

Ageism Action Day

See and be seen



‘Communities grow strong when they plant trees under whose shade they will never sit.’

A supporter of



What is Ageism Action Day?

Imagine there's a special day called "Action Day" where everyone gets to be a superhero against something called "ageism." Ageism is like a grumpy villain who spreads bad ideas about growing older. It makes people think older adults are less capable or less important, which is just not true!

On Action Day, everyone can join forces to fight ageism. We can learn more about how to be kind and respectful to people of all ages, just like how superheroes learn cool skills to fight bad guys. We can also share our voices and say, "Hey, ageism isn't fair!" Maybe we can even work together on fun projects that show how awesome it is to be older and wiser!

BE
RESPECTFUL



This Action Day is a chance for everyone, from families and friends to schools and workplaces, to join the fight and make a difference. Remember, even small actions, like learning something new about older adults or helping someone in your community, can be a superpower against ageism! So, are you ready to be an ageism-fighting superhero on Action Day?



**THATS
COOL**

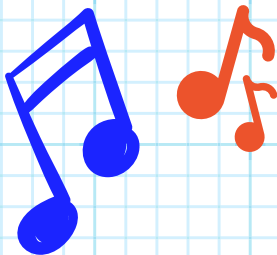
Lisa Powell **Headmistress Bawtry Mayflower School** **and her family**

$$21 + 23 =$$

When asked to write something to explain how I feel about age, ageing and in what ways I may feel about growing old, the first thing I did was think about all the lovely things that have happened in my life so far (and as the children know I am only 21 ... + another 23 years of course!). I have always lived in Doncaster and I have always known that I wanted to be a teacher.

Spending time with dolls and teddies taking registers and planning lessons was a regular occurrence in my younger years. I always wanted to be older – to be able to stay up later to watch TV or go to town on my own with my friends. A boundary pusher my mum called me – always with a list of reasons for why I was right!

Later, I then went to university with a head on my shoulders that thought it was so grown up, but actually in fact needed lots of work around being independent and learning to balance money, forming new friendships and making sure I got to all my lectures on time. This I remember well, all being done while listening to Take That and wearing a grey Gap hoodie!



I love to travel and read and these are things that I continue to do even as I do get older and something that I relish the time to do more of in the holidays. Spending time with my family and walking in the Peaks is something I have taken up in the last few years. The freedom of the outdoors, the thinking time and soaking up the beauty of the world in which we live allows me to forget the madness of everyday life with work and family for a short time.

I worry about what ageing means for me and how this means my parents and grandparents are getting older too. They have always been my ultimate supporters and I know I am only where I am today and the person I have become because of them and I do hope that some of their love, generosity and strength I can pass down to my two children to help them grow into kind and caring adults regardless of what society has to throw at them. Life is about creating yourself – even in times of challenge age gives us the wisdom to navigate them with grace.



Theresa Murphy - My Grandmother

87?

Ageing has never bothered me and I've not really ever come across any discrimination regarding my age. It is only recently – at the grand old age of 87 - that illnesses seem to be catching up with me. It floors you and I don't like it as it stops me doing what I've always been able to do before. But without ageing you would miss so many highlights. With 14 grandchildren and 15 great-grandchildren I have a full calendar of birthdays and celebrations to keep up with. I do worry for our next generation of children and I feel that there is that much going on in the world around them – it was hard for us when I think back, but I think it is harder now. We never had the stress that the kids have today.

Social media! Society has changed so much in my time and I can see what future there is for them. How will they cope when they get older? My hope is that they continue to learn the value of human lives. My message would be to always teach your children right from wrong.

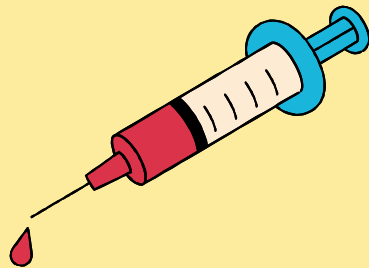


Catherine Parker - My mum

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Ageing – my answer – don't do it! But obviously as they say it happens to us all so we have to face it with grace and learn from experience. I wanted to be a dancer/actress when I was younger but certain circumstances meant this could not be the case so over 30 years ago I joined the NHS and never looked back. They say it's a calling and I think it's a bit like teaching – every day is different! I have always cared for, in the community and in hospital, our ageing generation. They seem to reach a point where saying what you mean is literally what happens. They don't beat around the bush.

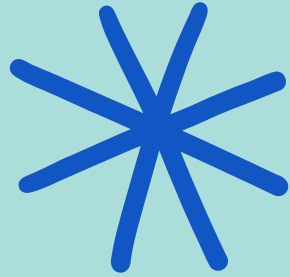
When I used to go in to homes to take blood samples (I was so good at it I earned the nickname Vampire of Armthorpe!) I was always entertained by their many stories of war, pit-life and how they loved the good old days. I would say the same for me, but with the blessing of 4 beautiful grandchildren I feel very lucky and hope I live to over 100. It would be amazing to get a card from the King!



Ava - My daughter and Noah - My son

11

7



I can't wait to get older so I can drive and I can go to places with my friends. Even go on holiday in my own car maybe. My brother, Noah, can't wait to get older as he wants to go to Hollywood and live there! My great-grandma is old because she's 87 but she has lovely white hair and I know I'm going to be taller than her really soon.

Noah thinks that the 'great' means that she is great because she loves us all with her whole heart. It's cool that I have a grandma, nannie and a great-grandma as I get to spend time with them and hear funny stories about when they were younger. They didn't have mobile phones and their clothes were different. My nannie had a beetle car though and my grandma wears cool hats too!



Who would you
want to sit
under a
tree with?





When I get older I would like to be a scientist because I'm really interested in experiments and I think they are really cool. To do this I think I will have to be good at history and do lots of experiments and stuff. You'll have to do your best which means work really hard and try your best all of the time and have fun too! I can't wait to be older because I will get to play some more cool games. I'll be smarter so I can answer lots more questions and I will be able to ride my bike as fast as my brother can. Older people can be a pickle to you sometimes (like my brother!) but we can still play games together.

My Grandad is great because he has lots of chickens and chicks and I get to hold them when I go to their house.





Isabella Mayflower School

7

I would love to be a dancer when I get older because I am really good at it now but when I am older I will be even better at it. I have lots of medals and trophies but I think I will be able to win lots more.

A dancer will be able to dance even more easily because they have the time to practise. When I am older I will be able to ride my bike and I'll be able to drive a car. My Grandma and Grandad are great because they have a tortoise called Tig!



Hello everyone,
My name is **Judith Chalmers**.
I now live in Bawtry but I
originally came from Newcastle.



When I was 18 years old, I was lucky
to get a job at Swan Hunter and Wigham Richardson. This was a
prestigious shipbuilding company on the River Tyne at Wallsend
upon Tyne.

Shipbuilding and ship repairing played a major role in the
industrial northeast at the time and Swan Hunter's reputation was
known throughout the world.

We built tankers and super tankers. One of these was the “Esso
Northumbria” which was the largest of its kind at the time and
towered over the houses below.



There were cargo ships, cruise ships as well as a large proportion
of work building warships for the Royal Navy

Which was top secret!!

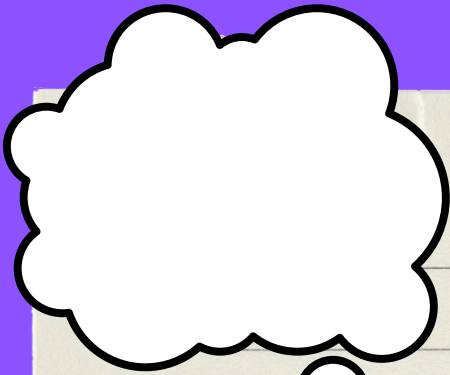


The most important occasions for me in my job were the launch of a ship. Our ships were usually launched by a member of the Royal Family. The ships would be built on a slipway which was sloped down to the river's edge. Leading up to the launch day, the workmen would attach huge metal chains to the ship in vast quantities. A bottle of champagne with pretty ribbons attached would be ready on a bench near the bow of the ship. At the appropriate time, the lady launching the ship would say "I name this ship... May God bless her and all who sail in her." The bottle would then be thrown against the ship and if it did not break, it was considered bad luck. The workmen would release chocks under the ship and hold their breath until the ship slowly started to slide down the slipway. Then the whole workforce would cheer loudly and wave their caps in the air. The metal chains would start to move and would act as a break keeping the ship steady so that it wouldn't collide with the opposite riverbank. I attended many launches during my working life and every one gave me a thrill.



Now, my grandson, Ben, who is a primary school teacher in Sheffield is creating new memories for me to re-call. Ben worked hard at school and then went to University to qualify to become a teacher. His objective is to become a Head Teacher one day. Success is the reward of hard work, diligence and a positive outlook on life.

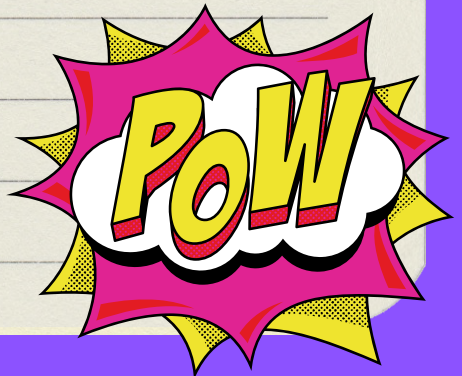




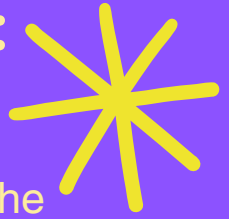
What are your thoughts?



What do you want to be when you are older?



A big thank you goes to:



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Bawtry Mayflower School for facilitating this lovely event and providing us with **super** children and adults!

The community for embracing the idea and providing their time and conversation.

