

LOVE LATER LIFE

1-2 & 7
October

STORYHOUSE

A festival of workshops, theatre,
song & wellbeing

In partnership with

Brightlife 
NATIONAL
LOTTERY FUNDING

 **Cheshire
ageUK**

hello and welcome

Love Later Life

Our culture is very biased towards the young. It prioritises beauty over wisdom, and innovation over experience. It assumes older people are neither beautiful nor innovative. As our population ages, we need to build a society which is kinder, more generous to its elders. For three days this autumn Storyhouse, together with Age UK Cheshire and Brightlife, will give its focus to combating loneliness within Chester's older residents. We want to welcome older people into the cultural centre and give them pre-eminence. There's a line-up of arts and crafts, mindfulness workshops, one-stop-shops on pensions, retirement plans and digital workshops on how to use an iPad, together with laughter yoga, performances and improvisation. It will be fun, creative and informative.

Alex Clifton
Artistic Director
Storyhouse



About Age UK Cheshire

Age UK Cheshire is a local social enterprise and charity that is dedicated to later life. We co-produce excellent services, make opportunities, connect people meaningfully and influence positive change. Because of our work, people love later life in Cheshire.



About Brightlife

Brightlife is a partnership of organisations from across the public and third sectors in Cheshire West and Chester and forms part of a national Ageing Better programme made possible by National Lottery funding from the Big Lottery Fund. It works to reduce loneliness and social isolation amongst the over 50s by commissioning a range of services and activities that have been co-designed with older people.

Book Tickets:

-Online at: storyhouse.com

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

-In person at: Storyhouse

Monday 1 October



PERFORMANCE

Poetry Open Mic

In celebration of National Older People's Day, an open mic poetry event to showcase the talents of older people from across Cheshire.

Compèred and headlined by Joy France (Nationwide Poetry Campaign 2017)
"Joy France has quickly progressed from open mic to feature slots on the north west scene. Deservedly so; witty and wise and with a natural talent for rhythm and rhyme, La France has that 'je ne sais quoi!' " (Tony Walsh)

To register to perform, email nicola@storyhouse.com
This event is supported by Brightlife and will feature performers who have been discovered from some of the Brightlife projects from across Cheshire West and Chester.

Garret Theatre
FREE | Booking recommended
10.30am (60 mins)



CINEMA

King of Thieves

Monday 1 October
12.30pm & 6pm
(6pm screening with Caption Subtitles)
Tuesday 2 October
12.30pm & 6pm
Silver Screenings ticket price available for over 60s
£6 | Booking essential

The ultimate one-last-heist film. Based on the true Hatton Garden heist of 2015 a team of aging criminals get together to plan an epic multi-million-pound robbery. Dubbed 'the over the hill mob' this bunch of retirees overcome a host of physical ailments to steal the Hatton Garden jewels.

Released: 2018
Directed by: James Marsh
Starring: Michael Caine, Tom Courtenay, Jim Broadbent, Michael Gambon, Paul Whitehouse, Ray Winstone.

Tuesday 2 October

TAKE PART

Family History Buddy

Drop in to the library for help with family history research. A Storyhouse volunteer can help you discover your family's past.

Mezzanine
FREE | Drop-in
10am-12pm



WORKSHOP

Creative Arts

Be inspired by artists from Wear Purple Arts who regularly run arts and crafts sessions all over the county. Join in and get creative.

The Den
FREE | Drop-in
10am-12pm

WORKSHOP

Laughter Yoga

More contagious than a cough or sneeze, laughter relaxes the whole body! They say that laughter is the best medicine and that yoga improves flexibility and posture – so why not combine the two?!

Join us for a free laughter yoga taster session and learn about the positive health and well-being benefits of yoga combined with laughter.

Garret Theatre
FREE | 10am (30 mins)
Booking recommended



DISCUSSION

Age UK: Later Life Matters

Are you interested in the issues that affect people in later life? Want to help make a difference?

Join Age UK Cheshire and national Age UK in a discussion about what matters most to people locally and nationally in later life. Hear an update on the campaigns that we are currently undertaking and what our plans are for the future.

You'll also have an opportunity to share what is important to you and learn about how you can get involved in campaigning at a local level with the support of Age UK Cheshire.

Cinema

FREE | 10am (60 mins)

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DROP-IN

Digital Drop-in

Want to improve your online skills?

Research has shown that the positive effects and benefits of getting online include increasing independence and social contact and the opportunity to get better deals on goods and services. A chance to improve your quality of life, so what are you waiting for?!

Age UK Cheshire's volunteer IT experts can answer questions on computers, mobiles, tablets, smart phones and iPads. Offering a problem-solving service, they can also help you to choose the best equipment to suit your needs.

Volunteers will also be running sessions throughout the day on shopping safely online, accessing GP online services and Windows upgrades.

Mezzanine

FREE | Drop-in
10am-2pm



DROP-IN

Men and Women in Sheds

Men In Sheds and Women In Sheds give people in later life the opportunity to share their skills, learn new ones and meet new people – what's not to love? Current Shedders will be on hand to share their experience of the sheds and some of the projects that they have been working on. Join us to learn more!

The Kitchen
FREE | Drop-in
10am-2pm



INFORMATION

Chatter Café

Come and have a brew and a chat with the Age UK information and advice team, where anything from money matters to social care can be discussed in confidence.

The Kitchen/Main Area
FREE | Drop-in
10am-2pm

TAKE PART

Scrabble Club and other board games

There has been a huge rise in the popularity of board games over previous years, and there is a growing community of Chester board-gamers who meet at Storyhouse twice a month. Join volunteers who will be around to teach you some new or old traditional board games, or join the Scrabble Club who meet every Tuesday at Storyhouse.

The Kitchen
FREE | Drop-in
10am-12pm

WORKSHOP

Mindfulness

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental well-being.

Mindfulness can help us enjoy life more and understand ourselves better. Join us for a free mindfulness taster session to learn more about how to be more mindful, so you can take steps to develop it in your own life.

Garret Theatre
FREE | 10.45am (30 mins)

INFORMATION

Later Life Planning: Information on wills and power of attorney

Planning is part of everyday life. The Later Life Planning Service will help and enable you to have the peace of mind that comes with having a well-informed plan for the future. From wills to powers of attorney, come and meet Age UK Cheshire's Later Life Planning team to find out what your options are and decide what is right for you.

Meeting room
FREE | Drop-in
11am (30 mins)

INFORMATION

Wills & Trusts

Most people have the wrong type of Will. Is yours appropriate for your family's needs? Will you be contributing to HMRC's £5bn inheritance tax grab? Join GPW Trusts for an informative session covering these issues and what you need to consider to protect your assets now and in the future.

Meeting room
FREE | 11.45pm (30 mins)



PERFORMANCE

Over The Garden Fence

Presented by
Haylo Theatre

Written and performed by
Louise Evans and Hayley Riley

Over the Garden Fence follows the story of Annabelle and her gran Dolly. Annabelle and the audience are taken on a nostalgic journey through gran's life, sharing memories of happiness, sorrow and joy. It is a fast paced, uplifting and comical exploration into family, life and relationships that promotes an awareness of dementia.

Garret Theatre
£6 | **Free for carers**
Booking essential
12pm (55 mins)

INFORMATION

Financial Concerns in Later life

Confused about planning your retirement? Want to understand financial options in a bit more detail? Paul Kavanagh has over 25 years of experience in financial services and is a member of the Society of Later Life Advisers (SOLLA) giving him a breadth of experience in clients circumstances and ability to match the right solution to their needs. This session will help you understand what you need to consider when planning your finances.

Meeting room
FREE | 12.45am (30 mins)

WORKSHOP

Life Coaching Taster Session

Big changes in your life, like retirement, can be challenging and overwhelming. Life coaching can help you to define personal goals and ambitions by exploring your current situation, discovering the challenges and plotting a course to achieve your goals.

Join Angie Fitton for a taster session and learn how life coaching can help you to get the most from your retirement.

Meeting room
FREE | 1.30pm (30 mins)

Sunday 7 October

Part of Silver Sunday, an annual day of fun and free activities for older people across the UK. Led by The Sir Simon Milton Foundation, it celebrates the value and knowledge older people contribute to our communities while combating loneliness and isolation.



PERFORMANCE & WORKSHOP

Improv Gym

Catch the inaugural public performance of the over 50s improv group who meet weekly at Storyhouse.

They may have performed for HM The Queen when she visited Storyhouse in June, but for the first time ever they will entertain an audience – expect fun, hilarity and perhaps a bit of audience participation. Come along to support, cheer and encourage the group to make this a fun packed show.

Garret Theatre
FREE
Performance 11 am (30 mins)
Workshop 11.45 (30 mins)



TAKE PART

Bright Memories

Beach Hut Photo Booth

Join the Bright Memories group in this nostalgic activity - pose for a photo in the beach hut, come and sing a song, create a poem or make and add a pompom to the beach scene art installation.

Bright Memories is a Bright-life funded partnership between Cheshire and Warrington Carers Trust, Age UK Cheshire and The Alzheimer's Society.

The Kitchen
FREE | Drop-in
10.30am-4pm

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-Online at: storyhouse.com

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TAKE PART

Memory Box Making

Join the Brightlife Social Prescribing team to explore and design a set of memory boxes. Why not bring along some of your personal items to spark conversation?

The Kitchen
FREE | Drop-in
11am-12.30pm



WORKSHOP

Mindful Crafts for Health and Well-being with Women Makers Fab Club

Ready to get your hands covered in paint and use art to express your feelings and socialise? This workshop developed by Heal Earth CIC uses mindfulness to help strengthen resilience, build capacity for greater well-being and inspire creativity through carefully chosen creative crafts. Join dedicated volunteers and craft artists from Women Makers Fab Club on the day and make new friends.

The Kitchen
FREE | Drop-in
11am-12.30pm



TAKE PART

Virtual Reality Experience for All

Having a laugh with old or new friends is a perfect way to get together, and that's exactly what you will get with this. Drop-in and meet Adrian – a virtual reality (VR) enthusiast. You are never too old or young to immerse yourself in new experiences. Adrian has a full list of VR experiences to choose from, including driving a F1 car round a race track, riding the world's largest roller coaster, swimming with sharks or walking along the top of a New York sky scraper.

The Kitchen
FREE | Drop-in
12pm-3pm



WORKSHOP

Reminiscence Workshop presented by Haylo Theatre

Join Hayley and Louise, actors in *Over the Garden Fence* (see page 4) in a reminiscence workshop with Haylo Theatre, to celebrate the value and knowledge that older people contribute to our communities.

This reminiscence workshop aims to explore, through theatre, personal past and identity. It combines stimulation, communication, socialisation, and entertainment.

The activity is a creative way for participants to think positively about the importance of sharing our life stories and treasured memories, whilst maintaining individuality regardless of our age.

Garret Theatre
FREE | 1pm (60 mins)
Booking recommended



CINEMA

The Little Stranger

Sunday 7 October 6pm

£6 | Booking essential

The adaptation of Sarah Waters' best-selling creepy novel (*Room*). During the long, hot summer of 1948, Dr. Faraday travels to Hundreds Hall, home to the Ayres family for more than two centuries. The Hall is now in decline, and its inhabitants - mother, son and daughter - remain haunted by something more ominous than a dying way of life.

Released: 2018 | Duration: 111 mins

Directed by: Lenny Abrahamson

Starring: Domhnall Gleeson, Will Poulter, Ruth Wilson, Charlotte Rampling.

WORKSHOP

WEA Jewellery Making and Water-colours

This have-a-go workshop offers the opportunity to create a personal piece of artwork. Jewellery design and making will be led by Cecilia Fletcher, Painting for Pleasure with Gordon Brown from WEA and crafts with Debbie Gayle from WEA (Workers' Education Association).

The Kitchen

FREE | Drop-in | 1pm-3pm

TALK

10 Minute Tales

Real life stories told by inspirational people.

Based on real life experiences and insights, group members and volunteers talk about how loneliness can creep up on anyone - how it has affected them - and what they've done to change their lives around.

The Den

FREE | Drop-in
1pm (60 mins)

TAKE PART

Arts and Crafts

Come and celebrate autumn by turning beautiful autumn leaves into candle holders or fridge magnets. Nothing too complicated, just a straight forward, fun-filled craft to release your creativity!

The Kitchen

FREE | Drop-in
2pm (2 hrs)

TAKE PART

Gameshow Get Together

Join the Brighter Days Social Group for some popular games everyone can enjoy. The theme of the afternoon will be familiar TV Shows such as Play Your Cards Right, The Generation Game and Catchphrase. Bring a gang of friends over or come alone and leave with friends.

The Kitchen

FREE | 2pm (60 mins)
Booking recommended

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PERFORMANCE

Brightlights Theatre Company

Little Actors Theatre brings their over 50s' Brightlights Theatre Company to Storyhouse to showcase some highlights from their new play. This will be followed by a 30-minute drama skills workshop led by director Mike Lockley. Experience the creativity of a drama workshop with this fun and friendly group.

Garret Theatre

£4 | 2.30pm (60 mins)
Booking essential



PERFORMANCE

Silver Singers

Back by popular demand after they raised the roof at *The Great Get Together*, the Silver Singers return to Storyhouse. Directed by Michael Rowlands watch this 60 strong choir from Vicars Cross bring the day to a fantastic close.

The Kitchen

FREE | 3.30pm (30 mins)

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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FUNDED BY
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and Chester

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ENGLAND**

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 Cheshire
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SILVER SUNDAY
CELEBRATING OLDER PEOPLE
SUNDAY 7th OCTOBER 2018

Silver screenings at the cinema

STORYHOUSE

Every afternoon on Tuesday and Thursday, anyone aged over 60 can see a film in the storyhouse cinema for just £6 – that's 25% off full price!

Find out more at storyhouse.com

September and October highlights



The Children Act
From 31 August



The Heiresses
11 September



Cold War
From 14 September



The Seagull
From 21 September



King of Thieves
From 28 September



The Little Stranger
From 5 October



First Man
From 12 October



The Wife
From 26 October

book now at storyhouse.com | 01244 409 113

This Christmas
we're off on a
wonderful journey

Made by
STORYHOUSE

THE WIZARD OF OZ

Based on the classic MGM motion picture and
featuring the songs *Somewhere Over The Rainbow*
and *We're Off To See The Wizard*

By L. Frank Baum

With Music and Lyrics by Harold Arlen and E.Y. Harburg Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard Orchestration by Larry Wilcox Adapted by John Kane for the Royal Shakespeare Company
Based upon the Classic Motion Picture owned by Turner Entertainment Co and distributed in all media by Warner Bros

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BOOK NOW
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