



Celebrating
Age Festival

Celebrating Age Festival

1st - 7th October 2018



Age Friendly Island's annual Celebrating Age Festival begins on International Older Persons Day, Monday 1st October 2018

Welcome! We are delighted to share with you a diverse and rich range of activities that reflect the Island's community, whether you are looking to try something new or participate in those familiar to you.

You can improve your health through joining in Sit to be Fit, be social in the Games Lounge or join us on an outing around one of the Island's Areas of Outstanding Natural Beauty.

As with previous years, we will be hosting the Celebrating Age Awards on Thursday 4th October, where we get to celebrate the amazing contribution that is made by older people.

Due to the increased number of activities being run this year, they have been arranged both in date order and colour coded to show the area in which they are happening. We also have other opportunities extend across the other weeks in October, including an event to support end of life planning called 'Dying to Know' and Blokes, Bacon Butties and Banter.

Age Friendly Island are delighted to co-ordinate this festival with a wide range of supporting partner organisations, without their support the festival wouldn't be possible. If you have ideas for future events, please get in touch!

For more details or enquiries, please contact us on (01983) 525282 or email hello@agefriendlyisland.org and ask for the Age Friendly island Team.

Thank you and enjoy the festival!

Key to event location

Newport

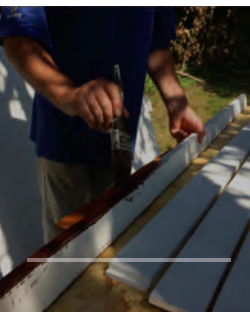
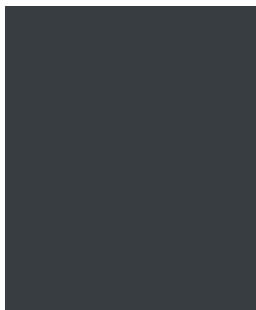
North and
East Wight

South
Wight

West
Wight

October 2018

01



Celebrating Age Festival 2018



Working to make the Island a great place to grow old

October 2018

07



What's on near you

Date	Events in Newport	Page
1st Oct	Philo Café – Does age bring wisdom?	6
1st Oct	Creative Cafe presents The Grand Sail Unveil - FREE	6
1st Oct	Sit to be Fit - FREE	8
1st Oct	Scams Awareness Display and Information - FREE	8
1st Oct	Southern Vectis Mystery Tour - FREE	9
2nd Oct	Time and Tide Drama Workshop - FREE	10
2nd Oct	Scams Awareness Information - FREE	13
2nd Oct	Digital Day Surgery at WOW! - FREE	14
3rd Oct	SingAbout presents An Afternoon at the Musicals! - FREE	14
3rd Oct	Newport Men's Shed	15
3rd Oct	OddFellows Cards Afternoon	17
4th Oct	Learning Links and Southern Vectis Craft Fair - FREE	18
4th Oct	Dancemakers dance performance and workshop - FREE	18
4th Oct	Introduction to Emotional Freedom Techniques - FREE	19
4th Oct	NHS Hearing Aid Drop-in Clinic - FREE	19
4th Oct	Carers IW drop-in - FREE	20
4th Oct	Samphire Dance Company Open Class - FREE	20
5th Oct	Silver Swans Ballet Class	23
7th Oct	Celebrating Age - A service to value age - FREE	25

Date	Events in North and East Wight	Page
1st Oct	NHS Hearing Aid Drop-in Clinic - FREE	7
2nd Oct	Tea on the Sea Cruise with Red Funnel	11
2nd Oct	Macmillan Coffee Morning - FREE	13
4th Oct	Wight Seated Exercise	19
4th Oct	Celebrating Age Awards 2018	20
5th Oct	Alzheimer Cafe - FREE	21
5th Oct	Pitch up at the Pub in Binstead	21
5th Oct	Pitch up and play at the Acoustic Music Shed - FREE	22

Date	Events in North and East Wight	Page
5th Oct	Time & Tide Arts and Heritage Café - FREE	23
5th Oct	Red Hat Dance Project	23
6th Oct	Age Friendly Seaview to Ryde Amble - FREE	24
7th Oct	Isle of Wight Festival of the Mind - FREE	25

Date	Events in South Wight	Page
1st Oct	Shanklin Men's Shed	9
2nd Oct	Pharaoh's Folk, Egyptian and Belly Dance Class - FREE	12
2nd Oct	Off Key Community Choir	12
3rd Oct	Age UKIW Community Digital Drop-in Session - FREE	15
3rd Oct	Alzheimer Cafe - FREE	16
3rd Oct	Wight Seated Exercise	16
3rd Oct	Teacakes and Chatter	17
3rd Oct	NHS Hearing Aid Drop-in Clinic - FREE	17
5th Oct	SingAbout in Ventnor - FREE	21
5th Oct	Never Too Old with Bodster CIC	22

Date	Events in West Wight	Page
1st Oct	Introduction to Emotional Freedom Techniques - FREE	7
1st Oct	The Games Lounge	9
2nd Oct	NHS Hearing Aid Drop-in Clinic - FREE	10
2nd Oct	CHOYD Tuesdays! Coffee plus Bring and Buy - FREE	10
2nd Oct	Cowes Bimble - FREE	11
2nd Oct	IOW Area of Outstanding Natural Beauty Walk - FREE	13
3rd Oct	Great Big Pitch up at the Pub in Brighstone	15
3rd Oct	Beginners Bridge	16
3rd Oct	Pitch up at the Pub in Gurnard	17
5th Oct	Pitch up at the Pub in Shorwell	21
5th Oct	IOW AONB walk at Newtown Nature Reserve - FREE	22
6th Oct	Day at the Bay	24

Monday 1st October 2018

Philo Café – Does age bring wisdom?

Where: Age UKIW, 147 High Street, Newport, PO30 1TY

Time: From 2pm to 4pm

Book: Katie on 525282 or email: katie.goddard@ageukiw.org.uk

If you enjoy thoughtful and lively conversations, a Philo Café is an opportunity to talk about the way we and our communities, deal with the challenges of modern life. It's more than a discussion: we practice careful listening and thoughtful responses following the Socratic tradition used by the Society for the Furtherance of Critical Philosophy.



No knowledge of academic philosophy is needed; critical philosophy begins with the experiences and wisdom of ordinary people.

Cost: £2 per person which includes refreshments.

Creative Café presents The Grand Sail Unveil - FREE

Where: Newport Methodist Church Hall, Quay Street, PO30 5BA

Time: 10am to 12pm

Contact: Hannah, Independent Arts, 01983 822437

Join our Creative Café team for coffee and see the huge land sail created at the café as part of our Time & Tide project. Refreshments are provided, admission is free but donations are welcomed. This is a regular event hosted by Independent Arts.

Monday 1st October 2018

Introduction to Emotional Freedom Techniques - FREE

Where: West Wight Sports & Community Centre, Moa Place, Freshwater, PO40 9XH

Time: From 2pm to 4pm

Book: Phone 07435 564542 or email: whyweighteft@gmail.com

EFT (also known as Tapping) is like acupuncture without the needles. Tapping gently with our finger tips around our face, upper body and hands on specific meridian points, releases negative energy, blockages and limited beliefs that stop us going forward. Once learnt this easy, effective, non-invasive, lasting technique can be used yourself for your own health and well being.

NHS Hearing Aid Drop-in Clinic - FREE

Where: Tower House Surgery, Rink Road, Ryde, PO33 1LP

Time: 2pm to 3.30pm

Do you wear NHS hearing aids? Come to our FREE hearing aid drop-in clinic or one of our friendly Coffee Mornings.

We can help with:

- New batteries and ear mould tubing
- Advice on how to use and clean your hearing aids
- Information on sensory loss and all the services that can help you.

*Please note we are unable to maintain open fit hearing aids.
This is a free regular clinic.

Monday 1st October 2018



Sit to be Fit - FREE

Where: WoW Centre, 4/5 St James' Street, Newport, PO30 5HE

Time: 11am to 11.30am

Book: Please contact Laura on laura.franklin-wow@btconnect.com or (01983) 300423

For Women Only: A 30 minute light exercise while seated for Women aged 50+. Working to help mobilise joints, tone muscles and get the blood pumping! Easy exercises to follow along, with modifications to suit different abilities all set to a medley of 70's disco hits for you to sing along to.

Scams Awareness Display and Information - FREE

Where: Lord Louis Library, Orchard Street, Newport, PO30 1LL

Time: Drop-in anytime between 10am and 1pm

Isle of Wight Against Scams Partnership (IWASP) are hosting a display and will be on hand with information on how to spot and avoid scams.

Monday 1st October 2018



The Games Lounge

Where: West Wight Sports & Community Centre, Moad Place, Freshwater, PO40 9XH

Time: Drop-in anytime between 1pm and 4pm

An older adults' youth club. Participate in table tennis, pool, darts, air hockey and table top football. Or play board games and socialise over a cuppa. Cost: £2 entrance fee which includes all activities and refreshments. This is a regular weekly event.

Southern Vectis Mystery Tour - FREE

Where: Departing from Newport Bus Station, South Street, Newport, PO30 1JX

Time: Depart at 1.30pm with return approx 4.30pm

Book: Via the Southern Vectis Travel Shop in Newport Bus Station - either in person or by calling (01983) 523831

Join Southern Vectis for a Mystery Tour on an open top bus. There will be tea and cake and much fun to be had!

Due to limited spaces booking is essential on the details above.

Shanklin Men's Shed

Where: Winchester House YMCA, Sandown Road, Shanklin, PO37 6HU

Time: 2pm to 4pm

Learn things. Make things. Drink tea.

A Men's Shed is a place to meet others, participate in shared interests, try out new hobbies and rediscover old ones and become more active in your community.

Pop along and discover this great group, the kettle is always on.

Tuesday 2nd October 2018

Time and Tide Drama Workshop - FREE

Where: Isle of Wight College, Medina Way, Newport, PO30 5TA

Time: 10.30am to 1pm

Book: Places must be booked in advance on (01983) 822437

Drama workshop as part of Independent Art's Time & Tide project. Work with a drama tutor on some basic exercises and have some fun. Improvisations based round a Time & Tide theme.

NHS Hearing Aid Drop-in Clinic - FREE

Where: The Methodist Church, New Road, Brighstone, PO30 4BD

Time: 10am to 12pm

Do you wear NHS hearing aids? Come to our FREE hearing aid drop-in clinic for help with maintenance, advice and information on services.

CHOYD Tuesdays! Coffee plus Bring and Buy - FREE

Where: Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO41 0NU

Time: 10.30am to 12.30pm

Come along and discover all of the different activities hosted at CHOYD Tuesdays!

Some weeks we have talks from people of interest, local history, exercise, digital lessons and more. This is a free regular weekly event.



Tea on the Sea Cruise with Red Funnel

Where: Departing from Red Funnel Terminal, East Cowes

Time: 2pm to 5pm

Book: Places must be booked in advance on 02380 019192

Join us for a relaxing afternoon tea featuring delicious sandwiches and scones, a bit of history, bingo, a quiz and more inside Red Funnel's brand new Signature Lounge. Lots of great prizes available to be won. Guests will travel round trip on board the Red Osprey from East Cowes to Southampton. Foot passenger travel only.



Cost: £6 per person. Places are limited and must be booked in advance.

Cowes Bimble - FREE

Where: Meet at Marks and Spencer, Terminus Road, Cowes, PO31 7XH

Time: Meet at 10.30am, return approx 12pm

The dictionary definition of the verb 'Bimble' is to walk or travel at a leisurely pace. Join Roger for a bimble around Cowes where the emphasis will be on talking and not walking. Bimble from A to B and then bimble back again. Similar to a net-walking event we will encourage you to talk to the other members of the group. So, come along and make new friends on the move. Meet up outside M&S Cowes. Bring some water and maybe a brolly.

Tuesday 2nd October 2018

Pharaoh's Folk, Egyptian Folk and Belly Dance Class - FREE

Where: Lions Community Centre, situated at the back of the car park off New Road, Lake, PO36 9LA

Time: 3pm to 5pm

Book: Please book by calling Geraldine on 07713 611535

Class for mature ladies of any age, size, shape and dancing ability. It's fun, it's friendly, it's good exercise and you'll feel like a goddess! Classes are very informal, dress in loose stretchy clothing and wear soft shoes or leave your feet bare. Jingly belts provided and free refreshments. Free taster session.



Off Key Community Choir

Where: Methodist Church, Regent Street, Shanklin, PO37 7AF

Time: 6.30pm to 8pm

Come and join our friendly, sociable singing group aimed at people aged 18 and over who think they can't sing. Our song choices are varied and interesting, from pop songs, to show tunes and more! No auditions, just turn up. Only £1 a session. Free parking in Landguard Road car park after 6pm. All abilities welcome.



Macmillan Coffee Morning - FREE

Where: Village Hall, High St,
Bembridge, PO35 5SN

Time: 10am to 12pm

Pop along, make friends and raise funds for Macmillan Cancer Care.

Free regular coffee morning.



Scams Awareness Information - FREE

Where: Nationwide, St James'
Square, Newport, PO30 1UX

Time: 10am to 12.30pm

Isle of Wight Against Scams Partnership (IWASP) will be talking to customers about scams, doorstep crime and the importance of keeping safe.

IOW Area of Outstanding Natural Beauty Walk - FREE

Where: Yarmouth Estuary

Time: 10am to 11am

Contact: Joel Bateman on
(01983) 823855

Join staff from IOW Area of Outstanding Natural Beauty on this short accessible wander to take in the sights around Yarmouth Estuary.

Tuesday 2nd October 2018



Digital Day Surgery at WOW! - FREE

Where: WoW Centre, 4/5 St James' Street, Newport, PO30 5HE

Time: 10am to 1pm

Book: This is a bookable session on: (01983) 300423 or email: info-wow@btconnect.com

For women only: Do you find technology mind boggling? Do you wish you knew how to solve issues that come up when you use a computer, tablet or phone?

Come along to the WOW! Women's Centre with your technology niggles & leave feeling more confident! Free, regular event.

Wednesday 3rd October 2018



SingAbout Together presents An Afternoon at the Musicals! - FREE

Where: Methodist Church, Quay Street, Newport, PO30 5BA

Time: 2pm to 4pm

Join the Independent Arts SingAbout groups for an afternoon of your favourite songs from the shows.

Refreshments are provided. Admission is free but donations are welcomed.

Wednesday 3rd October 2018

Newport Men's Shed - FREE

Where: Age UK Isle of Wight, 147 High Street, Newport, PO30 1TY

Time: 1pm to 4pm

Learn things. Make things. Drink tea. The Newport Men's Shed has a great accessible garden, with vegetable plots and flower beds to look after as well as a fully kitted out shed for woodworking and other projects. New members always welcome. This is a weekly event.

Age UKIW Community Digital Drop-in Session - FREE

Where: The Brading Centre, West Street, Brading, PO36 0DS

Time: 10am to 12pm

An informal, friendly community drop-in session offering basic digital support and advice for all technology. Open to all over 50s.

Great Big Pitch up at the Pub in Brighstone

Where: Three Bishops Inn, Main Road, Brighstone, PO30 4AH

Time: 10am to 11.30am

Join us for a morning of fun and enjoy a hot drink and cake or a bacon buttie for just £3:50. Have a go at a free 'just for fun' quiz and table top brain teasers, or just come along for a good old-fashioned natter.

Go on, pitch up at the pub and enjoy fun, laughter, friendship and chatter.

Wednesday 3rd October 2018



Wight Seated Exercise

Where: Brading Methodist Church, 54 Station Road, Brading, PO36 ODY

Time: 2pm to 3pm

Get fit in a fun social environment. We can help people identify their own individual issues to help them overcome their barriers and motivate them to get underway on a journey to a healthier, happier lifestyle. £3.50 per person including tea and coffee.



Beginners Bridge

Where: West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH

Time: 2pm to 4pm

Looking for those with experience, who would mentor whilst playing at a table and help new participants at entry to moderate level. Regular event at £2 per session.

Alzheimer Cafe IOW - FREE

Where: Salisbury Gardens, Dudley Road, Ventnor, PO38 1EJ

Time: 6pm to 8.30pm

The purpose of the Café is to provide a space in which the issues surrounding dementia can be aired and problems voiced.

Newport

North and East Wight

Wednesday 3rd October 2018

Teacakes and Chatter

Where: Brading Railway Heritage Centre, Station Road, Brading, PO36 ODY

Time: 10.30am to 12pm

All are welcome for quizzes, bingo and bacon butties and tea for £3.50 or teacake and tea for £2.50. This is a regular event.

Pitch up at the Pub in Gurnard

Where: Portland Inn, Worsley Road, Gurnard, PO31 8JN

Time: 10.30am to 12pm

Contact: Rachael on 07840 053827

Coffee, cake and an informal quiz. Relaxed and friendly get together. Regular event.

OddFellows Cards Afternoon

Where: Unity Hall, 20 St Thomas Square, Newport, PO30 1SG

Time: 1pm to 3.30pm

Contact: Maretta on 523115

Join us for a game of Hearts, all playing around one big table with a break for refreshments.

No need to be a good card player and no need to pre-book but it helps us to ensure we have enough cake!

NHS Hearing Aid Drop-in Clinic - FREE

Where: Porter Court, Flitcroft Gardens, Lake, PO36 9LG

Time: 10am to 11am

Do you wear NHS hearing aids? Come to our FREE hearing aid drop-in clinic. We can help with:

- New batteries and ear mould tubing
- Advice on how to use and clean your hearing aids
- Information on sensory loss and services that can help.

This is a free regular clinic.

Thursday 4th October 2018

Learning Links and Southern Vectis Craft Fair and Coffee Morning - FREE

Where: Southern Vectis Travel Shop, Newport Bus Station, South Street, Newport, PO30 1JX

Time: 10am to 3.30pm

Learning Links, working in conjunction with Southern Vectis, are hosting a special craft fair and coffee morning. All participants are part of the Learning Links Age Friendly Island project who are working towards self-employment. They will be showcasing and selling their hand-crafted wares. Tea, coffee and cake available.



Dancemakers Dance performance and workshop - FREE

Where: Isle of Wight College, Medina Way, Newport, PO30 5TA

Time: 10.30am to 1pm

Book: Places must be booked in advance on (01983) 822437

Part of Independent Arts' Time & Tide project. Enjoy dance performances from our DanceMakers groups and college students to be followed by a dance workshop based on a Time & Tide Theme.

Thursday 4th October 2018



Introduction to Emotional Freedom Techniques - FREE

Where: Orchard House, 189 Fairlee Road, Newport, PO30 2EP

Time: From 2pm to 4pm

Book: Phone Dawn on 07435 564542 or email whyweightft@gmail.com

EFT (also known as Tapping) is like acupuncture without the needles. Once learnt this easy, effective, non-invasive, lasting technique can be used yourself for your own health and well being.

NHS Hearing Aid Drop-in Clinic - FREE

Where: Orchard House, 189 Fairlee Road, Newport, PO30 2EP

Time: 10am to 11.30am

Come along for NHS hearing aid maintenance, re-tubing, cleaning, batteries and advice available. This runs alongside our coffee morning where you can enjoy a hot drink, chat and share with others, along with some friendly laughter. Friends, family and carers welcome, we look forward to seeing you.

This is a free regular clinic.

Wight Seated Exercise

Where: Whippingham Community Centre, Alverstone Road, Whippingham, East Cowes, PO32 6NZ

Time: 10am to 11am

Get fit in a fun social environment. We can help people identify their own individual issues to help them overcome their barriers and motivate them to get underway on a journey to a healthier, happier lifestyle. £3.50 per person including tea and coffee.

Thursday 4th October 2018

Celebrating Age Awards 2018

Where: Lakeside Park Hotel, High Street, Wootton Bridge, PO33 4LJ

By invitation only

Many older people give time and effort to making the Isle of Wight a fantastic place to live. The annual Celebrating Age Awards celebrates the positive contribution of older people to life on the Isle of Wight.



Carers IW drop-in - FREE

Where: Riverside Centre, The Quay, Newport, PO30 2QR

Time: 1.30pm to 3.30pm

Weekly drop in for carers and cared for people. Our groups are run by experienced volunteers and staff who can offer support and information. We meet on a regular basis, offering you a good opportunity to meet others in a similar position to you.

Come and enjoy a cuppa with us, no need to pre-book.

Samphire Dance Company Open Class - FREE

Where: The Congregational Church Hall, 98 Pyle Street, Newport, PO30 1UH

Time: 2pm to 3.30pm

Book: Please ring Michelle (01983) 754189

Learn to dance, create and perform. Special open class for you to come and see what we do. Free Event.

Spaces are limited so please pre-book on the number above.

Friday 5th October 2018

Pitch up at the Pub in Shorwell

Where: Crown Inn, Walkers Lane, Shorwell, PO30 3JZ

Time: 10am to 12pm

Join us for a morning of fun and enjoy tea/coffee and cake for just £2. We hold a free raffle and have a selection of second hand books for sale. If you fancy having a go at a free 'just for fun' quiz and table top brain teasers then that's great, or just come along for fun, laughter, friendship and chatter. This is a regular weekly event.

Pitch up at the Pub in Binstead

Where: The Fleming Arms, Binstead Road, Binstead, PO33 3RD

Time: 10am to 11.30am

Join us for a hot drink and a cake for just £3:50. Go on, pitch up at the pub and enjoy fun, laughter, friendship and chatter.

SingAbout in Ventnor - FREE

Where: Ventnor Baptist Church, Pier Street, Ventnor, PO38 1SJ

Time: 10.30am to 12.30pm

Independent Arts' SingAbout is a social singing activity based on recognised music therapy. It can help to improve your memory, breathing, speech, movement and confidence.

All are welcome. Refreshments are provided, admission is free but donations are welcomed.

Alzheimer Cafe - FREE

Where: All Saints Church Hall, Queens Road, Ryde, PO33 3AF

Time: 11.30am to 2pm

An informal, supportive and friendly atmosphere for people whose lives have been affected by dementia.



Friday 5th October 2018



Pitch up and play at the Acoustic Music Shed - FREE

Where: Old School, New Road, Wootton Bridge, PO33 4HX

Time: 2pm to 4pm

Contact: Lois on (01983) 525282 or email lois.prior@ageukiw.org.uk

The W.I has Jam, Men in Sheds has Jammin'. Bring along those dusty guitars or under played ukuleles and get to grips with some new melodies, or just bring your voice. Music will be provided (tab sheets with words). Feel free to bring other instruments, although we cannot provide score music. All very welcome. This is a regular weekly event.

IOW Area of Natural Beauty walk around Newtown Nature Reserve - FREE

Where: Newtown Reserve, Town Lane, Newtown, PO30 4PA

Time: 10am to 11am

Join staff from IOW Area of Outstanding Natural Beauty on this short accessible wander around Newtown Nature Reserve.

Never Too Old

Where: Bodster CIC, Sandford Farm Shanklin, PO38 1AH

Time: 10am to 12pm

Book: Please book beforehand on 07887 876138

Fun social session for anyone over 50. Meet our ponies on the ground (no riding involved), start with tea/coffee then time with ponies. £5 charge per session.

Friday 5th October 2018

Time & Tide Arts and Heritage Café - FREE

Where: St Peter's, Church Street, Seaview, PO34 5EN

Time: 10.30am to 12.30pm

Book: Places must be booked in advance on (01983) 822437

Join Independent Arts' Heritage Practitioner to learn about the life of Julia Margaret Cameron and the others in the Freshwater Circle who put the Isle of Wight on the artistic map.

Our Art Practitioner will then help you produce a beautiful sun print to take home. Refreshments are provided, admission is free but donations welcomed.



Red Hat Dance Project

Where: St Peter's, Church Street, Seaview, PO34 5EN

Time: 2pm to 3pm

Dance class for older learners which are adapted for both seated and standing participants. The classes start with a full body stretch followed by a simple but fun dance. £5.50 per class.

Silver Swans Ballet Class

Where: Quay Arts, 15 Sea Street, Newport, PO30 5BD

Time: 12pm to 1pm

Weekly classical ballet class. The classes are designed to learn classical ballet technique to gain good posture, muscle strength and core stability.

Anyone over the age of 50 is welcome. Experience is not necessary, but a love of dance is required. £7 per class.

Saturday 6th October 2018

Age Friendly Seaview to Ryde Amble - FREE

Where: Either start at Old Fort, Seaview or Southern Water Carousel, Ryde Seafront

Time: 10am to 12pm

Seaview and Nettlestone Community Partnership host a gentle 2 mile walk from Old Fort, Seaview to Southern Water Carousel, Ryde Seafront. You can walk there or back or just do part of the walk. Collect a goody bag and pick up a leaflet at the beginning to get some of the special offers from the cafés on route. Fun for all the family!

Day at the Bay

Where: Outside Freshwater Lifeboat Station and various indoor venues around Freshwater Bay

Time: 10am to evening

Day at the Bay offers 12 hours of live entertainment to raise funds for local charities with concerts and gigs in various venues around Freshwater.

Musicians include Merlynn Johnson and her harp, Wight Ukers, Wight Harmony, The Gramophone Party and Millicent's Favourite.

Printed programmes from Dimbola Lodge, Freshwater Lifeboat Station and Freshwater Library. Mixture of free and ticketed events.

Full details can be found online at: www.adayatthebay.co.uk

Organised by Freshwater Independent Lifeboat, Project Opera and IW Pride in partnership with Friends of Dimbola, Mountbatten and Freshwater Circle.

Sunday 7th October 2018



Celebrating Age - A service to value all that age brings - FREE

Where: Newport Minster, Sts Thomas Square, Newport, PO30 1SL

Time: 3pm to 4pm

All are welcome to join this church service bringing together St John's Church, Ryde and The Minster, Newport to celebrate all that getting older brings. A community service bringing together people to celebrate and recognise older age.

Isle of Wight Festival of the Mind - FREE

Where: Aspire Ryde, Trinity Buildings, Dover Street, Ryde, PO33 2BN

Time: 11am to 4pm

This free event is a celebration of all things that make us feel happy and well. The aim is to bring people together to talk about what makes them feel happy, to try out different activities for free and, maybe, to discover a new sense of wellbeing and happiness.

The event is in collaboration with the Good Mental Health Co-operative (www.goodmentalhealth.org.uk) and sponsored by Ryde Town Council and Aspire Ryde.



Other events throughout October 2018

Pitch up at the Roman Villa

When: Wednesday 10th and Wednesday 24th October 2018

Where: Brading Roman Villa, Morton Old Road, Brading, PO36 0PH

Time: 10am to 11.30am

Join us for a bit of a get together. Refreshments can be purchased from the café. Have a go at a free 'just for fun' quiz and table top brain teasers, or just come along for a good old-fashioned natter. Go on, pitch up at the Roman Villa and enjoy fun, laughter, friendship and chatter.

Youth Club for the over 50's

When: Thursday 4th and Thursday 18th October 2018

Where: Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN

Time: 10.30am to 12.30pm

Come and feel young at heart with many activities available including table tennis, board games, Hoopla, cards, mini snooker and more... or just come and chat. £2 entry includes refreshments, bacon butties available for £1.

Blokes, Bacon Butties and Banter - FREE

When: Wednesday 24th October

Where: Freshwater Methodist Church, 2 Brookside Road, Freshwater, PO40 9AN

Time: 10.30am to 12.30pm

Local older men meeting up for their own monthly chit chat. Discussions on any topic with jokes thrown in at this friendly get together.

Free event, donations welcomed. Just turn up.

Other events throughout October 2018

Age UKIW Community Digital Drop-in Session - FREE

When: Wednesday 17th October, 10.30am to 12pm and Friday 19th October, 2.30 to 4pm

Where: Lord Louis Library, Orchard Street, Newport, PO30 1LL

Pop in with your device or any technology questions and discover our full range of support.

Dying to Know - FREE

When: Saturday 13th October

Where: Winchester House YMCA, Sandown Road, Shanklin, PO37 6HU

Time: 10am to 4pm

An open event for people to find more on how to plan for end of life. Find out about practicalities such as finances, housing and getting support. Hosted by Jigsaw Training and Development Services, Age UKIW and YMCA Shanklin.

Knit and Natter Group

When: Wednesday 17th and Wednesday 31st October 2018

Where: Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN

Time: 10.30am to 12.30pm

Bring your own craft project, knit or crochet for a good cause or just come and have a good old chat. Refreshments available.

Alzheimer Café - Scams Awareness - FREE

When: Wednesday 10th Oct

Where: Cowes Methodist Church, 40 Birmingham Road, Cowes, PO31 7BH

Time: 2pm to 4.30pm

Isle of Wight Against Scams Partnership (IWASP) will be on hand with information on how to spot and avoid scams.

Age Friendly Island

Age Friendly Island is part of the National Lottery funded Ageing Better programme set up by the Big Lottery Fund, the largest funder of community activity in the UK. Ageing Better aims to develop creative ways for older people to be actively involved in their local communities, helping to combat social isolation and loneliness.

Locally, the Ageing Better programme oversees a number of projects delivered by organisations committed to building an island that values, respects, engages and actively supports older people to age better.

For more information please:

Visit: www.agefriendlyisland.org

Email: hello@agefriendlyisland.org

Phone: (01983) 525282

Twitter: @agefriendlyisle

Facebook: @agefriendlyisle



Age UKIW Registered Charity No. 1118711