

AGEING WELL FESTIVAL 2017



SATURDAY 30TH SEPTEMBER
10AM-6PM

EVENT
GUIDE

1960'S THEME
ARTS & CRAFTS
MUSIC
DANCING
EXHIBITS
TALKS
AND
MORE!



FREE ENTRY



NATIONAL
LOTTERY FUNDED

LUPTON HOUSE, CHURSTON FERRERS NEAR BRIXHAM
(ON 12 BUS ROUTE) TQ5 0LD

THERE IS SO MUCH ON OFFER
AT THE 2017 AGEING WELL
FESTIVAL, FROM 60'S DANCE,
TO JEWELLERY MAKING,
TO LEGAL ADVICE. THERE IS
SOMETHING FOR EVERYONE...



WELCOME TO AGEING WELL FESTIVAL 2017!

The Ageing Well Festival is a free, yearly event that celebrates ageing and older people. Everyone is welcome!

We have committed to holding the event at a different location each year to reflect the geographical breadth of the Ageing Well Torbay programme. This year we will be celebrating at Lupton House, which is nestled amongst the beautiful green hills of Churston Ferrers, near to Brixham. You can get there by using the number 12 bus, your car, or if you need extra help we will come and pick you up from your house.

2017 marks our third year and is set to be our biggest event yet. This year the theme is the 1960's, so the Festival Steering Group, who are all older people from across Torbay, have planned an abundance of events. This includes 60's music, scooters, yoga, a ukulele taster session and workshop, jewellery making classes, various exercise classes, and dance classes where you can learn the dance moves from the decade. But that's not all - as you will discover over the following pages, there really is something for everyone at this years' event.

The Steering Group have taken on board feedback from the Symposium of Ideas, held in May, so have included an Advice Corner at the Lupton event, with free legal advice and information on Benefits and Entitlements. Two other activities, which were very popular at the Symposium; IT advice and How to search for your family history are also included.

Audrey Hepburn once said "Life is a party, dress for it" which is a mantra we have embraced for this years' event. If you wear a 1960's outfit you will be in with the chance of winning a prize!

We hope to see you there!

The Festival Planning Team

Ageing Well Festival Steering Group:

*Audrey Wilcox, June Pierce, Richard James, Carol Kendall,
Paul Field, Pamela Oatley, Dr. Marilyn Fryer, Joyce Mitchell,
Frank Wye*



GOOD TO KNOW

By attending the Ageing Well Festival, you have consented to having your photo taken/appearing on film, and have consented to your image being used on future promotional materials by Ageing Well Torbay.

TRAVELLING TO THE VENUE:

The address:

**Lupton House
Brixham Road
Churston Ferrers
TQ5 0LD**

FESTIVAL ADDRESS

BY BUS:

TAKE THE NUMBER 12

The number 12 bus route stops at the bottom of the drive for Lupton House. A regular free minibus service will be operating throughout the day to take people to and from the bus stop and festival.

BY CAR:

PARKING DIRECTIONS

Lupton House is situated between Paignton and Brixham. Free car parking will be available at the Steam Fair Field (signposted), with a regular free minibus service running from the car park to the festival. Disabled drivers unable to use a minibus may park at Lupton House but must reserve a space in advance by phoning the Ageing Well office on 01803 212638.

FREE MINIBUS TRANSPORT:

HELP TO ATTEND

If you require help to get to the Festival or Big Lunches contact the Ageing Well office on 01803 212638.

FOOD & DRINK

Festival attendees will be entitled to 3 free hot drinks and 1 piece of cake. There will also be hot food and other snacks available at the event, for a small fee. You are very welcome to bring your own picnic too.



CHRISTMAS CARD COMPETITION

As a part of this year's Ageing Well Festival, we are running an art competition, with a festive twist. The aim of the contest is to create artwork for the front of a Christmas Card, following the theme of "Christmas in Torbay."

- Theme: Christmas in Torbay
- Drawing or Painting
- Entrants to use Paper only: A4/A5 (framed work will not be accepted)
- Open to everyone over the age of eighteen
- The 1st, 2nd & 3rd winners will have their work reproduced and printed on quality cards and they will receive a pack of 10 cards each. These cards will also be used by Ageing Well as part of their publicity, including their printed Christmas cards for 2017.

Important: **please put your Name, address, and telephone number (email if available) on the back of the work.** Artwork can be dropped off or posted to The Artizan Gallery, Lucius Street, Torquay TQ2 5UW (please mark your envelope - Ageing Well Competition)

Work needs to be submitted by the 1st September 2017.

WHAT'S GOING ON AND WHERE TO FIND IT...



OUTSIDE

Activities will be held outside the house throughout the day. Watch the official launch, meet hippies at the hippy camp, see scooters from the 1960's. There will also be music from the decade played at various locations by Brixham's own Carnaby Set and Planet Uke.

10:15am

Official Launch

All day activities

1960's Torbay Mods

Dressing up chest

South Devon Players' Hippy Tent

11:30am - 12:00pm

The Carnaby Set

12:30pm - 1:00pm

Planet Uke

1:00pm - 1:30pm

The Carnaby Set

2:00pm-2:30pm

Planet Uke

2:30pm-3:00pm

The Carnaby Set

3:30pm - 4:00pm

Zoorobix - Childrens' activity class



AGEING WELL FESTIVAL 2016



MARQUEE

Inside the Marquee, there will be entertainment throughout the day, with a dance-floor and seating area. Come and share your special memories to add to our 1960's timeline display. The finale will be a 1960's dance party - a very special event not to be missed.

All day

Meet the new Ageing Well Delivery Partners
Add your memory to the 1960's timeline display
Seating area

11:00am - 11:30am

Sandy Sparkle sings the 60's

11:30am - 12:00pm

Performance by John Morgan's Ukulele Band

12:00pm - 12:30pm

Sandy Sparkle sings the 60's

1:00pm - 1:30pm

Sandy Sparkle sings the 60's

1:30pm - 2:00pm

1960s Dance class with Sylvia

2:00pm - 3:00pm

The Dukes rock duo

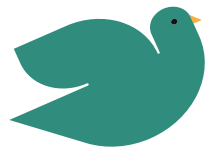
3:00pm - 3:30pm

60's Costume Competition & Flashmob

3:45pm - 5:30pm

1960's Dance party with Ann George





CHAPEL

Head to the beautiful Chapel, situated between the Coach House cafe and the main house for talks on subjects as diverse as the 1960's, the history of Lupton House, Scams and Frauds, as well as a spooky Ghost Talk from Dr. Kevin Dixon.

11:00am -12:00pm

1960's talk and quiz with Ian Handford,
Torbay Civic Society

12:00pm - 1:00pm

Fraud & Scam Awareness with Peter Hughes,
HomeInstead Senior Care

1:00pm - 2:00pm

60's Music talk with Tony Bramwell

2:00pm - 3:00pm

An Unnatural History of Torquay's Ghosts
with Dr. Kevin Dixon

3:00pm - 4:00pm

History of Lupton House by Charles Bevan

BALLROOM

Find out more about organisations and local groups from across Torbay and how you can get involved with them, in the Ballroom.

All day

Stalls and information

INFORMATION AND ADVICE
STALLS AT THE SYMPOSIUM OF
IDEAS 2017





COAL ROOM (GROUND FLOOR)

Exercise, music, jewellery making and Guided Meditation, the Coal Room has something for everyone throughout the day. Please note that some of the activities below will also be taking place in the Training Room (details on the next page)

11:00am - 11:30am

Free 'n' Easy gentle exercise class

11:30am - 12:00pm

Tai Chi

12:00pm - 1:00pm

Jewellery making workshop

1:00pm - 2:00pm

Chair based exercise

2:00pm - 3:00pm

Gentle Yoga

3:00pm - 4:00pm

Guided Meditation

4:00pm - 5:00pm

Comedy Workshop with Dr Maggie Irvine





TRAINING ROOM (FIRST FLOOR)

The Training Room is the place to go to indulge yourself - from yoga to Bollywood dance, or the opportunity to try the ukulele, come along and try.

11:00am - 12:00pm

12:00pm - 1:00pm

1:00pm - 2:00pm

2:30pm - 3:00pm

3:00pm - 4:00pm

4:00pm - 5:00pm

Fiji Dance class

Comedy Workshop with Dr. Maggie Irving

Ukulele Workshop/Taster session

Vigour-Ex, gentle exercise class

Bollywood dance class

Gentle Yoga

BOLLYWOOD DANCE 2015 FESTIVAL



UKULELE WORKSHOP, TORRE ABBEY 2016





THE BROWN ROOM (FIRST FLOOR)

11:00am - 4:00pm

Advice Corner
Benefits and Entitlements
Free Legal Advice
Discover your Family History
IT Advice

THE GREY ROOM (FIRST FLOOR)

11:00am - 1:00pm

Private space for 1:1 advice help

2:00pm - 2:30pm

Affordable Computing

2:30pm - 4:00pm

IT for Elders, problem solving workshop

THE PINK ROOM (FIRST FLOOR)

Learn a really fun dance routine, that is sure to make you smile!

12:00pm -12:30pm

Flashmob rehearsal

1:00pm - 1:30pm

Flashmob rehearsal

2:00pm - 2:30pm

Flashmob rehearsal



SUNDAY 1ST OCTOBER



BIG LUNCHES ACROSS TORBAY

On Sunday 1st October, a number of Big Lunches will be held in neighbourhoods across Brixham, Paignton and Torquay. There will also be a free after-party at Lupton House, with transport to and from the Big Lunch locations.

To book your place or to find out more about lunches near to you, contact the Ageing Well office on 01803 212638.

A full list of lunches will also be made available on the Ageing Well Festival website. www.ageingwellfestival.com

AFTER-PARTY LUPTON HOUSE



FREE EVENT



CAKE



DRINKS



FEATURING!



CHURSTON FERRERS NEAR BRIXHAM
1:30PM-6PM
SUNDAY 1ST OCTOBER



NATIONAL
LOTTERY FUNDED

FOR ENQUIRES/INFO, CALL 01803 212638
OR VISIT WWW.AGEINGWELLFESTIVAL.COM

TO DATE NEARLY 2000
PEOPLE HAVE JOINED US
TO CELEBRATE AGEING AND
OLDER PEOPLE THROUGH
EVENTS SUCH AS THE
ANNUAL AGEING WELL
FESTIVAL. COME ALONG AND
FIND OUT WHY!



TAKE PART IN THE FESTIVAL FLASHMOB!
REHEARSALS IN THE PINK ROOM.



YOU ARE INVITED...

TO BE INVOLVED WITH AGEING WELL TORBAY...

Thank you for coming along to our event today, we really hope that you had a good time!

Ageing Well Torbay is for anyone over the age of 50 who lives in the local area, including Brixham, Paignton, Torquay and surrounding areas.

If you feel lonely or isolated we can help to reconnect you with your local community and help you to meet new friends.

OR PERHAPS YOU WOULD LIKE TO HELP US MAKE TORBAY A BETTER PLACE FOR OLDER PEOPLE TO LIVE IN?

We need people just like you to sit on our decision making boards, to join the Older Peoples' Assembly and to plan the yearly Ageing Well Festival and Symposium.

We also need writers, photographers, artists and game setters to help us to create interesting newsletters and posters.

You can also share your skills and knowledge through your local neighbourhood Timebank or volunteer for one of our fantastic delivery partners.

Contact us on 01803 212638 for more information.

THE VENUE:



It is possible to reach the festival at Lupton House by the number 12 bus, by car or if you require extra assistance, a free minibus/car service to and from your house. More details can be found inside the brochure on pages 4 & 5.

BE A VOLUNTEER!

AGEING WELL FESTIVAL NEEDS VOLUNTEERS TO HELP!

Roles include:

Festival stewards

Writers to cover the day

Photographers

Film makers

Event staff

Get in touch using the details below if you would like to be involved.

FIND OUT MORE ABOUT THE FESTIVAL AND THE AGEING WELL TORBAY PROGRAMME:

PHONE: 01803 212638

EMAIL: ageingwell@torbaycdt.org.uk

www.ageingwellfestival.com

or for the Ageing Well Torbay project:

www.ageingwelltorbay.com

