Celebrating Age Festival
SATURDAY 18TH JUNE – FRIDAY 1ST JULY 2011
A fortnight of events, workshops, music and interesting activities to inspire, amuse, educate and enjoy

National Carers Week
MONDAY 13TH JUNE – SUNDAY 19TH JUNE 2011
A week of events to recognise and support the huge contribution made by carers in South Gloucestershire
If you have any comments or questions about Carers Week or the Celebrating Age Festival, please contact:

Sue Kerwell or Sara Say about Carers Week on
☎ 01454 862386 / 01454 862357

Denise Swain or Sara Say about the Celebrating Age Festival on
☎ 01454 864323 / 01454 862357
✉ CCHengagement@southglos.gov.uk
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South Gloucestershire Council and partners are delighted to invite you to join in and enjoy another Celebrating Age Festival.

Last year we held our first ever event in the Spring and it attracted lots of interest and attention from older people from all over South Gloucestershire.

This year we have an even wider range of events taking place and we are sure you will find something to whet your appetite and attract your interest. The purpose of the festival is to make people aware of the wealth of interesting and stimulating activities that are available to them whatever their age. We all know that age is no barrier to learning new things and having fun. We rather hope that something you see in this booklet could start a whole new interest for you. And of course, taking part in events is a good way of meeting new people and making new friends – now recognised as a vital part of maintaining good health and vitality in later life.

Have a good browse through these pages and hopefully you’ll find something new to interest you.
This booklet also provides you with all the information you need to know about the events taking place in South Gloucestershire for National Carers Week.

At South Gloucestershire Council we recognise the huge contribution made by carers and we aim to help all those who care for somebody by providing support and information that will assist them in their caring role.

To celebrate National Carers Week (13-19 June), South Gloucestershire Council is supporting a range of events across the district which it hopes will not only benefit the 24,000 carers in South Gloucestershire we know of but also encourage many ‘hidden’ carers to come forward.

We hope that you will find something which will both interest and help you, and that you gain some benefits from contact with others with similar experiences.
Monday
13th June

**Rethink Carers Meeting**
Rethink Resource Centre, 54 Moravian Rd Kingswood, BS15 8ND
Monday 13 June
10.30am - 12.30pm
Denise Swain 01454 864323
Free event! No need to book - just turn up.

**Thornbury Carers Group Cream Tea and Celebration Event**
The Chantry, Castle Street
Thornbury, BS35 1HB
Monday 13 June
1pm - 3pm
0117 937 5623
Free event!
Bookings via the above number

**Glass Top Boat Trip**
Start and Finish, Wapping Wharf (by SS Great Britain)
3pm - 6pm
Please contact 01454 862356
CCHengagement@southglos.gov.uk
Free Boat Trip! Tea and Coffee can be purchased on board or bring your own picnic. Bookings only.

**Half price treatments and complementary therapies**
Carpe Diem Therapy Centre, 39 Broad Street, Staple Hill, BS16 5LP
Monday 13 June - Saturday 17 June (closed Wednesday)
10am - 4pm
Bookings with a Carers Card via Carpe Diem 0117 956 6577

Tuesday
14th June

**Hanham Carers Group 'Feel Good' Activity Day**
Hanham Community Centre, 118-124 High St, Hanham, BS15 3EJ
Tuesday 14 June
2pm - 4pm
Sue Jaques 01454 868267
Free event! No need to book - just turn up.

**Ladies That Lunch Jewellery Workshop**
Shiney Rock, 4.11 - 4.12 Paintworks, Bath Road, Bristol, BS4 3EH
Tuesday 14 June
10am - 1pm
Please contact 01454 862356
Kingswood Carers Group
Kingswood Library, High St, BS15 4AR
Tuesday 14 June
2pm - 3.30pm
Sue Jaques 01454 868267
Free event! No need to book - just turn up.

Gardener’s Question Time
Oakley Green Nurseries, Oakley Green, Westerleigh, BS37 8QZ
Tuesday 14 June
From 3pm
Please contact 01454 862356
CCHengagement@southglos.gov.uk
Free event!
Refreshments can be purchased at the Nurseries Café. Bookings only.

Dhek Bhal Workshops, Information and Pampering Event
Barton Hill Settlement, 43 Ducie Road, Lawrence Hill, BS5 0AX
Tuesday 14 June
11am - 3pm
Bookings via Dhek Bhal 0117 914 6671
Free event!

Wednesday 15th June

Walking to Health - Approximately 2 ½ miles
Barn Hill Car Park, Chipping Sodbury, BS37 6BQ
Wednesday 15 June
11am - 12.30pm
Bookings via Alex Hayes 01454 863551
Free event!

Paul’s Place
Beauty and Pampering Sessions
Paul’s Place, Serridge Lane, Coalpit Heath, BS36 2TT
Wednesday 15 June
10.30am - 4.00pm
Bookings via Paul’s Place 01454 777236
Free event!
Severn Beach and Pilning Carers Group - Laughter Event
Emmaus Church Centre, Gorse Cover Road, Severn Beach, BS35 4NP
Wednesday 15 June
2.00pm - 4.00pm
Sue Jaques 01454 868267
Free event!
No need to book - just turn up.

Healthy Living Cookery Demonstration
The Jubilee Centre, Bradley Stoke, Savage Wood Road, Bradley Stoke, BS32 8HL
Thursday 16 June
11am - 1pm
Please contact 01454 862356
CCHengagement@southglos.gov.uk
Free event! Bookings only.

Street Dancing
Yate Leisure Centre, Kennedy Way, Yate, BS37 4DQ
Thursday 16 June
2pm - 4pm
Please contact 01454 862356 or
CCHengagement@southglos.gov.uk
Free event! Bookings only.

Tai Chi at the Park
The Park Centre, High Street, Kingswood, BS15 4AR
Friday 17 June
11am - 12 midday
Martin Hinam 07912884800
Free to new carers during Carers Week (normally £4 per session).
Programme of Events

Basic DIY and Home Safety Demonstration

- Yate Fire Station, Station Road, Yate, BS37 4AL
- Friday 17 June
- 10am - 12 midday
- Free event!

Walking to Health
- Approximately 2 ¾ miles
- Warmley Station, Warmley
- Friday 17 June
- 11am - 12.30pm
- Free event!

Balancing Work and Care Meeting and Lunch

- Aztec Hotel, Bradley Stoke, BS32 4TS
- Friday 17 June
- 12 midday - 1.30pm
- Free event!

Wednesday 6th July

Bristol and Avon Chinese Women’s Group Health Workshop on Falls Awareness

- Penfield Court, Mina Road, Bristol, BS2 9YE
- Wednesday 6 July
- 10am - 12.30pm
- Free event!
If you are able to spare an hour or two there are a number of other opportunities to meet with other carers to find out more about the support available to you. Why not try and come along?

**All Carers**
Lincombe Barn, Downend
4th Wednesday
2pm - 4pm
Sue Jaques 01454 868267
No need to book - just turn up.

**All Carers**
Mill House, Emersone Green
1st Thursday
2pm - 4pm
Sue Jaques 01454 868267
No need to book - just turn up.

**Mental Health**
Eden Grove Community Trust, Filton
1st Wednesday
6.30pm - 8.30pm
Sue Jaques 01454 868267
No need to book - just turn up.

**Dementia**
Filton Community Association, Filton
2nd Wednesday Afternoon
Contact Alzheimer’s Society
Debbie Whoolley 0117 961 0693

**All Carers**
Frome Valley Medical Centre, Frampton Cotterell
Last Thursday
1pm - 3pm
Sue Jaques 01454 868267
No need to book - just turn up.

**All Carers**
Hanham Folk Centre, Hanham
1st Tuesday
1.30pm - 3.30pm
Sue Jaques 01454 868267
No need to book - just turn up.

**All Carers**
Kingswood Library
2nd Tuesday
2pm - 4pm
Sue Jaques 01454 868267
No need to book - just turn up.
**Mental Health**
Rethink Resource Centre, Kingswood
2nd Monday
10.30am - 12.30pm
Denise Swain 01454 864323
No need to book - just turn up.

**Dementia**
Alzheimer’s Society Office, Kingswood
3rd Wednesday evening
Contact Alzheimer’s Society
Debbie Whoolley 0117 961 0693

**Dementia - someone in care**
The Park Centre, Kingswood
2nd Tuesday afternoon
Contact Alzheimer’s Society
Debbie Whoolley 0117 961 0693

**All Carers**
Patchway Town Council, Patchway
3rd Tuesday
1.30pm - 3.30pm
Sue Jaques 01454 868267
No need to book - just turn up.

**All Carers**
Emmaus Church Centre, Severn Beach
2nd Wednesday
1pm - 3pm
Sue Jaques 01454 868267
No need to book - just turn up.

**All Carers**
Staple Hill Library
2nd Monday
2.30pm - 4pm
Sue Jaques 01454 868267
No need to book - just turn up.

**ALL Carers**
Amberley Road Baptist Church, Stoke Lodge
4th Thursday
10.30am - 12 midday
Sue Jaques 01454 868267
No need to book - just turn up.

**All Carers**
Chantry, Thornbury
1st Friday
1pm - 3pm
Sue Jaques 01454 868267
No need to book - just turn up.
All Carers
Shelley’s Café, St Mary’s Road, Thornbury
4th Tuesday
10am - 11.30am
Sue Jaques 01454 868267
No need to book - just turn up.

Dementia
The Chantry, Thornbury
3rd Tuesday afternoon
Contact Alzheimer’s Society
Debbie Whoolley 0117 961 0693

All Carers
Yate Library, Yate
1st Tuesday
10am - 12 midday
Sue Jaques 01454 868267
No need to book - just turn up.

Mental Health
Yate Library, Yate
3rd Tuesday
2pm - 4pm
Denise Swain 01454 864323
No need to book - just turn up.

Dementia
Poole Court, Yate
2nd Monday Afternoon
Contact Alzheimer’s Society
Debbie Whoolley 0117 961 0693
Art Competition

Entries are invited for the first South Gloucestershire Celebrating Age Art Competition.

Entries are invited in any medium, the theme is **You’re never too old...**

A team of judges will select the best work and the winner will receive a prize.

- The competition is open to people aged 50 years or older
- Entries should be no larger that 3ft x 3ft (91.5 x91.5 cm)
- Work does not need to be framed but must have your name and contact details firmly attached
- Pieces should be sent or handed to your local library
- The closing date for entries is 31st May 2011
- Work may be donated to the Council or can be collected from Kingswood library

If you require further information please contact

Sue Jaques
01454 868267
Sue.jaques@southglos.gov.uk
Saturday
18th June

OPENING EVENT -
Come and have a day of fun!
The Park Centre, Kingswood
10am - 3pm
South Gloucestershire Council & partners
Free event!
Free tea and coffee.

Thornbury Craft Club Exhibition
Thornbury Library
10am - midday
Free event!

Talk & Demonstration from Artist Arnold Lowry
There will be a have a go session for new members on 11th July
Coniston Centre, Coniston Road, Patchway
7pm - 9pm
Roma Widger
Patchway Watercolourists
0117 924 1930 / 07896 078031
widger@blueyonder.co.uk
Free session for new members. Arnold’s picture will be raffled.

Sunday
19th June

Free beginners IT lessons
Hanham Library
9am - 5pm
01454 868006 to book a place

Free beginners IT lessons
Thornbury Library
10am - midday
01454 868006 to book a place

Golden Oldies Singing Session
Grace Court, Dial Lane, Downend
10.30am - 11.30am
Abby Rakes Golden Oldies
01761 470 006
abby@golden-oldies.org.uk
www.golden-oldies.org.uk
Free event!
Golden Oldies Singing Session
2pm - 3pm
Poplar Gardens, Alma Close, Kingswood
See p14

Tai Chi and Chin Kung
Christ the King School, Easton Hill Road, Thornbury
7pm - 8.30pm
Ben Milton Bristol School of Tai Chi
0117 949 3955 / 078115 66791
taichi@bristoltaichi.com
www.bristoltaichi.com
Free session for new members

Avon Valley Railway Heritage Trust
Volunteer Day for people interested in the restoration and preservation of locomotives and carriages
Bitton Station, Bath Road, Bitton
11am - 4pm
Bob Hitchings
Avon Valley Railway Heritage Trust
0117 932 5538
info@avonvalleyrailway.org
www.avonvalleyrailway.org
Free but booking essential

Taekwondo for the over 50s
Scout Hall next to St Michael’s Church, Two Mile Hill Road, Kingswood
7.45pm - 9.15 pm
Chris Davies
Bristol Taekwondo School
075333 21536
info@bristoltaekwondo.co.uk
Free session for new members
Banjo, Mandolin and Guitar Orchestra - Rehearsals
St Barnabas Church, Church Avenue, Warmley, Bristol BS30 5JJ
8pm - 10pm
Sandra Woodruff Bristol Fingers & Frets Banjo Mandolin and Guitar Orchestra
0117 967 2286
sandra.woodruff@virgin.net
Free session for new members

Alzheimer’s Society Sports and Social Club
For people with dementia and their carers. Attendees can play badminton, table tennis and learn Tai Chi. Bird box making also available on 20th June.
Bradley Stoke Sports Centre, Fiddlers Wood Lane
10am-2pm
Jonathan Stockwell Alzheimer’s Society Sports and Social Club
0117 960 7782 / 07544 764929
outreach@alzheimersbristol.org.uk
Free session for new members

Tuesday 21st June

Guided Walk around Frenchay
Within these Walls - a walk looking inside some of Frenchay’s places of worship. Meet 10am Quaker Meeting House, Beckspool Road, followed by walk across the common and lunch in a pub
Alan Freke Frenchay Museum
0117 957 0942
frenchaymuseum@hotmail.com
Free event!

Tai Chi and Chin Kung
Kelvin Players Hall, 253 Gloucester Road, Bishopston, Bristol
10.15am - 11.15am
See p15

Free beginners IT lessons
Bradley Stoke Library
10.30am - 3.30pm
01454 868006 to book a place

Free beginners IT lessons
Emersons Green Library
10.30am - 12.30pm
01454 868006 to book a place
**Social Drop In** - make and meet friends, play games, chat
52 Staple Hill Road, Fishponds, BS16 5BS
10.00am - 4.00pm
Eastolian Centre
Kala Skinner I am Me
0117 965 5508
Free session for new members

**Golden Oldies Singing Session**
2.30pm - 3.30pm
Kennedy House, Kennedy Way, Yate
See p14

**Free Ancestry Session**
find out how to use the family history website Ancestry
Hanham Library
2pm - 7pm
01454 868006

**Meeting of retired businessmen and professionals for fellowship and social activities**
10.00am
Chipping Sodbury Town Hall
Bob Keen Sodbury Probus Club
01454 881966
R2-keen@blueyonder.co.uk
Free session for new members

**Wildways guided walk**
Rodway Common.
Meet at the lay-by (opposite Mangotsfield secondary school). Wildlife theme. Gentle pace (one hill) wear comfortable shoes
10.00am – 12.00am
Sally Pattison
01454 863556
sally.pattison@southglos.gov.uk
Free event!

**Talk on Beekeeping**
Downend Library
7.30pm - 9.30pm
01454 868006
£2.50 members, £5 non members, (includes refreshments)
Tickets available from all libraries

**Wednesday 22nd June**

**Free beginners IT lessons**
Chipping Sodbury Library
2pm
01454 868006 to book a place
Celebrating Age Festival • 18 June 2011 – 1 July 2011

Mature Adult Keep Fit Class (50+)
The Sanctuary Church, 55 High Street, Staple Hill, BS16 5HD
10am - 11am (tea and coffee after)
Lauren Jones
The Sanctuary Church
0117 956 3300
info@thesanctuarynet.org
£2.00 per person

Social Drop In - make and meet friends, play games, chat
Eastolian Centre, 52 Staple Hill Road, Fishponds, BS16 5BS
10.00am - 4.00pm
Kala Skinner I am Me
01179 655 508
Free session for new members

Mavis Friendship Club
modern, sequence, line dancing, bingo, day trips and short holidays
Knorr Bremse Social Club, Wood Road, Kingswood
every Wednesday
8.30pm - 11pm
Pete House
0117 987 1619
Free session for new members

Avon Valley Railway Heritage Trust Open Day
for people interested in volunteering for the operations of the railway, such as booking office, ticket inspector, shop assistant, gardens.
Bitton Station, Bath Road, Bitton
11am - 4pm
Bob Hitchings
Avon Valley Railway Heritage Trust
0117 932 5538
info@avonvalleyrailway.org
www.avonvalleyrailway.org
Free but booking essential

Tai Chi and Chin Kung
Ridgewood Community Centre, Station Road, Yate
1pm - 2.30pm
See p15

Meet author Amelia Carr
Popular author of A Song at Sunset and A Woman of Secrets
Thornbury Library
7.30pm - 9.30pm
01454 868006
£2.50 members, £5 non members, (includes refreshments)
Tickets available from all libraries

CANCELLED
Strawberry Tea and Performance
Poet John Bilsborough
2pm - 5pm
Frenchay Quaker Meeting House, Beckspool Road
Helen Watts
Frenchay Quaker Meeting
0117 956 7337
frenchay@quaker.org.uk
Free event!

Thursday 23rd June

Tai Chi and Chin Kung
The Chantry, 52 Castle Street, Thornbury
10.30am - 12pm
See p15

Free beginners IT lessons
Yate Library
9.30am - 1pm
01454 868006 to book a place or just drop in

Free Wills Clinic
Filton Library
10am - midday
01454 868006 to book a place

Free beginners IT lessons
Filton Library
10am - midday
01454 868006 to book a place

Golden Oldies Singing Session
Sinclair House, Gloucester Road North, Filton
10.30am - 11.30 am
See p14

Lawn Green Bowls
Open Day for new bowlers, with coaching and refreshments
Bradley Stoke Bowls Club, Baileys Court Road, Bradley Stoke
2pm - 5pm
Dorothy Newman
0117 969 6918
Free event!

Tea, Cake and Activities
Christ the King Church, Brook Way, Bradley Stoke
2.00pm (tea from 3.00pm)
Shirley Robbins
Young at Heart 50 Plus Group
01454 774238
Free session for new members
Tea Dance
take your partners for some traditional dancing
Winterbourne Library
3.30pm - 5pm
01454 868006
£2.50 members, £5 non members

Coffee in the garden
Cadbury Heath Library
10am - 12 midday
01454 868006

Tai Chi and Chin Kung
Kelvin Players Hall, 253 Gloucester Road, Bishopston, Bristol
6.30pm - 8pm
See p15

Friendship Club - Healthy Living for Older People
Gentle exercise, fun and games including skittles, boccia and new age curling
Staple Hill Methodist Church, High Street, Staple Hill
10.00am - 11.30am
Brian Gardener / Julie Snelling
Brian 01454 862296
Julie 01454 868374
Free session for new members (£2 thereafter)

Friendship Club - Healthy Living for the more mature
Gentle exercise, fun and games, including toenail cutting
1.30pm - 3.00pm
The Haven (off Lees Hill Road), Kingswood
Brian Gardener / Diane Block
Kingsmeadow Community Flat
Brian 01454 862296
Diane 0117 909 8275
Free of charge, toenail cutting subsidised

Speech by Tina Dean on the Pensioners Parliament
Patchway Community Centre, Rodway Road, Patchway
2.00pm
Charles Horton
Patchway Senior Citizens Club
01454 856623
Free session for new members

Social Drop In - make and meet friends, play games, chat
Eastolian Centre, 52 Staple Hill Road, Fishponds, BS16 5BS
10.00am - 4.00pm
Kala Skinner I am Me
01179 655 508
Free session for new members
**Programme of Events**

**Celebrating Age Festival**
• 18 June 2011 – 1 July 2011

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### Showtime
a look at the people, places and shows of a century of musical comedy

- **Time:** 2pm
- **Location:** Castle Suite, Badminton Gardens, Downend, BS16 6FG
- **Contact:** Paul Foss, University of the 3rd Age, 0117 957 0045 or 07747 078766, paulfoss123@btinternet.com
- **Cost:** £50p

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### Free beginners IT lessons

**Friday 24th June**

- **Hanham Library**
  - **Time:** 9am - 5pm
  - **Contact:** 01454 868006 to book a place

- **Thornbury Library**
  - **Time:** 10am - midday
  - **Contact:** 01454 868006 to book a place

- **Cadbury Heath Library**
  - **Time:** 10am - midday
  - **Contact:** 01454 868006 to book a place

### Free Ancestry Session
find out how to use the family history website Ancestry

- **Thornbury Library**
  - **Time:** 10am - midday
  - **Contact:** 01454 868006 but just drop in

### Free beginners IT lessons

- **Avon Valley Railway Heritage Trust Volunteer Day**
  - **Time:** 11am - 4pm
  - **Location:** Bitton Station, Bath Road, Bitton
  - **Contact:** Bob Hitchings, Avon Valley Railway Heritage Trust, 0117 932 5538, info@avonvalleyrailway.org, www.avonvalleyrailway.org
  - **Cost:** Free but booking essential

### A Friday Amble
A sociable stroll for about two hours around Patchway and Lower Almondsbury. Surfaced paths, fields and some stiles. Bring sturdy footwear!

- **Meet at Aldi car park, Brook Way, Bradley Stoke, BS32 9DA**
  - **Time:** 9.30am
  - **Contact:** Jean Severnside Ramblers Group, 01454 419274
  - **Cost:** Free event!
Looking Back to Yesterday
an illustrated talk on life in and around Coalpit Heath and memories and materials session to collect additional information on mining in the area
Coalpit Heath Miners Institute
7.30pm
Steve Grudgings
South Glos Mines Research
07768 381502
steve.grudgings@btinternet.com
Free event!

Traditional English Social Dance
Marlwood School, Vattingstone Lane, Alveston
7.30pm - 9.30pm
Peter Sumner
The Marlwood Folk Companions
01454 414365
Peter.Sumner@btopenworld.com
Free session for new members

Free Wills Clinic
Bradley Stoke Library
10.30am - 12.30pm
01454 868006 to book a place

Saturday 25th June

Armed Forces Day
Page Park, Staple Hill
Free of Charge. Refreshments are available at a small charge

Free Ancestry Session
find out how to use the family history website Ancestry
Emersons Green Library
9.30am - 1pm, 2pm - 3pm
01454 868006 to book a place
also on Saturday 2nd July

Free Ancestry Session
find out how to use the family history website Ancestry
Kingswood Library
9.30am - 3.45pm
01454 868006 to book a place
Sunday
26th June

Conham and the Avon
A 7 mile walk in Avon Valley Woodlands. An easy paced, mainly flat walk with a stop for refreshments. Bring a packed lunch and stout footwear
Meet at Aldi car park, Brook Way, Bradley Stoke, BS32 9DA
9.30am
Heather Severnside Ramblers Group
01454 632134
Free event!

Monday
27th June

Free Wills Clinic
Thornbury Library
10am - midday
01454 868006, but just drop in

Free beginners IT lessons
Thornbury Library
10 am - midday
01454 868006 to book a place

Avon Valley Railway Heritage Trust, Volunteer Day
for people interested in the restoration and preservation of locomotives and carriages
Bitton Station, Bath Road, Bitton
11am - 4pm
Bob Hitchings
Avon Valley Railway Heritage Trust
0117 932 5538
info@avonvalleyrailway.org
www.avonvalleyrailway.org
Free but booking essential

Golden Oldies Singing Session
Grace Court, Dial Lane, Downend
10.30am - 11.30am
See p14

Golden Oldies Singing Session
Poplar Gardens, Alma Close, Kingswood
2pm - 3pm
See p14

Tai Chi and Chin Kung
10.30am - 11.30am
Winterbourne Community Association, Watleys End Road, Winterbourne, Bristol
See p15
Tai Chi and Chin Kung
Christ the King School, Easton Hill Road, Thornbury
7pm - 8.30pm
See p15

Taekwondo for the over 50s
7.45pm - 9.15pm
Scout Hall next to St Michael’s Church, Two Mile Hill Road, Kingswood
Chris Davies
Bristol Taekwondo School
075333 21536
info@bristoltaekwondo.co.uk
Free session for new members

Alzheimer’s Society Sports and Social Club
For people with dementia and their carers. Attendees can play Badminton, table tennis and learn Tai Chi
Bradley Stoke Sports Centre, Fiddlers Wood Lane
10am-2pm
Jonathan Stockwell Alzheimer’s Society Sports and Social Club
01179 607782 / 07544 764 929
outreach@alzheimersbristol.org.uk
Free session for new members

Banjo, Mandolin and Guitar Orchestra - Rehearsals
St Barnabas Church Hall, Church Avenue, Warmley, Bristol BS30 5JJ
8pm - 10pm
Sandra Woodruff Bristol Fingers & Frets Banjo Mandolin and Guitar Orchestra
0117 9672286
sandra.woodruff@virgin.net
Free session for new members

Tuesday 28th June

Social Drop In - make and meet friends, play games, chat
Eastolian Centre, 52 Staple Hill Road, Fishponds, BS16 5BS
10.00am - 4.00pm
Kala Skinner I am Me
0117 965 5508
Free session for new members

Golden Oldies Singing Session
Kennedy House, Kennedy Way, Yate
2.30pm - 3.30pm
See p14
Wednesday 29th June

**Talk on the History of Bristol Rovers Football Club**
with club historian Mike Jay
Yate Library
7.30 pm - 9.30 pm
01454 868006
£2.50 members, £5 non members, (includes refreshments)
Tickets available from all libraries

**Free Ancestry Session**
find out how to use the family history website Ancestry
Kingswood Library
9.30am - 3.45pm
01454 868006 to book a place

**Tai Chi and Chin Kung**
Kelvin Players Hall, 253 Gloucester Road, Bishopston, Bristol
10.15am - 11.15am
See p15
**Free beginners IT lessons**
Patchway Library
10am - midday
01454 868006 to book a place

**Mavis Friendship Club**
modern, sequence, line dancing, bingo, day trips and short holidays
Knorr Bremse Social Club, Wood Road, Kingswood
Every Wednesday 8.30pm - 11pm
Pete House
0117 987 1619
Free session for new members

**Social Drop In - make and meet friends, play games, chat**
Eastolian Centre, 52 Staple Hill Road, Fishponds, BS16 5BS
10.00am - 4.00pm
Kala Skinner I am Me
0117 965 5508
Free session for new members

**Discover the world of Francis Simpson and his motorcycle illustrations**
Kingswood Library
7.45pm - 8.45pm
01454 868006
£2.50 members, £5 non members, including refreshments
Avon Valley Railway Heritage Trust Open Day
for people interested in volunteering for the operations of the railway, such as booking office, ticket inspector, shop assistant, gardens
Bitton Station, Bath Road, Bitton
11am - 4pm
Bob Hitchings
Avon Valley Railway Heritage Trust
0117 932 5538
info@avonvalleyrailway.org
www.avonvalleyrailway.org
Free but booking essential

Opera in Downend
playing and discussing selections from La Cenerentola by Rossini
Castle Suite, Badminton Gardens, Downend
10am
Paul Foss University of the 3rd Age
0117 957 0045
paulfoss123@btinternet.com
50p

Golden Oldies Singing Session
Quaker Court, St John Street, Thornbury
10.30am - 11.30am
See p14

Older People Working Together
Come and have your say on services for older people in South Gloucestershire
Coniston Community Centre, Patchway
10am - 12pm
Sue Jaques
South Gloucestershire Council
01454 868267
sue.jaques@southglos.gov.uk
Free event!

Tai Chi and Chin Kung
Ridgewood Community Centre, Station Road, Yate
1pm - 2.30pm
See p15

Free beginners IT lessons
Chipping Sodbury Library
From 2pm
01454 868006 to book a place

Thursday 30th June

Free beginners IT lessons
Filton Library
10am - midday
01454 868006 to book a place
Free beginners IT lessons
Emersons Green Library
2pm - 4pm
01454 868006 to book a place

Free beginners IT lessons
Yate Library
9.30am - 1pm
01454 868006 to book a place or just drop in

Tai Chi and Chin Kung
Kelvin Players Hall, 253 Gloucester Road, Bishopston, Bristol
6.30pm - 8pm
See p15

Tai Chi and Chin Kung
The Chantry, 52 Castle Street, Thornbury
10.30am - 12pm
See p15

Meet author Amelia Carr
Popular author of A Song at Sunset and A Woman of Secrets
Emersons Green Library
7.30pm - 9.30 pm
01454 868006
£2.50 members, £5 non members, (includes refreshments)
Tickets available from all libraries

Strawberry Tea, presentations and demonstrations by the Handicraft Group and Mothers Union
United Church Longwell Green, Bath Road, Longwell Green (opposite the Shell Garage)
2.00pm
Alan Tarbard United Church Longwell Green
0117 961 3758
Free session for new members

Golden Oldies Singing Session
Sinclair House, Gloucester Road North, Filton
10.30am - 11.30am
See p14

Social Drop In - make and meet friends, play games, chat
Eastolian Centre, 52 Staple Hill Road, Fishponds, BS16 5BS
10.00am - 4.00pm
Kala Skinner I am Me
01179 655 508
Free session for new members

Free Wills Clinic
Cadbury Heath Library
10.30am - 12.30pm
01454 868006 to book a place
Celebrating Age Festival

18 June 2011 – 1 July 2011

Easy Orienteering at Warmley Forest Park
Please wear strong footwear and appropriate outdoor clothing
Meet at Warmley Forest Park Visitor Centre on London Road, opposite Midland Spinner pub
2pm - 4pm
Rowena Kenny Wildways
01454 863556
Booking not required but appreciated

Healthy Living for Older People
Gentle exercise, fun and games
Staple Hill Methodist Church, High Street, Staple Hill
10.00am - 11.30am
Brian Gardener / Julie Snelling
Staple Hill Friendship Club
Brian 01454 862296
Julie 01454 868374
Free session for new members (£2 thereafter)

Good Health Day Yate Library
Information and advice from the professionals, including road safety, eye screening for the over 70s, blood pressure checks
11am - 3pm
Fiona O’Driscoll
South Gloucestershire Council
01454 863632
Fiona.o’driscoll@southglos.gov.uk
www.southglos.gov.uk
Free event!

Yate Older People’s Pop Inn Café
please pop in for a cup of tea, cakes and sandwiches
Next to the Library in West Walk, Yate Shopping Centre
10am - 3.30pm
Roger Hawkins
01454 313202

Healthy Living for the more mature
Gentle exercise, fun and games including toenail cutting
The Haven (off Lees Hill Road), Kingswood
1.30pm - 3.00pm
Brian Gardener / Diane Block
Kingsmeadow Community Flat
Brian 01454 862296
Diane 0117 909 8275
Free of charge, toenail cutting subsidised
Friday 1st July

**CLOSING EVENT** -
Come and enjoy the fun!
The Folk Centre, Filton
11am - 3pm
Southern Brooks Community Partnership
Free event!

**Free beginners IT lessons**
Thornbury Library
10am - midday
01454 868006 to book a place

**Free beginners IT lessons**
Cadbury Heath Library
2pm - 4pm
01454 868006 to book a place

**Emersons Green WI**
Cycle Path walk followed by light lunch and speaker on Backpacking at 65
10.00am meet for the walk (WI Meeting begins at 2.00pm)
Village Hall
Hazel Hynam
0117 957 2839 / 07729 879878
mchsmhynam@blueyonder.co.uk
Free session for new members

**Traditional English Social Dance**
Marlwood School, Vattingstone Lane, Alveston
7.30pm - 9.30pm
Peter Sumner
The Marlwood Folk Companions
01454 414365
Peter.Sumner@btopenworld.com
Free session for new members

**Free Ancestry Session**
find out how to use the family history website Ancestry
Thornbury Library
10am - midday
01454 868006 but just drop in

**Avon Valley Railway Heritage Trust Open Day**
for people interested in volunteering for the operations of the railway, such as booking office, ticket inspector, shop assistant, gardens
Bitton Station, Bath Road, Bitton
11am - 4pm
Bob Hitchings
Avon Valley Railway Heritage Trust
0117 932 5538
info@avonvalleyrailway.org
www.avonvalleyrailway.org
Free but booking essential
Community Transport is available to help you get to events during the festival. You will need to be a member of your local community transport – if you aren’t a member just ring and ask for a membership form to be sent to you. Please book as far in advance as you can. Community Transport is free for Diamond Card Holders who are registered with their local Community Transport.

**Yate. Sodbury & District Community Transport**
- Available 7 days per week
  - Mon-Fri: 9am - 10.30pm
  - Sat: 9am - 5pm
  - Sun: 10am - 5pm
- Jenny / Karly
  - 01454 228706
  - yct@yate-ct.org.uk
  - www.yate-ct.org.uk
- Booking is required

**Kingswood Community Transport**
- Available Monday to Friday
  - Group hire available 7 days a week
  - 9am – 5pm
- 0117 961 6016
- Booking is required

**Four Towns and Vale Link Community Transport**
- Monday – Friday 9am – 9pm, Saturday and Sunday 9am – 5pm
- 01454 868529
- Booking is required

**Bristol Shopmobility**
- Manual wheelchairs, electric scooters and powerchairs available to access Bristol City Centre area.
- Long term hire is also available.
- Available 7 days a week
  - 10am - 4.30
- Diana Morgan
  - 0117 955 9083
  - admin@bristolshopmobility.co.uk
  - www.bristolshopmobility.co.uk
- Free of charge during festival.
- Booking is required.
Well Aware is a free, online information resource for everyone in Bristol, South Gloucestershire and Bath & North East Somerset.

Well Aware has a comprehensive database of health, wellbeing and community groups, organisations, activities and services.

Whether personal health services, a lunch club or social group, help round the home or in the garden, transport, advice, counselling or any other form of support – all you need to find it is just a few clicks or a phone call away.

The user-friendly website can also be searched for services for carers, support for particular disabilities, culturally specific services and more.

www.wellaware.org.uk

If you would rather contact Well Aware by phone or post, call (freephone)

0808 808 5252
John Lewis
Cribbs Causeway

thanks to John Lewis Cribbs Causeway