

# BRIGHTER LIVING FAIR

## FESTIVAL OF EVENTS

### Programme of Events October 2024

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 2024 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>Sparkle - St Michael's &amp; St Stephen's Church</b>	Intergenerational activities & lunch	1 October	10:30am	St Stephens Church, Manfred Road, SW15 2RS	Open to all	<a href="mailto:Emma@stmikes-ststeves.org.uk">Emma@stmikes-ststeves.org.uk</a> or 020 8877 3003
<b>Women of Wandsworth</b>	Seated volleyball with balloon	1 October	1pm	Holmleigh Court, 86 Plough Road, Battersea, SW11 2AR	Open to all	<a href="mailto:Info@wowmums.com">Info@wowmums.com</a>
<b>Tooting Works</b>	Coffee and games morning	1 October	10am	Tooting Works, 89 Bickersteth Rd, SW17 9SH	Open to all	<a href="mailto:nicole@businesslaunchpad.org.uk">nicole@businesslaunchpad.org.uk</a>
<b>Live Karma Yoga</b>	Female yoga	2, 6, 16, 23 October	10am	Lennox Estate Clubroom, 42-59 Ludovick Walk, SW15 5LE	Open to all	<b>Just turn up or email</b> <a href="mailto:info@livekarmayoga.com">info@livekarmayoga.com</a>
<b>Rambler Close Sheltered Housing</b>	Standing & seated keep fit exercises	2, 9, 16 October	2pm	Rambler Close Sheltered Housing. 33 Rambler Close, Tooting SW16 1RX	Open to all	<a href="mailto:janet.lawal@richmondandwandsworth.gov.uk">janet.lawal@richmondandwandsworth.gov.uk</a> or 020 8871 7728

E&O. Information correct at the time of publishing



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<b>Balham &amp; Tooting Community &amp; Sports Club</b>	Movement to music - exercise to promote physical & mental health	2, 9, 16, 23, 30 October	2pm	94 Balham High Road, SW12 9AA	Open to all	<b>020 8673 5968</b>
<b>SEN Unity CIC</b>	Chair aerobics, Chair Tae-bo	3, 10, 17 October	12:30pm	Manresa Clubroom, Fontley Way, SW15 4NF	Open to all	<a href="mailto:info@sen-unity.co.uk">info@sen-unity.co.uk</a> or <b>07963519846</b>
<b>A2ndvoice CIC</b>	Autism adults social group 50+	3, 10, 24, 31 October	11am	Online, please email for details	Open to all	<a href="mailto:info@a2ndvoice.com">info@a2ndvoice.com</a>
<b>A2ndvoice CIC</b>	Autism adults social group 50+	3, 10, 24, 31 October	12pm	Tooting Works, 89 Bickersteth Rd, SW17 9SH	Open to all	<a href="mailto:info@a2ndvoice.com">info@a2ndvoice.com</a>
<b>Wandsworth Carers Centre</b>	Tai Chi & tea	4 October	11am	Earlsfield Library, 276 Magdalen Road, SW18 3NY	Members only	<a href="mailto:info@wandsworthcarers.org.uk">info@wandsworthcarers.org.uk</a> or <b>020 8877 1200</b>
<b>Sport4Health</b>	Sport taster sessions for older people	4 October	10:30am	Battersea Sports Centre, Hope Street, SW11 2DA	Open to all	<a href="mailto:info@sport4health.co.uk">info@sport4health.co.uk</a> or <b>07768 076459</b>
<b>London Care</b>	Community outreach	4 October	11:30am	Ham House, Ham St. Ham, Richmond, TW10 7RS	Members only	<a href="mailto:Tom.beah@longdoncare.co.uk">Tom.beah@longdoncare.co.uk</a>
<b>Aboyne Estate Residents Association</b>	Balance exercise session & afternoon tea	6, 12 October	2pm	Aboyne Community Clubroom, Deeside Road, SW17 0PH	Open to all	<a href="mailto:aboyneestatera@gmail.com">aboyneestatera@gmail.com</a>
<b>Age UK Wandsworth</b>	Health & Wellbeing Monday exercise class, meeting friends, refreshments	7 October	11am	Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ (Entrance off Bartholomew Close)	Open to all	<b>Just turn up or call 020 8187 1717</b>
<b>Tooting Community Kitchen</b>	Cooking on a budget	7, 9 October	1pm	Scout Hall, 19 Church Lane, Tooting, SW17 9NN	Open to all	<a href="mailto:johnnykm23@gmail.com">johnnykm23@gmail.com</a>
<b>Visiting Angels</b>	Well-being day - seated yoga, reiki, health information & more	7, 17 October	11am	108 Battersea High St, London, SW11 3HP	Open to all	<b>Just turn up</b>

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<b>Dew Drop In Seniors Lunch &amp; Social Club</b>	Falls prevention class	8 October	10:30am	Balham Baptist Church, 21 Ramsden Road, Balham, SW12 8QX	Open to all	<b>07941 189194</b>
<b>Wandsworth Shopmobility</b>	Introduction to mobility scooters, Tia Chi and Qi Gong exercise	8, 9, 10 October	12pm	45 Garrett Lane, SW18 4AD	Open to all	<a href="mailto:shopmobility@wctbus.org.uk">shopmobility@wctbus.org.uk</a>
<b>Age UK Wandsworth</b>	Health & Wellbeing Wednesday coffee morning & info session on bowel cancer screening	9 October	10am	Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ (Entrance off Bartholomew Close)	Open to all	<b>Just turn up or call 020 8187 1717</b>
<b>Hestia Age Activity Center</b>	Holistic wellbeing day - Senior Olympic activities & health talks	9 October	1:15pm	966 Garratt Lane, SW17 0ND	Open to all	<a href="mailto:maeve.redmond@hestia.org">maeve.redmond@hestia.org</a>
<b>The Baked Bean Charity</b>	Student take-over: Baked Bean Zumba	9 October	3:30pm	The Wilditch Community Centre, 48 Culvert Road, London, SW11 5BB	Members only	<b>020 8944 0024</b>
<b>Age UK Wandsworth</b>	Health & Wellbeing Thursday walking group and picnic	10 October	2pm	Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ (Entrance off Bartholomew Close)	Open to all	<b>Just turn up or call 020 8187 1717</b>
<b>Thrive Battersea Park</b>	Get gardening for health & wellbeing	10 October	11am	Thrive Main Garden, East Carriage Drive, Battersea Park, SW11 4NJ	Open to all	<a href="mailto:battersea@thrive.org.uk">battersea@thrive.org.uk</a>
<b>Creative Support</b>	The Banquet of Plenty - cook and eat together	11 October	11am	Mary Court, 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>Age UK Wandsworth</b>	Health & Wellbeing Friday arts & crafts morning & dance afternoon	11 October	10:30am - 1:30pm	Gwynneth Morgan Day Centre, 52 East Hill, SW18 2HJ (Entrance off Bartholomew Close)	Open to all	<b>Just turn up or call 020 8187 1717</b>

Name of organisation	Activity	Date	Time	Venue	Open to all or members only?	RSVP Details
<b>All Saints Tooting Friends</b>	Singalong with lunch	11 October	1pm	All Saints Church, Brudenell Road, SW17 8DQ	Open to all	<a href="mailto:michaeltooting@gmail.com">michaeltooting@gmail.com</a>
<b>EstateArt CIC</b>	Silver singalong and chair yoga	12 October	12pm	Manresa Clubroom, Fontley Way, SW15 4NF	Open to all	<a href="mailto:estateartsw15@gmail.com">estateartsw15@gmail.com</a>
<b>Falcon Estate Residents Association</b>	Bulb planting on Falcon Estate	12 October	12pm	Este Road, SW11 2TL	Open to all	<a href="mailto:falconestarera2006@gmail.com">falconestarera2006@gmail.com</a>
<b>Hilaire</b>	Walk and poetry workshop	14, 21 October	1:30pm	Cromwell House Community Hub, Charlotte Despard Ave, SW11 5HW	Open to all	<a href="mailto:hilairemcl@yahoo.co.uk">hilairemcl@yahoo.co.uk</a>
<b>The Furzedown Project</b>	Monday get together - healthy eating as we age	14, 28 October	3pm	91-93 Moyser Road, SW16 6SJ	Open to all	<b>020 8677 4283</b>
<b>Nature Connected Creative</b>	Guided nature experience walks	17 October	1:30pm	The Woodfield Pavilion, 16A Abbotswood Road, SW16 1AP	Open to all	<a href="mailto:amy.natureconnected@gmail.com">amy.natureconnected@gmail.com</a> or <b>07798 530030</b>
<b>Nature Connected Creative</b>	Guided nature experience walks	18 October	11am	The Woodfield Pavilion, 16A Abbotswood Road, SW16 1AP	Open to all	<a href="mailto:amy.natureconnected@gmail.com">amy.natureconnected@gmail.com</a> or <b>07798 530030</b>
<b>Putney School of Art &amp; Design, Charity</b>	Free Drop-In Printing Workshop	20 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, Charity</b>	Free Drop-In Drawing Workshop	20 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>	Walk and talk	21 October	3pm	28 Glenburnie Road, Tooting Bec, SW17 7PJ	Open to all	<a href="mailto:info@hopeforwellbeing.org">info@hopeforwellbeing.org</a> <b>020 3441 9010</b>
<b>Wandsworth Asian Women Association</b>	Yoga and light exercise	23 October	11:30am	Mantle Court, Mapleton Road, SW18 4AU	Members only	<b>07717 943778 or 07960 796424</b>

Name of organisation	Activity	Date	Time	Venue	Open to all or members only?	RSVP Details
<b>Wandsworth Care Alliance</b>	Connecting with our community	24 October	3:30pm	Elays Network, 68 St Rule Street, SW8 3ED	Open to all	<a href="http://www.healthwatchwandsworth.co.uk/events">www.healthwatchwandsworth.co.uk/events</a> or 07434633745.
<b>Women of Wandsworth</b>	Intergenerational lunch	25 October	1pm	Holmleigh Court, 87 Plough Road, Battersea SW11 2AR	Open to all	<a href="mailto:info@wowmums.com">info@wowmums.com</a> or 07811660580
<b>The Hope for Wellbeing Project</b>	Movement, dance and wellbeing for women	28 October	3pm	28 Glenburnie Road, Tooting Bec, London, SW17 7PJ	Open to all	<a href="mailto:info@hopeforwellbeing.org">info@hopeforwellbeing.org</a> 020 3441 9010
<b>St Paul's Community Centre</b>	Games, activities & make new friends	30 October	12pm	St. Pauls Community Centre, 23 Inner Park Road, SW19 6EW	Open to all	<a href="mailto:CommunityCentre@stpaulsparkside.org.uk">CommunityCentre@stpaulsparkside.org.uk</a> or 020 8785 6327
<b>Katherine Low Settlement</b>	KLS Brightens Living - Community information, advice and activity day	31 October	10am	Katherine Low Settlement, 108 Battersea High Street, SW11 3HP	Open to all	<b>Just turp up or email</b> <a href="mailto:Sophie@klsettlement.org.uk">Sophie@klsettlement.org.uk</a>

# Exercise and Aqua Fitness and Programme

Brighter Living Festival of Events has partnered with Enable and Places Leisure to provide you with **FREE** fitness and exercise activities including aqua sessions throughout October. All the sessions are listed below and are accessible to people with physical disabilities. Aqua sessions at Latchmere Leisure Centre are suitable for people with sight impairment as a Water Assistant will be able to provide support if needed.

Name of Organisation	Activity	Dates	Time	Venue	Open to all or members only?	How to book?
<b>Enable</b>	<b>Pad Work Boxing</b> Focus on core strength, balance, coordination, and cardiovascular health.	1, 8, 15, 22, 29 October	10:30am - 11:30am	Battersea Sports Centre SW11 2DA	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Move More</b> Reduce fatigue, strengthens the body, boosts energy levels and improves mood and sleep. Class is suitable for those living with or beyond cancer.	1, 8, 15, 22, 29 October	10:15am - 11:15am	Tooting Baptist Church SW17 9LD	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Keep on Moving</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.	1, 8, 15, 22, 29 October	10:30am - 11:30am	St Anne's Church SW18 2RS	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Keep Fit for Life</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.	1, 8, 15, 22, 29 October	11:45am - 12:45pm & 1.00pm - 2.00pm	Tooting Baptist Church 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.	1, 8, 15, 22, 29 October	2pm - 3pm	Roehampton Fitness Centre SW15 4JB	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 on Moving (Clapham Common)</b> Strengthen the body, 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	2:15pm - 3:15pm	Clapham Common St. Barnabas Church SW4 9SW	Open to all	<b>Just turn up</b>
<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	11:30am - 12:30pm	Balham Leisure Centre SW17 8AN	Open to all	<b>Just turn up or pre-book at <a href="http://www.placesleisure.org/centres/balham-leisure-centre">www.placesleisure.org/centres/balham-leisure-centre</a> or call 020 8772 9577</b>
<b>Enable</b>	<b>Keep Fit Class</b> Strengthen the body, reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	2, 16, 30 October	10:15am - 11:15am	St Andrews Church SW18 3QF	Open to all	<b>Just turn up</b>
<b>Places Leisure</b>	<b>Older Adults Aqua Circuits-Fun</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. Water Assistant onsite to support people with sight impairments.	2, 9, 16, 23, 30 October	1:15pm - 2:15pm	Latchmere Leisure Centre SW11 5AD	Open to all	<b>Just turn up or pre-book at <a href="http://www.placesleisure.org/centres/latchmere-leisure-centre">www.placesleisure.org/centres/latchmere-leisure-centre</a> or call 020 7207 8004</b>
<b>Places Leisure</b>	<b>Older Adults Aqua Circuits</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.	3, 10, 17, 21, 28 October	12:00pm - 1:00pm	Putney Leisure Centre SW15 1BL	Open to all	<b>Just turn up or pre-book at <a href="http://www.placesleisure.org/centres/putney-leisure-centre">www.placesleisure.org/centres/putney-leisure-centre</a> or call 020 8785 0388</b>

Name of Organisation	Activity	Dates	Time	Venue	Open to all or members only?	How to book?
<b>Enable</b>	<b>Yoga</b> Improve flexibility, increase strength, better balance. Enhances stability and posture, coordination as well as provides pain relief which can alleviate arthritis, and headaches and back pain.	3, 10, 17, 24, 31 October	9:30am - 10:30am	Newland Community Hall SW15 3EP	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Stretch and Movement</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.	3, 10, 17, 24, 31 October	10:30am - 11:30am	Newland Community Hall SW15 3EP	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Move More</b> Reduce fatigue, strengthens the body, boosts energy levels and improves mood and sleep. This class is suitable for those living with or beyond cancer.	3, 10, 17, 24, 31 October	2.pm - 3pm	St Barnabas Church SW18 5EP	Open to all	<b>Just turn up</b>
<b>Places Leisure</b>	<b>Forever Active Low impact class</b> Designed 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.	3, 10, 17, 24, 31 October	12:30pm - 1:30pm	Tooting Leisure Centre SW17 0NE	Open to all	<b>Just turn up or pre-book at <a href="http://www.placesleisure.org/centres/tooting-leisure-centre">www.placesleisure.org/centres/tooting-leisure-centre</a> or call 020 8333 7555</b>
<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.	4, 11, 18, 25 October	10:30am - 11:30am	St Anne's Church SW18 2RS	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.	4, 11, 18, 25 October	10:15 - 11:15am	BurrIDGE Gardens Community Centre SW11 1AR	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>Tone and Stretch</b> Strengthen the body and reduces the risk of falls and injuries whilst promoting better balance, stability and coordination. Seated option available.	4, 11, 18, 25 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 and reduces the risk of falls and injuries whilst increasing bone health, heart health and can alleviate joint pain and stiffness. Seated option available.	4, 11, 18, 25 October	11:45am - 12:45pm	St Barnabas Church SW18 5EP	Open to all	<b>Just turn up</b>
<b>Places Leisure</b>	<b>Older Adults Aqua Circuits</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.	4, 11, 18, 25 October	1:45pm - 2:45pm	Balham Leisure Centre SW17 8AN	Open to all	<b>Just up or pre-book at</b> <a href="http://www.placesleisure.org/centres/balham-leisure-centre">www.placesleisure.org/centres/balham-leisure-centre</a> or call 020 8772 9577
<b>Enable</b>	<b>Tai Chi</b> Focus on slow flowing movements, mind body connection and breathing. Seated option available.	7, 14, 21, 28 October	1pm - 1:45pm	BurrIDGE Gardens Community Centre SW11 1AR	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Chi Gung Relax and Breath</b> Focus on movement, breathing and mindfulness. Seated option available.	7, 14, 21, 28 October	1.00pm - 2.00pm	The Penfold Centre SW18 1TJ	Open to all	<b>Just turn up</b>
<b>Enable</b>	<b>Move More</b> Reduce fatigue, strengthens the body, boosts energy levels and improves mood and sleep. (This class is suitable for those living with or beyond cancer).	7, 14, 21, 28 October	11:30am - 12:30pm	St Anne's Church SW18 2RS	Open to all	<b>Just turn up</b>

