

RICHMOND UPON THAMES

FULL OF LIFE

FAIR

TWICKENHAM
RFU STADIUM
WHITTON ROAD

TWICKENHAM
TW2 7BA

FRIDAY 13 OCTOBER 2023, 10AM - 4PM

www.richmond.gov.uk/full_of_life

**REGISTER FROM
WEDNESDAY 30 AUGUST**

★ 020 8871 8390 ★



**FOR
RESIDENTS
IN LATER LIFE**

**OVER 60
LOCAL
STALLHOLDERS**

**FREE
CAFÉ AND
LUNCH***

**ENJOY ACTIVITY
TASTER SESSIONS
FROM AROUND THE
BOROUGH!**

*The free café is available to all visitors. Sit-down lunch is for local residents only with limited spaces available on a first-come, first-served basis. Pre-booking is required.

August 2023

Dear Residents,

On behalf of Richmond upon Thames Council, I would like to invite you to attend the annual Full of Life Fair on Friday 13 October 2023. We're very much looking forward to welcoming residents back to Twickenham Stadium for another year of celebrations, fun activities and up-to-date, useful information and advice about the vast resources in Richmond upon Thames that exist to support them.

Our older residents and carers make immeasurable contributions to our borough, and this is our opportunity to provide them with everything they need locally to help them live physically active, healthy, happy and independent lives.

It is absolutely free to attend, and those who join us will have the opportunity to do things like:

- Try out community activities like mini gardening, table tennis, yoga, gentle mind-body and strengthening exercise routines, dance demos and helpful wellbeing workshops
- Access one-to-one support for how to use everyday technology to live more independently, and learn about how to avoid cyber scams
- Receive health and social care advice from local professionals, as well as clinical services like blood pressure checks, diabetes risk assessments, advice from community pharmacists and COVID-19 and flu jabs if eligible
- Learn how to get involved in local community and activity groups

EVENT DETAILS

Where? Twickenham RFU Stadium, Whitton Road, Twickenham, TW2 7BA (map and transport options included in this brochure)

When? Friday 13 October from 10am to 4pm

REGISTRATION

You are welcome to join us for the whole day, as we have plenty of stalls for you to visit and activities for you to take part in, as well as our free café, which will be serving free drinks and light snacks throughout the day.

Registration is essential if you wish to attend between 10am and 12pm. If you would prefer to simply turn up on the day, please arrive between 12.30pm and 4pm.

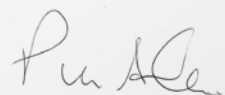
To register visit: www.richmond.gov.uk/full_of_life or call 020 8871 8390.

If you have a neighbour, carer or friend who you think would benefit from this event, please share this information with them. We hope to see you there!

You will find all the information you need about the fair, as well as additional events happening in the community this October, in this brochure or on our website:

www.richmond.gov.uk/full_of_life

Yours sincerely,



Councillor Piers Allen

Lead Member for Adult Social Care & Public Health and
Chair of Richmond Health & Wellbeing Board





REGISTRATION IS ESSENTIAL

TO REGISTER:

 www.richmond.gov.uk/full_of_life  **020 8871 8390**

You must also register if you wish to join us for lunch. Numbers are limited and tickets are for Richmond upon Thames residents only. Please make sure to choose the lunch option when you register.

ACTIVITIES SCHEDULE

10am	Doors Open
10:30	Men's Exercises: Strengthening & Stretching Taster
11:00	Building Resilience & Boosting Wellbeing workshop
11:15	Stretch and Flow Taster (using the Medau Movement System)
11:30	Baduanjin Qigong: Gentle Mind-Body Exercise Taster*
11:30	Tango Demo & Taster
12:15	Zumba Gold Taster
12:30	Baduanjin Qigong: Gentle Mind-Body Exercise Taster*
1:00	Avoiding Cyber Scams Seminar
1:15	Chair Yoga
1:30	Baduanjin Qigong: Gentle Mind-Body Exercise Taster*
2:00	Line Dancing
2:15	Enabling Correct Movement: Strengthening & Stretching Taster

2:30	Gentle Yoga
3:00	Zumba Taster
4pm	Event Ends

ALL-DAY ACTIVITIES

- Table tennis
- Mini planting & gardening tips sessions
- Using technology to live independently & improving your digital skills drop-in sessions
- COVID-19 and flu vaccines, community pharmacy healthy living advice, blood pressure checks, diabetes risk assessments, and more
- 'Move To Your Mood' at-home physical activity routines

And more!

***Dementia-friendly activity**

STALLHOLDERS & ACTIVITY PROVIDERS

CARE AND SUPPORT

- Crossroads Care Richmond & Kingston
- FiSH Neighbourhood Care
- Homelink Day Respite Centre
- Richmond Council Day Centres
- Richmond Carers Centre
- Visiting Angels South Middlesex

COMMUNITY

- Age UK Richmond
- Embracing Age
- SIT STOP
- The Richmond Charities
- Ruils
- Richmond CVS
- Richmond AID
- Multicultural Richmond
- The Mulberry Centre
- CPR Financial LLP
- Thinking Works
- The Real Junk Food Project
- South West London Energy Advice Partnership (SWLEAP)
- Richmond Climate Change Engagement
- Richmond Furniture Scheme
- United Response
- Visually Impaired Society of Richmond (VISOR)

CULTURE AND ACTIVITIES

- Arts Richmond
- Cambrian Centre
- DanceWest
- Ellera Hall Social Centre
- ETNA Community Centre
- Rotary Club of Twickenham
- Richmond Friendly Parks for All + Health Walks
- Richmond upon Thames Libraries
- Richmond Sports and Fitness Service and Centres
- Visit Richmond
- Freedom Tango Teddington
- Richmond and Kingston Accessible Transport (RAKAT)
- Sarah Greenall Yoga
- Whitton Community Centre
- ZOEFIT

HEALTH AND WELLBEING

- Active Women and Girls Foundation
- Arthritis Action
- Cancer Research UK
- Cooking Up
- Diabetes UK Richmond and Twickenham
- Enable Adult Weight Management & Active Wellbeing Programmes
- HRCH Community Dementia Service
- Richmond Council Public Health
- NHS Roving Vaccination Service

- NHS Diabetes Prevention Programme
- Richmond AquaPhysio Group
- Richmond Borough Mind
- Richmond Community Health Champions
- Richmond Stop Smoking Service
- St Mary's University Public Health & Nutrition
- Age UK's We Are Undefeatable Campaign

PUBLIC SERVICES

- Healthwatch Richmond
- Citizens Advice Richmond
- Richmond Council Adult Social Care
 - Sensory Services
 - Financial Assessment
 - Safeguarding Adults Board
 - Quality Assurance
- Richmond Council Customer Services
- Richmond Council Trading Standards Metropolitan Police & Safer Neighbourhood Board
- Richmond Housing Partnership

USING TECHNOLOGY TO LIVE INDEPENDENTLY

- Connect to Tech Service
- Gloria Care Technology Service
- Richmond Adult Social Care Digital Service

*information correct as of August 2023



BY CAR

From London take the A316 over Twickenham Bridge. At the Lexus/Curries car dealership, take the 3rd exit out on to B361 Whitton Road. With the Stadium straight ahead keep right into Rugby Road and follow the sign to the car park.

Parking: Parking is available on site for coaches and up to 2,000 cars. As you approach Rugby Road, follow signs for the car park, which you can access through Gate D. You will need to register for free parking. Find out how to do this easily on our website below.

BY BUS

Bus routes 281, 481 and 681 have regular services which pass close to the Stadium.

BY TRAIN

Twickenham is the nearest station. Turn right out of the station, cross the road and the Stadium is approximately an 8 minute walk.

BY SHUTTLE

There will be free shuttle buses with wheelchair access running from Twickenham Station and a location in Ham to the Stadium. Visit our website or call us for information on timings and exact pick-up and drop-off locations.

For more information:

www.richmond.gov.uk/full_of_life

fulloflife@richmond.gov.uk

020 8871 8390

@LBRuT #FullOfLife23



FULL OF LIFE FUND

PROGRAMME OF EVENTS OCTOBER

1 OCTOBER TO 31 OCTOBER

GET INVOLVED WITH EVEN MORE EVENTS ACROSS THE BOROUGH!

Alongside the Full of Life Fair, we are supporting local groups and organisations to host their own community events throughout October, through the Full of Life Fund.

Many of the Full of Life Fund events are outlined below, but do keep an eye on our website for a few additions. Please contact the relevant organisations directly to pre-book a place if it is not a drop-in event.

For more information please visit
www.richmond.gov.uk/full_of_life_fund

OCTOBER

Name of organisation	Full of Life Fund Activity	Date and Time	Venue	RSVP
Makers United CIC	Making & Crafting Workshop	Sun 1 Oct, 10am to 1pm	Ham Youth Centre, TW10 7PL	Just turn up!
DERA Over-55's Club	Afternoon Tea, Dancing & Songs	Mon 2 Oct, from 2pm	DERA Community Hall, TW2 7QB	Just turn up!
Age UK Richmond	Silver Sunday Lunch & Entertainment	Mon 2 Oct, from 12pm	Barnes Green Centre, SW13 9HE	Email janet.eaton@ageukrichmond.org.uk or call 020 8876 2377
Barnes Common Limited	Community Growing Project Taster	Wed 4 Oct, 2 to 3:30pm	Vine Road Recreation Ground, SW13 0NE	Register via Eventbrite (link on Full of Life Fund webpage) or call 07903 034 363
EDGE Dance Fitness	STRICTLY FIT - Solo dance your favourite 'Strictly' moves	Wed 4 Oct, 12 to 1pm	St Margaret's Catholic Church, TW1 1RL	Book on www.edgedancefitness.co.uk/book-classes/
Crossroads Care Richmond & Kingston	Movement and Exercise Group for Carers	Thursdays 5 & 12 Oct, 12:30 to 2:30pm	Hampton Hill Playhouse, TW12 1NZ	Just turn up!
Homelink Day Respite Care Centre	Afternoon Tea, Entertainment & Dancing for Carers and Their Cared For	Sat 7 Oct 12:30 to 3pm	Hospital Bridge Road, Twickenham, TW2 6DE	Email jane@homelinkdaycare.co.uk or call 020 8255 1992
Crossroads Care Richmond & Kingston	Music and Sing-Along Session for Carers & Loved Ones With Dementia	Sat 7 Oct, 11am to 3:30pm, music from 1:30pm	Sheen Lane Day Centre, SW14 8LP	Just turn up!
Richmond Good Neighbours & The Avenue Club	Silver Sunday Tea & Live Music	Sun 8 Oct, 2:30 to 4:30pm	The Avenue Club, TW9 2AJ	Call 020 3538 4060
Age UK Richmond	Allotment Open Morning and Gardening Tips & Taster Session	Mon 9 Oct, 11am to 1pm	Shacklegate Lane Allotments, TW11 8UJ	Email mt.keegan@ageukrichmond.org.uk or call 020 8744 1965
Cambrian Community Centre	Strengthening Weights Class	Tues 10 Oct 11:45am to 1:45pm	Cambrian Community Centre, TW10 6SN	Email manager@cambriancentre.org or call 020 8332 1102
Linden Hall Community Centre	Lindeners Social Club Open Day with Activities, Entertainment & Lunch	Tues 10 Oct, 10am to 2pm	Linden Hall, TW12 2JG	Email enquiries@lindenhall.org.uk or call 0208 9412373

Name of organisation	Full of Life Fund Activity	Date and Time	Venue	RSVP
Whitton Day Centre	Open Activity Day with Yoga, Arts & Reflexology	Wed 11 Oct, 11am to 3pm	The Access Project Specialist Day Centre, TW2 7DT	Just turn up!
Mortlake Community Association	Health & Advice Afternoon	Wed 11 Oct, 12 to 3pm	Mortlake Hall, SW14 8EZ	Email timi@mortlakecommunityassociation.org.uk
Museum of Richmond	Coffee & Crafting Workshop	Wed 18 & Sat 21 Oct, 1 to 3pm	Old Town Hall, TW9 1TP	Numbers are limited. Call 020 8332 1141.
Royal Botanic Gardens	Queer Nature Creative Arts Workshop & Guided Tour	Wed 18 Oct, 1 to 4pm	Meet at the Victoria Gate, Royal Botanic Gardens, TW9 3JR	Email discovery@kew.org or call 07341 114 533 with your name, number of places, & postcode
Whitton Community Centre	Zumba, Pilates, Yoga & Line Dancing Taster Sessions	Thurs 19 Oct, 9:30am to 1pm (full schedule on Fund webpage, link below)	Lambeth Hall, Whitton Community Centre, TW2 6JL	Just turn up!
Multicultural Richmond	Information & Activity Day with Lunch	Thurs 19 Oct, 10am to 4pm	Whitton Day Centre, TW2 7DT	RSVP by 9 October. Email surinder@multiculturalrichmond.org.uk or call 020 8893 9555
Whitton Baptist Church	Accessible Boccia Ball Game	Thurs 19 Oct, 1 to 4pm	27 Hounslow Road, TW2 7BZ	Just turn up!
Whitton Community Centre	Full of Life Tea Dance	Fri 20 Oct, 1:30 to 3:30pm	Lambeth Hall, Whitton Community Centre, TW2 6JL	Just turn up!
Visiting Angels South Middlesex	Dementia-Friendly Qigong: Gentle Mind-Body Exercise Classes	10 x sessions throughout Oct. Details on Fund webpage, link below	Whitton Social Centre & Homelink Day Respite Centre	RSVP via Eventbrite links on Full of Life website, or just turn up!



For more information:

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