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# Wise Up To Ageism

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Overview

## About this project

Wise Up To Ageism is a two hour online session in which you will find out more about ageism. It is part of the [Age Proud Leeds](#) campaign to raise awareness of ageism and change negative attitudes about ageing and older people.

Open to all! [Book your place](#).

The aim of Wise Up to Ageism is to raise awareness of ageism and encourage people to find out more, discuss and reflect. We also aim to help you to challenge ageism in your everyday life. The session explores the five key messages from the **Age Proud Leeds** campaign:

### [Let's talk about ageism](#)

What is ageism and how widespread it is

### [Ageism affects people of all ages](#)

Whether we are younger, middle aged or older — ageism affects us all

### [Ageism. What does it do to us?](#)

Age discrimination has many negative effects and having a positive attitude to ageing can help you live well for longer

### [Older, different, equal](#)

Older people are diverse and ageing and ageism affect us differently

[Time to feel good about ageing](#)

Ageing brings many benefits, share the positives and celebrate the contributions made by older people.

Wise Up to Ageism is delivered via zoom, and is open to all. You can [book your own place or request a session for a group](#) (up to 8 people), such as a community group, work colleagues, or sports team.

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## More projects

- Enhance programme
- Time to Shine
- Shine Magazine
- Age Proud Leeds
- Friendly Communities
- Neighbourhood Networks
- Shine a Light on Loneliness
- Men's Health Unlocked
- IDOP — International Day of Older People

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Leeds Older People's Forum is a registered company in England and Wales (#CEO23712) and a registered charity (#1191030).

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