

The FAB Bulletin is kindly sponsored by Harold Stephens,  
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## Friends Ageing Better Bulletin

July 2023

### What is a FAB Café?

FAB cafés are a relaxed catch-up with friends and neighbours. You can come as you are, have a cup of tea and meet people who live in your local area. We welcome guest speakers and have activities regularly.

To find out more contact Silvia on 0117 440 4301 or email [fab@ageukbristol.org](mailto:fab@ageukbristol.org).



FAB Café	Venue	Date
Avonmouth	Avonmouth Community Centre, 257 Avonmouth Rd, BS11 9EN	Mondays, 2.30pm - 4.30pm
Withywood	Mega Bytes Cafe at the Withywood Centre, Queens Rd, BS13 8QA	Tuesdays, 11am - 1pm
Telephone Café	Available on mobile and landlines. All calls are free.	Tuesdays, 2pm -3pm
Southville, LGBT+ Friendly (Leanne 0117 923 1039)	Southville Centre Cafe, Beauley Road, BS3 1QG	Tuesdays, 12.30pm - 2.30pm
St Werburgh's, LGBT+ Friendly	Neck of the Woods Café at St Werburgh's Community Centre, BS2 9TJ	Thursdays, 10am - 12pm
Silver Explorers (Friends of Hillfields Library)	Hillfields Library, Summerleaze, Hillfields BS16 4HL	Fridays, 10am - 12pm
Horfield Music Café	Inn on the Green, 2 Filton Road, BS7 0PA	Fridays, 2pm - 4pm
Fishponds	Brunelcare's Colliers Garden, Delabere Ave, BS16 2NA	Fridays, 2pm - 4pm

## Tai Chi Shibashi in your Community

Tai Chi Shibashi can be done sitting or standing, which makes it very accessible and its benefits have been well researched. It can improve balance and cognitive function as well as aid with pain management.

### What to expect?

- Easy to learn gentle movements to improve balance, flexibility, strength and wellbeing
- Movements can be done standing or seated
- Beginners welcome!
- £2 per session. Refreshments included in the price.
- Wear comfortable clothing.



Every Monday 1pm - 2.30pm at The Studio, Knowle West Healthy Living Centre, Downton Road, Bristol BS4 1WH. For further information contact Jenny on 0117 929 7537 or email [jennyhudson@ageukbristol.org.uk](mailto:jennyhudson@ageukbristol.org.uk).

## Art Club on Zoom

Our art club is an informal online group that meets every week on Zoom to create art together. The group provides a space to talk about your art with others, and to create a new piece and share with members of the group.

**Wednesdays, 10.30-12.00pm via Zoom. Cost: £7 per session, £3 if you are on pension credit.** The first session is free so that you can see if it is right for you.

To take part, you will need:

- Your own art equipment. This could be anything from a simple pencil and paper, to acrylics and watercolors.
- An internet connection and a Zoom account (if you need support we can help you get set up the first time).
- An eagerness to have a go.

Please be aware, this is not an art course where teaching will be provided. We are primarily a social group and space to share and talk about art.

If you would like to join, please call 0117 440 4301 or email [fab@ageukbristol.org.uk](mailto:fab@ageukbristol.org.uk).

## New FAB Music Café

Do you play an instrument but struggle to get motivated to practice? Or always wanted to learn but don't know where to start?

Our FAB Music Café welcomes music enthusiasts to bring their instruments (or not!) and join in for a relaxed session where we can explore instruments together. No experience needed, and there is no pressure to play, you are welcome to join to listen and have a chat.

Every Friday at the Inn on the Green, 2 Filton Rd, Bristol BS7 0PA from 2pm - 4pm. Free drinks (non-alcoholic) during July and August.

For more information call Silvia on 0117 440 4301.



## Creative Workshops for over 50s Refugees, Asylum Seekers and other local community members

These workshops are a safe and welcoming space to take part in arts and crafts activities and to learn more about ways to look after yourself and relax. No experience in art is necessary to take part.

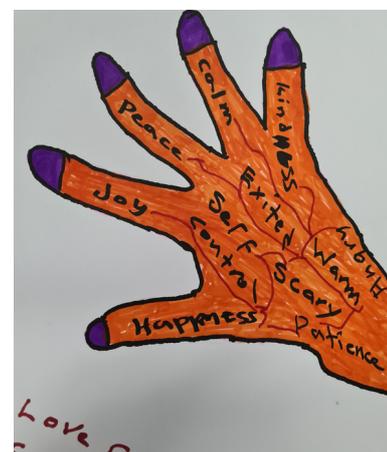
Art and craft supplies will be provided, as well as free refreshments. This is also an opportunity for people seeking sanctuary to connect with people within their local community.

The workshops will take place at **Trinity Centre, Trinity Rd, St Jude's, Bristol BS2 0NW** on the following dates:

- Monday 14th August, 2pm - 4pm
- Monday 4th September, 2pm - 4pm

If you need a community interpreter, please let us know.

**These workshops are run in partnership with Alive Activities.**



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# FABulous DISCOS!

## Get your dancing shoes on...

Friends Ageing Better along with Trinity Centre and Eastside Community Trust have teamed up once again to put together more discos during 2023.

**Friday 25 August**  
**(more dates to be announced!)**  
**Trinity Centre, Trinity Rd, St Jude's,**  
**Bristol BS2 0NW.**

Tickets £6 available at the door (cash and card payment available).

Early-bird tickets £4.95 from Trinity Center's website  
<https://www.trinitybristol.org.uk/>

Please note, the bar at the disco is card only.



## About Friends Ageing Better (FAB)

Friends Ageing Better is a community of older people who share what is happening in the city while building relationships with like-minded people who live locally.

FAB membership is free and open to anyone over the age of 50 living in Bristol. If you would like to invite a friend, neighbour or relative to join the membership, please get them to contact us on [fab@ageukbristol.org.uk](mailto:fab@ageukbristol.org.uk) or 0117 440 4301.

Alternatively you can sign up online via the Age UK Bristol website: [www.ageukbristol.org.uk](http://www.ageukbristol.org.uk).



St Werburgh's LGBT+ Friendly Cafe

**To find out more about other activities and events happening in your local area, please visit the LinkAge Calendar on 0117 440 4301.**

**<https://www.linkagenetwork.org.uk/activities-events/>**

Friends Ageing Better is a LinkAge service at Age UK Bristol.

