



International Day of Older Persons

Written By Kate Castleden, October 2022

Yesterday I hosted a stall at Oxford's 10th Older People's Day at the Town Hall. It was a great opportunity to showcase the work of the Age of Creativity team and have the chance to meet some local older people and listen to their thoughts on creative opportunities. I was well supported by Andrew, one of our local [Age Friendly Creative Ambassadors](#), who did a sterling job entertaining the crowds with his poems and speaking about his experience of being an Ambassador.

Having previously attended the event in a former role, I wasn't sure what to expect in the post-Covid world of face-to-face events. I was pleased to find that there was a lot of interest from local providers of activities and information, and the venue was filled with stalls. The day was well attended with a steady stream of people, coming to look for information both for themselves and for loved ones.

I fielded a range of enquiries, from people wanting to know more about our [Age Friendly Creative Network](#) and Ambassadors project, to people wanting to join [TeaBooks](#) (our social book groups). I'd like to thank everyone who came over for a chat, to share both their enthusiasm for our work and their honesty with what we could do better. It was great that colleagues from other local teams at Age UK Oxfordshire were also in attendance, so when I was approached by someone wanting advice about purchasing her first mobile phone, I was able to take her over to meet members of our [Community Information Team](#).

Having the opportunity to attend an in-person event was a really valuable experience. Being able to meet face-to-face makes any interaction more meaningful and memorable and being able to look into the other person's eyes and hear the nuance in their tone of voice is a much richer way to connect than in the virtual environment through a screen. It was an opportunity to be reminded of the stark reality that many people aren't online and, for some, events like this are a lifeline. I feel blessed to have been able to get out into the community to listen, and come away with ideas, inspiration, and action points for taking our work forward so even more older people can experience a creative later life.

International Day of Older Persons is a wonderful moment in our calendars, the end of September also brings the National Day of Arts in Care Homes (<https://artsincarehomes.org.uk/nationalday/>) and Silver Sunday (<https://silversunday.org.uk/>)- two amazing partners we love to work with all year round. These occasions are a great time to be creative and get out there again! So, here's to a fruitful autumn, and watch this space to find out how we get on exploring the new ideas...

Kate is part of [The Team](#) at Age of Creativity. The Age Friendly Creative Facilitator, she leads on communication and manages the [TeaBooks project](#).

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