

Age Friendly Island

Age Friendly Island is a partnership funded by the Big Lottery Fund aiming to make the Isle of Wight a truly great place to grow old, with lots of great projects to get involved in.

For more information please:

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Celebrating Age Festival 2017

1st -7th October 2017

Working to make the Island a great place to grow old



Age Friendly Island's second annual Celebrating Age Festival begins on International Older Persons Day, Sunday 1st October 2017

The Festival promotes the richness and diversity of the Isle of Wight's communities with events to interest all Islanders, whether you are looking to indulge in familiar activities or discover something entirely new.

We have many regular favourites like coffee afternoons, singing groups our Men in Sheds open afternoon along with the knit and natter sessions.

Other festival highlights include our Community Eng-Agement Day offering many different workshops, Oddfellows cards afternoon, Time and Tide visual arts tasters, poetry groups, Creative Café, Carers IW drop-in.

Or maybe something more healthy will take your fancy, such as Chair Yoga, DanceMakers or a Heritage Health Walk.

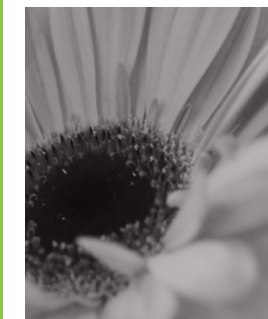
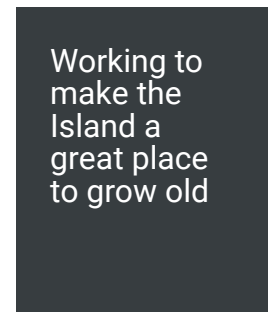
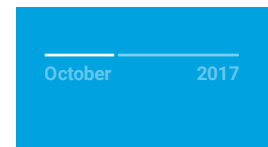
Please be aware that while most events are free of charge, some require booking in advance. All booking details can be found in the event listing.

A major highlight of the Festival is our Celebrating Age Awards on Thursday 5th October where we will be celebrating the fantastic contribution that older people make to the Isle of Wight at the annual awards held at Lakeside Spa Hotel.

Age Friendly Island is delighted to coordinate the Celebrating Age Festival with numerous generous partners committed to celebrating older Island residents and bringing our communities together. We thank them for their support.

To find out about Age Friendly Island visit: www.agefriendlyisland.org, email: hello@agefriendlyisland.org or call (01983) 525282.

Thank you and enjoy the festival!



Sunday 1st October

Tea on the Sea - (Bookings required)	6
Co-op slow till lane - launch - FREE	6
Wild about Wight Safari! - (Bookings required)	6

Monday 2nd October

Isle of Wight Volunteer Centre (CAIW) - FREE	7
Creative Café - FREE	7
Tesco slow till lane - launch - FREE	7
IWASP - Scam Awareness Display - FREE	8
Tea Dance and High Tea - FREE	8

Tuesday 3rd October

Isle of Wight Volunteer Centre (CAIW) - FREE	9
Coffee Morning - FREE	9
Coffee Afternoon - FREE	9
County Record Office drop-in - FREE	9
SingAbout Together - The Good Old Days - FREE	10
DanceMakers - FREE	10

Wednesday 4th October

Poetry Group - FREE	11
Knit and Natter Group - Newport - FREE	11
Knit and Natter Group - Ventnor - FREE	11
Men in Sheds Project Open Afternoon - FREE	11
OddFellows Cards Afternoon - £1 for refreshments	11
Technology from the 1940's to today - FREE	11
Community Eng-Agement Day - FREE	12

Time and Tide Visual Arts Tasters - FREE	12
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Thursday 5th October

NHS Hearing Aid drop-in clinic & coffee morning - FREE	13
Time and Tide Visual Arts Tasters - FREE	13
Chair Yoga - FREE (Bookings required)	13
Open house with Carers IW - FREE	14
DanceMakers Collective - FREE	14
Reading Group - FREE	14
Celebrating Age Awards - Invite only	14

Friday 6th October

Heritage Health Walk - FREE	15
Knit and Natter Group - FREE	15

Saturday 7th October

Heritage Display - FREE	15
Meet the supporters of Cowes Library - FREE	15



Sunday 1st October 2017

Tea on the Sea (*£5 advanced bookings required*)

Where: Red Funnel Ferries, Departing from East Cowes Ferry Terminal

Time: 2.30pm - 5pm

Book: Red Funnel ticket office 0238 001 9192 (foot passengers only)

Join us for an afternoon tea featuring delicious sandwiches and scones, a bit of history, games and more inside Red Funnel's brand new Signature Lounge. Lots of great prizes available to be won. Guests will travel round trip on board the Red Falcon from East Cowes to Southampton.

Slow till lane - launch - FREE

Where: Co-op stores across the Island

Time: All day

Contact: Simon Thompson simon.thompson@coop.co.uk

Piloting a slow lane for customers, with the opportunity to engage with customers and staff to seek their views on the 'slow till' idea.

Wild About Wight Safari! - FREE (*Bookings required*) (*Bring money for lunch and refreshments*)

Where: Isle of Wight Zoo

Time: From 10.30am to 2.30pm

Book: By 8 Sept contact claire@vectishousing.co.uk / 01983 525985

Prehistoric landscapes, wide blue seascapes, Island nature and exotic wildlife, historic forts and military secrets, famous golfers and future plans! Join Vectis Housing Association's Wild About Wight and celebrate what's wonderful about the Bay bit of East Wight! www.vectishousingco.uk

Monday 2nd October 2017



Isle of Wight Volunteer Centre (CAIW) - FREE

Where: Libraries

Time: 10am to 1.30pm

Contact: Amanda Coyle 01983 539377 acoyle@actioniw.org.uk

Volunteer Centre drop-in sessions in 6 libraries across the Island over 2 days. Providing information about volunteer opportunities locally and across the Island. 3 sessions of 1 hour drop-ins each day. For anyone who wishes to become involved in volunteering.

Creative Café - FREE

Where: Newport Methodist Church Hall

Time: 10am to 2pm

Contact: Independent Arts on 01983 822437

A free event with all materials provided. Includes a quiz, a mosaic workshop and a fellowship lunch. New members always welcome.

Slow till lane - launch - FREE

Where: Main Tesco store Ryde

Time: All day

Festival week pilot of Age Friendly slow lane for customers - happening all week along with other events.



Monday 2nd October 2017



Tea Dance and High Tea - FREE *(Bookings required)*

Where: Byrnhill Grove, Park Road, Ventnor, PO38 1LR

Time: 2.30pm - 4.30pm

Book: Elaine 07788420470 / elaine.sheldrake@shgroup.org.uk

Tea dance and high tea with Southern Housing Group. Places will be limited so please book.

IWASP - Scam Awareness Display - FREE

Where: Ryde & Newport Library

Time: All week

Isle of Wight Against Scams Partnership (IWASP) will have a display with information about scams and a scam bin at Ryde and Newport libraries, all week.



Tuesday 3rd October 2017



Coffee Morning - FREE

Where: Learning Links, Newport

Time: 10am - 12pm

Contact: Louise or Pat 01983 527529

Learning Links will be hosting a coffee morning for those wishing to find out about Employment Support for the Over 50s including self-employment with support from the Chamber of Commerce. Please feel free to drop-in for an informal chat with our friendly team.

Isle of Wight Volunteer Centre (CAIW) - FREE

Where: Libraries

Time: 10am to 1.30pm

Contact: Amanda Coyle 01983 539377 acoyle@actioniw.org.uk

Volunteer Centre drop-in sessions in 6 libraries across the Island over 2 days. Providing information about volunteer opportunities locally and across the Island. 3 sessions of 1 hour drop-ins each day. For anyone who wishes to become involved in volunteering.

Coffee Afternoon - FREE

Where: Bembridge Village Hall

Time: 2pm to 4pm

Contact: Emma Goldring 01983 874160 clerk@bembridgecp.org.uk

A coffee afternoon offered by Bembridge Parish Council open to anyone across the Island.



Tuesday 3rd October 2017



SingAbout Together - The Good Old Days - FREE

Where: The Methodist Church, Quay Street, Newport

Time: 2pm to 4pm

Contact: Independent Arts on 01983 822437

Join the SingAbout family for an afternoon at the Music Hall, with sing-along favourites and popular classics with the finale down at the Old Bull and Bush. Refreshments provided in the interval.

SingAbout, run by Independent Arts is a social singing activity based on recognised music therapy. This session is free and open to everyone, no need to book.

County Record Office drop-in - FREE

Where: Cowes Library

Time: 2pm to 4.30pm

Contact: Andrew Walker 821000 ext 7523 andrew.walker@iow.gov.uk

Free Drop-in and advice session at the County Record Office

Wednesday 4th October 2017



Poetry Group - FREE

Where: Lord Louis Library, Newport

Time: 10am to 11am

Poetry Group. New members welcome.

Knit and Natter Group - FREE

Where: Lord Louis Library, Newport

Time: 2pm to 3.30pm

Fun Knit & Natter Group. All welcome.

Knit and Natter Group - FREE

Where: Ventnor Library

Time: 2pm to 4pm

Fun Knit & Natter Group. All welcome.

Men in Sheds Project Open Afternoon - FREE

Where: Age UK IW, Newport

Time: 2pm to 4pm

Contact: Lois 01983 525282

Come along to our Newport Shed, located in the heart of town at the back of Age UK IW, 147 High Street, next to County Hall.

OddFellows Cards Afternoon - £1 for refreshments

Where: Unity Hall, 20 St Thomas Square, Newport, PO30 1SG

Time: 1.30pm to 3.30pm

Contact: Maretta Heap 01983 523115

Join us for a game of Hearts, all playing around one big table with a break for refreshments. Play 'just for fun' or use strategies if you can work them out. No need to pre-book but it helps to have an idea of numbers so we have enough cake!

Technology from the 1940's to today - FREE

Where: Freshwater Library

Time: From 7.30pm

Illustrated talk by Bob Cotton, refreshments thanks to the Friends of Freshwater Library.



Wednesday 4th October 2017

Community Eng-Agement Day - FREE

Where: Riverside Centre, Newport

Time: 11am - 2pm

Contact: Lisa Toyne ltoyne@actioniw.org.uk

A day of interactive workshops, stands, creative activities and well-being area. Practical help and advice for the over 50's considering returning to work, starting a business or thinking about volunteering. Come and chat to charities, training providers, business networks, employers and the Age Friendly Island team.

- Sit down with a Learning Links adviser to update your CV
- Get the most out of your iPad with the Digital Inclusion Project
- Join a workshop including a one-hour taster session on 'Growing Confidence and Self-Esteem' designed to help you achieve your goals.
- Meet Councillor Michael Lilley and hear what is like to be local Councillor
- Have a go with the Age Friendly Training simulation suit, try different pieces of kit which mimic sight, hearing and other common conditions.

Time and Tide Visual Arts Tasters - FREE

Where: Riverside Centre, Newport

Time: 11am to 12pm

As part of the Community Eng-Agement Day Independent Arts are offering the chance to try your hand at screen-printing, pastels, painting and felting with local artist Leigh Jackman offering support and guidance. No experience needed and materials are provided.

Thursday 5th October 2017

NHS Hearing Aid drop-in clinic & coffee morning - FREE

Where: Orchard Care Centre, Fairlee Road, Newport

Time: 10am to 11.30am

Contact: Natasha 529533 natasha.hamilton@hearingloss.org.uk

All welcome to join our coffee morning including carers, family and friends. Drop-in for maintenance of your NHS hearing aids, cleaning, re-tubing and issuing of batteries alongside our coffee morning, where you can chat and share with others, along with some friendly laughter.

Time and Tide Visual Arts Tasters - FREE

Where: Sandown Library

Time: 10.30am - 12.30pm

Contact: Independent Arts 822437 info@independentarts.org.uk

Independent Arts are offering the chance to try your hand at screen-printing, pastels, painting and felting with local artist Leigh Jackman offering support and guidance. No experience needed, materials provided.

Chair Yoga - FREE (*Bookings required*)

Where: Yinspire Yoga, 2 New Road, Brading

Time: 11.30am - 12.30pm

Book: 01983 333888 9am - 3pm weekdays hello@yinspire.co.uk

Chair Yoga for people with mobility worries or who struggle to sit on the floor. It may be suitable for people with conditions like ME, CFS, hip or knee replacements, stroke rehabilitation and similar. Combining relaxation, meditation and breathing exercises along with gentle body movement.



Thursday 5th October 2017

Open house with Carers IW - FREE

Where: Riverside, The Quay, Newport, PO30 2QR

Time: 1.30pm to 3.30pm

Contact: Julie Cocker 533173 info@carersiw.org.uk

iPad drop-in for carers. Do you help support someone who would struggle to manage without your help? Then you are an unpaid carer. Do you want to borrow or learn to use your iPad? Then drop-in and see us, we would love to see you. (For up to 20 people)

DancMakers Collective - FREE

Where: The Methodist Church Hall, Quay Street

Time: 2pm - 4pm

Contact: Independent Arts 822437 info@independentarts.org.uk

DanceMakers is a gentle creative dance programme. DanceMakers will showcase their current work and then everyone is invited to join them in a short session. Featuring a performance by the Samphire Dance Company for mature movers. Refreshments provided.

Reading Group - FREE

Where: Lord Louis Library

Time: 5.15pm - 7pm

Reading group. New members welcome.

Celebrating Age Awards - Invite only

Where: Lakeside Spa Hotel

Time: 7pm

The annual Celebrating Age Awards have been created to celebrate the contribution of older people to life on the Isle of Wight. Many Older adults give time and effort to making the Isle of Wight a fantastic place to live.

Friday 6th October 2017

Heritage Health Walk - FREE

Where: Ryde Library

Time: 10:30am to 1pm

3 mile walk exploring Ryde's history. Your chance to meet new people and get some healthy exercise.

Knit and Natter Group - FREE

Where: Sandown Library

Time: 2pm to 3.30pm.

Fun Knit & Natter Group. All welcome.

Saturday 7th October 2017

Heritage Display - FREE

Where: Lord Louis Library

Time: 10am - 12pm

Heritage Display with refreshments available with thanks to the Friends of Lord Louis Library.

Meet the supporters of Cowes Library - FREE

Where: Cowes Library

Time: 10am - 1pm

Meet the friendly volunteer supporters of Cowes Library and find out about volunteering opportunities.

