

# BRIGHTER LIVING FAIR

## FESTIVAL OF EVENTS

### Programme of Events October 2025

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 2025 for you to take part in. 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>Sport4Health</b>	Gym & Wellness Taster Sessions	1 October	10am	Battersea Sports Centre, Hope Street, London, SW11 2DA	Open to all	<a href="mailto:ed@sport4Health.co.uk">ed@sport4Health.co.uk</a> or 07768 076459
<b>SEN Unity CIC</b>	Move and Mingle	2, 9, 16, 23, 30 October	12.30pm	4 Fontley Way, London, SW15 4LY	Open to all	<a href="mailto:info@sen-unity.co.uk">info@sen-unity.co.uk</a> or 07963 519846
<b>Deaba CIC</b>	Ghana on a Plate	3, 18 October	12.30pm	Devas Club, 2a Stormont Road, London, SW11 5EN	Open to all	<a href="mailto:deabacic2@gmail.com">deabacic2@gmail.com</a>
<b>Balham Baptist Church</b>	Bands & Balls Fall Prevention	7 October	10.30pm	Balham Baptist Church, Dew Drop In, 1 Ramsden Road, Balham, SW12 8QX	Open to all	<a href="mailto:mrhassell@btopenworld.com">mrhassell@btopenworld.com</a> or 07941 189194
<b>Live Karma Yoga</b>	Roehampton Chair Yoga	7, 14, 21, 28 October	10am	Grosse Way Sheltered Housing Clubroom, Grosse Way, Dover Park Drive, SW15 5DQ	Open to all	<a href="mailto:info@livekarmayoga.com">info@livekarmayoga.com</a> or just turn up



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<b>The Furzedown Project</b>	Falls Prevention & Exercise Therapy	7, 14, 23, 30 October	10.30am	91-93 Moyser Road, SW16 6SJ	Open to all	<b>020 8677 4283</b>
<b>Wandsworth Asian Women Association</b>	Healthy Aging: Awareness and Action	8 October	11.30am	Mantle Court, Mapleton Road, London, SW18 4AU	Members only	<b>07717 943 778 or 07960 796 424</b>
<b>Balham &amp; Tooting Community &amp; Sports Club</b>	Active Ageing Through Play	8, 15, 22, 29 October	2pm	Balham & Tooting Community & Sports Club, 94 Balham High Road, SW12 9AA	Open to all	<b>07400 006653</b>
<b>Yew Tree Lodge Sheltered Housing</b>	Line Dancing	10, 17, 24 October	11am	Yew Tree Lodge Sheltered Housing, SW16 1RZ	Open to all	<b>marie.williams2@richmondandwandsworth.gov.uk or 02088717702</b>
<b>Nature Connected Creative</b>	Restore & Reconnect: A Gentle Walk in Nature	16 October	1.30pm	Battersea Park - meet at Lakeside Cafe Battersea Park, London SW11 4NJ	Open to all	<b>amy.natureconnected@gmail.com or sarah.natureconnected@gmail.com</b>
<b>Putney School of Art &amp; Design</b>	Drawing Workshop	19 October	11am	Putney School of Art & Design, Oxford Road, SW15 2LQ	Open to all	<b>Just turn up</b>
<b>Putney School of Art &amp; Design</b>	Printing Workshop	19 October	11am	Putney School of Art & Design, Oxford Road, SW15 2LQ	Open to all	<b>Just turn up</b>
<b>The Hope for Wellbeing Project</b>	Movement & Dance for Wellbeing	20 October	3.30pm	28 Glenburnie Road, Tooting Bec, London, SW17 7PJ	Open to all	<b>glenroyb@hopeforwellbeing.org or 07943 954 374</b>
<b>Thrive</b>	Get Active in Nature	20, 23 October	11am	Thrive Main Garden, East Carriage Drive, Battersea Park, SW11 4NJ	Open to all	<b>battersea@thrive.org.uk</b>
<b>The Cactus Club</b>	Line Dancing Silvers	22 October	2pm	Battersea Labour Club, 81-83 Falcon Rd, London SW11 2PF	Open to all	<b>johncharlesmarshall@hotmail.com</b>

Name of organisation	Activity	Date	Time	Venue	Open to all or members only?	RSVP Details
<b>The Baked Bean Charity</b>	Baked Bean Zumba: Student Takeover	22 October	3.30pm	The Wilditch Community Centre, SW11 5BB	Members only	<a href="mailto:lottie.monk-porcel@bakedbeancharity.uk">lottie.monk-porcel@bakedbeancharity.uk</a>
<b>Wandsworth Carers Centre</b>	WCC Sports Day	24 October	11am	Mapleton Road, Wandsworth, SW18 4DN	Members only	<a href="mailto:info@wandsworthcarers.org.uk">info@wandsworthcarers.org.uk</a>
<b>Women of Wandsworth</b>	Balloon Volleyball & Lunch	24 October	1pm	Holmleigh Court, 86 Plough Road, London, SW11 2AR	Open to all	<a href="mailto:Info@wowmums.com">Info@wowmums.com</a>
<b>Falcon Estate Residents Association</b>	Sports & Food	25 October	1pm	John Kirk House, London, SW11 2NE	Open to all	<a href="mailto:Falconestatera2006@gmail.com">Falconestatera2006@gmail.com</a>
<b>The Hope for Wellbeing Project</b>	Art & Walk for Health & Wellbeing (Women Only)	27 October	3.30pm	28 Glenburnie Road, Tooting Bec, London, SW17 7PJ	Open to all	<a href="mailto:glenroyb@hopeforwellbeing.org">glenroyb@hopeforwellbeing.org</a> or 07943 954 374
<b>St Paul's Community Centre</b>	Get Active & Have Fun	30 October	12pm	St. Pauls Community Centre, 23 Inner Park Road, SW19 6ED	Open to all	<a href="mailto:CommunityCentre@stpaulsparkside.org.uk">CommunityCentre@stpaulsparkside.org.uk</a> or 020 8785 6327
<b>A2ndvoice CIC</b>	Art, Music & Wellbeing Meet Up for Older Autistic People 50+	31 October	10.30am	Devas Club, 2a Stormont Road, London, SW11 5EN	Open to all	<a href="mailto:hello@a2ndvoicecic.co.uk">hello@a2ndvoicecic.co.uk</a> or 07947198362

# Exercise and Aqua Fitness and Programme

Brighter Living Festival of Events has partnered with Enable and Places Leisure to provide you with **FREE** exercise and fitness classes and aqua activities throughout October. All the sessions listed below are suitable for people with limited mobility or physical disabilities, just let the instructor know when you arrive.

Name of Organisation	Activity	Dates	Time	Venue	Open to all or members only?	How to book?
<b>Places Leisure</b>	<b>Forever Active</b> Low-impact class for all fitness levels. Improve strength, flexibility and balance through gentle exercises that are easy on the joints. Perfect for maintaining health and vitality at any age.	1, 8, 15, 22, 29 October	11.35am - 12.20pm	Putney Leisure Centre, Dryburgh Road Putney, SW15 1BL	Open to all	<b>Just turn up</b>
<b>Places Leisure</b>	<b>Senior Aqua Fun Circuits Class</b> Low-impact water workout for older adults. Move through circuit stations to improve cardio, strength, and mobility while enjoying the water's gentle resistance.	1, 8, 15, 22, 29 October	1.15pm - 2pm	Latchmere Leisure Centre, Burns Road Battersea, SW11 5AD	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Keep Fit Class</b> Strengthen the body and reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	1, 8, 15, 22, 29 October	10.30am - 11.30am	St Andrews Church SW18 3QF	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Yoga</b> Improve flexibility, increase strength, better balance: enhances stability and coordination, enhances posture and provides pain relief which can alleviate back pain, arthritis, and headaches.	2, 9, 16, 23, 30 October	9.45am - 10.45am	Newlands Community Hall, SW15 3EP	Open to all	<b>Just turn up</b>

Name of Organisation	Activity	Dates	Time	Venue	Open to all or members only?	How to book?
<b>Enable</b>	<b>Circuit Class</b> Station by station class with equipment and aims to strengthen the body and reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness.	3, 10, 17, 24, 31 October	10.30am - 11.30am	The Penfold Centre, SW18 4TJ	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Keep Fit for Life</b> Strengthen the body and reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	3, 10, 17, 24, 31 October	10.15am - 11.15am	Burrage Gardens Community Centre, SW11 1AR	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Tone and Stretch</b> Improve flexibility, increase strength, better balance: enhances stability and coordination, enhances posture	3, 10, 17, 24, 31 October	11am - 12pm	Roehampton Methodist Church, SW15 4EB	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Keep on Moving (Southfields)</b> Strengthen the body, reduce the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	3, 10, 17, 24, 31 October	11.45am - 12.45pm 1pm - 2pm	St Barnabus Church, SW18 5EP	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Chi Gung Relax &amp; Breathe</b> Focus on movement, breathing and mindfulness. Seated option available.	6, 13, 20, 27 October	1pm - 2pm	The Penfold Centre, SW18 4TJ	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Tia Chi</b> Focus on slow flowing movements, mind body connection and breathing. Seated option available.	6, 13, 20, 27 October	1pm - 1.45pm	Burrage Gardens Community Centre, SW11 1AR	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Keep on Moving</b> Strengthen the body and reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	7, 14, 21, 28 October	10.30am - 11.30am	The Penfold Centre, SW18 4TJ	Open to all	<b>Just turn up</b>

Name of Organisation	Activity	Dates	Time	Venue	Open to all or members only?	How to book?
<b>Enable</b>	<b>Keep Fit for Life</b> Strengthen the body and reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	7, 14, 21, 28 October	11.45am - 12.45pm 1pm - 2pm	Tooting Baptist Church, SW17 9LD	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Flow Into Your Power: Vinyasa Yoga</b> Through breath and movement improve flexibility, increase strength, better balance: enhance stability and coordination	7, 14, 21, 28 October	12.15pm - 1.15pm	10 Lower Richmond Road, Putney, SW17 9LD	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Mindful Slow Flow Yoga</b> Improve flexibility, increase strength, better balance: enhances stability and coordination, enhances posture and provides pain relief which can alleviate back pain, arthritis, and headaches.	7, 14, 21, 28 October	2pm - 3pm	Roehampton Fitness Centre, SW15 4JB	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Keep on Moving (Clapham Common)</b> Strengthen the body and reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	7, 14, 21, 28 October	2.15pm - 3.15pm	Clapham Common, St Barnabas Church, SW4 9SW	Open to all	<b>Just turn up</b>



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