

# STORYHOUSE

# ELDERS

14-18 October

A FREE festival  
of community,  
connection and  
creativity

Performances,  
workshops, walks,  
film, markets  
and storytelling

## STORYHOUSE

Hunter Street, Chester





## All Events are FREE

If you can, please book a space on any events you plan to attend, so we know to expect you! Drop in visitors will always be welcome too.

### VISITING STORYHOUSE

Storyhouse is in Chester city centre (near the Town Hall) and is a theatre, cinema, library and community hub. All Storyhouse Elder events are at or begin at Storyhouse.

**Storyhouse**  
Hunter Street  
Chester CH12AR  
Open 8am-11pm every day  
(9.30am on Sundays)

There will be free tea and coffee available at every Storyhouse Elders event.

Storyhouse is wheelchair-friendly, with ramps, lifts and a Changing Places toilet. Many of our staff are Dementia Friend trained. We have captioned films and theatre shows plus a hearing loop if you're hard of hearing, with audio description available for the partially sighted.

### BOOKING YOUR TICKETS

All Storyhouse Elder events are completely **free** – but please do book a space if you can, so we know to expect you! Any drop-in visitors will be welcome too.

You can book tickets in person by visiting Storyhouse; over the phone by calling **01244409113 (Option #1)** from 11am-7pm; or on the website at: [www.storyhouse.com](http://www.storyhouse.com)

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## The Power of Song

# Welcome!

**Storyhouse Elders is a festival created with older people from Chester's community.**

This year we're celebrating friendship and community through art. It's never too late to explore new passions. So, if you're looking for connection, opportunities for creative expression or simply a reason to get out of the house and have a good time – Storyhouse Elders is for you.

## **This House Is Your House**



**“** We are a small group of people who love Storyhouse - we come here to spend time, a couple of us volunteer here and the rest of us just keep turning up! We range from age 50 – 90. We have worked with the Storyhouse programming team to co-create events for people over the age of 50.

We want more people from in and around Chester to spend time in Storyhouse - what makes the place is the people! Please come along to one or all of these events - we hope everyone will find something they enjoy!” **”**

# Music, Dance & Laughter

**Monday  
14 October**

## **Storyhouse Elders Launch Event with Barbara & Bernard**

Elders Festival launch event, hosted by the dynamic duo of actors, Mark Croasdale and Tom Guest, also known as 'Barbara and Bernard'.

This event promises an hour of laughter, and community spirit as Barbara and Bernard lead the way with sing-alongs, games, and surprises that will lift your spirits and leave you smiling from ear to ear.

**The Kitchen**  
11am-12.30pm  
**FREE**



## **Community Art Project**      **Photo Booth**

A visual arts project open to all. Guided by professional artists come along every afternoon of the festival to help create a piece of artwork.

**Garret Bar**  
1.30-3.30pm  
**FREE**

Drop in for some silliness with our photographer in our photobooth! Have fun with the props, get some fashion advice and have your makeup done!

**Garret Theatre**  
1.30-3.30pm  
**FREE**

**Tuesday**  
**15 October**

## **Writing Workshops**

Including:

- Poetry reading and writing
- Short stories
- Makaton (a unique language programme that uses symbols, signs and speech to enable people to communicate)
- Shared reading

**Garret Theatre & Bar,  
Library**  
11am–12.30pm  
**FREE**

## **Spoken Word Performance**

Feel free to showcase any writing you crafted earlier during a workshop, or simply unwind and enjoy being part of the audience.

**Garret Theatre**  
1.30–3pm  
**FREE**

# Words & Poetry



# Travel & the Environment

**Wednesday  
16 October**

## Travel Stories: Near & Far with Jim Holmes

In this 60-minute talk, Jim, a Chester resident with a global photography business, shares amusing travel anecdotes alongside a stunning photography display. Afterward, you're welcome to join for a cuppa and share your own tales with Jim and fellow attendees.

**Garret Theatre**  
11am-12pm  
**FREE**

## A Heritage & History Walk

A walk around the centre of Chester, exploring the history of our libraries and discovering the city's famous literary connections.

**Meet in the Lobby**  
11am-12pm  
**FREE**

## Hidden Chester: A Photography Walk

Bring a camera of any kind to capture images along the way.

Bring any kind of camera you like (including a smart phone) to capture images you spot on the way. Jim stresses that you don't have to have a camera at all to enjoy this walk.

**Meet in the Lobby**  
1.30-3pm  
**FREE**

**CINEMA:**

## The Best Exotic Marigold

*The Best Exotic Marigold Hotel* is supposed to be India's answer for the UK's most elegant retirees - a place where they can spend their golden years surrounded by lush amenities - that is, until seven retirees who are in need of a transformation find themselves on the front steps of the not-quite-ready resort.

**Directed by: John Madden**  
**Starring: Judi Dench, Bill Nighy and Penelope Wilton**  
**Running time: 1 hr 58 mins**

**Cinema**  
1.30pm  
**FREE**



**Thursday  
17 October**

## Sleight of Mind

This event has been programmed by Chester U3A

**“Our mind is a mysterious world; it’s a world that makes us who we are today.”**

Magician Pete Turner has studied the mind for twenty years, and knows how to fool and trick the mind in a magical way. In this fascinating lecture, Pete uses mind games, auto suggestion

# Mind & Body

techniques and intriguing psychology, provoking participants to think outside the box.

This ‘Derren Brown’ style of lecture is full of magical experiments where everyone can get involved without getting out of their seat.

**Main Stage**  
10.30am–12pm  
**FREE**

## The Art of Wellbeing: A Panel with Q&A

An hour of fitness, nutrition and complimentary medicine advice.

**Garret Theatre**  
1.30–2.30pm  
**FREE**



# The Power of Song

**Friday**  
**18 October**

## A Global Choir

This is for anyone who loves to sing regardless of skill level. Come join us and let your voice be heard!

**Garret Theatre**  
11am-12pm  
**FREE**

## Open Mic

Embrace the chance to share your songs, poems, creative works, and more during our open mic session.

**Garret Theatre**  
12-12.30pm  
**FREE**

## Finale!

Cap off the week with a crescendo of music and performance, as people of all ages from 0 - 100 join Rock Choir and Live the Beat for a one-off event.

**The Kitchen**  
2-3pm  
**FREE**





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## PLUS!

### Regular FREE events at Storyhouse for the Storyhouse Elders community

#### **Mondays** **Shared Reading Group with The Reader**

A shared reading group, bringing people together and stories and poems to life. Read a short story aloud, and talk about what we have read, how it made us feel, what it made us think about. The group read stories from every period of history, from every corner of the globe. There is usually time to fit in a poem, moving, sad, funny, difficult, uplifting poems, from every time and everywhere.

There's no pressure to talk or to read aloud, you can simply come along and listen.

#### **Meeting Room**

Weekly: Monday 12pm – 1.30pm

Weekly: Friday 2pm – 3.30pm

FREE

#### **The Pick 'n' Mix Book Club**

We are a friendly group of people who would welcome some new members. Titles are planned for the year ahead during the August meeting and include a mixed range of classic and modern fiction and biographies.

Please confirm your attendance with group leader, Wendy. Contact details on [storyhouse.com](http://storyhouse.com)

search for: *The Pick 'n' Mix Book Club*

#### **Meeting Room**

Monthly: 2nd Monday 2pm – 4pm

FREE

## Captioned Films Cinema

Captioning is a service for hearing-impaired or deaf people. Storyhouse provide caption subtitled screenings of films when possible. These screenings have a transcription of the film's dialogue in English along the bottom of the screen and a description of the sound in the film is also included in these captions.

Note that caption subtitling has to be produced by the film distribution company and that unfortunately, not all films have this feature.

Caption Subtitled screenings are usually every Monday, for both the morning screening (usually around 11am) and the early evening screening (usually around 6pm).

For screenings before 5pm:

Members £8.55 / £7.65

Non-members £9.50 / £8.50

#### **Tuesdays** **Silver Screenings discount at the Storyhouse cinema**

Tuesday before 5pm for over 60s

Members £5.85

Non Members £6.50

#### **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.

#### **Library**

Weekly: 10am – 12noon

FREE

## Wednesdays

### Scrabble Club

Whether you're a beginner or a Scrabble pro, test out your wordplay skills with Storyhouse's Scrabble Club.

Scrabble Boards are available in The Kitchen ready for you to play at your leisure.

#### The Kitchen

Weekly: 10.30am

FREE



### Silver Rainbows Tea and Tattle

Join for an informal chat and the chance to meet other older LGBTQ+ people and make some new friends.

Silver Rainbows started in 2016 as a Brightlife-supported Body Positive project to tackle social isolation for older LGBTQ+ people in Cheshire West. The aim was to create a peer support network that would meet virtually and in person to share experiences and support one another.

#### Meeting Room

Monthly: 3rd Wednesday 2pm - 4pm

FREE

### Bereavement Help Point

The Bereavement Help Point is a volunteer-led peer support drop-in session, open to anyone who is bereaved or is supporting someone who is bereaved. The Bereavement Help Point is a safe and welcoming space where bereaved people can meet to support each other, as well as obtain information on

bereavement and support.

A fantastic opportunity for the community to support each other, and for those grieving the loss of a loved one to be reassured they are not alone.

#### Meeting Room

Fortnightly: 2nd & 4th Wednesday 2pm - 4pm

FREE

## Thursdays

### Silver Screenings discount at the Storyhouse cinema

Thursday before 5pm for over 60s

Members £5.85

Non Members £6.50

### Chatter and Natter

Chatter & Natter is a weekly meet-up at Storyhouse to have a chat - a space for people to talk whether its for five minutes while you have a brew, or for an hour of good conversation. We're not trying to build friendships - just simple interactions to combat loneliness and to (maybe) have an impact on someone's day.

#### The Kitchen

Weekly: 2pm - 4pm

FREE

## Fridays

### Digital Buddies

Digital Buddies is a digital support group run by Here and Now Chester, a Blacon-based social enterprise which is dedicated helping older people learn to use new technology and bringing them together in a friendly environment.

#### The Kitchen

Weekly: 11am - 12.30pm

FREE

# Storyhouse Elders

## At a glance

All events are **FREE\***

## Book tickets

Storyhouse.com

By phone: **01244 409113** Mon - Sat 11am - 7pm

In person at Storyhouse: Mon - Sat 11am - 3pm

### Monday 14 October

Storyhouse Elders Launch Event with Barbara & Bernard	The Kitchen	11am-12.30pm
Community Art Project	Garret Bar	1.30-3pm
Photo Booth	Garret Theatre	1.30-3pm

### Tuesday 15 October

Writing Workshops	Garret Theatre	11am-12.30pm
Spoken Word Performance	Garret Theatre	1.30-3pm

### Wednesday 16 October

Heritage & History Walk	Storyhouse	11am-12pm
Hidden Chester: A Photography Walk	Storyhouse	1.30-3pm
CINEMA: The Best Exotic Marigold Hotel	Cinema	1.30pm

### Thursday 17 October

Sleight of Mind	Main Stage	10.30am-12pm
The Art of Wellbeing: A Panel with Q&A	Garret Theatre	1.30-2.30pm

### Friday 18 October

A Global Choir	Garret Theatre	11am-12pm
Open Mic	Garret Theatre	12-12.30pm
Finale!	The Kitchen	2-3pm

Plus: we'll be announcing a series of **monthly** Storyhouse Elders events soon. Keep an eye on our website!