



Silver Sunday – 7th October

If there's a secret to being healthy and happy in later life, at Brightlife we believe that staying active, connected, learning new skills and being able to share your life experiences is a major factor.

On its simplest level it's about feeling part of something bigger than you. And that's why Brightlife has created a packed programme of free activities, workshops, craft events, performances, games

and creative opportunities to celebrate Silver Sunday as part of Age UK Cheshire's Love Later Life festival taking place at Storyhouse in Chester this October.

Activities include:

- Improv Gym for over 50s
- Pop-up Beach Hut activities
- Memory Box Making
- Mindful Crafts
- Virtual Reality Experience
- Reminiscence Workshop
- Jewellery Making and Watercolours

- 10 Minute Volunteers' Tales
- Gameshow Get Together
- Brightlights Theatre Company showcase and workshop
- Silver Singers

Everyone is welcome on the day and members of the Brightlife team will be at the front door to greet anyone who might be feeling a bit nervous about taking part.

See the full programme on the Brightlife website at www.brightlifecheshire.org.uk

Love Later Life Festival at Storyhouse

1st October

(National Older People's Day)

Join us for an Open Mic Poetry event (in the Garret Theatre 10.30am).

2nd October

(Love Later Life Day)

Age UK Cheshire will be hosting a wide range of talks, workshops and information events from Creative Arts and

Laughing Yoga to Mindfulness and Life Coaching.

4th October

(National Poetry Day)

Poems from budding poets across the borough will be showcased in exhibition.

7th October (Silver Sunday)

Performances, games, crafts and storytelling from some of Brightlife's commissioned services.



Vintage Pride at Chester Pride

This year Brightlife joined forces with Age UK Cheshire, Silver Rainbows and Body Positive to host our very own 'Vintage Pride' marquee at Chester Pride, creating an Age Friendly haven amidst the noise and bustle of the day where people could come to sit down, have a chat and enjoy free drinks, cakes and sweets in our Retro Café.

The (Brightlife funded) Proud Mary's Choir walked with us in the parade before their incredible debut performance on the Main Stage later that afternoon.

For more information about the Silver Rainbows Social Group or Proud Mary's Choir call Body Positive on 01270 653150.



Age-Friendly Cheshire

Cheshire West and Chester is taking steps to become a better place to grow older, having joined a worldwide network of communities committed to becoming better places for people of all ages to grow older.

The World Health Organization has confirmed Cheshire West and Chester borough as a member of the WHO Global Network for Age-Friendly Cities and Communities. The network promotes age-friendliness around the world and has 600 members across 38 countries worldwide, representing over 190 million people.

Cheshire West and Chester has also been welcomed as a member of the UK Network of Age-friendly communities,

a network committed to promoting healthy and active ageing and creating great places to live across the UK. In Cheshire West and Chester, the number of over 65s will increase by 46% to more than 100,000 by 2035. The number of people aged over 85 will more than double, to almost 20,000. Many people are living with complex health conditions and there are 1.2 million chronically lonely older people in the UK. We want to ensure living longer is matched

by living more fulfilling lives by ensuring that people stay connected to the community.

To play your part in making your local community and the borough a great place to grow older and become part of the 'Age-Friendly West Cheshire Network' get in touch at: InclusiveCommunities@cheshirewestandchester.gov.uk

Listening Ear Services



Listening Ear provides a range of therapeutic services to support adults who are experiencing mild to moderate mental health issues. They have recently been commissioned by Brightlife to deliver two ambitious new services for older people; Men's Health Counselling Service and Friendship After Bereavement.

Men's Health is a Counselling service for men aged 50 and over in the Cheshire West and Chester area, presenting with social isolation due to 'major life changes' in later life. Listening Ear recognise social connectedness as a major factor in maintaining long-term positive mental health and resilience, and therefore are providing this service to help reduce social isolation amongst men.

Friendship After Bereavement (FAB) is a post-bereavement service for men and women

over 50 in the Cheshire West and Chester area. The service initially offers 6 weekly one-to-one listening sessions with trained volunteers. This group offers a safe and confidential space to explore issues such as the physical and emotional effects of bereavement. Group members meet for lunch, organise trips and generally start to enjoy life again.

Website: listening-ear.co.uk



Not Ready Yet!

Activities aimed at people who suddenly find themselves looking at the prospect of early retirement.

- Friday 50+ Social – Whitby Park Community Cafe, Ellesmere Port. 10am – 12pm on the 1st and 3rd Friday of the month.
- Woodworking Group – Rivacre Valley, Ellesmere Port. Meet outside Rangers office at 1pm every Thursday.

Contact: 0151 357 3873



Chatter Chairs

Chatter Chairs is a new chair-based exercise project coming to Vicars Cross and Hoole.

- Vicars Cross Community Centre, Vicars Cross - Thursdays 1pm and 2pm (£3).
- All Saints Church Centre, Hoole - Fridays 1pm and 2pm (£3).

Contact: Emma Fisher on 07966 874821



Create for Nature

The workshop near Malpas has volunteers who are handcrafting wonderful furniture from recycled timber. As well as being great fun it's also a fantastic opportunity for all ages to enjoy a warm and sociable atmosphere surrounded by the natural beauty of Bickley Hall Farm. It's great fun and a fantastic way of making new friends.

Contact: Sam Salisbury on 01948 820728 or e-mail createfornature@cheshirewt.org.uk

Tough Mudder

Well done to Team Tough Mudder (Age UK Cheshire & Brightlife) who raised over £1800 for Age UK Cheshire. Despite the pouring rain Rosie, Eleanor, Cath, Mandy, Georgina, Lisa and Tracy managed to fight their way through the mud and obstacles at Cholmondeley Castle.

An amazing achievement which they all thoroughly enjoyed, they are now looking forward to next year's 10 mile Tough Mudder challenge!



Social Prescribing

Our Social Prescribing team host regular, friendly and social drop ins.

HANDBRIDGE St Mary Without-the-Walls, Overleigh Road CH4 7HL. 2nd and 4th Tues of every month 10am-12pm
Contact: Sue Downham 07715 658431

LACHE Community Centre (The Venue), Hawthorn Road CH4 8HX. 3rd Tuesday of every month 1.30-3.30pm

Contact: Katherine Hussey 07736 168342

VICARS CROSS Centurion Pub, 1 Oldfield Drive CH3 5LN. 1st and 3rd Tuesday of every month 2-4pm
Contact: Sue Downham 07715 658431

WINSFORD Chatterbox Community Café at New Images Youth Centre, Nixon Drive CW7 2HG. Tuesdays 10.30am-12.30pm
Contact: Jackie Brown 07736 168348



"Sometimes the best medicine is just a good laugh in friendly company"

This newsletter is also available in large print. Call 01606 884444 to request a copy.



@lovebrightlife

Brightlife



/BrightlifeCheshire

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Brightlife is a partnership led by Age UK Cheshire
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