 3.00pm to 4.00pm | 8 | Microsoft Teams |
| Wednesday 30th September 2020 | | | | | | |
| Stroke Awareness and Prevention webinar | Stroke awareness presentation that will cover: 1. What is a stroke? 2. Recognising the signs of a stroke. 3. Common risk factors for stroke. 4. Lifestyle changes that may help reduce our risk of stroke. | Stroke Association | 60 mins | 10.00am to 11.00am | NA | Zoom |
| Library Link Pop Up Poetry: Hull Poems | Join us to share those childhood memories of glamogs and bollies, kaylie and ice lollies and going to Witherensea with Sunday School. | Hull Library Service | 30 mins | 11.30am to 12 noon | 8 | Microsoft Teams |
| Guide Dogs Friends and Family Training– Supporting people living with Sight Loss | This fun and informal session is aimed at the friends and family members of people living with sight-loss and provides awareness and tips on the best way to support someone with sight loss through sighted guiding. | Guide Dogs | 90 mins | 2.30pm to 4.00pm | 8 | Zoom |
| Library Link Read & Chat: Stowaways | Stories and poems all about the sea. | Hull Library Service | 60 mins | 3.00pm to 4.00pm | 8 | Microsoft Teams |

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| Thursday 1st October 2020 – International Older Peoples Day | | | | | | |
| Dance and Movement Class with Hull Dance | The session will start with simple warm up activities and include chances for people to input their own ideas as well as learn set phrases. Think less about a particular dance style and more about having fun moving with friends, loving life and getting creative. | Hull Dance | 60 mins | 10.00am to 11.30am | NA | Zoom |
| Bingo with Gary Marsden | Join Gary for a good old fashioned game of bingo. Sheets will be self-marked so it will just be for fun. | Gary Marsden | 60 mins | 10.00am to 11.00am | NA | Zoom |
| Live singing and entertainment | Join Gary who is a fantastic Hull based singer and entertainer as covers songs that are sure to get audiences singing along. | Gary Marsden | 60 mins | 11.30am to 12.30pm | NA | Zoom & Facebook Live |
| Library Link Pop Up Poetry: Poems I Learned at School | Do you remember learning to recite poems at school? Sit back and relax as we share some of the old favourites. | Hull Library Service | 30 mins | 11.30am to 12 noon | 8 | Microsoft Teams |
| Life in the Rock Pool Narrated session | Wildlife expert shares a video as they explore life in a beach rock pool. An interactive session with time for questions. | Yorkshire Wildlife Trust | 60 mins | 1.30pm to 2.30pm | NA | Zoom |
| Interactive Quiz | Join Gary for a quiz that is sure to entertain as he tests your general knowledge against other competitors in the area. Quiz sheets will be self-marked so it will just be for fun. | Gary Marsden | 60 mins | 1.30pm to 2.30pm | NA | Zoom & Facebook Live |
| Live singing and entertainment | Join Gary who is a fantastic Hull based singer and entertainer as covers songs that are sure to get audiences singing along. | Gary Marsden | 60 mins | 3.00pm to 4.00pm | NA | Zoom & Facebook Live |
| Library Link Pop Up Poetry: Hull Poems | Join us to share those childhood memories of glamogs and bollies, kaylie and ice lollies and going to Witherensea with Sunday School. | Hull Library Service | 30 mins | 3.00pm to 3.30pm | 8 | Microsoft Teams |
| Interactive Quiz and live entertainment | Join Gary for a quiz that is sure to entertain as he tests your general knowledge against other competitors in the area. Quiz sheets will be self-marked so it will just be for fun. Followed by a few songs. | Gary Marsden | 90 mins | 6.00pm to 7.30pm | NA | Zoom & Facebook Live |
| Friday 2nd October 2020 | | | | | | |
| Chair dancing with Sandra Thompson from Sahara Dance | This is a fun session of exercise and dance moves to various styles and types of music with a stretch and relax session at the end. | Sandra Thompson Professional Dance Artist | 60 mins | 10.00am to 11.00am | NA | Zoom |
| Library Link Pop Up Poetry: I Must Down to the Seas Again | Enjoy poems and chat all about sailing and the sea. | Hull Library Service | 30 mins | 11.30am to 12 noon | 8 | Microsoft Teams |
| Genealogy workshop | Professional genealogist Carol Kerry-Green will give a talk on Living Family History. She will also show you how to find out more about where ancestors were living by explaining about electoral registers, phone books, 1939 National Register and 1901/1911 censuses. | Timebank Hull and East Riding | 90 mins | 12.30pm to 2.00pm | NA | Zoom |
| Introduction to Creating Drama with Hull Truck Theatre | A session on the building blocks of drama ranging from writing to improvisation and performance. This session will be practical and creative. Participants will require a pen and paper. | Hull Truck Theatre | 90 mins | 2.30pm to 4.00pm | NA | Zoom |
| Library Link Read & Chat: Hull Memories | Stories and poems that recall the fun and games of growing up in Hull during the 1940s and 1950s. | Hull Library Service | 60 mins | 3.00pm to 4.00pm | 8 | Microsoft Teams |

Booking a place

If you want to attend a session simply visit the Older Peoples Partnership Eventbrite Page - <http://oppher.eventbrite.com> – and book a place before 12 noon on Wednesday 23rd September. The charity will then get in touch with you on Friday 25th September with the full joining instructions for your chosen interactive events. If you are struggling please email celebration@olderpeoplespartnership.org.uk or call **07724 532955**.

Hull Library Service Live Events

The Forever Young Club

12noon – 2.30pm

Tuesday 29th September
and Thursday 1st October

We are delighted that our friends at Hull Libraries are in a position to host two face to face events which older people can book onto and enjoy.

The Forever Young Club is held at The Freedom Centre, Preston Road, Hull HU9 3QB between 12noon – 2.30pm on both Tuesday 29th September and Thursday 1st October.

Join Hull Libraries for some socially distanced lunch and fun. Activities include musical bingo, quizzes, poetry and more.

Places are limited to 20 on each day and booking is essential. To book a place call 01482 331254 or email: library.link@hcandl.co.uk

These two events are funded by the James Reckitt Library Trust.



Celebration of Older Peoples Week

Entertainment and Virtual Market Place

We are delighted to say that between Monday 28th September and Friday 2nd October we will be sharing lots of entertaining and interesting video content from member organisation on the charities Facebook and Twitter accounts.

So please LIKE the [Older Peoples Partnership - Hull and East Riding Facebook page](#) and follow the charities twitter handle [@OlderPeopleHER](#)

Older Peoples Showcase videos

Choir Performances

Humberside Police Band

Maritime City Features

Untold Hull Stories

Wellbeing Videos

Music

Local Drama



Hull and East Riding 55+ Showcase



Historically the charity has held a Hull and East Riding's Got Talent 55+ event, however due to the pandemic this will not be possible this year. We do however want to showcase older people talents across the area.

People who are aged 55+ are being asked to share videos that showcase their talents such as Dance, Comedy, Poetry, Musical, flower arranging, magician, how to play a ukulele, singing, wood work, model plane building, maintaining a cycle with the charity. Anything that you would class as a talent or a skill. Nothing will be turned away and all the videos received will then be featured on the Older Peoples Partnership Hull and East Riding Facebook page and Twitter accounts.

Anyone who has a skill, talent or interest they want to showcase should email their videos to

celebration@olderpeoplespartnership.org.uk via mailbigfile.com by Friday 25th September.

If you have any questions about submitting a video please email

celebration@olderpeoplespartnership.org.uk or 07724 532955



Singing

Impressions

Juggling

Playing a musical instrument

Poetry

Comedy

Woodwork

Art

Crafting

Dancing

Cooking

& so much more

Donate

The Older Peoples Celebration Week is FREE to all older people to enjoy, however the event does cost the charity money to organise and put on for the benefit of people in the area. If you have enjoyed the event and want to support the charity in providing future events and activities feel free to make donations the charities

Donate

Thank you

Thank you to all the Older People Partnership member organisations who have provided interactive sessions, entertainment content and virtual market place videos which have made the virtual event possible.

Finally thank you in advance to older people for sharing showcase videos to show that Hull and East Riding really does have talent.



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Older People's Partnership Hull and East Riding
Ocean Chambers
54 Lowgate
Hull
HU1 3EJ

E-Mail: celebration@olderpeoplespartnership.org.uk
www.olderpeoplespartnership.org.uk
Telephone: 07724 532955

Charity Registration No: 1172566