
CELEBRATING AGE FESTIVAL

2019 Programme

A wide array of activities throughout October,
with something to suit everyone

Free Opening Event
1st October, 10am-12noon
The Station, Silver Street, Bristol

Foreword

Celebrating Age - New Style!

The Celebrating Age Festival is back, and that's good news for everyone!

Older age can be great, and that's always been the message, but this year the new look festival is joining with the Festival of Ideas to give people the chance to look at important issues like housing, healthy ageing and what retirement means in 2019. There'll be a host of new activities to try and partners all across the city like Bristol Older People's Forum will be putting on extra free events for people to enjoy. It's brilliant in Bristol!

Many neighbourhoods, many cultures, one city, all celebrating age.

Judith Brown, Past Chair and CAF committee member 2007-2017





Programme designed by Bristol Ageing Better
Celebrating Age Festival, brought to you by:



St Monica Trust
Delivering well-being



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Activities are listed in date order. Please use the contact details listed with each activity to book your space. Many of the activities listed are ongoing, so if you cannot make it during October, find out if you can get involved another time.

If you run an activity suitable for older people, promote it on the Babbers Show What's On Guide.

Email: bab@ageukbristol.org.uk

All information is correct at the time of printing. Further activities might be added; please check our website for the most up-to-date information:

ageuk.org.uk/bristol/our-services/celebrating-age-festival/

Celebrating Age Festival 2019

The **Celebrating Age Festival** aims to challenge stereotypes and recognise the contribution of older people in society, but we welcome everyone to take part - healthy and active ageing is important for us all. The festival is a fantastic opportunity to try a new craft, make new friends and share experiences. This year we are trying something a little different and will also be working with the Festival of Ideas to look at issues related to ageing.

We open the festival on the **International Day of Older Persons - 1st October 2019**. There you will be able to learn what will be going on throughout the whole month of October. We will have a variety of stalls offering information and advice across a broad spectrum of organisations from Bristol, as well as complimentary refreshments and cake.

Throughout the month there will be plenty of taster activities, open days and events for everyone to get involved in, the majority of which are completely free of charge thanks to our amazing partners supporting the festival. Why don't you try kayaking, see a new play, or surprise your taste buds with international delicacies?

We will be joining with the Festival of Ideas and Bristol's Research Forum to host three discussions at The Watershed on **Healthy Ageing, Innovative Housing and Exploring What Retirement means in 2019**. Guest panellists who are experts in their fields will be discussing the latest research and thinking on these topics.

Please join us in celebrating later life and bringing together people of all ages, backgrounds and cultures!

CAF Opening Event

🕒 1st October 2019, 10am-12 noon

📍 The Station, Silver Street, Bristol, BS1 2AG

Everyone is welcome to this free opening event, with stalls, tea, cake, and some wonderful speakers from the local community.

There will be a chance to chat with some of the organisations who offer activities for older people in Bristol including All Aboard, Cycling without Age, GayWest, and Bristol Older People's Forum. Mooch around the stalls and you might find that a group you'd like to join catches your eye. This is a good way to find out how to get active in Bristol. Free refreshments and cake. No booking necessary.

How to get there: Bus to city centre, 2 minute walk from Primark or 10 minute walk from the fountains.

Bristol Festival of Ideas /

Established in 2005, Bristol Festival of Ideas runs over 150 events throughout the year, including the annual Festival of Economics and bi-annual Festival of the Future City. The Festival seeks to promote debate and discussion about the key issues of our time and to celebrate and promote the work of the most interesting writers and thinkers. Events range from talks and lectures, to interviews and panel discussions.

The Festival of Ideas is an initiative of Bristol Cultural Development Partnership (Bristol City Council, BusinessWest, University of Bristol, University of the West of England).
Find out more: www.ideasfestival.co.uk

Book your FREE ticket online:

foi-lifetransitions.eventbrite.co.uk

foi-healthyageing.eventbrite.co.uk

foi-housing.eventbrite.co.uk

How to get there:

Watershed,
1 Canons Road
Harbourside
Bristol
BS1 5TX

Bus - City Centre stops are 2 min walk away

Ferry - stops at the fountains

Car - Park at Millennium Sq or Trenchard Street

Bike - Many bike racks

Life Transitions

What does the age of retirement mean in 2019? The traditional end of a working life is often no longer applicable to modern lives. So, how do people think about work aged 60+ and what else is important to a fulfilling life?



Monday 7th October 2019

Arrive from 1.30pm for 2pm start

Finish at 3.30pm



Cinema 3, Watershed, 1 Canon's Rd, Bristol BS1 5TX

FREE - book online with link on page 6

Chair:

Richard Pendlebury, Chief Executive, The Anchor Society

Panellists:

- **Jim Currie**, Retirement Coach/Facilitator/Broadcaster and founder of “Reinventing Retirement”. Charity Trustee and Assistant District Governor for Rotary.
- **Dr Martin Hyde**, Associate Professor in Gerontology at Swansea University
- **Aideen Young**, Evidence Manager at Centre for Ageing Better
- **Julia Skinner**, retired head teacher in Bristol, blogger and founder of online project The 100 Word Challenge

Healthy Ageing

Promoting quality of life with a focus on the benefits of keeping active in later life. A diverse panel of experts will challenge, inform, engage and entertain in equal measure.



Wednesday 23rd October 2019

Arrive from 6pm for 6.30pm start

Finish at 8pm



Waterside 3, Watershed, 1 Canon's Rd, Bristol BS1 5TX

FREE - book online with link on page 6

Chair:

Estella Tincknell, Associate Professor in Film and Culture, UWE;
Bristol City Councillor, Lockleaze

Panellists:

- **Dr Peter Wilde**, Trustee and Care Committee Chair for St Monica Trust
- **Dr Alex Rotas**, Photographer, Writer, Speaker
- **Christina Gray**, Director of Public Health, Bristol City Council
- **Dr Michael Jenkins**, GP partner, Mendip Vale Medical Group, Worle; Clinical Lead for Integrated care for BNSSG CCG
- **Gary Christopher**, Senior Lecturer in Gerontology and the Ageing Well theme lead, UWE

Innovation in Housing for Older People

A presentation of research on co-housing, community housing and intergenerational living followed by a discussion panel comprised of experts from UoB, UWE, Housing LIN and Bristol Housing Festival.



Thursday 24th October 2019

Arrive from 1.30pm for 2pm start

Finish at 3.30pm



Cinema 3, Watershed, 1 Canon's Rd, Bristol BS1 5TX

FREE - book online with link on page 6

Chair:

Carol Watson, Head of Adult Care Commissioning, Bristol City Council

Panellists:

- **Professor Karen West**, Chair in Gerontology University of Bristol
- **Sheila Mackintosh**, Research Fellow, Centre for Public Health and Wellbeing, UWE, Bristol
- **Jessie Wilde**, Deputy Project Director, Bristol Housing Festival
- **Jeremy Porteus**, Director, Housing LIN

CAF Programme

Key



timings



accessible venue



location



transport options available



weekly

PAYG : Pay as you go

Tues 1st October

CAF Opening Event



All welcome. Stalls, interesting speakers and tea and cake. FREE

⌚ 10am - 12noon

📍 The Station, Silver Street,
City Centre, BS1 2AG

Acta Community Theatre Lunch



Weekly social group with free hot lunch and creative arts.

FREE 0117 953 2448

📍 acta Centre, Bedminster
Gladstone Street, BS3 3AY

⌚ 12 - 2.30pm

Aerospace Bristol Reminiscence



Drop-in reminiscence session. Look through objects and photos and talk about your own working life. Café on site if you want to buy tea and coffee. FREE

⌚ 3pm - 4pm

📍 Aerospace Bristol, Hayes Way,
Patchway, BS34 5BZ

FAB Café, Age UK Bristol



Share a cuppa with neighbours and find out what else is happening in the local area. Some cafés provide refreshments for free, some are buy your own. FREE 0117 440 4301

⌚ 10.30am - 12noon

📍 The Worthywood Centre,
Queens Road, BS13 8QA

⌚ 10am Tai Chi Shibashi
10.30am -12noon
Catch Up Café

📍 The Ardagh, off Kellaway Ave,
BS6 7YL

Shared Reading - The Reader



Read and listen to a story and poem. No pressure to talk or read. Call for info including about large print. FREE 07949 143 022

⌚ 2 - 3.30pm

📍 Central Library, College Green

- Staying Steady - Southmead Development Trust** 

Balance & strength group. £3.50, PAYG, **0117 950 3335**

 2 - 3pm  Greenway Centre,
Doncaster Rd, BS10 5PY
- Tai Chi Qigong - Southmead Development Trust** 

£3.50, PAYG, **0117 950 3335**  Greenway Centre,
Doncaster Rd, BS10 5PY

 12.30 - 1.15pm
- Goldies Sing & Smile - Stoke Gifford** 

Chat, laugh and sing along to the popular hits of the 50s onwards.
£2 donation, carers are free.  St Michael's Church Centre, Stoke
Gifford, BS34 8PD

 2pm
- Talking Tables Cookery Session** 

Cookery for people aged 50+. Booking essential.
FREE **0117 353 3042**  Windmill Hill City Farm,
Phillip St, BS3 4EA

 10am - 1pm
 10am - 1pm  Lawrence Weston Farm,
Saltmarsh Drive, BS11 0NJ

Weds 2nd October

- Brave Bold Drama** 

Drop-in art and craft workshops and film screenings. £3 per
session, includes hot drink and biscuits.

 2 - 4pm  Creative Workspace, Queens Road,
Withywood, BS13 8LF
- FAB Café, Age UK Bristol - Bishopsworth** 

For description, see page 10. FREE **0117 440 4301**

 10 - 11.30am  Bishopsworth Children's Centre,
2 Lakemead Grove, BS13 8EA
- Friendship and Gentle Exercise Group** 

Gentle exercise to improve your strength, balance, posture, &
flexibility in a fun and friendly environment! Tea and biscuits. £4
per session. **07825 155954** to register interest.

 10.30am - 12pm  Eastville Park Methodist Church
- Gloucestershire Walking Cricket** 

A specially adapted game played with soft ball. FREE **0117 929 0801**

 1 - 2pm  Bristol County Ground,
Nevil Road, BS7 9EJ

Kingswood Walking Rugby



No running, no tackling, no kicking, just great fun. No experience necessary. Suitable footwear required for grass. Try for free or £2/£3 ongoing. **07954 164590**

⌚ 6.30 - 8pm

(bar open after)

📍 Kingswood RFC, Grimsbury Road, BS15 9RA

Probus Longwell Green



Social group for retired or semi-retired men. £1.50

⌚ 10am-12pm

📍 Longwell Green Community Centre, Shellards Rd, BS30 9DU

Sailing - All Aboard Watersports



Get out onto the water in a sailing dinghy in a relaxed and sociable environment. Book: www.allaboardwatersports.co.uk

FREE **0117 929 0801**

📍 All Aboard, Baltic Wharf, Cumberland Road, BS1 6XG

⌚ 10am - 12pm

Goldies Sing & Smile - Shirehampton



For description, see p11. £2

📍 St Mary's Church, High Street, BS11 0DW

⌚ 10.30am

Clifton Exercise Club



Strength and conditioning classes. FREE **07587 552653**

⌚ 1 - 2pm

📍 All Aboard, Baltic Wharf, Cumberland Road, BS1 6XG

Thurs 3rd October

Alive- Floating Memories



Boating Reminiscence Trips. Fully accessible, enclosed power boat. FREE **0117 344 4756**, info@aliveactivities.org

⌚ 10am - 12pm

📍 All Aboard, Baltic Wharf, BS1 6XG

BACWG + Bristol Meets the World - Hungarian Food

Learn about and taste traditional dishes from Hungary. FREE

⌚ 1.30 - 3pm

📍 Anchor Hanover, Blaise Weston Court, BS11 0AF

Qi Gong at BS3 Community



Ancient Chinese practice of energy healing. Stretch, relax, breathe and connect. FREE

⌚ 10.15am - 11.15am

📍 Southville Centre, BS3 1QG

- Bristol Older People's Forum Open Forum Meeting** 
 We aim to make Bristol an Age-Friendly City for everyone. Hear guest speakers and join in the discussion. FREE 0117 927 9222
 10.30am  Broadmead Baptist Church, Union Street, BS1 3HY
- FAB Café, Age UK Bristol - Fishponds**  
 For info, see p10. FREE  Kingfisher Café, Straits Parade, BS16 2LE
 10.30am - 12noon
- Kingswood Walking Rugby**  Thurs 10 - 11.30am 
 For description, see page 12. (cuppa and chat after)
- Multi-Watersport Session - All Aboard Watersports**  
 A 'pick and mix' of watersport activities. Book: www.allaboardwatersports.co.uk, FREE 0117 929 0801
 10am - 12 noon  All Aboard, BS1 6XG
- Powerboat Trip - All Aboard Watersports**  
 Scenic river trip on fully accessible powerboats. Accommodating wheelchairs if required. Book: www.allaboardwatersports.co.uk, FREE 0117 929 0801
 2 - 4pm  All Aboard, BS1 6XG
- Forever Active - Southmead Development Trust**  
 Circuit style class. £3.50, PAYG, 0117 950 3335
 10.30 - 11.30am  Greenway Centre, Doncaster Rd, BS10 5PY
- Goldies Sing & Smile - Brentry** 
 For description, see p11. £2  Henbury & Brentry Community Centre, Machin Road, BS10 7HG
 11am
- Talking Tables Cookery Session** 
 For description, see page 11. FREE 0117 353 3042
 11am - 12noon  St Werburghs City Farm, Watercress Rd, BS2 9YJ

Fri 4th October

- Bristol Indoor Bowling Club** 
 Equipment supplied, your own flat soled shoes or socks required. £1.75 per hour. Book: 0117 963 3460
 10am  Bristol Indoor Bowls Club, 198 South Liberty Lane, BS3 2TY

Gig Rowing - All Aboard Watersports

Try your hand at rowing a traditional Cornish pilot gig in a relaxed and sociable environment. Book:

www.allaboardwatersports.co.uk, **0117 929 0801** FREE

🕒 10.30am - 12.30pm 📍 All Aboard, Baltic Wharf, BS1 6XG

Kayaking - All Aboard Watersports

Low-impact activity. Book:

www.allaboardwatersports.co.uk, **0117 929 0801** FREE

🕒 2 - 4pm 📍 All Aboard, BS1 6XG

Staying Steady - Southmead Development Trust

For description, see page 11. £3.50, **0117 950 3335**

🕒 2 - 3pm 📍 Greenway Centre, Doncaster Rd, BS10 5PY

Strength and Conditioning - Clifton Exercise Club

07587 552653 FREE

🕒 12.30 - 1.30pm 📍 The Exercise Club, 213 Whiteladies Rd, BS8 2XS

Sat 5th October

Ambition Lawrence Weston - Men in Sheds

Come along to get something fixed, or help fix other things. Tea and coffee provided. FREE **0117 923 5112**

🕒 10am - 12 noon 📍 Blaise Weston Court, Broadlands Drive, Lawrence Weston

OutStories Bristol - The 6th John Addington Symonds Lecture

Queer loss, queer Classics: A. E. Housman's 'lost country'.

Lecture delivered by Jennifer Ingleheart, Prof Latin, University of Durham. Refreshments provided. Book on Eventbrite.

FREE **01458 832220**

🕒 2.30pm 📍 The Old Council Chamber, Wills Memorial, BS8 1RJ

Zion Community Space

Stalls and the chance to find out more about the local area.

FREE **0117 923 1212**

🕒 10am - 1pm 📍 Zion Community Space, Bishopsworth Rd, BS13 7JW

Forever Active - Southmead Development Trust

For description, see page 13.

🕒 9.15 - 10.45am 📍 Greenway Centre, Doncaster Rd, BS10 5PY

Sun 6th October

- University of Bristol and UWE - Festival of Active Ageing** 

Showcasing an array of walking sport (football, tennis, rugby, netball) and allowing people to participate and try new sports in a relaxed and fun environment. FREE **07979 786623**

⌚ 11am - 3pm 📍 Coombe Dingle Sports Complex, BS9 2BJ
- Bubble Tea Session - Bristol Meets the World**


Learn how to make bubble tea and enjoy tasting teas at the shop. First come first served. FREE **0117 935 1462**

⌚ 11am - 12pm 📍 Jo's Tea, 62 Park Row, BS1 5LE

Mon 7th October

- Festival of Ideas - Life Transitions Panel Discussion** 

How do people think about work aged 60+ and what else is important to a fulfilling life? FREE, to book see p6

⌚ 2pm 📍 Watershed, 1 Canon's Rd, BS1 5TX 
- Gig Rowing - All Aboard Watersports**

For description, see page 14.
Book: www.allaboardwatersports.co.uk **0117 929 0801** FREE

⌚ 6.30 - 8.30pm 📍 All Aboard, Baltic Wharf, BS1 6XG 
- Guided Walks - All Aboard Watersports** 

Get moving whilst learning about the maritime City of Bristol.
Book: www.allaboardwatersports.co.uk **0117 929 0801** FREE

⌚ 10am - 12.30pm 📍 All Aboard, Baltic Wharf, BS1 6XG 
- Kayaking - All Aboard Watersports** 

For description, see p14.
Book: www.allaboardwatersports.co.uk **0117 929 0801** FREE

⌚ 6.30 - 8.30pm 📍 All Aboard, Baltic Wharf, BS1 6XG 
- Sailing - All Aboard Watersports** 

For description, see p12. Book: www.allaboardwatersports.co.uk **0117 929 0801** FREE

⌚ 6.30 - 8.30pm 📍 All Aboard, BS1 6XG

Anchor Hanover- Activity Angels Sessions

Reminiscence activities for anyone 55+ particularly those living with dementia. Restaurant on site.

Book: **0117 956 0568** or **07467 354083** FREE

 10.30am - 12.00 noon  Badminton Gardens, Beaufort Road, Downend, BS16 6FG

Staying Steady - Southmead Development Trust

For info, see p11. £3.50, all classes PAYG, contact **0117 950 3335**

 2 - 3pm  Greenway Centre, Doncaster Rd, BS10 5PY







Tues 8th October

Acta Community Theatre Lunch - see p10 for info

0117 953 2448 FREE  12 - 2.30pm

FAB Café, Age UK Bristol - see p10 for info

0117 440 4301 FREE

 10.30am - 12noon  The Withywood Centre
 10am - 12noon  The Ardagh, off Kellaway Ave
 2 - 4pm  Horfield Boston Tea Party

Shared Reading - Central Library - see p10 for info

07949 143 022. FREE  2 - 3.30pm

Staying Steady - Southmead Development Trust - see p11





£3.50, PAYG, **0117 950 3335**  Greenway Centre  2 - 3pm

Tai Chi Qigong - Southmead Development Trust - see p11

£3.50, PAYG, **0117 950 3335**  Greenway Centre  12.30 - 1.15

Talking Tables Cookery Session - see p11

Booking essential. **0117 353 3042** FREE

 10am - 1pm  Windmill Hill City Farm
 10am - 1pm  Lawrence Weston Farm

Weds 9th October

- **Brave Bold Drama Art, Craft and Films - see p11 for info** ♿
 £3 per session 📍 Withywood 🕒 2 - 4pm
- **Friendship and Gentle Exercise Group - see p11 for info** ♿
 £4, **07825 155954** to register interest.
🕒 10.30am - 12pm 📍 Eastville Park Methodist Church
- **Gloucestershire Walking Cricket - see p11 for info** ♿
0117 929 0801 FREE 📍 Bristol County Ground,
🕒 1 - 2pm Nevil Road, BS7 9EJ
- **Kingswood Walking Rugby - see p12 for info** ♿
 Try for free. **07954164590**
🕒 6.30 - 8pm 📍 Kingswood RFC, Grimsbury Road,
BS15 9RA
- **Shared Reading - The Reader - see p10 for info** ♿
🕒 11.30am - 1pm 📍 Bishopston Library
🕒 10.30am - 2pm 📍 Sea Mills Library, Sylvan Way
- **Clifton Exercise Club** ♿
 Strength and conditioning classes. Book: **07587 552653 FREE**
🕒 1 - 2pm 📍 All Aboard, BS1 6XG

Thurs 10th October

- **Alive- Floating Memories - see p12 for info** ♿
0117 344 4756 FREE 📍 All Aboard 🕒 10am - 12
- **Kingswood Walking Rugby - see p12 for info** ♿
🕒 Thurs 10 - 11.30am (cuppa and chat after)
- **Multi-Watersport Session - All Aboard - see p13 for info** ♿
 Book: **0117 929 0801 FREE** 📍 All Aboard 🕒 10am - 12
- **Powerboat Trip - All Aboard Watersports - see p13 for info** ♿
 Book: **0117 929 0801 FREE** 📍 All Aboard 🕒 2 - 4pm
- **Forever Active - Southmead Development Trust - see p13** ♿
£3.50, PAYG, 0117 950 3335 📍 Greenway Centre 🕒 10.30am
- **GayWest**
 LGBT social and support group. We always welcome new faces.
07758 810 134 FREE 📍 Old Market Tavern,
🕒 8pm Old Market Street

Talking Tables Cookery Session - see p11 for info



Register **0117 353 3042** FREE St Werburghs City Farm,
 11am - 12noon St Werburghs

Fri 11th October

Bristol Indoor Bowling Club - see p13 for info



£1.75 p/h. **0117 963 3460** Bristol Indoor Bowls Club,
 10am 198 South Liberty Lane, BS3 2TY

Gig Rowing - All Aboard Watersports - see p14 for info



0117 929 0801 FREE AAW, Baltic Wharf 10.30am

Kayaking - All Aboard Watersports - see p14 for info



0117 929 0801 FREE AAW, Baltic Wharf 2 - 4pm

Strength and Conditioning - Clifton Exercise Club - see p14



07587 552653 FREE The Exercise Club 12.30pm

LGBT Bristol

Celebrate LGBT+ Interfaith and allies in Bristol on National Coming Out Day. All welcome. Light buffet. **07804 945849**

5 - 8pm Lord Mayor's Chapel at the bottom of Park Street opposite City Hall.

Staying Steady - Southmead Development Trust - see p11



£3.50, **0117 950 3335** Greenway Centre, Doncaster Rd,
 2 - 3pm BS10 5PY

Goldies Sing & Smile - St George - see p11 for info



£2 Beehive Centre 2pm

Sat 12th October

Forever Active - Southmead Development Trust - see p13



£3.50 **0117 950 3335** Greenway Centre 9.15am

Sun 13th October

Bristol Ariel Rowing Club - Go Row Indoor Classes

Expert coaches show you how to get the best out of the machines. Also try out a skiff on the beautiful Avon. Bring trainers and sports kit. FREE drop-in day.

10am - 3pm Bristol Ariel Rowing Club
 Pump House Lane, BS4 4RQ

Mon 14th October

- Gig Rowing - All Aboard Watersports - see p14 for info** 

0117 929 0801 FREE  AAW, Baltic Wharf  6.30pm
- Guided Walks - All Aboard Watersports - see p15 for info** 

0117 929 0801 FREE  AAW, Baltic Wharf  10am
- Kayaking - All Aboard Watersports - see p14 for info** 

0117 929 0801 FREE  AAW, Baltic Wharf  6.30pm
- Sailing - All Aboard Watersports - see p12 for info** 

0117 929 0801 FREE  AAW, Baltic Wharf  6.30pm
- Anchor Hanover- Activity Angels Sessions - see p16 for info** 

0117 956 0568 FREE  Badminton Gardens  10.30am
- Staying Steady - Southmead Development Trust - see p11**  

£3.50, 0117 950 3335  Greenway Centre  2 - 3pm
- Home Instead Senior Care Film Clubs**

Film club with tea and cake. Access for all including hearing loop.
All welcome. £4. Call for timings. **07767 494878**

 Christchurch Hall,
Downend, BS16 5SG
- Goldies Sing & Smile - Horfield - see p11 for info** 

 Ash Lea Court  11am
- Avon Wildlife Trust- Wellbeing through Nature** 

Learn about local wildlife in a safe outdoor environment. FREE.
Register first: Mhairi.Cornish@avonwildlifetrust.org.uk
or ring **07458 091429**

 Feed Bristol,
181 Frenchay Park Rd, BS16 1HB

Tues 15th October

- Acta Community Theatre Lunch - see p10 for info**  

0117 953 2448 FREE  12 - 2.30pm
- FAB Café, Age UK Bristol - see p10 for info**  

0117 440 4301 FREE

 10.30am - 12noon  The Witherwood Centre

 10am - 12noon  The Ardagh, off Kellaway Ave
- Shared Reading - Central Library - see p10 for info** 

07949 143 022. FREE  2 - 3.30pm

Staying Steady - Southmead Development Trust - see p11 



£3.50, PAYG, 0117 950 3335  Greenway Centre  2 - 3pm

Tai Chi Qigong - Southmead Development Trust - see p11 

£3.50, PAYG, 0117 950 3335  Greenway Centre  12.30pm

University of the 3rd Age Bristol 

Paul Barnett speaks about the Severn Bridge Disaster. Come early and find out more about Bristol U3A. FREE

 talk 10.30am  Broadmead Baptist Church,
coffee from 9.45 am 1st Floor (there is a lift),
Union St, next to Tesco

Talking Tables Cookery Session - see p11 

Booking essential. 0117 353 3042 FREE

 10am - 1pm  Windmill Hill City Farm

 10am - 1pm  Lawrence Weston Farm

Weds 16th October

Brave Bold Drama Art, Craft and Films - see p11 for info 

£3 per session  Withywood  2 - 4pm


Friendship and Gentle Exercise Group - see p11 for info 

£4, 07825 155954 to register interest.

 10.30am - 12pm  Eastville Park Methodist Church



Gloucestershire Walking Cricket - see p11 for info 

0117 929 0801 FREE  Bristol County Ground,
Nevil Road, BS7 9EJ

 1 - 2pm

Kingswood Walking Rugby - see p12 for info 

Try for free. 07954 164590

 6.30 - 8pm  Kingswood RFC, Grimsbury Road,
(bar open after) BS15 9RA

Shared Reading - The Reader - see p10 for info 

 2 - 3.30pm  Southmead Library,
Greystoke Avenue

Clifton Exercise Club 

Strength and conditioning classes. Book: 07587 552653 FREE

 1 - 2pm  All Aboard, BS1 6XG

Evergreens 

Singing session and refreshments. Call 07944 469689

 1 - 3.30pm  Easton community centre

— Probus Longwell Green

Social group for retired or semi-retired men. Meals are £14.

🕒 12-2.30pm (Meal) 📍 Longwell Green Community Centre, Shellards Rd



— Goldies Sing & Smile - Easton - see p11 for info

🕒 2pm 📍 Easton Community Centre



Thurs 17th October

— Alive- Floating Memories - see p12 for info

0117 344 4756 FREE 📍 All Aboard 🕒 10am - 12



— Kingswood Walking Rugby - see p12 for info

🕒 Thurs 10 - 11.30am (cuppa and chat after)



— Multi-Watersport Session - All Aboard - see p13 for info

Book: 0117 929 0801 FREE 📍 All Aboard 🕒 10am - 12



— Powerboat Trip - All Aboard Watersports - see p13 for info

Book: 0117 929 0801 FREE 📍 All Aboard 🕒 2 - 4pm



— Forever Active - Southmead Development Trust - see p13

£3.50, PAYG, 0117 950 3335 📍 Greenway Centre 🕒 10.30am



— FAB Café, Age UK Bristol - DISCO!

Music and dance from the 50s, 60s, 70s and 80s.

Phone for tickets, £3/£4 0117 440 4301

🕒 5 - 9.30pm 📍 The Station, Silver St, BS1 2AG



— Shared Reading - The Reader - Bishopston - see p10 for info

🕒 1 - 2.30pm 📍 Bishopston Library, 110a Gloucester Rd



Fri 18th October

— Bristol Indoor Bowling Club - see p13 for info

£1.75 p/h. 0117 963 3460 📍 Bristol Indoor Bowls Club, 198 South Liberty Lane, BS3 2TY

🕒 10am



— Gig Rowing - All Aboard Watersports - see p14 for info

0117 929 0801 FREE 📍 AAW, Baltic Wharf 🕒 10.30am



— Kayaking - All Aboard Watersports - see p14 for info

0117 929 0801 FREE 📍 AAW, Baltic Wharf 🕒 2 - 4pm



— Strength and Conditioning - Clifton Exercise Club - see p14

07587 552653 FREE 📍 The Exercise Club 🕒 12.30pm



Cycling Without Age

Free Trishaw rides across the city. The Trishaw seats older passengers who have little to no mobility. An opportunity to try it out. FREE Email: hattiecwa@gmail.com

🕒 10.30am - 1.30pm 📍 Easton Community Centre, BS5 6AW

St Monica Trust - "Wonderland" by Brave Bold Drama



A multi-sensory, immersive and participatory show for people living with dementia, family and carers. 07817 632932 FREE

🕒 2.30pm, 55 mins followed by tea and jam tarts 📍 Oatley Hall, St Monica Trust, Cote Lane, BS9 3TN

Windmill Hill City Farm



Age Friendly Farm - A day of activities specifically for people aged 50+. £12 per person (includes light lunch).

Art, pilates, cooking, socialising and lunch. Book: 0117 963 3252

🕒 10am - 3pm 📍 Windmill Hill City Farm, Bedminster, BS3 4EA

Shared Reading - The Reader - Filwood - see p10 for info



🕒 11am - 1pm 📍 Filwood Library, Heath Rd

Staying Steady - Southmead Development Trust - see p11



£3.50, 0117 950 3335 📍 Greenway Centre, Doncaster Rd,

🕒 2 - 3pm BS10 5PY

Sat 19th October

Forever Active - Southmead Development Trust - see p13



£3.50 0117 950 3335 📍 Greenway Centre 🕒 9.15am

Mon 21st October

Gig Rowing - All Aboard Watersports - see p14 for info



0117 929 0801 FREE 📍 AAW, Baltic Wharf 🕒 6.30pm

Guided Walks - All Aboard Watersports - see p15 for info



0117 929 0801 FREE 📍 AAW, Baltic Wharf 🕒 10am

Kayaking - All Aboard Watersports - see p14 for info



0117 929 0801 FREE 📍 AAW, Baltic Wharf 🕒 6.30pm

Sailing - All Aboard Watersports - see p12 for info



0117 929 0801 FREE 📍 AAW, Baltic Wharf 🕒 6.30pm

- Anchor Hanover- Activity Angels Sessions - see p16 for info** 

0117 956 0568 FREE  Badminton Gardens  10.30am
- Staying Steady - Southmead Development Trust - see p11**  

£3.50, 0117 950 3335  Greenway Centre  2 - 3pm
- Dhek Bhal** 

Older people share their skills in poetry recital and Bollywood Golden Oldies. Therapeutic massage and Tai Chi sessions. Contact 0117 914 6671/2. FREE  Barton Hill Settlement Main Hall, 43 Ducie Road, BS5 0AX  11am - 2pm
- Home Instead Senior Care Film Clubs**

Film club with tea and cake. Access for all including hearing loop. All welcome. £4. Call for timings. 07767 494878  St Peter's Hall, The Drive, Henleaze, BS9 4LD
- Shared Reading - The Reader - St Pauls - see p10 for info** 

 2 - 3.30pm  St Pauls Library, Grosvenor Rd

Tues 22nd October

- Acta Community Theatre Lunch - see p10 for info**   

0117 953 2448 FREE  12 - 2.30pm
- FAB Café, Age UK Bristol - see p10 for info**   

0117 440 4301 FREE  The Withywood Centre  10.30am - 12noon

 The Ardagh, off Kellaway Ave  10am - 12noon
- Shared Reading - see p10 for info** 

 2 - 3.30pm  Central Library

 2 - 3.30pm  Redland Library
- Staying Steady - Southmead Development Trust - see p11**  

£3.50, PAYG, 0117 950 3335  Greenway Centre  2 - 3pm
- Tai Chi Qigong - Southmead Development Trust - see p11**  

£3.50, PAYG, 0117 950 3335  Greenway Centre  12.30pm
- Talking Tables Cookery Session - see p11** 

Booking essential. 0117 353 3042 FREE  Windmill Hill City Farm  10am - 1pm

 Lawrence Weston Farm  10am - 1pm

Weds 23rd October

Festival of Ideas - Healthy Ageing

A panel discussion about quality of life and active ageing. See p8 for details and tickets. FREE

⌚ 6.30pm

📍 Watershed, 1 Canon's Rd, Bristol

Brave Bold Drama Art, Craft and Films - see p11 for info

£3 per session

📍 Withywood

⌚ 2 - 4pm

Friendship and Gentle Exercise Group - see p11 for info

£4, **07825 155954** to register interest.

⌚ 10.30am - 12pm

📍 Eastville Park Methodist Church

Gloucestershire Walking Cricket - see p11 for info

0117 929 0801 FREE

📍 Bristol County Ground,

⌚ 1 - 2pm

Nevil Road, BS7 9EJ

Kingswood Walking Rugby - see p12 for info

Try for free. **07954 164590**

⌚ 6.30 - 8pm

📍 Kingswood RFC, Grimsbury Road,

(bar open after)

BS15 9RA

Clifton Exercise Club

Strength and conditioning classes. Book: **07587 552653** FREE

⌚ 1 - 2pm

📍 All Aboard, BS1 6XG

Goldies Sing & Smile - Stoke Bishop - see p12 for info

⌚ 10.30am

📍 St Mary Magdalene Church,

Mariners Drive BS9 1QJ

Thurs 24th October

Festival of Ideas - Innovation in Housing

A presentation of research on co-housing, community housing and intergenerational living. See p9 for details and tickets. FREE

⌚ 2pm

📍 Watershed, 1 Canon's Rd, Bristol

Alive - Floating Memories - see p12 for info

0117 344 4756 FREE

📍 All Aboard

⌚ 10am - 12

Kingswood Walking Rugby - see p12 for info

⌚ Thurs 10 - 11.30am (cuppa and chat after)

Afternoon Jazz at the Fringe

Leonie Evans: a rare and unique voice. We break for refreshments.

£6, elly.hopkins@gmail.com or 07852 135876

⌚ Doors 3pm

📍 Bristol Fringe,

Music 3.30pm - 5.30pm

32 Princess Victoria St, Clifton

Multi-Watersport Session - All Aboard - see p13 for info



Book: 0117 929 0801 FREE

📍 All Aboard

⌚ 10am - 12

Powerboat Trip - All Aboard Watersports - see p13 for info



Book: 0117 929 0801 FREE

📍 All Aboard

⌚ 2 - 4pm

Forever Active - Southmead Development Trust - see p13



£3.50, PAYG, 0117 950 3335

📍 Greenway Centre

⌚ 10.30am

LinkAge Post-Retirement Opportunities project



Workshop for people approaching retirement or who have just

retired, to start thinking about the next phase of life. Must book:

0117 353 3042 FREE

📍 The New Room

⌚ 6 - 9pm

John Wesley Chapel, BS1 3JE

Fri 25th October

Bristol Indoor Bowling Club - see p13 for info



£1.75 p/h. 0117 963 3460

📍 Bristol Indoor Bowls Club,

⌚ 10am

198 South Liberty Lane, BS3 2TY

Gig Rowing - All Aboard Watersports - see p14 for info



0117 929 0801 FREE

📍 AAW, Baltic Wharf

⌚ 10.30am

Kayaking - All Aboard Watersports - see p14 for info



0117 929 0801 FREE

📍 AAW, Baltic Wharf

⌚ 2 - 4pm

Strength and Conditioning - Clifton Exercise Club - see p14



07587 552653 FREE

📍 The Exercise Club

⌚ 12.30pm

Staying Steady - Southmead Development Trust - see p11



£3.50, 0117 950 3335

📍 Greenway Centre, Doncaster Rd,

⌚ 2 - 3pm

BS10 5PY

Sat 26th October

BS3 Repair Café

Bring broken items to be repaired. Also a Clothes Swap Shop. All

welcome even without item to repair. 07967 711024 FREE

⌚ 1.30 - 4.30pm

📍 United Reformed Church, West St

Forever Active - Southmead Development Trust - see p13 
 £3.50 0117 950 3335  Greenway Centre  9.15am

Sun 27th October

Contact the Elderly 
 Big tea party! 01225 873812. FREE
 Sunday October 27th  Elmgrove Centre, Elmgrove Road,
 afternoon (2 hours) Cotham, BS6 6AH

Mon 28th October

Shared Reading - The Reader - St Pauls - see p10 for info 
 2 - 3.30pm  St Pauls Library, Grosvenor Rd

Malcom X Elders

Fun fitness to music, with refreshments. 07780 591496
 11am - 1pm  141 City Road, BS2 8YH

Gig Rowing - All Aboard Watersports - see p14 for info 
 0117 929 0801 FREE  AAW, Baltic Wharf  6.30pm



Guided Walks - All Aboard Watersports - see p15 for info 
 0117 929 0801 FREE  AAW, Baltic Wharf  10am

Kayaking - All Aboard Watersports - see p14 for info 
 0117 929 0801 FREE  AAW, Baltic Wharf  6.30pm

Sailing - All Aboard Watersports - see p12 for info 
 0117 929 0801 FREE  AAW, Baltic Wharf  6.30pm

Anchor Hanover- Activity Angels Sessions - see p16 for info 
 0117 956 0568 FREE  Badminton Gardens  10.30am

Staying Steady - Southmead Development Trust - see p11 
 £3.50, 0117 950 3335  Greenway Centre  2 - 3pm

Avon Wildlife Trust- Wellbeing through Nature - see p19 
 FREE. Register: Mhairi.Cornish@avonwildlifetrust.org.uk
 or ring 07458 091429  Feed Bristol,
 181 Frenchay Park Rd, BS16 1HB

Tues 29th October

- **Acta Community Theatre Lunch - see p10 for info**   

0117 953 2448 FREE  12 - 2.30pm
- **FAB Café, Age UK Bristol - see p10 for info**   

0117 440 4301 FREE

 10.30am - 12noon  The Withywood Centre

 10am - 12noon  The Ardagh, off Kellaway Ave
- **Shared Reading - Central Library - see p10 for info**  

07949 143022. FREE  2 - 3.30pm
- **Staying Steady - Southmead Development Trust - see p11**  

£3.50, PAYG, 0117 950 3335  Greenway Centre  2 - 3pm
- **Tai Chi Qigong - Southmead Development Trust - see p11**  

£3.50, PAYG, 0117 950 3335  Greenway Centre  12.30 - 1.15
- **Talking Tables Cookery Session - see p11** 

Booking essential. 0117 353 3042 FREE

 10am - 1pm  Windmill Hill City Farm

 10am - 1pm  Lawrence Weston Farm

Weds 30th October

- **Brave Bold Drama Art, Craft and Films - see p11 for info**  

£3 per session  Withywood  2 - 4pm
- **Friendship and Gentle Exercise Group - see p11 for info**  

£4, 07825 155954 to register interest.

 10.30am - 12pm  Eastville Park Methodist Church
- **Gloucestershire Walking Cricket - see p11 for info** 

0117 929 0801 FREE  Bristol County Ground,
Nevil Road, BS7 9EJ

 1 - 2pm
- **Kingswood Walking Rugby - see p12 for info** 

Try for free. 07954 164590

 6.30 - 8pm  Kingswood RFC, Grimsbury Road,
BS15 9RA

(bar open after)
- **Shared Reading - The Reader - see p10 for info** 

 11am - 12.30pm  Fishponds Library

 11am - 12.30pm  Westbury Library

Clifton Exercise Club



Strength and conditioning classes. Book: **07587 552653** FREE

⌚ 1 - 2pm

📍 All Aboard, BS1 6XG

Thurs 31st October

Alive- Floating Memories - see p12 for info



0117 344 4756 FREE

📍 All Aboard

⌚ 10am - 12

Kingswood Walking Rugby - see p12 for info



⌚ Thurs 10 - 11.30am (cuppa and chat after)

Multi-Watersport Session - All Aboard - see p13 for info



Book: **0117 929 0801** FREE

📍 All Aboard

⌚ 10am - 12

Powerboat Trip - All Aboard Watersports - see p13 for info



Book: **0117 929 0801** FREE

📍 All Aboard

⌚ 2 - 4pm

Forever Active - Southmead Development Trust - see p13



£3.50, PAYG, **0117 950 3335**

📍 Greenway Centre

⌚ 10.30am

FAB Café, Age UK Bristol - Fishponds - see p10



0117 440 4301 FREE

📍 Kingfisher Café, Straits Parade,

⌚ 10.30am - 12noon

BS16 2LE

Other Local Services

Alzheimer's Society

The Alzheimer's Society run memory cafés, Singing for the Brain sessions, Movement & Memories and Arts & Activity groups across Bristol. For more information on what is happening in October, ring **0117 961 0693**.

Bristol Dementia Action Alliance - Happy Days Memory Café

Monthly café for carers and people living with dementia. Home-made cakes! FREE. **0117 968 1002**

🕒 Friday 4th October
2 - 4pm

📍 Westbury Baptist Church,
Reedley Rd,
Westbury-on-Trym, BS9 3TQ

Bristol Drugs Project

Meet to talk to people of a similar age and experience in a socially relaxed informal atmosphere. For people who have or have had issues around drugs and alcohol. With the option to speak to staff confidentially. FREE

🕒 Every Wednesday
4.30 - 6.30pm

📍 Bristol Drugs Project
Brunswick Court,
Brunswick Square, BS2 8PE

Bristol Grandparents Support Group

BGSB supports grandparents who are estranged from their grandchildren. Regular meetings. FREE, Jackson.jane@me.com

🕒 October 4th
2 - 4pm

📍 9 Park Grove, Westbury Park,
BS6 7XB

BACWG and Oasis Talk

Free wellbeing courses for Chinese elders (50+). FREE

🕒 Weds 2nd October,
11.30am - 1.30pm

📍 Oldbury Court Room (Spur 5)
The Vassall Centre,
Fishponds, BS16 2QQ

Carers Support Centre



Carers Support Centre run conversation groups across Bristol for unpaid family carers aged 50 and over and ongoing carers groups for all ages. For more information, **0117 965 2200**

Life Cycle

For people thinking about starting (or restarting) cycling but need some support. You will be paired with a friendly older cyclist who has the skills to help you on your way. FREE. Email: julie@lifecycleuk.org.uk or call **0117 353 4580**

Parkinson's UK Bristol- Irish Set Dancing

People with Parkinson's are paired with experienced Irish set dancers. The speed of the music is reduced, each set lasts approximately 10 minutes. Refreshments available. FREE

🕒 Wednesdays
7 - 9pm

📍 The Vassall Centre, Gill Avenue,
Fishponds, BS16 2QQ

SS Great Britain



Archive in Five - Get closer to history in the Brunel Institute as maritime curators and volunteers take you on a journey of discovery with precious items from the SS Great Britain Trust's archive vault. FREE **0117 926 0680**

📍 The Brunel Institute, Brunel's
SS Great Britain

FREE BUBBLE TEA VOUCHER - Jo's Tea, 62 Park Row

This voucher is valid from 1st October to 10th October in Jo's Tea at any time to receive a free taster drink (certain flavour). One voucher only per person and it is non reusable. Jo's Tea reserve the right of final explanations.



Credits

Programme designed by Bristol Ageing Better.
Celebrating Age Festival is brought to you by:



St Monica Trust
Delivering well-being



All information is correct at the time of printing. Further activities might be added, please check our website for the most up-to-date information:

ageuk.org.uk/bristol/our-services/celebrating-age-festival/

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