

# BRIGHTER LIVING FAIR

## FESTIVAL OF EVENTS

### Programme of Events October 2023

Brighter Living is a festival of events for adults looking for care and support services in Wandsworth that promote active ageing and healthy, independent lifestyles.

Local organisations and charities will be hosting the following events for **FREE** all through October 2023. Please contact them directly to RSVP or for further information.

To find out more scan the QR code or visit:  
[www.wandsworth.gov.uk/brighterliving](http://www.wandsworth.gov.uk/brighterliving)



Name of organisation	Activity	Date	Time	Venue	Open to all or members only?	RSVP Details
<b>Wandsworth Adult Social Care and Enable</b>	Silver Sunday	1 October	11am	Civic Suite, Wandsworth High Street, SW18 2PU	Open to all families	<b>Just turn up!</b>
<b>Movement Works</b>	Movement Works Old Time Song and Dance Along	1 October	3pm	Enquire for more details	Open to members only	<a href="mailto:info@movementworks.org">info@movementworks.org</a>
<b>Elays Network Ltd</b>	Get Active with Elays	1 October	10am	68 St Rule St, Nine Elms, London SW8 3ED	Open to all	<a href="mailto:Info@elaysnetwork.com">Info@elaysnetwork.com</a> <b>020 7720 6864</b>
<b>St Paul's Community Centre</b>	Fun Activity Day for the Elderly	1 October	2pm	23 Inner Park Road, SW19 6ED	Open to all	<a href="mailto:CommunityCentre@stpaulsparkside.org.uk">CommunityCentre@stpaulsparkside.org.uk</a> <b>020 8785 6327</b>
<b>Royal Academy of Dance</b>	Silver Swans Celebration (in person and online)	1 October	10.20am	188 York Road, SW11 3JZ	Open to all	<a href="http://www.royalacademyofdance.org">www.royalacademyofdance.org</a>
<b>Putney School of Art &amp; Design</b>	Printing workshop	1 October	1pm	Oxford Road, SW15 2LQ	Open to all	<b>Just turn up!</b>
<b>Putney School of Art &amp; Design</b>	Painting workshop	1 October	1pm	Oxford Road, SW15 2LQ	Open to all	<b>Just turn up!</b>

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<b>R.O.C.K.S International Arts</b>	Various Well-being activities	1, 8, 15, 22, 29 October	11.30am	Alton Activity Centre, Ellisfield Drive, SW15 4DR	Open to all	<a href="mailto:rocks@infiniteartsmedia.co.uk">rocks@infiniteartsmedia.co.uk</a> <b>07492 501791</b>
<b>Stephanie Veillas</b>	Movement for Health and Wellbeing	2 October	8pm	R.O.S.E Clubroom, Ascalon Street, Savona Estate, SW8 4DL	Open to all	<a href="mailto:Steveil@hotmail.com">Steveil@hotmail.com</a>
<b>Regenerate-RISE</b>	Wellbeing Awareness Week	2, 3, 4, 5, 6 October	1.30pm	The Platt Mission, 22 Felsham Road, SW15 1DA	Open to all	<a href="mailto:sw15@regenerate-rise.co.uk">sw15@regenerate-rise.co.uk</a> <b>020 8780 9330</b>
<b>'Sparkle' Intergenerational Community Centre - St Michael's and St Stephen's Church</b>	Intergenerational Fun Days	3, 4, 5 October	10.30am	Email or call for full details	Open to all	<a href="mailto:emma@stmikes-ststeves.org.uk">emma@stmikes-ststeves.org.uk</a> <b>020 8877 3003</b>
<b>The Furzedown Project</b>	Movement and Mindfulness	3, 5, 10, 17, 24, 26 October	10am	91-93 Moyser Road	Open to all	<b>020 8677 4283</b>
<b>Wandsworth Adult Social Care</b>	Get involved! Meet the Adult Social Care Engagement Team	4 October	2pm	True Brew Cafe, East Hill Baptist Church, 182 East Hill, SW18 2HD	Open to all	<a href="mailto:socialcareengagement@wandsworth.gov.uk">socialcareengagement@wandsworth.gov.uk</a>
<b>575 Wandsworth Road (National Trust)</b>	Vintage Paper Collage Workshop	4 October	10am	Battersea Arts Centre, Lavender Hill, SW11 5TN	Open to all	<a href="mailto:575wandsworthroad@nationaltrust.org.uk">575wandsworthroad@nationaltrust.org.uk</a>
<b>Balham &amp; Tooting Community &amp; Sports Club Limited</b>	Movement to Music	4, 11, 17 October	12pm	94 Balham High Road, SW12 9AA	Open to all	<b>020 8673 5968</b>
<b>Women of Wandsworth</b>	Seated Volleyball with a Balloon	7 October	1.30pm	Holmleigh Court	Open to all	<a href="mailto:info@wowmums.com">info@wowmums.com</a>
<b>The Hope for Wellbeing Project</b>	Dance & Movement for Health	9 October	3pm	28 Glenburnie Road, SW17 7PJ	Open to members only	<a href="mailto:info@hopeforwellbeing.org">info@hopeforwellbeing.org</a>
<b>The Hope for Wellbeing Project</b>	Walking Art for Women	9 October	3pm	28 Glenburnie Road, SW17 7PJ	Open to all women	<a href="mailto:info@hopeforwellbeing.org">info@hopeforwellbeing.org</a>

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<b>Wandsworth Shopmobility</b>	Mobility Scooter Training and Outing around Wandsworth	9, 16 October	12pm	Wandsworth Shopmobility, 45 Garratt Lane, SW18 4AD	Open to all	<a href="mailto:wandsworth.shopmobility@gmail.com">wandsworth.shopmobility@gmail.com</a> <b>020 8875 9585</b>
<b>Wandsworth Carers' Centre</b>	Putt in the Park and Tea	11 October	11am	Battersea Park	Open to members only	<a href="mailto:info@wandsworthcarers.org.uk">info@wandsworthcarers.org.uk</a> <b>020 8877 1200</b>
<b>Sound Minds</b>	Drawing and Photography Workshop	12 October	2pm	Art'otel London Battersea Power Station, SW11 8BJ	Open to members only	<b>07951 745577</b>
<b>Make a Mark</b>	Sketch Walk in Battersea Park	12 October	10.45am	Pear Tree Cafe, Battersea Park, SW11 4NJ	Open to all	<a href="mailto:resonance247@gmail.com">resonance247@gmail.com</a>
<b>St George's Hospital</b>	Wellbeing Walk with hospital PAT dogs	15 October	10.30am	Tooting Bec Common	Open to all	<a href="mailto:PAT@stgeorges.nhs.uk">PAT@stgeorges.nhs.uk</a>
<b>BSDA Community Church</b>	Be the Change, Your Health and You (Arts and Crafts)	15 October	12.30pm	83 Elmfield Road, SW17 8AD	Open to all	<a href="mailto:autumnrose@balhamsda.org.uk">autumnrose@balhamsda.org.uk</a>
<b>Stephanie Veillas</b>	Breath Manipulations for Stress and Anxiety	16 October	8pm	ROSE Clubroom, Ascalon Street, Savona Estate, Battersea, SW8 4DL	Open to all	<a href="mailto:steveil@hotmail.com">steveil@hotmail.com</a>
<b>Nine Elms Arts Ministry</b>	Creative Soul Celebration	17 October	11am	ROSE Community Club Room, Ascalon St SW8 4DL	Open to all	<a href="mailto:betsy.blatchley@nineelmsartsministry.org">betsy.blatchley@nineelmsartsministry.org</a>
<b>Hestia - Age Well Roehampton</b>	Trip to Kew Gardens	17 October	1pm	Royal Botanic Gardens, Kew Richmond TW9 3AE	Open to all	<a href="mailto:Kawing.Hung@hestia.org">Kawing.Hung@hestia.org</a>
<b>Putneymead Group Medical Practice</b>	Supporting Physical Mobility at Home	17 October	1pm	Putneymead Group Medical Practice, SW15 6TQ (Also online)	Open to all	<a href="mailto:swlicb.putneymead@nhs.net">swlicb.putneymead@nhs.net</a>
<b>Dew Drop In Seniors Lunch Club</b>	Getting Balance in Your Life, Falls Prevention Class and Lunch	17 October	10.30am	Balham Baptist Church, 21 Ramsden Road, SW12 8QX	Open to all	<a href="mailto:mrhassell@btopenworld.com">mrhassell@btopenworld.com</a> <b>07941 189194</b>
<b>Age UK Wandsworth</b>	Walk, Talk and Draw	18 October	11am	Gywnneth Morgan Day Centre, 52 East Hill, SW18 2HJ	Open to all	<a href="mailto:outreach@ageukwandsworth.org.uk">outreach@ageukwandsworth.org.uk</a> <b>020 8187 1717</b>
<b>Hestia</b>	Dance taster session, Music, and Poetry	18 October	12pm	966 Garratt Lane, Upper Tooting, SW17 0ND	Open to all	<a href="mailto:Veronica.Sagyaman@hestia.org">Veronica.Sagyaman@hestia.org</a>

Name of organisation	Activity	Date	Time	Venue	Open to all or members only?	RSVP Details
<b>The Baked Bean Charity</b>	National Zumba Zoom with the Baked Bean Charity	18 October	4.30pm	Zoom	Open to all	<b>Join Zoom Meeting</b> <a href="https://us02web.zoom.us/j/82868788031?pwd=Nkt3b00wMHB5Y1FNNzhMZFJ0c3hMZz09">https://us02web.zoom.us/j/82868788031?pwd=Nkt3b00wMHB5Y1FNNzhMZFJ0c3hMZz09</a> <b>Meeting ID: 828 6878 8031</b> <b>Passcode: ZumbaBeans</b>
<b>Prince of Wales Extra Care Scheme</b>	Creative Support Sports Day	19 October	1.30pm	35 Prince of Wales Drive, SW11 4SN	Open to all	<a href="mailto:lula.wattam@creativesupport.org.uk">lula.wattam@creativesupport.org.uk</a>
<b>All Saints' Tooting Graveney Friends</b>	Planet Tooting - Church Architecture and Art Tour and Talk on Local History	19 October	7.30pm	All Saints' Tooting Brudenell Road SW17 8DQ (Also online)	Open to all	<b>Michael Smith</b>
<b>Nature Connected Creative</b>	Wellbeing Nature Walk	19 October	1.30pm	Tooting Bec Common Cafe, London, SW12 9HJ	Open to all	<a href="mailto:amy.natureconnected@gmail.com">amy.natureconnected@gmail.com</a> or <a href="mailto:sarah.natureconnected@gmail.com">sarah.natureconnected@gmail.com</a>
<b>Nature Connected Creative</b>	Wellbeing Nature Walk	20 October	11am	Tooting Bec Common Cafe, London, SW12 9HJ	Open to all	<a href="mailto:amy.natureconnected@gmail.com">amy.natureconnected@gmail.com</a> or <a href="mailto:sarah.natureconnected@gmail.com">sarah.natureconnected@gmail.com</a>
<b>Black Heroes Foundation</b>	Black Heroes Soul Food Cafe - Remembering Cecil Rose	20 October	7pm	Battersea Arts Centre, Lavender Hill, SW11 5TN	Open to all	<a href="mailto:info@blackheroesfoundation.org">info@blackheroesfoundation.org</a>
<b>Wandsworth Carers' Centre</b>	Wellness Workshop	20 October	2pm	More Yoga	Open to members only	<a href="mailto:info@wandsworthcarers.org.uk">info@wandsworthcarers.org.uk</a> <b>020 8877 1200</b>
<b>Falcon Estate Residents Association</b>	FERA Planting Bulbs	21 October	10.30am	Falcon Estate, Battersea, SW11 2TJ	Open to all	<a href="mailto:falconestatera2006@gmail.com">falconestatera2006@gmail.com</a>
<b>Estate Art</b>	A Silver Singalong	21 October	2pm	Manresa Clubroom, Fontley Way Roehampton SW15 4LY	Open to all	<a href="mailto:estateartsw15@gmail.com">estateartsw15@gmail.com</a>
<b>Wandsworth Carers' Centre</b>	Carers Cooking Demonstration and Shared Supper	25 October	4pm	Brathway Hall, Brathway Rd, SW18 4BE	Open to members only	<a href="mailto:info@wandsworthcarers.org.uk">info@wandsworthcarers.org.uk</a> <b>020 8877 1200</b>
<b>Katherine Low Settlement</b>	Autumn Dance Party	30 October	1pm	108 Battersea High Street SW11 3HP	Open to all	<a href="mailto:dawn@kisettlement.org.uk">dawn@kisettlement.org.uk</a> <b>020 7223 2845</b>

# Exercise, Fitness and Health Walks Programme

This year, Brighter Living Festival of Events has partnered with Enable and Places Leisure to provide you with **FREE** fitness activities including aqua sessions throughout October. All the sessions are listed below.

Name of Organisation	Activity	Dates	Time	Venue	Open to all or members only?	How to book?
Places Leisure	Senior Aqua Fitness Class	2, 9, 16, 23, 30 October	10.15am - 11.15am	Balham Leisure Centre	Open to all	<b>Just turn up!</b>
Enable	Tai Chi	2, 9, 16, 23, 30 October	1.30pm - 2.30pm	Barn Elms Sports Centre	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Chi Gung Relax and Breathe	2, 9, 16, 23, 30 October	1pm -2pm	The Penfold Centre	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Roehampton Walking Group	2, 9, 16, 23, 30 October	11am	Manresa Club Room, Fontley Way	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Places Leisure	Forever Active	3, 10, 17, 24, 31 October	11.30am-12.30pm	Balham Leisure Centre	Open to all	<b>Just turn up!</b>
Places Leisure	Senior Aqua Fitness Class	3, 10, 17, 24, 31 October	11.30am-12.30pm	Tooting Leisure Centre	Open to all	<b>Just turn up!</b>
Enable	Pad Work Boxing Class	3, 10, 17, 24, 31 October	9.30am - 10.30am	Battersea Sports Centre	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Yoga	3, 10, 17, 24, 31 October	2pm -3pm	Roehampton Fitness Centre	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Keep on Moving	3, 10, 17, 24, 31 October	10.30am - 11.30am	The Penfold Centre	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Keep Fit for Life	3, 10, 17, 24, 31 October	11.45am - 12.45pm 1pm-2pm	Tooting Junction Baptist Church	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Keep on Moving	3, 10, 17, 24, 31 October	2pm-3pm	St Barnabas Clapham Common Church	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	King George's Park Walk	3, 10, 17, 24, 31 October	10am	Wandle Recreation Centre Mapleton Road, SW18 4DN	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>

Name of Organisation	Activity	Dates	Time	Venue	Open to all or members only?	How to book?
Places Leisure	Senior Aqua Circuits, Fun Circuits Class Building	4, 11, 18, 25 October	12pm-1pm	Putney Leisure Centre	Open to all	<b>Just turn up!</b>
Enable	Pilates	4, 11, 18, 25 October	6pm-7pm	Furzedown Pavillion	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Walking Football	4, 11, 18, 25 October	11am - 12pm	Wandle Recreation Ground	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Battersea Park Walk	4, 11, 18, 25 October	10am	Albert Gate Battersea park	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Places Leisure	Forever Active	5, 12, 19, 26 October	12.30pm - 1.30pm	Tooting Leisure Centre	Open to all	<b>Just turn up!</b>
Places Leisure	Senior Aqua Circuits, Fun Circuits Class Building	5, 12, 19, 26 October	12.00pm - 1.00pm	Latchmere Leisure Centre	Open to all	<b>Just turn up!</b>
Enable	Yoga	5, 12, 19, 26 October	9.30am - 10.30am	Newland Hall	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Stretch and Movement	5, 12, 19, 26 October	10.30am - 11.30am	Newland Hall	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Wimbledon Park Southfields Walk	5, 12, 19, 26 October	10.30am	Elborough Street Surgery, 81 Elborough St, SW18 5DS	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Tone and Stretch	6, 13, 20, 27 October	11am-12pm	Roehampton Methodist Church	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Circuit Class	6, 13, 20, 27 October	10.30am - 11.30am	The Penfold Centre	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>
Enable	Keep on Moving	6, 13, 20, 27 October	11.45am - 12.45pm 1pm-2pm	St Barnabas Church Southfields	Open to all	<a href="mailto:activelifestyles@enablec.org">activelifestyles@enablec.org</a> <b>07928 668215</b>

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