

STORYHOUSE

The Great Get Together

17 - 23 June 2019



A free
festival
programmed
by and for
the community

ALL EVENTS ARE FREE!

Except cinema screenings.

The Great Get Together

...is a national initiative inspired by Jo Cox's belief that: "We have far more in common than that which divides us" and aims to raise awareness about how communities can work together to help end loneliness.

Co-curated with Brightlife; part of The National Lottery Community Fund's Ageing Better programme working to reduce social isolation in people aged over 50.



Part of Storyhouse's Celebrating Age Programme.

All events are free and are either drop-in or require advance booking, check events for details.

Book Tickets:

-Online at: storyhouse.com

-By phone: 01244 409 113
(subject to a £2.50 booking fee)

-In person at: Storyhouse

Monday 17 June

TAKE PART

Mindfulness for over 50s

Rewire your brain for a mindful life. With help from expert Angie Fitton, learn about the nature of your mind and how it has led us to the choices which govern our lives today. You will learn the tools to overcome stress, anxiety and negative feelings. This is week one of a weekly meet up (a free taster session usually £5).

Meeting Room

Drop-in | 11am-1pm

Wednesday 19 June

MUSIC

Con Fuoco

A seven-piece wind ensemble who play a variety of music - light classical, arrangements of popular music, show tunes and jazz.

The Kitchen

Drop-in | 7pm-7.45pm

Thursday 20 June

Market Place

The Kitchen

11am-3pm

Come and find out about a range of organisations!



Bright Memories and Cheshire and Warrington Carers Trust

Dementia and Carers Service, Cheshire and Warrington Carers Trust, Age UK Cheshire and Alzheimer's Society are working together to reduce social isolation amongst people over 50 with dementia, and their carers.

cheshireandwarringtoncarers.org

The Welding Academy

Fab Weld 50+ Welding and fabrication recreational courses, the 6 week course covers basic welding and fabrication techniques. No experience is required.

theweldingacademy.com

Create for Nature

Cheshire Wildlife Trust's innovative Create for Nature project aims to benefit nature and people.

createfornature.com



Men in Sheds

Men in Sheds is a service run by Age UK Cheshire. The sheds are places where men over 50 can come together to learn and share their skills, socialise and make new friends.

ageuk.org.uk

Community Compass

Community Compass offer creative new ways for older people to stay social, get active and have fun.

community-compass.org

Office of the Police and Crime Commissioner

The Office of the Police and Crime Commissioner support David Keane, the elected Police and Crime Commissioner for Cheshire in his role to scrutinise the actions of Cheshire Constabulary, support victims, prevent crime and anti-social behaviour and improve the Criminal Justice System in Cheshire. The office is committed to delivering an open and transparent service to the people of Cheshire West and Chester, Cheshire East, Halton and Warrington.

cheshire-pcc.gov.uk

Thursday 20 June

TAKE PART Chatter and Natter

A space for people to talk whether it's for five minutes whilst you have a brew, or for an hour of good conversation. We're trying to build friendships to combat loneliness and to (maybe) have an impact on someone's day. This is a drop-in event which takes place every Thursday at Storyhouse.

The Kitchen
10am-12pm



MUSIC Jazz Band & Choir

The fabulous Jazz Band from Chester Blue Coat CE Primary school will play a section of jazz, blues and pop favourites plus a bonus performance from the school choir.

The Kitchen
11am



TAKE PART Human Library

A Human Book is a person who has volunteered to challenge prejudice through respectful conversation with members of the public, who 'borrow' them from the Human Library. The Book will have a title that relates to their experience of prejudice or discrimination.

Drop in and choose a 'book', and then chat with that person about their label, ask questions, learn and discover the human being behind the label. Each Reader can borrow a book for up to 20 minutes, no library card required. Book titles could include Queer, Disabled and Borderline Personality Disorder.

Check back online for the full list of book titles.

The Kitchen
Drop-in
11am-2pm & 4pm-7pm

PERFORMANCE Voices of Hope

A story of social justice, freedom and hope. Touching on aspects of the world refugee crisis and what it feels like to move schools and make new friends. Students at participating schools have been exploring the theme: No Outsiders. The show is the story of their discoveries. Set to be a joyous performance involving song, poetry and drama.

Performed by: students from The Oaks Primary School.
Directed by: Jenna McCaffery and Liz Tudor.
Music by: Matt Baker.

Storyhouse Theatre
11.30am (20 mins)
(Doors open at 11.15am)
Booking recommended

TAKE PART The Great Get Together Shared Lunch

Everyone welcome! Come and join in to help make Chester city centre's biggest shared lunch! Bring your own dishes or check out the menu at The Kitchen – Storyhouse's restaurant.

The Kitchen
Drop-in | 12pm-1pm



CINEMA Stan & Ollie

Dementia Friendly Screening
Thursday 20 June

£4 | 2pm
Carers go free.
Ticket will include a complimentary cup of tea or coffee.

Set in 1953, with their immense celebrity on the wane – Stan Laurel and Oliver Hardy embark on a tour of UK music halls. Coogan and Reilly are brilliant in the roles – capturing the physical comedy and mannerisms of this best loved double act. This screening will be presented in a relaxed environment. The lights will be left on low, the sound will be turned down a little, and customers are free to move around and leave the screen if they want to.

Released: 2018 | Duration: 97 mins
Directed by: Jon S Baird
Starring: Steve Coogan, John C Reilly, Nina Arianda, Shirley Henderson, Danny Huston

For the cinema or events which state booking recommended or essential.

Book Tickets:

- Online at: storyhouse.com
- By phone: 01244 409 113 (subject to a £2.50 booking fee)
- In person at: Storyhouse

PERFORMANCE Queens Young Voices

The Queens Lower School will sing some of their favourites during lunch time.

The Kitchen
12pm-12.30pm
1pm-2pm

PERFORMANCE Rock Choir

Rock Choir is a pioneering contemporary choir, with over 20,000, members enjoying it across the UK. Led by Kathryn Davies the choir will be singing a selection of pop and rock songs from the 70s through to today's hits!

The Kitchen
1pm-2pm

PERFORMANCE Choir with No Name

A new choir set up by charity For Futures and Choir with No Name: a national network of choirs for people who've experienced homelessness.

The Kitchen
4pm

TAKE PART Chester Writers

A friendly and inclusive group with diverse members ranging from those planning their first story, to published authors. Open to any genre, prose or poetry.

Meeting room
7.45pm



PERFORMANCE

Rituals

What rituals do you perform every day? Does this help you to overcome or connect with yourself and others?

This powerful piece of dance theatre, performed by FADT Community Recovery group, is based on each of the dancer's experiences of the rituals that they use to support their well-being and recovery.

FADT is company-in-residence at Storyhouse and other Chester based charities working across the North West. FADT exist to support people in recovery from drug and alcohol addiction; through dance, performance and creativity people transform their lives whilst sharing the recovery journey with the wider public.

PANEL DISCUSSION

Getting Together in Performing Arts

Dance, singing, drama what are the reasons people take part and how do they benefit from these activities?

In the spirit of The Great Get Together members of Fallen Angels Dance Theatre's recovery group and other local groups discuss and explore how being part in a performing arts community has improved their lives.

Chaired by: Claire Morris
Fallen Angels Dance Theatre
Charity Manager

Storyhouse Theatre
Performance: 2pm (15 mins)
followed by:
Discussion: 2.20pm (20 mins)
(Doors open at 1.45am)
Booking Recommended

**Friday
21 June**



TAKE PART
Digital Buddies

A weekly volunteer led community that supports over 50s with all things digital including online shopping, banking, skypeing or simply using a mobile phone.

Meeting Room
Drop-in | 10am-12pm

TAKE PART
Computer: Red Herring Game

A lively start to the day with an hour of fun games that will introduce participants to the world of computers. Led by Digital Buddies.

No experience of computing needed to play as the Digital Buddies are on hand to help.

The Kitchen
10am-11am



CINEMA
**Great Get Together
Shorts**
Friday 21 June

A collection of short films made by members of the community.

Get in touch if you have a film you would like to submit.

11 am
Booking recommended

TAKE PART
Skyping across the globe!

Learn how to stay in touch with your friends and family by using free online video phone calls. Students from the China Centre and University of Chester will 'call' someone they know in China using Skype; and have a chat with them – find out about their life in the far east and maybe volunteer to answer some questions the group in China have for you too!

Garret Theatre
11am-12pm
Booking Recommended

TAKE PART
Arts and Crafts

Come along for a morning of button crafts, including making a fruity button embroidery napkin, canvases or greetings cards.

Led by For Futures Syrian Ladies Community.

The Kitchen
Drop-in | 11am-12pm



TAKE PART
**Women's Makers
Mindful Crafts**

Heal Earth will be sharing some art and crafts techniques and skills with a mindful approach allowing people to slow down, relax and develop their own creativity.

The Kitchen
Drop-in | 12pm-1pm

For the cinema or events which state booking recommended or essential.

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-In person at: Storyhouse



TAKE PART Shared Reading

By bringing people together to read great literature aloud, The Reader charity are improving well-being, reducing social isolation and building stronger communities across the UK and beyond.

Come and enjoy a Shared Reading session and explore opportunities to join a group or become a volunteer.

Storytelling Room
12pm & 2pm & 4pm
Booking recommended

For the cinema or events which state booking recommended or essential.

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TAKE PART Gather Together Project taster session: turning your memories into art.

Run by Haylo Theatre this workshop is all about encouraging people to share their experiences, stories and memories, through a variety of creative ways - such as painting, music, photography and poetry. This workshop will provide a creative and entertaining way for participants to share stories, treasured memories and hear other peoples experiences. Through theatrical techniques and reminiscence activities you will be able to create a short story based on your personal experience.

Garret Theatre
12.30pm-1.30pm
Booking Recommended

TAKE PART Music Quiz

Join Louise from Storyhouse's award-winning library, for a fun music quiz which will take you through from the 50s, 60s, 70s and 80s.

The Kitchen
1pm-2pm



PERFORMANCE City of the Two Faced God

A short story of an imaginary city called Bleak Knoll. Inspired by real people.

Devised and performed by Parados – a weekly community group of older people who share a love of monologue and poetry writing.

Storyhouse Theatre
1pm
Booking Recommended

WORKSHOP Pyrography Taster Session

Meet the team from Create for Nature and have a go at pyrography – the art of mark making and writing on wood using a burning tool.

The Kitchen
Drop-in | 1pm-2pm



TAKE PART Record Store Pop Up

Join Richard owner of the vinyl record shop in Chester market, who will be in The Kitchen with one of his many record players and a big pile of vinyls. If you love music come and have a chat with him and feel free to bring your own and see how they sound in Storyhouse.

The Kitchen
Drop-in | 1pm-3pm



TAKE PART Dementia Friendly Clay Workshop

Design and make a clay butterfly!

Cheshire West and Chester is becoming an age friendly borough and to commemorate the achievement Bright Memories are working with people across the borough to create a large-scale artwork made up of butterflies.

Bright Memories are a Brightlife Funded, unique partnership between Cheshire and Warrington Carers Trust, Age UK Cheshire and Alzheimer's Society working to help improve the lives of people living with dementia and their carers'.

The Kitchen
Drop-in | 2pm-4pm



TAKE PART How to make a Knitted Cannula Sleeve

Join Sharon Holdstock and Angie Harding, founders of Handmade for Dementia - Trailblaze winner of the Dementia Friendly Awards 2018, is on a mission to recruit more people who want to learn how to knit a Twiddle mitt or Dementia Cannula Sleeve.

5325 dementia cannula sleeves have been made and donated to 66 hospitals by knitters living across the UK since January 2018, but there is room for more! Wool and needles can be provided but feel free to bring your own!

No long term commitment required, just come and have a go!

The Kitchen
Drop-in | 2pm-4pm

WORKSHOP**Silver Swans Dance Workshop**

Silver Swans is a specially designed ballet class for older people, licensed by the Royal Academy of Dance. Darcey Bussell featured it on BBC 2's *Dancing to Happiness*.

No experience needed, just come and have a go and discover dance again or for the very first time!

Garret Theatre

2.30pm-3.30pm

Booking Recommended

WORKSHOP**Brightlights**

Little Actors Theatre Company offers an over 50s theatre group called Brightlights based in Neston.

Come and join in with a fun, informal workshop exploring drama games, skills, techniques and stage craft. The workshop will be run by a professional actor from Little Actors Theatre.

Storyhouse Theatre

2.30pm-3.30pm

Booking Recommended

TAKE PART**Relish**

Read aloud a short story and talk about how it makes you feel and what it made you think about.

The group hear stories from every period of history and every corner of the globe.

Meeting Room

2pm-3.30pm

TAKE PART**Friday Uplift**

A peer led confidence, health and well-being group who meet to share problems, generate solutions and learn how to cope well and thrive in a complicated and stressful world.

The group is facilitated by David Yardley, a community learning tutor and mentor Colette Jones.

Friday Uplift group is open to all. Free to drop-in to see if it's for you.

Meeting Room

3.30pm-5.30pm

TAKE PART**Malarkey Ukulele**

A fun group of Ukulele players, together with members of Chester U3A, playing a collection of favourite sing a-long tunes.

The Kitchen

4pm-4.45pm

PERFORMANCE**Caldy Valley Voices**

Dozens of voices join to sing some heartwarming hits.

The Kitchen

5pm

**TAKE PART****Soul-Revolver: Acoustic**

Acoustic guitar trio will perform a broad repertoire of covers, from Amy Winehouse to Elvis Presley. This is a family friendly gig for children, parents, grandparents, neighbours and friends to enjoy!

The Kitchen

Drop-in | 7pm-8.30pm

Saturday 22 June**TAKE PART****Lego: Building the City**

As part of the Chester Heritage Festival, the Cheshire Society of Architects will be on hand to help budding young architects and designers to develop their ideas for the Northgate development using Lego.

The Kitchen

10am & 11am & 12pm

Booking Essential

PERFORMANCE**Fusion Choir**

Storyhouse regulars are back in The Kitchen bringing their cheery songs for everyone's pleasure.

The Kitchen

11am

**PERFORMANCE****Tai Chi**

A fascinating performance reflecting how Tai Chi culture can be used within communities to break the cycles of loneliness.

The Kitchen

12pm

TAKE PART**DIY: Make a Newspaper Pot**

Making your own paper pots is not only eco-friendly, but will save you money too. Ideal for half-hardy annuals like cosmos, zinnias and antirrhinum, the newspaper pots are completely biodegradable. When the plants are ready to go outdoors, the whole pot can be planted into the soil.

Ran by The Conservation Volunteers

For more info visit tcv.org.uk

The Den

Drop-in | 1pm-2pm

**PERFORMANCE****Venus Voices**

Established in 2017, Venus Voices is a 30-strong choir which sings material re-arranged by pianist and Music Director, Andy Rumble, who has had an accomplished 20-year career writing music for television and theatre. This gives the choir a distinctive sound.

The choir meet every Wednesday evening at All Saint's Church in Hoole. Open to new members, for more information visit venusvoices.com.

The Kitchen

2pm

For the cinema or events which state booking recommended or essential.

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-By phone: 01244 409 113
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TAKE PART**Throwback through the decades!**

A collection of events celebrating the 20th Century!

If you are a member of an existing community who would like to contribute to an event, please get in touch by Monday 3 June.

Anything goes from a Mr Motivator style aerobicathon to a 1940s tea dance to a 1920's speak -easy bar so get in touch if you want to contribute to the celebration!

The Kitchen
2pm-4pm

**PERFORMANCE**
Rewind

Blacon's Young People's Theatre Company sings *The Blacon Mystery Express* - after half a century of no trains, a mystery train arrives at Blacon Station, in the hope to end the feud between two gangs.

The Kitchen
2.30pm & 3.30pm

PERFORMANCE
Proud Marys

Chester's LGBT Choir thrill audiences with their own unique arrangements of popular classics - from Madonna and Lady Gaga to Queen and Frank Sinatra.

The Kitchen
3pm

PERFORMANCE
Jigsaw

Young People's Theatre company sing their own version of the bestselling rhyming children's picture book, by John Vernon Lord and Janet Burroway: *The Giant Jam Sandwich*

The Kitchen
3.50pm & 4.30pm

PERFORMANCE
St Thomas' Church Choir

Singing some of their favourite anthems.

The Kitchen
4.20pm

**MUSIC****Summer Serenade:
Manchester Camerata Wind Soloists
with RNCM Maestros of Tomorrow**

A rare opportunity to watch a rehearsal of some of the UK's finest musicians prepare for an evening concert at Storyhouse!

The Camerata's wind soloists are joined by Maestros of Tomorrow – exciting young conducting talent from the Royal Northern College of Music – to present a programme packed with Mozart's melodies and lyrical laments.

Tickets for the 8pm performance on Sunday 23 June start at £5

The Kitchen
Drop-in and catch them during the day between 2pm-5pm Approx.

For the cinema or events which state booking recommended or essential.

Book Tickets:

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-By phone: 01244 409 113
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CINEMA
Amazing Grace
 Saturday 22 June
 £6

In 1971, Aretha Franklin, the undisputed Queen of Soul, brought producer Jerry Wexler, her backup singers, and the legendary Atlantic Records rhythm section to The New Temple Missionary Baptist Church in Los Angeles to record an album of gospel music before an enthusiastic live audience. The result, *Amazing Grace*, went on to become one of the biggest albums of Aretha Franklin's career and one of her most beloved works.

Released: 1971 | Duration: 88 mins
 Directed by: Alan Elliott and Sydney Pollack
 Starring: Aretha Franklin, Reverend James Cleveland



CINEMA
UP
 Saturday 22 June
 Sunday 23 June
 £4
 A special family screening as part of The Great Get Together - over 60s accompanying a child under 16 go free!

Carl Fredricksen, a 78-year-old balloon salesman, is about to fulfil a lifelong dream. Tying thousands of balloons to his house, he flies away to the South American wilderness. But curmudgeonly Carl's worst nightmare comes true when he discovers a little boy named Russell is a stowaway aboard.

Released: 2009 | Duration: 102 mins
 Directed by: Pete Docter
 Starring: Christopher Plummer, Edward Asner, Paul Eiding, John Ratzenberger



CINEMA
Refugee Week: Britain On Film
Welcome To Britain
 Sunday 23 June
 £6 | 3.15pm

In a time of constant debates around immigration both nationally and internationally, the archive film programme Britain on Film: Welcome to Britain looks back to chart a century of arrivals to the UK.

Featuring the voices of different generations of British immigrants, these incredibly valuable archive films let you witness early multi-culturalism in London and Manchester, the traditions of immigrant communities, and the stories of second-generation immigrants amid racism and rioting in the '70s and '80s. See Basque families fleeing the Spanish Civil War arrive in Southampton; Vietnamese children find sanctuary in Birmingham; a Jewish family escape the pogroms of pre-war Romania for a Derby suburb.

Released: 2019 | Duration: 90mins
 Directed by: Various

More FREE events happening in Chester as part of

The Great Get Together

In the Park!

3 days of events including:

Friday
21 June

An evening of stories, songs and poetry performed by members of the community.

Saturday
22 June

Picnic in the Park with local voluntary organisations and entertainment.

Sunday
23 June

Try It Day with various participatory sports and activity groups led by Active Cheshire.

Hosted by: Chester Humanist Society
Grosvenor Park
 See chester.humanist.org.uk for more details

Getting to Storyhouse

Storyhouse is located in Chester city centre, on the same street as the Town Hall. It is a 5 minute walk from the bus station and 20 minutes from the train station.

The nearest parking is Market Car Park on Princess Street, which has 8 disabled spaces – 200 metres from nearest exit. There is free on street parking/car park for blue badge holders on Hamilton Place and Goss Street (4 hours max) – c.300 metres away. The best place for drop-off is Northgate Street - 20 metres away.

All areas of Storyhouse are wheelchair accessible, and there is a Changing Places toilet. A portable hearing loop system and fitted infra-red hearing loop system are available throughout Storyhouse.

book now at storyhouse.com
@StoryhouseLive



Storyhouse, Hunter Street, Chester, CH1 2AR
01244 409 113

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DEVELOPMENT



Gifford Lea
Inspired in Cheshire