

The AWOC York monthly hybrid meetings with speakers continued in the free studio space kindly offered by Spark York, with fast food outlets in this container hub for us to meet each month for lunch at 1pm. Monthly meeting notes and resources, by both email and post to those not online, continued – we have now completed our 9<sup>th</sup> year and our circulation list has risen to just over 300 awocs all over this country and beyond. The door remains open!

Sue Lister, Neil Cutler and Fran Coates form the AWOC York Steering Group, but Fran relocated to her home in Brighton at the end of May. She has kindly continued to be our Treasurer for the year but we are looking for someone in York to take over and for at least one other person to join the steering group – your support is very welcome. ☺

**Website:** further details of the AWOC York story can be found on our website: [www.awocyork.org.uk](http://www.awocyork.org.uk). On the Meetings page are links to speaker video talks and their slide presentations.

### Festival Events

1. **York International Women's Week: *Inspired By...?*** 8 March workshop online and in person at Spark York. Ten people shared their stories – from inspiring relatives and friends to the ever-changing sky, singing, sports, a film and Vincent van Gogh! This is the tip of the iceberg, a taste of the amazing lives of people ageing without children. You can watch on YouTube: <https://www.youtube.com/watch?v=pXyKb1tcmjc>



2. **York Pride** on 7 June. AWOC York was happy to have our own stand at the Knavesmire generously provided by the York LGBT Forum and generously sponsored by Neil Cutler who was running the Dementia Forward display from their minibus. We were all together with our friends from the York LGBT Forum and Generate. Geoff Rollinson



took care of the display while Sue took part in the Pride Parade from the centre of town with a triobike kindly volunteered by York Bike Belles. Thousands of cheerful people took part in this heart-warming colourful city celebration.

3. Our **Picnic in the Park** on 17 July just happened to coincide with a 21-gun salute to mark the birthday of Queen Camilla – well, of course, at first we took it as a fine recognition of AWOC!!!

4.



#### **York 50+ Festival: *Memorable Moments*.**

As you look back over your life, there are moments that are embedded in your memory. They will be part of who you are and what has shaped your character – memories of life experiences that have made you who you are. Members of AWOC York gathered at Spark York on Saturday 20 September and five awocs recorded their memorable moments for us to share:

<https://www.youtube.com/watch?v=1P1-6hdAih4>

### Representation

1. **YOPA (York Older People's Assembly).** Sue represents AWOC on the YOPA committee (which she joined in 2002) and this year she and Andrew Whitehouse ran an AWOC York stand at an Age UK York/YOPA Info Fair, a very successful "slipper give away" at the New Earswick Folk Hall on 19 Sept. It provided excellent networking opportunities and we gave out many flyers.

2. **York LGBT Forum.** Sue stays in touch representing AWOC although no longer a trustee of the LGBT Forum. Neil Cutler, long-time awoc and now Dementia Forward trustee, was also a Forum trustee. It is to be noted that the majority of the LGBT community will be ageing without children for one reason or another.

**Consultations** with AWOC York by individuals and organizations interested in ageing without children issues:

- Sue is in touch with Rachael Maskell and Luke Charters our 2 York MPs.
- Claudio di Lorito – storyboard for display by UCL in London – research into the effect of dementia on LGBT folk and their allies.
- Joanna Malone is doing research into ageing without formal religious beliefs – what does living well and dying well look like then? She attends weekly socials and monthly meetings when she can.
- CYC Anti-Poverty Strategy – Lauren Summers came to talk at our August monthly meeting and drops in on Zoom socials & monthly meetings when she can.
- Otherhood – a play about ageing without children. Sue and David Roberts were involved in early rehearsals and were asked to sign permission for their words to be used in this autumn’s production in Bradford: <https://bradford2025.co.uk/event/otherhood>.
- Thea Jacob asked for our participation in a short video she was producing to highlight ageing and loneliness using an original song “I see you”, a cellist, a singer, a choreographer, a dancer and a videographer. In the end it was shot in a nursing home in Leeds and Ann was not required.
- Unconventional Tour of York came to speak to us in July. Sue put them in touch with St Sampson’s to plan how this historical older people’s centre could figure in one of their walks in 2026.
- A research project on experiences of gardens for people living with dementia who are still living at home, working in collaboration with York Minds and Voices. They are keen to include the experiences of a diverse range of participants, including people who identify as LGBTQ+ and people who are ageing without children: [christina.buse@york.ac.uk](mailto:christina.buse@york.ac.uk).

## 2025 Meetings & Speakers

With warmest thanks to all our speakers who shared their time and experience with us.

WED 15 JAN	2 – 4 pm	Winter social + Quiz + Plans for the Year!
WED 12 FEB	2 – 4 pm	Take The Green Route – Sarah Wilson
WED 12 MAR	2 – 4 pm	Workshop: INSPIRED BY...?
WED 9 APR	2 – 4 pm	Ways to Reduce Dementia Risk – Fiona Andrews
WED 14 MAY	2 – 4 pm	St Leonard’s Hospice & the Sunflower Hub – John Gready
WED 11 JUNE	2 – 4 pm	Missing conversations? Learn more about lip-reading – Rachel Barber
WED 9 JULY	2 – 4 pm	History Walked Differently – presented by Uncomfortable York
WED 13 AUG	2 – 4 pm	Raising Awareness of Osteoporosis – Alison South
WED 10 SEPT	2 – 4 pm	Older Citizens Advocacy York: helping people to have their voices heard – Amy Faulkner-Gadd, CEO
WED 8 OCT	2 – 4 pm	Local Area Coordination in York – Rebecca Elliott & Alice Hawken
WED 12 NOV	2 – 4 pm	AGM & Quiz
WED 10 DEC	12 noon	Christmas Luncheon at The Cross Keys, York – all awocs welcome!

And please join us for a Zoom Social on Christmas Day at 11-12 noon ☺

Join Zoom Meeting

<https://us02web.zoom.us/j/87606316887?pwd=6qxj7eYNP1Ub7McRpVPb8kCBKcSbtr.1>

Meeting ID: 876 0631 6887

Passcode: 730173