

CELEBRATING AGE FESTIVAL

2022 Programme

**A range of activities and events
celebrating later life in Bristol
*70 years of the changing face of Bristol***



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Celebrating Age Festival 2022

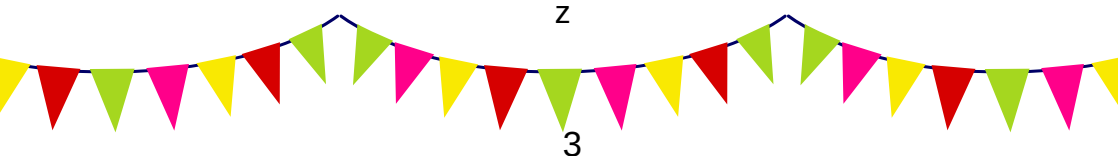
The Celebrating Age Festival (CAF) launches on the International Day of Older People, on 1st of October and runs for the entire month. This festival is all about challenging stereotypes around ageing and encouraging everyone to try something new. There will be a variety of free and low-cost events and activities taking place from musical performances, art exhibitions and tours to discos and shared reading groups.

The festival showcases what's going on across Bristol for people over the age of 50, this includes one-off events and performances in October and highlights activities put on by local organisations on a regular basis. CAF is led by Age UK Bristol with a collaboration of voluntary organisations who together have formed the 'Bristol Support Hub for Older People'.

Activities are listed in date order. Please use the contact details listed with each activity to book your space or to find out more. All information is correct at the time of printing. Further activities might be added; please check the Age UK Bristol website for the most up-to-date information: www.ageuk.org.uk/bristol/our-services/wider-work-in-the-community/celebrating-age-festival

We start planning early for the next festival, if you are interested in getting involved in 2023 please email comms@ageukbristol.org.uk

With thanks to our sponsors: Anchor Society, Brunelcare, Home Instead, John James Foundation and Wesport.



1st - 31st October

- **Art exhibition** of pieces created by the Art on Zoom Club, Age UK Bristol and Bristol Arts for All. John Wesley's New Room, 36 The Horsefair, Bristol, BS1 3JE. Free. Contact 0117 929 7537 or LinkAge@ageukbristol.org.uk



Monday 3rd October

- **Shared Reading Group**, The Reader. Each week we read and listen together to something new and talk about it. No pressure to talk or read aloud. Every Monday at 2pm at St Paul's Library, Grosvenor Road BS2 8XJ. Free, Contact 0115 729 2200 or info@thereader.org.uk

- **Music concert**, Recovery Orchestra playing uplifting pieces from 1920's gypsy jazz through to pop classics. 2pm-4pm. City Hall, College Green, BS1 5TR. Free. Contact 07973 574 356 or lawrence.bacon@bdp.org.uk



- **Arts & Crafts Group**, Brunelcare. Every Monday 2.30pm-3.30pm at ABC Centre, Chessington Avenue, Whitchurch, Bristol, BS14 9EW. Cost: £1.50 per session, booking advisable Contact details: 01275 540177 or ABC@brunelcare.org.uk

Tuesday 4th October

- **Seated exercise group**, Brunelcare. 2:30pm-3:30pm at Colliers Gardens, Delabere Avenue, Fishponds, Bristol, BS16 2NA. Cost: £3 per person per session Contact 01179 586336 or colliers_gardens@brunelcare.org.uk

Wednesday 5th October

- **Morning discussion group**, Bristol Older People's Forum (BOPF). On the future of the monarchy. 10.30am-12pm. Online via Zoom. Free. Contact 0117 927 9222 or bopfadmin@ageukbristol.org.uk

Thursday 6th October

- **Make your own mini-animation workshop**, The University of Bristol. From 9.30am-12.30pm at Barton Hill Bristol BS5 9PW. Free. Contact 07973917655 or cf13703@bristol.ac.uk

- **Singing Group**, Brunelcare. Come along for a sing-a-long. 2pm-4pm. Colliers Gardens, Delabere Avenue, Fishponds, Bristol, BS16 2NA. Cost: £1. Contact 01179 586336 or colliers_gardens@brunelcare.org.uk



- **Allotment open afternoon**, Alive Activities. To reflect on how culture and climate have changed gardening over the last 70 years. 1.30pm- 3.30pm at Charlton Road Allotment, Charlton Road, Brentry. BS10 6JZ. Contact 07423719088 or guy@aliveactivities.org.uk

Friday 7th October

- **FAB Cafe**, Friends Ageing Better. Join us for a cuppa, board games, talks, activities and a chance to meet new friends. Every Friday from 2pm-4pm at Colliers Gardens, Delabere Avenue, Fishponds, Bristol, BS16 2NA. Free. Contact 01179 586336 or colliers_gardens@brunelcare.org.uk



- **Shared Reading Group**, The Reader. Each week we read and listen together to something new and talk about it. No pressure to talk or read aloud. Every Friday at 12pm. Redcatch Community Garden, Redcatch Park BS4 2RD. Free, Contact info@thereader.org.uk / 0115 729 2200.

- **Wellbeing day**, Bristol After Stroke. For stroke affected people with a range of speakers and stands. 10am-2.45pm. Oatley Hall St Monica Trust, Cote Lane, Westbury On Trym, Bristol, BS9 3UN. Contact 01179647657 or office@bristolafterstroke.org.uk

Sunday 9th October

- **FAB Disco**, Friends Ageing Better with Trinity Centre and Easton Community Centre. Join us for an evening of music from the 60s, 70s and 80s, as well as reggae classics. 6pm-10pm at Trinity Centre, Trinity Rd, St Jude's, Bristol BS2 0NW. £5. Contact 0117 935 1200



Monday 10th October

- **Latin Language Group**, Bristol U3A. Focuses on reading and understanding the history of Latin. 10.30am-11.30am. Monica Wills House, Cromwell Street, Bedminster, BS3 3NH. Free. Contact 0117 305 2367 or karen.brown@stmonicatrust.org.uk

- **50+ Group open event**, BDP's (Bristol Drugs Project) A weekly group for those with lived experience of drugs and alcohol. 4pm-6pm. Brunswick Court, 11 Brunswick Square, St Paul's, Bristol BS2 8PE. Free. Contact 07973 574 356 or lawrence.bacon@bdp.org.uk

Tuesday 11th October

- **FAB Tech Café** with Mirthy, supporting you to get all the benefits of being online. Every Tuesday in October from 3pm–5pm. Boston Tea Party, 293 Gloucester Rd, Bishopston, Bristol BS7 8PE. Free. Contact 0117 440 4301 or fab@ageukbristol.org.uk

- **Tour of Bristol Hippodrome.** Tea and theatre tour for 20 people. 10am–11.30am. The Bristol Hippodrome (meet at main entrance). Free. Contact 0117 302 3310 (and select option 5) or kylepryke@theambassadors.com

- **FAB Café.** Informal catch up café, find out what is happening in your area and meet new people. 11am-1pm. Mega Bytes Cafe at the Withywood Centre, Queens Rd, BS13 8QA. Free. Contact 0117 440 4301 or FAB@ageukbristol.org.uk

Thursday 13th October

- **Celebration of Black History Month.** Malcolm X Elders Centre, Doors open 6pm. 141 City Road, BS2 8YH, St. Pauls. Ticketed event for a small cost. Contact 07780 591496 or info@mxccbristol.com

Friday 14th October

- **FAB Disco and Singalong** at Colliers Gardens. Enjoy classics from the 50s, 60s and 70s at this FAB Disco and Singalong. 5pm–8pm. Brunelcare's Colliers Garden, Delabere Ave, Fishponds, Bristol BS16 2NA. Free. Contact 0117 440 4301 or fab@ageukbristol.org.uk



Wednesday 19th October

- **Reflective art session**, Redcatch Community Garden. 1pm–2.30pm. Redcatch Community Garden, Bristol Broadwalk Redcatch Park, Knowle, Bristol BS4 2RD. Free. Contact 07863 290 946 or heather@redcatchcg.com

- **'Healthy Homes' talk**, We Care and Repair. On home adaptations. 10am–12pm online via Zoom. Free. Contact 0117 954 3939 or Jess.Hellon@wecareandrepair.org.uk

- **Art on Zoom Club**, Age UK Bristol. Every Wednesday, 10.30am–12pm. Online via Zoom. £7 a session or £3 if you are on pension credit. Contact 0117 929 7537 or LinkAge@ageukbristol.org.uk

Monday 17th October

- **Film club**, Home Instead. Showing the life of Elvis Presley. With a cream tea provided. 2pm–4.30pm. Christ Church Hall, 57, North Street, BS16 5SG. £4 per person. Contact 0117 435 0063 or lisa.dicker@homeinstead.co.uk to book.

Tuesday 18th October

- **Monthly meeting**, Bristol U3A. Including a talk by Rob Bayly, a balloonist, about the Transatlantic Balloon Race. Refreshments provided. 10am–12pm. Waddelow Hall, Broadmead Baptist Church, Union Street, City Centre, BS1 3HY. Free. Contact 0117 950 6807 or chair@bristolu3a.org.uk

Thursday 20th October

- **Gallery Tour and Textile Workshop**, Spike Island. Based on their upcoming exhibition, *Ways of Attaching*, by artist Rosemary Mayer, whose artwork explores traditional fabric and textile techniques. 10am–1pm. Spike Island, 133 Cumberland Road, Bristol BS1 6UX. Free. Contact FAB to book, 12 places available. 0117 440 4301 or fab@ageukbristol.org.uk



Friday 21st October

- **Easton Celebrating Age event**, Up Our Street. Local groups and organisations will be sharing information, taster activities will be on offer, and a diverse range of food will be available for a small fee. 11am–3pm. Easton Community Centre, Kilburn Street, BS5 6AW. Contact 07947830973 or tracyeb@upourstreet.org.uk

- **Tech and Talk Computer Café**. Drop in sessions to chat about all your technical needs with the tech volunteers. Every Friday. 10.15am–12pm. The Snug in the Tobacco Factory, Southville, BS3 1TF. Free. Contact 07956 962422 or ilop@bs3community.org.uk

Saturday 22nd October

- **History Society**, St Monica Trust. Providing lectures on various subjects. 2.15pm–3.45pm. St Monica Wills House, Cromwell St, Bedminster, Bristol BS3 3NH. £3. Contact 0117 305 2367 or karen.brown@stmonicastrust.org.uk

Monday 24th October

- **Family Day**, Bristol Old Vic. For all ages, involving singing, dancing, crafting and more. 11am–3pm. Bristol Old Vic, King Street, Bristol, BS1 4ED. Free. Contact 0117 987 7877 or tickets@bristololdvic.org.uk

- **Film club**, Home Instead. Showing the life of Elvis Presley. 2pm–4.30pm. St. Peters Hall, Henleaze, BS9 4LD. £4 per person. Contact 0117 435 0063 lisa.dicker@homeinstead.co.uk

(24th October cont'd)

- **Music Club**, The Bristol Beacon. Open music session for people living with dementia and their supporters. People living with dementia must be accompanied by a supporter (e.g. family member, friend, carer). 11am–12.30pm. Bristol Beacon, Trenchard Street, BS1 5AR. Limited capacity. Contact 0117 2047103 or community@bristolbeacon.org

- **Latin Language Group**, Bristol U3A. Focuses on reading and understanding the history of Latin. 10.30am-11.30am. Monica Wills House, Cromwell Street, Bedminster, BS3 3NH. Free. Contact 0117 305 2367 or karen.brown@stmonicatrust.org.uk

Tuesday 25th October

-**FAB Tech Café** with Mirthy, supporting you to get all the benefits of being online. Every Tuesday in October from 3pm–5pm. Boston Tea Party, 293 Gloucester Rd, Bishopston, Bristol BS7 8PE. Free. Contact 0117 440 4301 or fab@ageukbristol.org.uk



- **FAB Café**. Informal catch up café, find out what is happening in your area and meet new people. Every Tuesday, 11am-1pm. Mega Bytes Cafe at the Withywood Centre, Queens Rd, BS13 8QA. Free. Contact 0117 440 4301 or FAB@ageukbristol.org.uk

Wednesday 26th October

-**Welcome Wednesday coffee afternoon**, Home Instead. Refreshments provided. 2pm–3.30pm. The Beehive, Wellington Hill, Henleaze, BS9 4QY. Free. Contact 0117 435 0063 or lisa.dicker@homeinstead.co.uk

- **Tai Chi**, Age UK Bristol. 11am-11.45am. Longwell Green Community Centre, Shellards Road, Longwell Green, Bristol BS30 9DU. Free. Contact margaret-1950@hotmail.co.uk

Thursday 27th October

- **FAB LGBT+ Café.** Informal catch up café for LGBT+ people, find out what is happening in your area and meet new people. Every Thursday, 10am-12pm. Woods Café at St Werburgh's Community Centre, Bristol BS2 9TJ . Free. Contact 0117 440 4301 or FAB@ageukbristol.org.uk

Friday 28th October

- **Tai Chi,** Age UK Bristol. Beginners welcome. 10.30am-11.15am. Tennis Court 2 at The Ardagh, Horfield Common. Contact 0117 440 4301 or mkroeber007@gmail.com

- **FAB Café.** Informal catch up café, find out what is happening in your area and meet new people. Every Friday, 2pm–4pm. Brunelcare's Colliers Garden, Delabere Ave, Fishponds, Bristol BS16 2NA Free. Contact 0117 440 4301 or FAB@ageukbristol.org.uk



Monday 31st October

-**Shared Reading,** The Reader. Bringing people together through great literature to talk, laugh and share. Each week we read and listen together to something new and talk about it. No pressure to talk or read aloud. Takes place every Monday at 2pm at St Paul's Library, Grosvenor Road BS2 8XJ. Contact 0115 729 2200 or info@thereader.org.uk

There are more events and activities listed on the Age UK Bristol Celebrating Age Festival page which can be found at: www.ageuk.org.uk/bristol/our-services/wider-work-in-the-community/celebrating-age-festival/ You can also follow Age UK Bristol's Facebook and Twitter page, [@ageukbristol](https://www.facebook.com/ageukbristol), For any further information please call 0117 929 7537 or email admin@ageukbristol.org.uk





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SUPPORT HUB

for older people



The Celebrating Age Festival 2022 is led by the Bristol Support Hub for Older People.

Call: 0117 929 7537

Visit: www.ageuk.org.uk/bristol/our-services/support-hub/