



Join us to celebrate older people in Reading

## Stay in Touch, Active and Well

An event promoting happiness and wellbeing in later life

Monday 9 October 2017

from 1.00 to 4.00pm

at Rivermead Leisure Complex

Richfield Avenue, Reading RG1 8EQ (FREE parking)



Welcome from the Mayor of Reading Cllr Rose Williams



An afternoon of presentations and activities promoting wellbeing and mental health (see over)



Information and advice from over 50 local organisations



Free activity taster sessions (crafts, table tennis, walking rugby, walking netball) & blood pressure checks from the Stroke Association

Light Refreshments

(sponsored by Novotel & Tesco)



the feel good place

Could you help at this event? - call 0118 937 2273 or [rva.org.uk/team-reading](http://rva.org.uk/team-reading)

## Programme

- 1.00 Introduction and welcome
- 1.10 Firtree Choir
- 1.30 Talking Therapies
- 1.40 Mental health problems - A personal account
- 1.55 Dementia Friends (Dementia Action Alliance)
- 2.05 **Discussion Groups 1**
- 2.30 Park 60+ Seated dance and exercise
- 2.50 **Refreshments & Browsing**
- 3.05 Jamaican Society Choir
- 3.20 **Discussion Groups 2**
- 3.45 Rona Topaz - Songs and Dance
- 3.55 Conclusion

### Discussion Groups 1

- Mindfulness & confidence
- Mental health support - Hazelwood
- Loneliness & isolation
- Memory Lane - shared experiences

### Discussion Groups 2

- Power of Attorney, Wills & Probate
- Cyber crime
- Volunteering (Befriending)



**FREE shuttle bus to Rivermead**

Leaves every 30 minutes from 12.15pm starting at stop FH Friar Street (near Sainsburys) & then Stop EL Forbury Road (Apex Plaza)

Organised in partnership with local voluntary groups and members of Older People's Working Group (OPWG). For more information call 0118 937 2383 or email [opwg@reading.gov.uk](mailto:opwg@reading.gov.uk)