AGEING WELL FESTIVAL 2019

EVENT GUIDE

Saturday 19th October, 10am-5pm
Riviera International Conference Centre,
Chestnut Avenue, Torquay, Devon, TQ2 5LZ

Love
Live
Laugh
Learn

Phone: 01803 212638
Email: ageingwell@torbaycdt.org.uk
Website: www.ageingwelltorbay.com/awf19
Ageing Well Torbay is in the fifth year of a six-year long project, funded by the National Lottery Community Fund, which aims to reconnect communities and reduce loneliness & social isolation among over 50-year-olds across Torbay.

Older people have told us that they are isolated and lonely due to retirement, bereavement, low income, poor health and mobility, lack of transport, and fear of leaving their homes. From work carried out with our partners over the last few years, we know that there are isolated older people in every neighbourhood of Torbay.

Did you know?
• Approximately 45% of Torbay’s population will be over the age of 50 by 2020
• More than 6,000 residents are isolated
• The majority of Torbay people that we asked have a negative view of ageing
• Over 50’s want and deserve to be treated with respect and yet many feel less valued because of their age

What are we doing to change that? Our aims are to:
• Celebrate the skills, stories and knowledge of people over the age of 50
• Enable older people to feel their lives have value and purpose
• Involve you, your neighbours, friends and family to make Torbay a positive place, where everyone feels included
• Reconnect people with their friends and communities
• Improve people’s health and wellbeing in our communities
• Give voice to older people through the Torbay Over 50’s Assembly (TOFA)
• Establish Torbay as an Age-friendly community

What are we finding out?
• Across the programme we have worked with 2,205 isolated older people in our first four years
• People have reported feeling 46% less lonely
• GP visits were almost halved from an average of 6.8 visits a year down to 3.5
• 59% of people report improvements in mental wellbeing from entry to follow-up
• People’s ability to use their expertise to benefit their community is up by 33%

Content of programme correct at time of printing, may be subject to change due to schedule changes/cancellations etc.
Welcome to the Ageing Well Festival 2019 delivered by a hard-working group of over 50-year-olds for over 50-year-olds.

Once again we have a fantastic line up of dance, music, talks, pampering and fashion, exercise and relaxation all tailored with you in mind.

This is our fifth festival – each has been bigger and more ambitious than the last – and we are hoping that this year we have built on all that we have learned to make this the most successful yet.

Having enjoyed today if you think we have missed something or there is something you want to see at what could well be our last festival next year then please do give us your feedback. Even better, why not join our hardworking committee who will start on the 2020 programme within weeks of the doors closing on this extravaganza.

But for now, take a moment to plan using this guide and the detailed map on page 14, and then join us to browse stalls and advice stands in the Arena Exhibition Hall.

This year we are lucky enough to have blogger and age campaigner ‘Grandma’ Joyce Williams opening the Festival at 11:30am in the Forum Hall before going on to give a talk of her own in Rosetor at 1pm. Not only have we some first class entertainment presented by our very own talented Torbay residents, we also have our very own former club circuit comedian, Vic Baulton to compère it all in the Forum Hall.

We are confident that there is something for everyone somewhere in these halls today and we hope that you will learn something new or perhaps return to something you gave up a while ago.

The music is from the fifties, sixties, seventies and eighties – feel free to sing along or dance your heart out but most of all just enjoy yourself because as an over 50-year-old living in the Bay, today is all about you.

As we pulled this programme together we concentrated on the words that have become our mantra – Love, Live, Laugh and Learn. Enjoy.

Contact us: email ageingwell@torbaycdt.org.uk or phone 01803 212638.

Ageing Well Festival Committee:
Paul Field, Garry Goswell-Munro, Richard James, Carol Kendall, Pamela Oatley, June Pierce, Rodger Smith, Frank Wye
STALLS & ADVICE CORNER - ARENA EXHIBITION HALL

Find out what’s on your doorstep, with stalls run by local groups, clubs, services and organisations - our array of stalls is bigger and more diverse than ever, by popular demand. Below is just a sample of who’ll be there:

All-day:

- Devon & Somerset Fire Rescue Service
- Devon & Cornwall Police teams
- Devon EMS (Essential Medical Services)
- Torbay Healthy Lifestyles Team
- Torbay Domestic Abuse Service
- Torbay Council & Safer Communities Torbay

- Devon Rape Crisis & Sexual Abuse Services
- Staying Put - Helping over 50’s stay in the homes they love
- Wollens Full Spectrum Law
- Barclays Bank – Digital Banking and Support with Fraud and Scams
- Moving Together CIC - Aid moving out/adapting your home
- Financial Advice, Information & Resilience (FAIR)
- Citizens Advice Bureau (CAB)

COMMUNITY SAFETY

Community Safety stalls - all here to provide information on remaining safe and sound.

ADVICE CORNER

Advice Corner - an area for 1-2-1 confidential discussions for advice and support.

All-day:

- Bluebird Care
- Christians Together in Torquay
- University of the 3rd Age (U3A)
- Torbay Over 50’s Assembly (TOFA)
- Local Spark
- Paimton Heritage Society
- Guide Dogs for the Blind
- Torbay Rambling Club
- Fotos 4 Fun
- Stroke Association
- Palace Theatre

- Le Club Franglais
- Versus Arthritis
- Lions Club
- Torbay Council
- And many, many more (do visit as many as you can)

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ENTERTAINMENT – FORUM HALL

Entertainment throughout the day, including lots of music with space to dance. Hosted by your compère for the day, comedian Vic Boulton.

10am - 10:30am:  Upton Vale Youth Band
10:30am-11am:    Sandy Sparkle - Singing songs from the 60s & 70s (1 of 2)
11am-11:30am:    Missin’ Tackle - Sea shanties & songs of the sea, old favourites & new additions
11:30am-11:45am: Welcome to the Festival - with blogger Grandma Joyce Williams
11:45am-12:30pm: Sandy Sparkle - (2 of 2)
12:30pm-1:15pm:  Unleashed Community Choir
1:20pm-2pm:      Happy Dancing with Anne George - Fun-filled dance/fitness class. Disco, freestyle, Bollywood & more.
2pm-3pm:         Cahoots - Country pop/rock duo with vocal harmonies
3pm-3:40pm:      Torbay Gilbert & Sullivan Society - Songs from the great operettas
4pm-4:15pm:      Flashmob Performance - Performing to “We Go Together” from the musical Grease
4:15pm-5:15pm:   Anne George’s Dance Party

REFRESHMENTS

Hot food & drinks will be available cafeteria-style in the Forum Hall, with a café zone in Rosetor (see pg. 10-11 for more details)
**Ageing Well’s Got Talent - Burdett Room**

A showcase of Torbay's talent - music, poetry and more. Hosted by your compères for the day, Enna Michaels & Pat Burkitt.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>11am-11:20am</td>
<td>Introduction &amp; poetry with your hosts</td>
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<tr>
<td>11:20am-11:35am</td>
<td>Comedy &amp; Poetry with Shelley Szender</td>
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<tr>
<td>11:35am-12pm</td>
<td>The Cholls - A mixture of originals and covers, honed from countless jam nights around the pubs of Torbay</td>
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<td>12pm-12:30pm</td>
<td>The SeaGalls - Acapella shanty group, singing the classics along with new original songs, including some written especially for the festival</td>
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<td>12:30pm-1pm</td>
<td>Twogetherness - Vocal harmony duo, singing show tunes, country, ballads &amp; songs from the 60s</td>
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<td>1pm-1:30pm</td>
<td>Torbay Ukulele Band</td>
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<tr>
<td>1:30pm-1:40pm</td>
<td>Poetry with Peter Roe</td>
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<tr>
<td>1:40pm-2pm</td>
<td>Unleashed Theatre - singers</td>
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<tr>
<td>2pm-2:20pm</td>
<td>Open-mic sign-up - Sing, dance, tell jokes, read poetry - open to all types of talent</td>
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<tr>
<td>2:20pm-2:40pm</td>
<td>Poetry with Nayna Kumari</td>
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<tr>
<td>2:40pm-3pm</td>
<td>Open-mic</td>
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<tr>
<td>3pm-3:20pm</td>
<td>Poetry workshop* winner &amp; open-mic</td>
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<tr>
<td>3:20pm-3:40pm</td>
<td>Poetry with Jason Disley - Poet, author &amp; spoken-word author</td>
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<tr>
<td>3:40pm-4pm</td>
<td>Poetry with Beryl the Feral</td>
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<tr>
<td>4pm-4:20pm</td>
<td>Poetry with Sam Richards</td>
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<tr>
<td>4:20pm-4:40pm</td>
<td>Open-mic</td>
</tr>
<tr>
<td>4:50pm</td>
<td>Acknowledgements &amp; end</td>
</tr>
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*Poetry workshop takes place before festival. Call 01803 212638 for details.*
**ARTS & CRAFTS WORKSHOPS AND DISPLAYS**

Create your own art.

**ART WORKSHOPS - ARENA BALCONY**

All-day:  
- **Squiricle Arts** - Lino-printing, clay art & drawing  
- **Abbey Recreational Crafts**  
  - Demonstrating pyrography and glass engraving  
- **Step One’s Peer Support Project**  
  - Painting, weaving, macramé & crochet

11am-1pm:  
Create your own Dreamcatchers with Victoria Campbell  
- Take your creations home with you

1pm-3pm:  
Recycled Art with Lacey Rose  
- Creating bird-feeders from recycled materials

3pm-4pm:  
Yarnbombing with Robbie Lynch  
- Yarn creations

**MISC. - ARENA BAR**

All-day:  
Sense Abilities CIC’s Sensory Pop-up Room  
- A non structured environment for all to explore

12pm-1pm:  
Drum Torbay  
- An exploration of world roots through drums & percussion with James Carr

**DISPLAYS - FORUM BALCONY**

All-day:  
- **Torbay Rocks** - Memorabilia from bands & artists in 60’s & 70’s Torbay, from the Lionel Digby Collection  
- **Photography contest** gallery  
- **Shiphay Model Railway club**  
- **Community Creative Crafts**  
- **Yarnbombing Display**  
- **Gordon Pointer’s Art** - Discovered through Step One  
- **Films Playlist** - A selection of classic films and clips

1pm-4pm:  
Shhh!  
- Hear & Now’s Silent Disco - playlists of 60s-90s tunes & Sound Communities’ oral history of Torbay

*Deadline 4th October, call 01803 212638 for details*
10:45am-12pm: Community Safety with Debra Steele & Kathryn Blake Trading Standards - scams and the risk of rogue traders.

12pm-1:15pm: Demystifying Dementia with Peter Hughes An introduction to living with Dementia.

1:15pm-2:30pm: Moguls, Mayhem & Movies with Martin Fisher The Golden years of Hollywood, from 1895 to 1939 with Martin, a retired BBC executive.

2:30pm-3:45pm: Torbay Rocks with Lionel Digby A look back at bands and artists who were rocking and rolling in Torbay during the 60s & 70s.

3:45pm-5pm: Stop Loan Sharks with Dave Monk About the national trading standards team set-up to target loan sharks.

Firm favourite Lionel Digby returns
Learn something new: a variety of subjects to challenge and inform.

ROOM C

10:45am-12pm: Staying safe from Cyber Crime with Grahame Mace Explaining what “Cyber Crime” is, how to recognise it and how to remain safe online.

12pm-1:15pm: Celebrating 175 years of Torquay Museum with Clare Howe A look at the personalities, key events and start objects from the Museum.

1:15pm-2:30pm: Torbay in the Movies with Kevin Dixon Discover how Torbay has been a fixture and influence on the big screen over the decades, in films shown around the world.

2:30pm-3:45pm: Trust me, I’m a Volunteer with Brenda Loosemore A National Trust volunteer at Coleton Fishacre and Greenway, with special interest in Lady Dorothy D’Oyly Carte and Agatha Christie.

3:45pm-5pm: The Boys with John Lowe A presentation on the last operation of an RAF aircraft, which crashed on Dartmoor in March 1941.

The Boys - Aircrew of Hampden X3054
**FASHION, PAMPERING, HEALTH & WELLBEING - ROSETOR**

**LINE-UP**

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<td>10am-11am:</td>
<td>Tai Chi with Lisa Kay (1 of 2)</td>
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<tr>
<td>11am-11:45am:</td>
<td><strong>Move to the Music</strong> - <em>Exercise Dancing with Mary Q</em></td>
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<tr>
<td>11:45am-12:30pm:</td>
<td><strong>Hula-Hooping with Tina Evans</strong></td>
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<tr>
<td>12:30pm-1pm:</td>
<td><strong>Catwalk Fashion Show</strong> - <em>Featuring clothing courtesy of Sainsbury’s Tu Clothing line (1 of 2)</em></td>
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<tr>
<td>1pm-1:30pm:</td>
<td>Talk with blogger Grandma Joyce Williams - <em>Sharing her positive views on ageing</em></td>
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<td></td>
<td><em>Interlude with piano</em></td>
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<tr>
<td>1:45pm-2:15pm:</td>
<td><strong>Catwalk Fashion Show</strong> - <em>(2 of 2)</em></td>
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<tr>
<td>2:15pm-3pm:</td>
<td><strong>Yoga with Victoria Campbell</strong></td>
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<td>3pm-3:45pm:</td>
<td>Tai Chi with Lisa Kay <em>(2 of 2)</em></td>
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<td><em>Interlude with piano</em></td>
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<tr>
<td>4pm-5pm:</td>
<td><strong>Sing-along around the baby grand piano</strong></td>
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*Thanks to Sainsbury’s at The Willows, Torquay for providing their clothing and assistance with the fashion show.*
Experience a mixture of exercise & wellbeing, together with a head to toe programme of beauty aids and fashions. Hosted by your compères for the day, festival committee member Pamela Oatley, and Mary Qiriaqi.

**STALLS**

All-day:  
- Herbalism with Dawn Ireland  
- Podiatry with MyPodiatrist  
- Wellbeing Q & A with Phoebe Bavin from Riviera Wellbeing

**TASTERS & DEMONSTRATIONS**

All-day:  
- Reiki with Julie Reshad  
- Reflexology with Tina Hook  
- Bowen Technique with Julie Flood  
- Massage (clothed) with Zoe Copeland - For neck, shoulders, arms & hands  
- Try make-up, get your nails polished, and receive hints and tips to find the right look for you

Have a go on the baby grand piano - tickle a few ivories. Sing-along at 4pm.

**REFRESHMENTS**

Hot drinks, soft drinks, confectionery & snacks available from the bar, with a nostalgic café culture zone nearby in Rosetor. Hot food available in the Forum Hall (see pg. 5)
### EXERCISE

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<td>10:45am-11:30am</td>
<td>Move it or Lose it with Anne George</td>
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<tr>
<td>11:30am-12:15pm</td>
<td>Wiggles &amp; Giggles - Bellydancing with the Saffannah Dance Duo</td>
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<tr>
<td>12:15pm-1pm</td>
<td>Seated exercise with Julia McDonald</td>
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<tr>
<td>1pm-1:30pm</td>
<td>Bellydancing with Sally Ann</td>
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<tr>
<td>1:45pm-2:30pm</td>
<td>Chair-based Yoga with Nina Adwick</td>
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<tr>
<td>2:30pm-3:15pm</td>
<td>Flashmob Rehearsal - All welcome to join in, performance in Forum</td>
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<td></td>
<td>(see pg. 5)</td>
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<tr>
<td>3:15pm-4pm</td>
<td>Introduction to Pilates for over 50’s with South Devon Pilates</td>
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**Fancy a casual kick-about with Stroke City, all at walking pace?**

### SPORTS

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<td>11am-1pm</td>
<td>Have-a-go Badminton with Sue Jarvis</td>
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<tr>
<td>1pm-3pm</td>
<td>Table Tennis with the University of the 3rd Age (U3A)</td>
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<tr>
<td>3pm-5pm</td>
<td>Walking Football with Stroke City Walking Football Club</td>
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*Caution advised for those with health conditions, participation at own risk. Appropriate footwear advised.*
LIFESTYLE WORKSHOPS - GRACE MURRELL SUITE

Make a positive change - physically, mentally, or practically.

**ROOM A**

10:45am-11:45am: Licence to Chill & Energise Your Life with Sue Mutlow

11:45am-12:45pm: Active Ageing with Phoebe Bavin
- *Interactive session with Riviera Wellbeing*

12:45pm-1:30pm: Qigong with David Start
- *Gentle exercise for the mind, body & spirit*

1:30pm-2pm: Seated Pilates with Teri Lyn Embley

2pm-2:45pm: Falls Prevention with Julia McDonald
- *Advice, strengthening & balance exercises*

2:45pm-3:45pm: Drama Improvisation with Jeff Sleeman

3:45pm-4:15pm: Movement to Music with Margaret Morgan

4:15pm-5:15pm: Relaxation and Calm with Sue Mutlow - *Seated exercises*

**ROOM D**

10:45am-11:45am: The Benefits of Trees to your Health & Wellbeing with David Start

11:45am-12:45pm: Understanding Dementia with Dementia Friends (1 of 2) - *Learn more in this interactive session*

12:45pm-1:30pm: Torbay Healthy Lifestyles Team Q & A

1:30pm-2:30pm: Planning for Later Life with Barclays Bank & Independent Age

2:30pm-3:30pm: Achieving Goals with Anne George
- *Techniques to achieve them, improve confidence, memory & communication*

3:30pm-4:15pm: Building Communities from the Inside Out with Staying Put and seAp

4:15pm-5:15pm: Understanding Dementia (2 of 2)
This year’s Ageing Well Festival will take place at the Riviera International Conference Centre - on Chestnut Avenue, in Torquay, Devon, TQ2 5LZ, close to the seafront, and next to Torre Abbey. For more information about the venue itself, visit the Riviera Centre’s website: www.rivieracentre.co.uk

**By Bus**
There are several bus services that stop nearby, including 12, 12A, 12C, 22, 61, X46, X80, and the Cockington Bus.

View the local bus guide on Torbay Council’s website: www.torbay.gov.uk/roads/travel/bus

**Parking**
Due to limited parking availability, we strongly advise car sharing where possible.

Parking will be available at the Riviera Centre itself, (which is Pay & Display) along with overflow parking.

Limited bookable parking at the Riviera Centre will be available *for blue badge holders only, and must be booked in advance.*

To book a space, phone 01803 212638, or email ageingwell@torbaycdt.org.uk. Spaces are first come, first served. You will need to know your car reg. & make/model.
COME AND JOIN US
ON SATURDAY 19TH OCTOBER, 10AM-5PM AT THE RIVIERA INTERNATIONAL CONFERENCE CENTRE, CHESTNUT AVENUE, TORQUAY, DEVON TQ2 5LZ

The annual Ageing Well Festival is a celebration, promoting a positive image of growing older.

Try something new: the festival includes talks, advice, arts & crafts, sports for all, live music, fashion, comedy, dance, food & drink to name but a few.