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## Friends Ageing Better Bulletin

June 2022

Dear member,

We hope this email finds you well. At FAB we have been busy working on setting new cafes and establishing a calendar of activities for the forthcoming months.

FAB cafes happen across Bristol and are a great way to find out what else is happening locally and beyond. These cafes are friendly and welcoming opportunities for people to join like-minded people in their area.

We are very excited to be starting a new FAB Catch-Up Café in Fishponds with the support of BrunelCare at Colliers Gardens in August. Here are our current cafes:

### Hengrove Catch-Up Café

Tuesdays (Term-time only)  
1pm - 3pm

Perry Court Community Hub,  
off Great Hayles Rd,  
Hengrove BS14 0AX

### Withywood Catch-Up Café

Tuesdays  
11am - 1pm

Mega Bytes Café  
at the Withywood Centre,  
Queens Rd, BS13 8QA

### Fishponds Catch-Up Café

Fridays from 12th August  
2pm - 4pm

Brunelcare's Colliers Gardens,  
Delabere Ave,  
Fishponds BS16 2NA

NEW!

## Setting up new cafes

We are working at full speed to set up new catch up cafes and provide our members with more opportunities to catch up and meet others.

We are particularly interested in setting the following cafes in the following months:



- **A weekly FAB café dedicated to older people who identify as LGBT+**
- **A weekly FAB café in Sea Mills or Avonmouth**
- **A monthly FAB tech-café in Horfield to support people getting on with technology, supported by our partners at Mirthy.**

If any of these cafes sound interesting to you, please do get in touch. If you would like to be involved, we would love to hear your thoughts and ideas, no long-term commitment needed. Call Silvia on 0117 440 4301 and leave your name and number.

## Free Nordic Walking Courses

Free Nordic walking wellness courses from East Trees and Charlotte Keel Health Centres near Eastville Park.

These short learn to Nordic walk courses combine Nordic walking with nature-based activities in local green spaces to support mental and physical wellbeing. They are suitable for most fitness levels and are sociable, friendly and fun.



Nordic walking is the same as ordinary walking, but you use two poles to help you walk more confidently and with good posture. The programme is organised by Let's Walk Bristol and the classes are run by qualified instructors. Specialist Nordic walking poles will be provided and you can continue to borrow the poles once the course is over. You will receive Nordic walking achievement certificate on completion.

Advance booking is essential. Please contact **Subitha** to book or if you have any questions: Tel: 07783 083542. Upcoming dates:

- East Trees Health Centre, Classes are on Wednesdays 10-11am, starting 7th September for 6 weeks
- Charlotte Keel Health Centre, Classes are on Fridays 10-11am, starting on 9th September for 6 weeks (women only)

## Could you be the face of Age UK Bristol?

We're looking for models over the age of 50 to join us for a photo shoot this summer. We know that the images we use to represent people over 50 are important and we want to ensure that we are using positive, non-stereotyped portrayals of older people from a range of backgrounds.

We can offer a £10 gift voucher and a copy of the images taken of you as a thank you for your time as well as covering any travel expenses you incur on the day.

If you have any questions or would like to volunteer, please call 0117 929 7537 and leave a message with your name and phone number. If possible, please also state your availability in August and what times of day are the most convenient for you.

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### Memory Connections: a new group for people living with mild to moderate memory loss



**Memory Connections** run groups for people living in Bristol with mild to moderate memory loss. The sessions improve memory skills, build confidence, and offer the opportunity to socialise in a fun and supportive environment. Group members will be able to take part in meaningful and stimulating exercises, proven to help maintain memory and mental functioning.

Memory Connections use a model called Maintenance Cognitive Stimulation Therapy (MCST) which is the only non-drug treatment recommended by the National Health and Care Excellence (NICE) for people living with dementia. Each session **costs £25, or £8 for those on pension credit**. The first session is free to try before you buy and after that sessions are paid for in 6-week blocks.

#### **Withywood Group**

Our Withywood group meets on Wednesdays from 3.15pm-5.15pm. We meet at the New Beginnings Day Centre, Withywood Centre, Queens Road, Bristol, BS13 8QA

#### **Henleaze Group**

Our Henleaze group meets on Thursdays from 10am-12pm. We meet at Bradbury Hall, Waterford Rd, Henleaze, Bristol BS9 4BT.

At the same time as the groups, there is a space for carers to stay and have a cup of tea and a chat, if they wish.

There is a maximum number of participants for these groups, so please get in touch to book your place. **Call Jo Youde, Project Co-ordinator on 0117 929 7537.**

## Matinee Mingle at Bristol Hippodrome

Matinee Mingle is a social café for local people, aged 60 and over, who would normally visit the theatre alone, to meet like-minded people before a show. The Mingles take place in the Piano Bar next door to the Hippodrome before selected shows, and participants are offered complementary refreshments and a chat. **Arrival is from 1.30pm for a 2.30pm show or 1pm for a 2pm show.**

Tickets for selected shows are advertised as Matinee Mingles and are offered at a discounted price to Minglers (Senior Midweek Discount).

Matinee Mingle is delivered by the Bristol Hippodrome, Age UK Bristol and supported by National Friendly.

To book to the Matinee Mingle you can **call Rowan Dodemont the Bristol number 0117 302 3310 (option 5).**

### Upcoming dates:

Bat Our of Hell	Wednesday 10th August, 2.30pm
Joseph and the Amazing Technicolour Dreamcoat	Thursday 1st September 2.30pm
Disney's Beauty and the Beast	Wednesday 5th October, 2.30pm
English National Ballet's Raymonda	Thursday 24th November, 2pm

## 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).