

LEARNING FROM EXPERIENCE.
STILL BEING PLAYFUL.

Celebrating Age Festival

The month-long festival to promote ageing well

2023
PROGRAMME



Celebrating Age Festival 2023

The Celebrating Age Festival (CAF) launches every year on the International Day of the Older Person, 1st October. It is a month-long festival to promote ageing well, including challenging stereotypes around ageing, celebrating older voices, and encouraging everyone to try something new. CAF 2023 offers a variety of free and low-cost events and activities across Bristol, from musical performances and art exhibitions to wellbeing events and discos:

The CAF 2023 theme was suggested by a group of older people; Celebrating the Wisdom that Comes with Experience, While Still Being Playful. Therefore, many of our events showcase the expertise and skills of people aged 50+ and give everyone the opportunity to join in; sing along, share your own story, have a go!

This year, CAF is launched by our Celebrating Age Concert in City Hall, on Monday 2 October. We have a fabulous line-up, including the Windrush Choir, Recovery Orchestra and Dhek Bhal Older Women's Group. Join us to launch the festival in style. Everyone is welcome to this free concert. More information about booking is in the listings inside.

CAF is organised by a collaboration of local organisations who all work with people aged 50+, and is led by Age UK Bristol. We try to make sure that there are events spread out across the city, delivered by local organisations, and accessible to everyone.

We start planning early for next year's festival. If you are interested in getting involved, please **email comms@ageukbristol.org.uk or call us on 0117 928 1553.**

CAF is only possible because of the financial support from our sponsors: John James Bristol Foundation, the Bristol Rotary Club, and the Mayor's Office. We would like to take this opportunity to thank them for their support.



THROUGHOUT OCT

Art on Zoom exhibition | Café opening times

Art on Zoom is a group of over 50s who meet online to share and expand their art practice. This exhibition shows their works exploring the topic of “Older and Wiser”.

John Wesley's New Room, 36 The Horsefair, Bristol BS1 3JE

Age UK Bristol | Free | No booking required

fab@ageukbristol.org.uk | 0117 440 4301



MON 2 OCT

2-4pm Celebrating Age Concert

Come and join us to open the 2023 Celebrating Age Festival with uplifting music and voices from local older talent. There will also be information stalls and refreshments provided.

City Hall, College Green, Bristol, BS1 5TR | Age UK Bristol | Cost: free | Please book a space | Age UK Bristol comms@ageukbristol.org.uk 0117 928 1553

MON 2 OCT AFTERNOON

Celebrating Age Mid-Autumn Festival

An opportunity to learn about the Chinese Mid-Autumn Festival, including Moon Cake tasting and sharing stories about the history and culture of the festival.

The Vassall Centre, Gill Avenue, Fishponds, Bristol, BS16 2QQ | Chinese Community Wellbeing Society | Cost: free

**Please book a space
carers@chineseccws.org.uk
0117 9553330**



CELEBRATING AGE EVENTS

**FRI 6 OCT
11AM-3PM**

Eastside Celebrating Age Event

An event with fun activities such as bingo, dominoes, crafts and weaving. Plus, activities that share knowledge, talents and interests such as a human library, show and tell with entertainment, and food to buy.

**Easton Community Centre,
Kilburn St, Easton, Bristol BS5
6AW | Easton Community
Trust | Cost: free
No booking required**



SAT 7 OCT 2-5PM

My Vintage Rainbow Story

An event aimed at LGBTQ+ Elders in Bristol (plus invited family & friends) to celebrate the challenges and achievements of the LGBTQ+ community through the decades.

**Bristol Older People's Forum
and FAB LBGT+ Café
Optional donation
Please book a space Ian Quaife
bopf@ageukbristol.org.uk
0117 9279222**

SAT 7 OCT 10.30-6PM

Snaps and Songs: a portrait of faces and voices

10.30am Free family portraits,
2pm Shared Reading, 3.30pm
Break Out Voices Choir, and 5pm
A shared meal

**The Southville Centre, Beaufey
Road, Southville, Bristol BS3 1QG
BS3 | No booking required
info@bs3community.org.uk
0117 9231039**



SUN 8 OCT 10AM START

Charity Walk for Age UK South Glos

Sponsored 14 mile or 5 mile walk
depending on ability. Walk to help
to allow us to continue our work
to make South Gloucestershire a
great place to live in later life.

**Starts at the Swan Pub in
Thornbury High Street BS35 2AE
Age UK South Gloucestershire
Cost: free Please book a
space | Christine.wedlake@
ageuksouthglos.org.uk
7742499201**

FRI 13 OCT 2-4PM

Singalong at FAB Café

Join us for an afternoon of music and signing with Lorraine Lee performing covers from the 60s, 70s, 80s and 90s and much more.

Fishponds, Brunelcare's Colliers Gardens Extra Care Housing, Delabere Avenue, Fishponds, Bristol BS16 2NA | Age UK Bristol | Cost: free | No booking required | fab@ageukbristol.org.uk | 0117 440 4301



MON 16 OCT 12PM-4PM

Come and join the circus!

Connecting together through food, circus skills and fairground fun.

Knowle West Healthy Living Centre, Downton Road. BS4 1WH
Knowle West Health Park
Cost: free | Please book a space | Kathleen.woodhouse@knowlewesthealthpark.co.uk
0117 377 2255



16-21 OCT

Learn, Laugh, Live with Bristol U3A

A week-long festival of different activities, including: Daytime Disco, Tai Chi Shibashi, Walking, Fitness classes and Gardening in the Park.

Page Park, Staple Hill, Bristol, BS16 5LU U3A, Bristol
Cost: free | No booking required learnlaughlive.bristolu3a@gmail.com



CELEBRATING AGE EVENTS

FRI 20 OCT 2-4PM

Nervio Cosmico at FAB Music Café

Nervio Cosmico is a Bristol-based duo combining live performance with synthetic sound and electronic tools to express nature. We'll have an informal presentation of their work and a chance to explore new sounds and ways to make music.

**Inn on The Green, 2
Filton Rd, Bristol BS7 0PA**

Age UK Bristol

Cost: free

Please book a space

fab@ageukbristol.org.uk

0117 440 4301

MON 23 OCT 2-4PM

Creative Wellbeing Workshop

A workshop for older refugees, asylum seekers, and local community members. Using art and creative materials we will explore wellbeing. Free refreshments, everybody welcome.

**Trinity Centre, Trinity Rd, St
Jude's, Bristol BS2 0NW**

Age UK Bristol | Cost: free

No booking required

fab@ageukbristol.org.uk

0117 440 4301

THURS 26 OCT 9.30-NOON

Wellbeing Morning

Come along and celebrate age, wisdom and wellbeing with us. You can attend one, two or all of our tasters. Teas and coffees included, Tai Chi, 9.30-10.15; Meditation 10.15-10.45; Art for Wellbeing 10.45-noon.

**Redcatch Community Garden,
Bristol Broadwalk, Knowle,
BS4 2RD**

Cost: free

Please book a space

heather@redcatchcg.com

07858 630507

<https://tinyurl.com/27etf7zh>



MON 30 OCT 2-4PM

Celebrating Age Talent Show

The Celebrating Age Talent Show will provide a thrilling afternoon of entertainment and refreshments for the later life community.

**St Peters Church Hall, The Drive,
Henleaze, Bristol BS9 4LD**

Cost: £2

**Please book a space Amy Wood
community@haroldstephens.co.uk
0117 363 6212**

TUES 31 OCT 11AM-1PM

Stories & Soup

Local people of all ages are invited to share their memories and stories of living in the area. An artist will capture these memories "visually". Have fun with crafts, some traditional Halloween and enjoy homemade soup.

**United Reformed Church
Hall, 48 Stanley St,
Bedminster, Bristol BS3**

Cost: free

**Please book a space Jackie.
smith@bs3community.org.uk
07487 329854**

SAT 30 SEPT 6.30-9.30PM

FABulous Disco

Join us for a fun night of dancing to your favourite tunes of the 60s, 70s and 80s.

**Trinity Centre, Trinity Rd, St
Jude's, Bristol BS2 0NW**

Age UK Bristol & Eastside

**Cost: £5 early bird, £6
on the door.**

**No booking required
fab@ageukbristol.org.uk
0117 440 4301**





MEET NEW PEOPLE, MAKE CONNECTIONS, ENJOY LIFE



JOIN FRIENDS AGEING BETTER TODAY

Friends Ageing Better (FAB) is a community of over 50s who share what is happening in the city while building relationships with like-minded people who live locally. Sign up for our email or paper newsletters and come join us.

FAB cafes meet weekly in Avonmouth, Withywood, Hillfields and Fishponds. Plus, LGBT+ cafes in Southville and St Werburghs, a

music cafe in Horfield, and a cafe for elders from the asylum and refugee communities.

Our FABulous discos are regular events at the Trinity Centre, BS2; fun and exciting discos for the over 50s. Sign up to keep informed of upcoming dates.

Plus, find out about offers and events in the city, some just for FAB members.

To find out more, contact Silvia Jimenez Cruz on **0117 440 4301** or by email fab@ageukbristol.org.uk or sign up at www.ageuk.org.uk/bristol/our-services/fab/

Are you on Facebook? So are we! You can join our Facebook Group 'Friends Ageing Better - FAB Bristol' to find and share information about FAB Cafés, events and activities happening in Bristol.



Easton Community Centre, Kilburn St, Easton, Bristol BS5 6AW
Contact Tracy Edwards-Brown tracyeb@upourstreet.org.uk

Shared Reading for over 55's
Tuesdays 10-11.30 weekly
The Reader

An opportunity to listen to readings and share what you think

No booking required

Sewing Social Drop-in
£2 Fridays 12-3pm weekly
Bring your sewing projects and spend time completing them with other like minded people.
No booking required

Cuppa Connect
11am-12pm Thursdays weekly
Eastside Community Trust

Join other people over 55 for a chat and a cuppa.

No booking required

Tai Chi for women over 55
£2
Accessible form of Tai Chi which can be done sitting down or standing up. Friendly group.

Happy Days Memory Café
2-4pm First Friday of each month
Bristol Dementia Action Alliance
It's a place of respite and silliness for carers and people living with dementia, in a café setting. Weston Baptist Church, Reedley Rd, Bristol, BS9 3TE

Free
No booking
required
office@bdaa.org.uk
0117 968 1002



Knowle West Healthy Living Centre, Downton Road. BS4 1WH

Contact 0117 377 2255

Monday Walking Group

Take a stroll around the Health Park grounds in the fresh air. Meet 10.15am ready for 10.30am start.

Tuesday, Wednesday and Thursday walking groups. These walks take place in local green spaces.

Art Ease Group

Tuesday or Wednesday Morning, 9.45am-12.00pm.

Move Together Strength and Balance

Wednesdays, 11.00am-12.15pm. A fun exercise session to strengthen the body and mind.

Man Alive Men's group,

Monthly breakfast on the 1st Friday of the Month, and various activities or meetings throughout the month.

Morning Meet Ups

Bristol Bricks

Thursdays 10am-12pm weekly

Join us for creative activities, coffee and cake! A chance to chat, meet new neighbours or catch up with old ones. An artist will be joining us to run a creative activity - absolutely no experience needed and if you just fancy joining us for a hot drink that's fine too.

St Annes House, St Anne's Road, BS4 4AB

Free No booking required
georgia@bricksbristol.org
07709 264 201



Alive's Dementia Friendly Allotment

Alive

Free Monday and Tuesday afternoons 1.30-3.30pm

Alive provides twice weekly dementia-friendly gardening and green craft activities at their purpose-built, in North Bristol. dementia friendly allotment.

Allotments are opposite 332 Charlton Rd. Charlton Road Allotment, Charlton Road, Brentry, BS10 6JZ

**Please book a space
guy@aliveactivities.org
07423719088**

FAB Cafe

Age UK

Bristol Free Mondays, Tuesdays, Thursdays and Fridays Morning and afternoons weekly

Come along for a cuppa and a chat, and find out what's on in Bristol for you to join in. We also run a telephone café on Tuesdays for those who cannot leave the house easily.

**Avonmouth, Fishponds, Hillfields, Horfield, Southville, St Werburghs, Withywood, No booking required
fab@ageukbristol.org.uk
0117 4404301**



Nordic Walking for Older Adults

Tuesdays 10-11am weekly
St George Park

A perfect way to enjoy the local park in a friendly group, all learning a new skill together. Meet at the Beehive Centre, 19A Stretford Rd, Whitehall, Bristol BS5 7AW.

Let's Walk Bristol

**Free Please book a space
vicky@letswalkbristol.org
07958 581398**

Welcome Wednesdays

Last Wednesday of every month

Come along and join us for a free coffee afternoon where we can guarantee a warm welcome and a relaxed chat.

**The Beehive Pub, Wellington Hill West, BS9 4QY Free
Wednesday 25 October 2pm - 3.30pm No booking required
community@haroldstephens.co.uk
0117 363 6212**

Dunk a Donut for Dementia

20th October 2023

Help fundraise for BDAA by having a cuppa and donut. Every penny makes a big difference to our tiny local charity.

Contact us on
office@bdaa.org.uk for an
information/fundraising pack



Join BDAA in our
mission to raise
awareness.

VOLUNTEERS NEEDED



**Bristol Dementia
Action Alliance**

**The Celebrating Age Festival planning group is
led by Age UK Bristol.**

Age UK Bristol,
Canningford House,
38 Victoria Street,
Bristol, BS1 6BY.



Registered charity number 1042548. Company number 2984207.