

WELCOME TO THE
60+
+ FESTIVAL +
2025
PORTSMOUTH

Monday 29 September – Friday 10 October 2025

Festival of activities and events for over 60s living in Portsmouth

Forewords



Lord Mayor of Portsmouth
Councillor Gerald Vernon-Jackson CBE



Welcome to Portsmouth City Council's 60+ Festival 2025 brochure. It is a real pleasure to look ahead at the many and varied opportunities this year's festival holds to have fun, learn, get active and meet up with people. Having looked at the festival programme there is truly something for everyone.

The 60+ Festival is a much-loved annual event, giving people an opportunity to sample the many and varied activities happening in the city. There is physical exercise with wellbeing walks and Zumba as well as more gentle yoga sessions. There are arts and craft activities plus practical guidance on mobile phones and Facebook. Take a look though the brochure and you may find a new hobby where you'll meet many new friends! I'd like to say a big thank you to all those whose hard work has made this festival possible. I hope you enjoy the festival!

Take care and best wishes,

Cllr Gerald Vernon-Jackson CBE

Lord Mayor of Portsmouth



Leader of Portsmouth City Council,
Councillor Steve Pitt

Once again Portsmouth City Council is delighted to be hosting the 60+ Festival starting 29 September and running until 10 October 2025. The festival aims to bring people together to find out about the amazing range of activities, clubs and events that happen across this city throughout the year.

I was amazed to see the range of fitness activities on offer - from walking tours and groups to more active pursuits such as exercise classes. Get together, make new friends and explore and enjoy what this city has to offer for those who are 60+. Make sure you get involved over the two weeks of the festival - how about trying something new this year?

And I'd like to thank each of the organisers and clubs participating in this 2025 festival - without their input we couldn't bring this festival to all the 60+ people in the city.

Cllr Steve Pitt, Leader

Cabinet Member for Culture, Regeneration and Economic Development

GYM | SWIM | CLASSES

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BH Live Active App; Book and manage classes, swimming and more

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TO JOIN**

**T&Cs apply*

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60+ Festival at a glance

Week one: Monday 29 September – Sunday 5 October

Monday 29 Sept	Page	Start	End
Gentle and Relaxing Yoga	7	9am	10am
Creatful, Stakes	7	10am	12pm
Zumba Gold 50+	7	10.20am	11.10am
Wellbeing Walk - Victoria Park	7	10.30am	11.15am
Fratton Friends - New Age Kurling	7	10.30am	12pm
Walking Netball	8	11am	12.30pm
TOFFs Racquet Sports	8	12pm	3.30pm
Wellbeing Walk - Derby Road	8	12.15pm	1.15pm
Wellbeing Walk - Pier to Pier	8	1pm	2pm
Forget Me Not Group	8	2pm	3.30pm
Walking Football	9	7pm	8pm
Walking Netball	9	7pm	8pm

Tuesday 30 Sept	Page	Start	End
Nordic Fitness	9	9am	10am
Barre Fitness	9	9.30am	10.30am
Keeping Your Family Safe and Private on the Internet	10	9.30am	11.30am
50+ Tennis Coaching	10	10am	11am
Creatful, Buckland	10	10.30am	12pm
Wellbeing Walk - Stamshaw Foreshore	10	10.30am	11.30am
Tour of Portsmouth Silver Collection	10	11am	12pm
Wellbeing Walk - Civic Offices	11	12.15pm	1.15pm
Diversi-Tea Group Seated Exercise	11	12.30pm	2.30pm
Introduction to Facebook	11	1pm	3pm
Visit to the Alford Schools of Military Music	11	1pm	3.30pm
Wellbeing Walk - Park to Park	11	1pm	1.45pm
IT Session	12	1pm	3pm
Live Well Seated Movement to Music	12	2pm	3pm
Bingo	12	6pm	8.30pm
Bridge	12	6.45pm	10.30pm

Wednesday 1 Oct	Page	Start	End
Portsmouth C.H.A. Rambling Club Walks	12	10am	
Hidden Treasures of the Library	13	10am	12pm
Painting with Palette Knife with Acrylic Paint	13	10am	1pm
Fratton Friends - Arts and Crafts	13	10am	12pm
Portsmouth Pensioners' Association Round the Island Cycle Ride	13	10am	12pm
Creatful, Havant	13	10.30am	12pm
Wellbeing Walk - Canoe Lake	14	10.30am	11.30am
Wellbeing Walk - Baffins Pond	14	10.30am	11.30am
Barre Fitness	14	11am	12pm
Bridge	14	12.45pm	4.30pm
Introduction to Ancestry	14	1pm	3pm
Wellbeing Walk - Old Portsmouth	15	1.30pm	2.30pm
Indoor Bowls	15	2pm	4pm
Creatful, Denmead	15	2pm	4pm

Thursday 2 Oct	Page	Start	End
Music Appreciation	15	10am	12pm
50+ Tennis Coaching	15	10am	11am
Creatful, Project W	16	10.30am	12pm
Cast-On and Carry-On	16	10.30am	12pm
Wellbeing Walk - Hilsea Lines	16	10.30am	11.30am
Zumba Gold 50+	16	11am	12pm
Mobile Photography	16	11.30am	2.30pm
Bridge	17	1.30pm	4pm
Backstage Pass - Music Appreciation Group	17	2.30pm	4.30pm
Fratton Friends - Variety Club	17	2pm	4pm

Friday 3 Oct	Page	Start	End
Portsmouth Pensioners' Association	17	10am	11am
Murphy Foot Care	17	10am	2pm
Wellbeing Walk - Seafront	18	10.30am	11.30am
U3A Coffee morning to introduce the courses available	18	10.30am	12pm
Bingo	18	11am	1pm
Bridge	18	12.45pm	4.30pm
Coffee and Company	18	1.30pm	3pm

Saturday 4 Oct	Page	Start	End
Wellbeing Walk - Blue Lagoon	19	10.30am	11.30am

Sunday 5 Oct	Page	Start	End
Wellbeing Walk - Canoe Lake	19	10.30am	11.30am
Wellbeing Walk - Milton Foreshore	19	2pm	2.40pm
Tour of Portsmouth Cathedral Bell Tower	19	2pm	3pm
Tour of Portsmouth Cathedral Bell Tower	20	3pm	4pm

Week two: Monday 6 October – Friday 10 October

Monday 6 Oct	Page	Start	End
Gentle and Relaxing Yoga	20	9am	10am
Keeping your Family Safe and Private on the Internet	20	9.30am	11.30am
Creatful, Stakes	20	10am	12pm
Southsea Morning Women's Institute	20	10am	12pm
Zumba Gold 50+	21	10.20am	11.10am
Wellbeing Walk - Victoria Park	21	10.30am	11.15am
Fratton Friends - New Age Kurling	21	10.30am	12pm
Walking Netball	21	11am	12:30pm
TOFFs Racquet Sports	21	12pm	3pm
Wellbeing Walk - Derby Road	22	12.15pm	1.15pm
Wellbeing Walk - Pier to Pier	22	1pm	2pm
Portsmouth Pensioners' Association Open Campaign Meeting	22	1.30pm	3.30pm
Live Well Seated Movement to Music	22	2pm	3pm
French Reading Group	22	2pm	4pm
Walking Netball	23	7pm	8pm
Walking Football	23	7pm	8pm

Tuesday 7 Oct	Page	Start	End
Creatful, Buckland	23	10.30am	12pm
Southsea Morning Women's Institute	23	10am	12pm
Discover Your Community	24	10am	2pm

Tuesday 7 Oct	Page	Start	End
50+ Tennis Coaching	24	10am	11am
Wellbeing Walk - Civic Offices	24	12.15pm	1.05pm
Diversi-Tea Group Arts and Crafts	24	12.30pm	2.30pm
IT Session	24	1pm	3pm
Visit to the Alford Schools of Military Music	25	1pm	3.30pm
Wellbeing Walk - Park to Park	25	1pm	1.30pm
Getting to grips with your Android	25	1pm	3pm
Wellbeing Walk - Old Portsmouth	25	1.30pm	2.30pm
Bingo at Fratton Community Centre	25	6.30pm	8.30pm
Bridge at Southsea Bridge Club	26	6.45pm	10.30pm

Wednesday 8 Oct	Page	Start	End
Portsmouth C.H.A. Rambling Club Walks	26	10am	
Fratton Friends - Arts and Crafts	26	10am	12pm
Drawing in coloured inks	26	10am	1pm
Nature of Portsmouth	26	10am	11:30am
Creatful, Havant	27	10.30am	12pm
Wellbeing Walk - Baffins Pond	27	10.30am	11.30am
Wellbeing Walk - Canoe Lake	27	10.30am	11.30am
The global contribution to allied victory in Normandy	27	11am	11.40am

Wednesday 8 Oct	Page	Start	End
Dance Fitness	27	12pm	1pm
Bridge	28	12.45pm	4.30pm
Introduction to Ancestry	28	1pm	3pm
Tour of Portsmouth Silver Collection	28	1.30pm	2.30pm
Wellbeing Walk - Portchester Castle	28	2pm	3pm
Indoor Bowls	28	2pm	4pm
Creatful, Denmead	29	2pm	4pm

Thursday 9 Oct	Page	Start	End
U3A Poetry and Plays	29	10am	12pm
Mindfulness Photography	29	10am	1pm
Tennis Coaching 50+	29	10am	11am
Creatful, Project W	29	10.30am	12pm
Cast-On and Carry-On	30	10.30am	12pm
Wellbeing Walk - Hilsea Lines	30	10.30am	11.30am
Zumba Gold 50+	30	11am	12pm
Bridge	30	1.30pm	4pm
Fratton Friends - Variety Club	30	2pm	4pm
Backstage Pass	31	2.30pm	4.30pm

Friday 10 Oct	Page	Start	End
Veterans' Breakfast Club	31	10am	11.30am
Getting to grips with your Apple iPhone	31	10am	12pm
Mindfulness Walk - Hilsea Lines	31	10.30am	12pm
Wellbeing Walk - Seafront	31	10.30am	11.15pm
Bingo	32	11am	1pm
Bridge	32	12.45pm	4.30pm
Tech Support	32	1pm	3pm

We are consistently trying to improve the 60+ Festival offering and therefore please could you kindly fill out the survey located at the back of this brochure with your feedback.

Portsmouth Pensioners Association

Portsmouth City Council would like to thank the Portsmouth Pensioners Association (PPA) for their involvement and commitment to the 60+ Festival over the last 30 years, since the festival was initiated by former Councillor Alan Burnett. Alan, now Chair of the PPA, remains involved and committed to the festival's continuing success.

How to book

Welcome to your guide to the 60+ Festival 2025! You are welcome to just turn up for lots of the activities in this brochure. If an activity requires pre-booking this will be stated. If the activity description states that places are limited, please be prepared to turn up early to secure your space, places will be allocated on a first come first served basis.

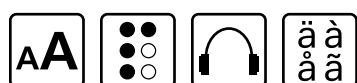
We hope that you enjoy the festival!

The Events Team

The Cozy Corner Cafe



The Cozy Corner Cafe is open Monday to Friday 9am–2.30pm, it is a warm and welcoming space located inside the Bradbury Centre offering hot drinks, light meals and homemade cakes. It's more than just a cafe, it's a friendly hub where older people and the local community can relax, socialise and enjoy good company in a safe and supportive environment.



You can request this information in large print, Braille, audio or in another language by calling 023 9283 4109

Monday 29 September

Gentle and Relaxing Yoga		Monday 29 September
Begin your week with a gentle and relaxing yoga class to soothe your body and mind. Class is suitable for all abilities. Please bring a yoga mat and wear comfortable clothing. Optional: blanket, cushion or eye pillow for extra comfort during relaxation. No experience needed, just come as you are.		9am–10am
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		£9
		Visit stayzenyoga.com , limited capacity
		Email corine@stayzenyoga.com or call 07478 456331
Creatful, Stakes		Monday 29 September
Creative group for adults of all ages and abilities. Term time only.		10am–12pm
		Springwood Community Centre, Stakes Conference Room, PO7 8BJ
		£5
		Visit creatful.co.uk , limited capacity
		Email creatful.info@gmail.com or call 07584 421162
Zumba Gold 50+		Monday 29 September
If you love to dance and would like to improve your fitness levels, balance, flexibility and memory whilst making new friends come along and join us. A slower paced class but still a challenge and really good fun.		10.20am–11.10am
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		£5
		No booking required, limited capacity
		Email ginamin@hotmail.co.uk or call 07846 421756
Wellbeing Walk - Victoria Park		Monday 29 September
Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.15am
		Victoria Park Lodge, Anglesea Road, Portsmouth, PO1 3HJ
		Free
		No booking required
		Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027
Fratton Friends - New Age Kurling		Monday 29 September
New Age Kurling can be enjoyed by all fitness levels and is inclusive to all age groups and abilities. Enjoy one hour of Kurling, with the last half an hour enjoying a good old cuppa tea, biscuits and a natter.		10.30am–12pm
		Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ
		£4
		No booking required
		Email frattonccmanager@yahoo.com or call 023 9275 1441

Walking Netball		Monday 29 September
Enjoy a fun and friendly game of walking netball, designed for all abilities and perfect for staying active at a gentler pace. The session focuses on teamwork, movement, and enjoyment. Please wear comfortable sports clothing and supportive trainers to take part in this activity.		11am–12.30pm
		Mountbatten Centre, Twyford Avenue, Portsmouth, PO2 9QA
		£5
		Visit bhliveactive.org.uk/find-an-activity/class-timetable , limited capacity
 Email carla.earle@bhlive.org.uk or call 023 9320 0401 or 07458 126718		

TOFFs Racquet Sports		Monday 29 September
Fun and sociable racket sports session, enjoy table tennis, badminton, or pickleball in a relaxed and welcoming environment. Please wear suitable sports clothing and non-marking trainers. Please bring a bottle of water, refreshments are available on-site. This is a flexible, drop-in style session, feel free to join and leave at a time that suits you.		12pm–3.30pm
		Mountbatten Centre, Twyford Avenue, Portsmouth, PO2 9QA
		£3.50
		No booking required, limited capacity
 Email carla.earle@bhlive.org.uk or call 023 9320 0401		

Wellbeing Walk - Derby Road		Monday 29 September
Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		12.15pm–1.15pm
		6A Derby Road, Portsmouth, PO2 8HH, meet outside the Post Office
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		

Wellbeing Walk - Pier to Pier		Monday 29 September
Wellbeing walk to meet new people and have a chat. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		1pm–2pm
		South Parade Pier, South Parade, Southsea, PO4 0SW
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		

Forget Me Not Group		Monday 29 September
We will be doing some autumn seeds sowing and enjoying nature. Please bring your own water and sunscreen. There is a polytunnel if it rains.		2pm–3.30pm
		Between 258 and 260, Locksway Road, Portsmouth, PO4 8LF
		Free
		No booking required
 Email jenny.woods@portsmouthcc.gov.uk or call 07738 028329		

Walking Football		Monday 29 September
Walking Football is a fun, low-impact outdoor activity designed for all fitness levels. Played on a 3G surface, it promotes fitness and social interaction. Please wear appropriate outdoor clothing and footwear suitable for 3G pitches, no hard studs are allowed.		7pm–8pm
		Portsmouth Gymnastics Centre, Alex Way, Portsmouth, PO2 9AD
		£3
		No booking required, limited capacity
	 Email carla.earle@bhlive.org.uk or call 023 9320 0401	

Walking Netball		Monday 29 September
Enjoy a fun and friendly game of walking netball, designed for all abilities and perfect for staying active at a gentler pace. The session focuses on teamwork, movement, and enjoyment. Please wear comfortable sports clothing and supportive trainers to take part in this activity.		7pm–8pm
		Charter Community Sports Centre, Greetham Street, Southsea, PO5 4LH
		£5
		Visit bhliveactive.org.uk/find-an-activity/class-timetable , limited capacity
	 Email carla.earle@bhlive.org.uk or call 023 9320 0401 or 07458 126718	

Tuesday 30 September

Nordic Fitness		Tuesday 30 September
A low-impact, full-body workout that combines walking with specially designed poles to engage your upper body while you move. It's suitable for all fitness levels and is a great way to get active outdoors in a fun, social setting. Poles provided, just bring comfy shoes, water, and a smile!		9am–10am
		Mountbatten Centre, Twyford Avenue, Portsmouth, PO2 9QA
		£4.50
		Visit bhliveactive.org.uk/health-and-wellbeing-activities/nordic-fitness , limited capacity
	 Email carla.earle@bhlive.org.uk or call 023 9320 0401	

Barre Fitness		Tuesday 30 September
This class combines yoga, Pilates and ballet. No experience necessary/suitable for all levels. Classes include a non-impact warm up, exercises utilising a barre, floor section including strengthening/stretching. Floor work can be adapted to sitting. Balls, resistance bands and mats are provided. Please wear clothes you can move in, soft dance shoes/socks/bare feet will all work and bring a drink.		9.30am–10.30am
		Canoe Lake Tennis Pavilion, Eastern Parade, Southsea, PO4 9RF
		£5
		Email sarah@sarahmooredance.co.uk , limited capacity
	 Email sarah@sarahmooredance.co.uk or call 07708 792928	

Keeping your family safe and private on the internet		Tuesday 30 September
Identity theft, online scams and social profiling are hot topics in the news and people are seeking ways to learn how to protect themselves. This session covers easy to implement steps to keep you safer and you can learn how easy it is to use the Internet in a safe and more private way.	 9.30am–11.30am	
	 Southsea Library, 13-21 Palmerston Road, PO5 3QQ	
	 Free	
	 Call 023 9268 8997 , limited capacity	
 Email emily.storey@copc.ac.uk or call 023 9232 8795		
Tennis Coaching 50+		Tuesday 30 September
Coaching session designed for players to learn and improve in a fun and social environment with players of a similar ability. Sessions are set at the pace of the players, based on indoor tennis courts.	 10am–11am	
	 Portsmouth Gymnastics Centre, Alex Way, Portsmouth, PO2 9AD	
	 £5.80	
	 No booking required, limited capacity	
 Email ptc@bhlive.org.uk or call 023 9320 0402 or 07717 765125		
Creatful, Buckland		Tuesday 30 September
Creative group for women experiencing mental health challenges. Every Tuesday in term times only.	 10.30am–12pm	
	 Buckland Community Centre, Room 5	
	 Free	
	 Email creatful.info@gmail.com , limited capacity	
 Email creatful.info@gmail.com or call 07584 421162		
Wellbeing Walk - Stamshaw Foreshore		Tuesday 30 September
Wellbeing Walk to meet new people and get outside and socialise. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.	 10.30am–11.30am	
	 Buckland Community Centre, Malins Road, Portsmouth, PO2 7BT	
	 Free	
	 No booking required	
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Tour of Portsmouth Silver Collection		Tuesday 30 September
We invite you up to the Lord Mayor's Suite to have a tour of the second biggest silver collection in England, this will include but not limited to The Mace, The keys to the City and a model of the HMS Victory.	 11am–12pm	
	 Guildhall, Guildhall Square, Portsmouth, PO1 2AB	
	 Free	
	 Email Bonnie.Broad@portsmouthcc.gov.uk , limited capacity	
 Email Bonnie.Broad@portsmouthcc.gov.uk or call 023 9283 4205		

Wellbeing Walk - Civic Offices		Tuesday 30 September
Wellbeing Walks to meet new people and socialise in the fresh air. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		12.15pm–1.15pm
		Civic Offices, Guildhall Square, Portsmouth, PO1 2AL
		£2
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Diversi-Tea Group Seated Exercise		Tuesday 30 September
Seated exercise for all abilities. This is part of our Diversi-Tea social group, so there will be the opportunity to have a cuppa and a chat and to meet the group.		12.30pm–2.30pm
		Oasis The Venue, Arundel Street, Portsmouth, PO1 1NP
		Free
		No booking required
 Email uta.schmidtblaicher@portsmouthcc.gov.uk or call 023 9284 1762		
Introduction to Facebook		Tuesday 30 September
Facebook is the most popular social network that makes it easy for you to connect and share with family and friends online. We will show you how to reply and share posts, photos, video and find out the latest news. We will introduce you to Facebook Marketplace, where you can discover, buy and sell items in your local area.		1pm–3pm
		Learning Place, 6 Derby Road, Portsmouth, PO2 8HH
		Free
		Call 023 9262 1860 , limited capacity
 Email Monika.Polowska-Zimoch@portsmouthcc.gov.uk or call 023 9262 1860		
Visit to the Alford Schools of Military Music		Tuesday 30 September
Join us and take a look behind the scenes. You'll visit the facilities, enjoy concert rehearsals, meet the musicians and buglers and experience a little of the musical and military life enjoyed by generations of Royal Marines.		1pm–3.30pm
		HMS Nelson, Portsmouth Naval Base
		Free
		Email James.Pinney508@mod.gov.uk , limited capacity
 Email James.Pinney508@mod.gov.uk		
Wellbeing Walk - Park to Park		Tuesday 30 September
Wellbeing Walks to meet new people and socialise outside. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		1pm–1.45pm
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		

IT Session		Tuesday 30 September
IT sessions providing pre-booked one-to-one Tech support.	 1pm–3pm	
	 The Bradbury Centre, 16-18 Kingston Road, Portsmouth, PO1 5RZ	
	 £5	
	 Call 023 9286 2121 , limited capacity	
 Email enquiries@ageukportsmouth.org.uk or call 023 9288 3522 or 07434 237754		

Live Well Seated Movement to Music		Tuesday 30 September
For a physical and emotional wellbeing boost, join us for an inclusive session from a chair. Suitable for people with impaired mobility and health conditions. Gentle fun chair exercise to great music. Move at your own pace, rest whenever you need to. Wear comfortable clothes and bring a bottle of water. Refreshments and a shoulder massage afterwards.	 2pm–3pm	
	 Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ	
	 £4	
	 Call 07816 927237 , limited capacity	
 Email carolinebroadbent@hotmail.com or call 07816 927237		

Bingo at Fratton Community Centre		Tuesday 30 September
A friendly bingo session enjoyed by all. Expect a very warm welcome, with refreshments available to buy as well as a raffle at half time.	 6pm–8.30pm	
	 Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ	
	 £1	
	 No booking required	
 Email frattonccmanager@yahoo.com or call 023 9275 1441		

Bridge at Southsea Bridge Club		Tuesday 30 September
We have duplicate sessions on Tuesday evenings, Wednesday and Friday afternoons. We also have beginners' classes on a Thursday afternoon.	 6.45pm–10.30pm	
	 63A Osborne Road, Southsea, PO5 3LS	
	 £2	
	 Call 07811 115387	
 Email biddypalmer@yahoo.com or call 07811 115387		

Wednesday 1 October

Portsmouth C.H.A. Rambling Club Walks		Wednesday 1 October
We would love to welcome new members, walking in the beautiful country and seaside. Walks are around five miles and the start is accessible by public transport. Please wear suitable footwear. Bring refreshments for a coffee stop and lunch stop. Fresh air, beautiful countryside, exercise and new friends.	 10am	
	 Inside the Bus Station, The Hard, Portsmouth, PO1 3DT	
	 Free	
	 Call 023 9225 4289	
 Email amallows@talktalk.net or call 023 9225 4289		

Hidden Treasures of the Library		Wednesday 1 October
Come and take a look at the library's hidden treasures, including the Conan Doyle Collection, 300 year old books from the library store, and the Local History collection. As well as the treasures be prepared to see some trash...! Including examples from the library's infamous shelf of shame...	 10am–12pm	
	 Central Library, Guildhall Square, Portsmouth, PO1 2DX	
	 Free	
	 Email AskALibrarian@portsmouthcc.gov.uk , limited capacity	
 Email AskALibrarian@portsmouthcc.gov.uk or call 023 9268 8258		
Painting with Palette Knife with Acrylic Paint		Wednesday 1 October
Learn how to paint using the palette knife to create texture and marks with the paint, to explore different surfaces and textures.	 10am–1pm	
	 Southsea Library, 19-21 Palmerston Road, Portsmouth, PO5 3QQ	
	 Free	
	 Call 023 9268 8997 , limited capability	
 Email emily.storey@copc.ac.uk or call 023 9268 8997		
Fratton Friends - Arts and Crafts		Wednesday 1 October
A group of people who enjoy sharing their arts and crafts knowledge. Projects include creating stand out pieces for the centre. Come along and share a morning's fun.	 10am–12pm	
	 Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ	
	 £3.50	
	 No booking required	
 Email frattonccmanager@yahoo.com or call 023 9275 1441		
Portsmouth Pensioners' Association Round the Island Cycle Ride		Wednesday 1 October
Leisurely ride with stops round Portsea Island to observe flora and fauna as well as sea defence work. Wear suitable clothing depending on weather. To celebrate International Older People's day.	 10am–12pm	
	 Southsea Tennis Club Café, PO53PB	
	 Free	
	 No booking required	
 Email alanburnett@live.co.uk		
Creatful, Havant		Wednesday 1 October
Creative group for women with complex needs (addiction, abuse, homelessness/contact with the criminal justice system). Every Wednesday term time only.	 10.30am–12pm	
	 Leigh Park Community Centre, Room 1	
	 Free	
	 Visit creatful.co.uk , limited capacity	
 Email creatful.info@gmail.com or call 07584 421162		

Wellbeing Walk - Canoe Lake		Wednesday 1 October
Wellbeing walks are a place to socialise, meet new people and get outside in the fresh air. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.30am
		Canoe Lake, St Helens Parade, Southsea, PO4 9RG
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 07887 450027		
Wellbeing Walk - Baffins Pond		Wednesday 1 October
Wellbeing Walks are a place to meet new people, socialise and get outside in the fresh air. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.30am
		Alderman Lacey Library, 98 Tangier Road, Portsmouth, PO3 6HU
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Barre Fitness		Wednesday 1 October
This class combines yoga, Pilates and ballet. No experience necessary/suitable for all levels. Classes include a non-impact warm up, exercises utilising a barre, floor section including strengthening/ stretching. Floor work can be adapted to sitting. Balls, resistance bands and mats are provided. Please wear clothes you can move in, soft dance shoes/socks/ bare feet will all work and bring a drink.		11am–12pm
		Canoe Lake Tennis Pavilion, Eastern Parade, Southsea, PO4 9RF
		£5
		Email sarah@sarahmooredance.co.uk
 Email sarah@sarahmooredance.co.uk or call 07708 792928		
Bridge at Southsea Bridge Club		Wednesday 1 October
We have duplicate sessions on Tuesday evenings, Wednesday and Friday afternoons. We also have beginners' classes on a Thursday afternoon.		12.45pm–4.30pm
		63A Osborne Road, Southsea, PO5 3LS
		£2
		Call 07811 115387
 Email biddypalmer@yahoo.com or call 07811 115387		
Introduction to Ancestry		Wednesday 1 October
Curious about building your family tree but unsure where to begin? Join our workshop for a beginner-friendly introduction to tracing your relatives online. We'll guide you through the first steps of discovering your ancestry using digital tools and resources.		1pm–3pm
		Learning Place, 6 Derby Road, Portsmouth, PO2 8HH
		Free
		Call 023 9262 1860 , limited capability
 Email Monika.Polowska-Zimoch@portsmouthcc.gov.uk or call 023 9262 1860		

Wellbeing Walk - Old Portsmouth		Wednesday 1 October
Wellbeing walks are a place to meet new people, socialise and get outside in the fresh air. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		1.30pm–2.30pm
		Royal Garrison Church Domus Dei, Penny Street, Portsmouth, PO1 2NJ
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		

Indoor Bowls		Wednesday 1 October
Victory Indoor Bowls and Social Club invites you and your friends to our bowls club to try your hand at indoor bowls. We also have a well stocked bar with tea, coffee and cakes. Please wear trainers and we will provide all the equipment and the expertise to learn 'How to Bowl'.		2pm–4pm
		Victory Bowls Association Ltd, Northern Parade, Portsmouth, PO2 9PB
		Free
		Call 07860 642400 , limited capacity
 Email alanptaw@yahoo.co.uk or call 07860 642400		

Creatful - Denmead		Wednesday 1 October
Creative peer group for adults of all ages and abilities.		2pm–4pm
		Wellington Vale Care Home, Denmead, PO7 7TY
		Free, optional £1 donation for care home
		No booking required, limited capacity
 Email creatful.info@gmail.com or call 07584 421162		

Thursday 2 October

Music Appreciation		Thursday 2 October
We are a small, friendly group exploring all kinds of music; no genre is frowned-upon or forbidden! The programme is varied, with the occasional speaker, all genres can be brought to the group. Recently, in one session, we ranged from early Bob Dylan to the Danish composer Carl Nielsen. Come and give it a try.		10am–12pm
		Room 3, Somerstown Central Community Hub, Winston Churchill Ave, Portsmouth, PO5 4JJ
		Free
		No booking required
 Email jobinemarmion@hotmail.com or call 07711 300407		

50+ Tennis Coaching		Thursday 2 October
Coaching session designed for players to learn and improve in a fun and social environment with players of a similar ability. Sessions are set at the pace of the players, based on indoor tennis courts.		10am–11am
		Portsmouth Gymnastics Centre, Alex Way, Portsmouth, PO2 9AD
		£5.80
		Call 023 9283 4210 , limited capacity
 Email ptc@bhlive.org.uk or call 023 9320 0402 or 07717 765125		

Creatful, Project W		Thursday 2 October
Creative group for women in addiction/homelessness. Every Thursday term time only.		10.30am–12pm
		Intuitive Thinking Skills, Buckland (address shared when booking online)
		Free
		Visit creatful.co.uk , limited capacity
 Email creatful.info@gmail.com or call 07584 421162		
Cast-On and Carry-On		Thursday 2 October
Bring your own knitting or crochet work along to the group or take part in our Big Knit, knitting/crochet project. Refreshments are available at the in-house café.		10.30am–12pm
		The Bradbury Centre, 16-18, Kingston Road, Portsmouth, PO1 5RZ
		Free
		No booking required
 Email enquiries@ageukportsmouth.org.uk or call 023 9288 3522 or 07434 237754		
Wellbeing Walk - Hilsea Lines		Thursday 2 October
Wellbeing Walks are a way to get outside and meet new people, socialise and get outside in the fresh air. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.30am
		Bastion 3, Scott Road, Portsmouth, PO3 5JH
		Free
		No booking required
 Email sharon.furtado@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Zumba Gold 50+		Thursday 2 October
If you love to dance and would like to improve your fitness levels, balance, flexibility and memory whilst making new friends come along and join us. A slower paced class but still a challenge and really good fun.		11am–12pm
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		£5
		No booking required, limited capacity
 Email ginamin@hotmail.co.uk or call 07846 421756		
Mobile Photography		Thursday 2 October
Mobile phone photography courses teach you how to take great photos using just your smartphone. You will need to own a smartphone to attend this course.		11.30am–2.30pm
		Cosham Library, Spur Road, Portsmouth, PO6 3EB
		Call 023 9283 4210 , limited capacity
		No booking required
 Email emily.storey@copc.ac.uk or call 023 9232 8795		

Bridge at Southsea Bridge Club		Thursday 2 October
We have duplicate sessions on Tuesday evenings and Wednesday and Friday afternoons. We also have beginner's classes on a Thursday afternoon.	 1.30pm–4pm	
	 63A Osborne Road, Southsea, PO5 3LS	
	 £2	
	 Call 07811 115387	
 Email biddypalmer@yahoo.com or call 07811 115387		

Backstage Pass - Music Appreciation Group		Thursday 2 October
We are a group of like-minded people, who meet up to discuss music, bands and gigs across the decades. We are very sociable people who also like to talk about any other topics that you would like to discuss.	 2.30pm–4.30pm	
	 Public House, 177 Albert Road, Southsea, PO4 0JW	
	 Free	
	 No booking required	
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		

Fratton Friends - Variety Club		Thursday 2 October
A friendly group offering a wide range of activities including guest speakers, bingo, quizzes, craft activities and much more! Lots of chat and laughter.	 2pm–4pm	
	 Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ	
	 £3.50	
	 No booking required	
 Email frattonccmanager@yahoo.com or call 023 9275 1441		

Friday 3 October

Portsmouth Pensioners' Association		Friday 3 October
Who has ever heard of Valentine Joyce (also, Betty Bell, Vida Henning and O'Shea Sisters)? A talk by Alan Burnett whose book, The Progressive Pilgrim, has recently been published by Chaplin books, copies of which will also be available.	 10am–11am	
	 Central Library, Guildhall Walk, Portsmouth PO1 2DX	
	 Free	
	 No booking required	
 Email alanburnett@live.co.uk		

Murphy Foot Care		Friday 3 October
Routine foot care and advice to help maintain and improve foot health. I provide treatment for common foot conditions like corns, calluses, and nail problems, and offer preventative advice. Please bring a list of any medication you are on or medical conditions you have.	 10am–2pm	
	 Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ	
	 £25	
	 Call 07719 022091	
 Email murphyfootcare@gmail.com or call 07719 022091		

Wellbeing Walk - Seafront		Friday 3 October
Wellbeing Walks are a place to come and socialise in the fresh air, walk and talk and meet others. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.30am
		The Pyramids, Clarence Esplanade, Southsea, PO5 3ST
		Free
		No booking required
	 Email charlie.johnson@portsmouthcc.gov.uk or call 07887 450027	
U3A Coffee morning to introduce the courses available		Friday 3 October
This social meeting is an opportunity for 60+ festival participants to find out what is on offer at your local u3a and meet some of the members. A friendly group, we enjoy a wide range of subjects - foreign languages, science/technology, music and board games. Come along for a cuppa and find out more.		10.30am–12pm
		Somerstown Hub, Winston Churchill Ave, Portsmouth, PO5 4JJ
		Free
		Email jobinemarmion@hotmail.com
	 Email jobinemarmion@hotmail.com or call 07711 300407	
Bingo at Fratton Community Centre		Friday 3 October
A friendly bingo session enjoyed by all.		11am–1pm
		Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ
		£1
		No booking required
	 Email frattonccmanager@yahoo.com or call 023 9275 1441	
Bridge at Southsea Bridge Club		Friday 3 October
We have duplicate sessions on Tuesday evenings, Wednesday and Friday afternoons. We also have beginners' classes on a Thursday afternoon.		12.45pm–4.30pm
		63A Osborne Road, Southsea, PO5 3LS
		£2
		Call 07811 115387
	 Email biddypalmer@yahoo.com or call 07811 115387	
Coffee and Company		Friday 3 October
Coffee and Company at the Bradbury Centre Café Age UK Portsmouth. The cost is £2.50 for a cup of tea or coffee and a slice of cake. All are welcome!		1.30pm–3pm
		The Bradbury Centre, 16-18, Kingston Road, Portsmouth, PO1 5RZ
		£2.50
		No booking required
	 Email enquiries@ageukportsmouth.org.uk or call 023 9286 2121	

Saturday 4 October

Wellbeing Walk - Blue Lagoon		Saturday 4 October
Wellbeing Walks are a place to come and socialise in the fresh air, walk and talk and meet others. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.30am
		The Blue Lagoon, Hilsea Lido, London Road, Portsmouth, PO2 9RP
		Free
		No booking required
	 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027	

Sunday 5 October

Wellbeing Walk - Canoe Lake		Sunday 5 October
Wellbeing walks are a way to get outside, meet new people and socialise in the fresh air. Come and join us. Please wear suitable footwear and comfortable clothing as walks take place in all weathers.		10.30am–11.30am
		Canoe Lake, St Helens Parade, Southsea, PO4 9RG
		Free
		No booking required
	 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027	

Wellbeing Walk - Milton Foreshore		Sunday 5 October
Wellbeing walks are a group of like-minded people who like to meet up outside and go for a walk and talk. Come along and join us. Please wear suitable footwear and comfortable clothing as walks take place in all weathers.		2pm–2.40pm
		Good Companion, Public House, 2 Eastern Road, Portsmouth, PO3 6ES
		Free
		No booking required
	 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027	

Tour of Portsmouth Cathedral Bell Tower		Sunday 5 October
An opportunity to visit the bell ringing chamber and clock in the tower of Portsmouth Cathedral. See the bells, learn about the art of bell ringing, see a demonstration and hear the 150-year-old clock. Please note that there is a stone spiral staircase to the climb to get up to the tower.		2pm–3pm
		Cathedral Church of St Thomas of Canterbury, High Street, Portsmouth, PO1 2HH
		Free
		Email portsmouthtowersecretary@gmail.com , limited capacity
	 Email portsmouthtowersecretary@gmail.com or call 07815 461485	

Tour of Portsmouth Cathedral Bell Tower		Sunday 5 October
An opportunity to visit the bell ringing chamber and clock in the tower of Portsmouth Cathedral. See the bells, learn about the art of bell ringing, see a demonstration and hear the 150-year-old clock. Please note that there is a stone spiral staircase to the climb to get up to the tower.		3pm–4pm
		Cathedral Church of St Thomas of Canterbury, High Street, Portsmouth, PO1 2HH
		Free
		Email portsmouthtowersecretary@gmail.com , limited capacity
 Email portsmouthtowersecretary@gmail.com or call 07815 461485		

Monday 6 October

Gentle and Relaxing Yoga		Monday 6 October
Begin your week with a gentle and relaxing yoga class to soothe your body and mind. Class is suitable for all abilities. Please bring a yoga mat and wear comfortable clothing. Optional: blanket, cushion or eye pillow for extra comfort during relaxation. No experience needed, just come as you are.		9am–10am
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		£9
		Visit stayzenyoga.com , limited capacity
 Email corine@stayzenyoga.com or call 07478 456331		

Keeping your family safe and private on the internet		Monday 6 October
Identity theft, online scams and social profiling are hot topics in the news and people are seeking ways to learn how to protect themselves. This session covers easy to implement steps to keep you safer and you can learn how easy it is to use the Internet in a safe and more private way.		9.30am–11.30am
		Cosham Library, Spur Road, Portsmouth, PO6 3EB
		Free
		Call 023 9283 4210 , limited capacity
 Email emily.storey@copc.ac.uk or call 023 9232 8795		

Creatful, Stakes		Monday 6 October
Creative group for adults of all ages and abilities. Every Monday in term time only, in the conference room.		10am–12pm
		Springwood Community Centre, Waterlooille PO7 8BJ
		£5
		Visit creatful.co.uk , limited capacity
 Email creatful.info@gmail.com or call 07584 421162		

Southsea Morning Women's Institute		Monday 6 October
The Women's Institute is a national organisation providing friendship, campaigning and activities for women of all ages. Subject for this month's talk is the History and Work of Trinity House.		10am–12pm
		Eastney Methodist Church, Highland Road, Southsea, PO4 9NH
		Free
		No booking required
 Email deniserock90@gmail.com or call 07931 968098		

Zumba Gold 50+		Monday 6 October
If you love to dance and would like to improve your fitness levels, balance, flexibility and memory whilst making new friends come along and join us. A slower paced class but still a challenge and really good fun.		10.20am–11.10am
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		£5
		No booking required, limited capacity
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Wellbeing Walk - Victoria Park		Monday 6 October
Wellbeing walks are a place to meet new people, get out in the fresh air and socialise. Please wear suitable footwear and comfortable clothing as walks take place in all weathers.		10.30am–11.15am
		Victoria Park Lodge, Anglesea Road, Portsmouth PO1 3HJ
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Fratton Friends - New Age Kurling		Monday 6 October
New Age Kurling can be enjoyed by all fitness levels and is inclusive to all age groups and abilities. Enjoy one hour of Kurling, with the last half an hour enjoying a good old cuppa tea, biscuits and a natter.		10.30am–12pm
		Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ
		£4
		No booking required
 Email frattonccmanager@yahoo.com or call 023 9275 1441		
Walking Netball		Monday 6 October
Enjoy a fun and friendly game of walking netball, designed for all abilities and perfect for staying active at a gentler pace. The session focuses on teamwork, movement, and enjoyment. Participants are required to wear comfortable sports clothing and supportive trainers to take part in this activity.		11am–12.30pm
		Mountbatten Centre, Twyford Avenue, Portsmouth, PO2 9QA
		£5
		Visit bhliveactive.org.uk/find-an-activity/class-timetable , limited capacity
 Email carla.earle@bhlive.org.uk or call 023 9320 0401		
TOFFs Racquet Sports		Monday 6 October
Fun and sociable racket sports session, enjoy table tennis, badminton, or pickleball in a relaxed and welcoming environment. Please wear suitable sports clothing and non-marking trainers. Please bring a bottle of water, refreshments are available on-site. This is a flexible, drop-in style session, feel free to join and leave at a time that suits you.		12pm–3pm
		Mountbatten Centre, Twyford Avenue, Portsmouth, PO2 9QA
		£3.50
		No booking required, limited capacity
 Email carla.earle@bhlive.org.uk or call 023 9320 0401 or 07458 126718		

Wellbeing Walk - Derby Road		Monday 6 October
Come and join us for our Wellbeing Walk, where we get outside in the fresh air and socialise. Please wear suitable footwear and comfortable clothing as walks take place in all weathers.	 12.15pm–1.15pm	
	 6A Derby Road, Portsmouth, PO2 8HH	
	 Free	
	 No booking required	
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Wellbeing Walk - Pier to Pier		Monday 6 October
Wellbeing walks are a place to meet new people, get out in the fresh air and socialise. Please wear suitable footwear and comfortable clothing as walks take place in all weathers.	 1pm–2pm	
	 South Parade Pier, South Parade, Southsea, PO4 0SW	
	 Free	
	 No booking required	
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Portsmouth Pensioners' Association Open Campaign Meeting		Monday 6 October
We campaign political issues, e.g. triple lock, winter fuel allowance, Waspi, health and longevity inequalities, social care funding, TV licences, crime and scams, NHS doctor and dentist appointments, inheritance tax, pollution, Age UK's idea of a commissioner for older people. Lisa Cook (PCC) will talk on local bus services.	 1.30pm–3.30pm	
	 Guildhall Council Chamber, Guildhall, Guildhall Square. PO12AL	
	 Free	
	 No booking required	
 Email alanburnett@live.co.uk		
Live Well Seated Movement to Music		Monday 6 October
For a physical and emotional wellbeing boost, join us for an inclusive session from a chair. Suitable for people with impaired mobility and health conditions. Gentle fun chair exercise to great music. Move at your own pace, rest whenever you need to. Wear comfortable clothes and bring a bottle of water. Refreshments and a shoulder massage afterwards.	 2pm–3pm	
	 Havelock Community Centre, 324 Fawcett Road, Southsea, PO4 0LQ	
	 £4	
	 Call 07816 927237 , limited capacity	
 Email carolinebroadbent@hotmail.com or call 07816 927237		
French Reading Group		Monday 6 October
In this group we try to broaden our knowledge of French literature by reading and discussing excerpts from a few well-known writers; we also study newspaper or magazine articles, mainly on social or regional matters. It is useful for language learning too.	 2pm–4pm	
	 Somerstown Central Community Hub, Winston Churchill Ave, Portsmouth, PO5 4JJ	
	 Free	
	 No booking required	
 Email jobinemarmion@hotmail.com or call 07711 300407		

Walking Netball		Monday 6 October
Enjoy a fun and friendly game of walking netball, designed for all abilities and perfect for staying active at a gentler pace. The session focuses on teamwork, movement, and enjoyment. Participants are required to wear comfortable sports clothing and supportive trainers to take part in this activity.		7pm–8pm
		Charter Community Sports Centre, Greetham Street, Southsea, PO5 4LH
		£5
		Visit bhliveactive.org.uk/find-an-activity/class-timetable , limited capacity
		Email carla.earle@bhlive.org.uk or call 023 9320 0401

Walking Football		Monday 6 October
Walking Football is a fun, low-impact outdoor activity designed for all fitness levels. Played on a 3G surface, it promotes fitness and social interaction. Please wear appropriate outdoor clothing and footwear suitable for 3G pitches, no hard studs are allowed.		7pm–8pm
		Portsmouth Gymnastics Centre, Alex Way, Portsmouth, PO2 9AD
		£3
		No booking required, limited capacity
		Email carla.earle@bhlive.org.uk or call 023 9320 0401

Tuesday 7 October

Creatful, Buckland		Tuesday 7 October
Creative group for women experiencing mental health challenges. Every Tuesday in term times only.		10.30am–12pm
		Buckland Community Centre, Room 5
		Free
		Visit creatful.co.uk , limited capacity
		Email creatful.info@gmail.com or call 07584 421162

Southsea Morning Women's Institute		Tuesday 7 October
The Women's Institute is a national organisation providing friendship, campaigning and activities for women of all ages. Subject for this month's talk is the History and Work of Trinity House.		10am–12pm
		Eastney Methodist Church, Highland Road, Southsea, PO4 9NH
		First session is free. Thereafter an annual charge if you would like to join
		No booking required
		Email deniserock90@gmail.com or call 07931 968098

Discover your Community		Tuesday 7 October
Join the Community Connectors for a fun and welcoming information drop-in event! Discover a wide range of social groups, clubs, and activities happening across the city, designed to help you stay connected, active, and inspired. There'll be friendly faces and fun activities. Whether you're looking to try something new or just want a chat, we'd love to see you there!	 10am–2pm  Tesco Fratton Extra, Fratton Way, Southsea, Portsmouth, PO4 8FD  Free  No booking required	
 Email gillian.norrie@portsmouthcc.gov.uk or call 023 9284 1924 or 07852 153573		
50+ Tennis Coaching		Tuesday 7 October
Coaching session designed for players to learn and improve in a fun and social environment with players of a similar ability. Sessions are set at the pace of the players, based on indoor tennis courts.	 10am–11am  Portsmouth Gymnastics Centre, Alex Way, Portsmouth, PO2 9AD  £5.80  No booking required, limited capacity	
 Email ptc@bhlive.org.uk or call 023 9320 0402 or 07717 765125		
Wellbeing Walk - Civic Offices		Tuesday 7 October
Come and join us on our Wellbeing Walks, get outside in the fresh air and socialise. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.	 12.15pm–1.05pm  Civic Offices, Guildhall Square, Portsmouth, PO1 2AL  £1  No booking required	
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Diversi-Tea Group Arts and Crafts		Tuesday 7 October
Arts and crafts for everyone at the Diversi-Tea social group. Opportunity to have a cuppa and a chat as well.	 12.30pm–2.30pm  Oasis The Venue, Arundel Street, Portsmouth, PO1 1NP  Free  No booking required, limited capacity	
 Email uta.schmidtblaicher@portsmouthcc.gov.uk or call 023 9284 1762		
IT Session		Tuesday 7 October
IT sessions providing pre-booked one-to-one Tech support.	 1pm–3pm  The Bradbury Centre, 16-18 Kingston Road, Portsmouth, PO1 5RZ  £5  Call 023 9286 2121 , limited capacity	
 Email enquiries@ageukportsmouth.org.uk or call 023 9288 3522 or 07434 237754		

Visit to the Alford Schools of Military Music		Tuesday 7 October
Join us and take a look behind the scenes. You'll visit the facilities, enjoy concert rehearsals, meet the musicians and buglers and experience a little of the musical and military life enjoyed by generations of Royal Marines.		1pm–3.30pm
		HMS Nelson, Portsmouth Naval Base
		Free
		Email james.pinney508@mod.gov.uk , limited capacity
		Email james.pinney508@mod.gov.uk
Wellbeing Walk - Park to Park		Tuesday 7 October
Come and join our Wellbeing Walks to get outside and meet new people. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		1pm–1.30pm
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		Free
		No booking required
		Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027
Getting to grips with your Android		Tuesday 7 October
Unleash the potential of your Android phone with this introductory workshop to master the basics of your phone. Learn how to make the most out of your device to gain confidence and efficiency with features and functions. You will need to know the make of phone you have when enrolling - Samsung, Nokia, Google, please bring your device fully charged.		1pm–3pm
		Learning Place, 6 Derby Road, Portsmouth, PO2 8HH
		Free
		Call 023 9262 1860 , limited capacity
		Email Monika.Polowska-Zimoch@portsmouthcc.gov.uk or call 023 9262 1860
Wellbeing Walk - Old Portsmouth		Tuesday 7 October
Come and join us to socialise and meet new people whilst walking. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		1.30pm–2.30pm
		Royal Garrison Church Domus Dei, Penny Street, Portsmouth, PO1 2NJ
		Free
		No booking required
		Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027
Bingo at Fratton Community Centre		Tuesday 7 October
A friendly bingo session enjoyed by all. Expect a very warm welcome, with refreshments available to buy as well as a raffle at half time.		6.30pm–8.30pm
		Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ
		£1
		No booking required
		Email frattonccmanager@yahoo.com or call 023 9275 1441

Bridge at Southsea Bridge Club		Tuesday 7 October
We have duplicate sessions on Tuesday evenings, Wednesday and Friday afternoons. We also have beginners' classes on a Thursday afternoon.		6.45pm–10.30pm
		63A Osborne Road, Southsea, PO5 3LS
		£2
		Call 07811 115387
 Email biddypalmer@yahoo.com or call 07811 115387		

Wednesday 8 October

Portsmouth C.H.A. Rambling Club Walks		Wednesday 8 October
We would love to welcome new members, walking every Wednesday in the beautiful country and seaside surrounding Portsmouth. Walks are around five miles and the start is accessible by public transport. Please wear suitable footwear. Bring refreshments for a coffee stop and lunch stop. Fresh air, beautiful countryside, exercise and new friends - what more could you ask for?		10am
		Inside the Bus Station, The Hard, Portsmouth, PO1 3DT
		Free
		Call 023 9225 4289
 Email amallows@talktalk.net or call 023 9225 4289		

Fratton Friends - Arts and Crafts		Wednesday 8 October
A group of people who enjoy sharing their arts and crafts knowledge. Projects include creating stand out pieces for the centre. Come along and share a morning's fun.		10am–12pm
		Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ
		£3.50
		Call 023 9275 1441
 Email frattonccmanager@yahoo.com or call 023 9275 1441		

Drawing in coloured inks		Wednesday 8 October
Learn how to draw in coloured inks. They are known for their strong colour intensity, smooth application, and the ability to create layered effects without fully mixing colours.		10am–1pm
		Southsea Library, 19-21 Palmerston Road, PO5 3QQ
		Free
		Call 023 9232 8795 , limited capacity
 Email emily.storey@copc.ac.uk or call 023 9232 8795		

Nature of Portsmouth		Wednesday 8 October
A talk about what we're doing in the PCC Parks and Countryside team to enhance biodiversity in our green spaces and how to encourage nature into the city. We'll also go into detail about conservation work at Milton Common and what wildlife you can spot there.		10am–11.30am
		The Greenhouse, Victoria Park, Anglesea Road, PO1 3HJ
		Free
		Email parks@portsmouthcc.gov.uk or call 023 9283 4180
 Email parks@portsmouthcc.gov.uk or call 023 9283 4180		

Creatful, Havant		Wednesday 8 October
Creative group for women with complex needs (addiction, abuse, homelessness/contact with the criminal justice system). Every Wednesday term time only.		10.30am–12pm
		Leigh Park Community Centre, Room 1
		Free
		Visit creatful.co.uk , limited capacity
 Email creatful.info@gmail.com or call 07584 421162		
Wellbeing Walk - Baffins Pond		Wednesday 8 October
Come and meet us for a Wellbeing Walk around Baffins Pond. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.30am
		Alderman Lacey Library, 98 Tangier Road, Portsmouth, PO3 6HU
		Free
		No booking required, limited capacity
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Wellbeing Walk - Canoe Lake		Wednesday 8 October
Come and join us on our Wellbeing Walks, get outside in the fresh air and socialise. Please wear suitable footwear and comfortable clothing as walks take place in all weathers.		10.30am–11.30am
		Canoe Lake, St Helens Parade, Southsea, PO4 9RG
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
The global contribution to Allied victory in Normandy		Wednesday 8 October
Allied victory in Normandy in 1944 was not achieved by British, American and Canadian forces alone. This 40-minute talk will look at the significant but often forgotten contributions made to the D-Day Landings by individuals, ethnic minority groups and nations from around the world. This talk will be delivered by Andrew Whitmarsh, The D-Day Story's curator.		11am–11.40am
		The D-Day Story, Clarence Esplanade, Southsea, PO5 3NT
		Free
		No booking required, limited capacity
 Email theddaystory@portsmouthcc.gov.uk or call 023 9288 2555		
Dance Fitness		Wednesday 8 October
Come and join the Party! Dance fitness is the perfect class for those who love to dance and want to boost their fitness. Our sessions feature easy-to-follow routines set to a variety of music genres, including pop, Latin, country, musical theatre, and more. This class is for all abilities. Please wear trainers and clothes you can move in.		12pm–1pm
		Canoe Lake Nursery, Eastern Parade, Southsea, PO4 9RF
		£5
		Email sarah@sarahmooredance.co.uk , limited capacity
 Email sarah@sarahmooredance.co.uk or call 07708 792928		

Bridge at Southsea Bridge Club		Wednesday 8 October
We have duplicate sessions on Tuesday evenings, Wednesday and Friday afternoons. We also have beginners' classes on a Thursday afternoon.		12.45pm–4.30pm
		63A Osborne Road, Southsea, PO5 3LS
		£2
		Call 07811 115387
 Email biddypalmer@yahoo.com or call 07811 115387		
Introduction to Ancestry		Wednesday 8 October
Curious about building your family tree but unsure where to begin? Join our workshop for a beginner-friendly introduction to tracing your relatives online. We'll guide you through the first steps of discovering your ancestry using digital tools and resources.		1pm–3pm
		Learning Place, 6 Derby Road, Portsmouth, PO2 8HH
		Free
		Call 023 9262 1860 , limited capacity
 Email Monika.Polowska-Zimoch@portsmouthcc.gov.uk or call 023 9262 1860		
Tour of Portsmouth Silver Collection		Wednesday 8 October
We invite you up to the Lord Mayor's Suite to have a tour of the second biggest silver collection in England, this will include but not limited to The Mace, The keys to the City and a model of the HMS Victory.		1.30pm–2.30pm
		Guildhall, Guildhall Square, Portsmouth, PO1 2AB
		Free
		Email Bonnie.Broad@portsmouthcc.gov.uk , limited capacity
 Email Bonnie.Broad@portsmouthcc.gov.uk or call 023 9283 4205		
Wellbeing Walk - Portchester Castle		Wednesday 8 October
Come and join us for a Wellbeing Walk, meet new people and enjoy the fresh air. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need. Please bring phone/camera if you wish to take photos.		2pm–3pm
		The picnic table at Portchester Castle, PO16 9QW
		£2
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Indoor Bowls		Wednesday 8 October
Victory Indoor Bowls and Social Club invites you and your friends to our bowls club to try your hand at indoor bowls. We also have a well stocked bar with tea, coffee and cakes. Please wear trainers and we will provide all the equipment and the expertise to learn 'How to Bowl'.		2pm–4pm
		Victory Bowls Association Ltd, Northern Parade, Portsmouth, PO2 9PB
		Free
		Call 07860 642400 , limited capacity
 Email alanptaw@yahoo.co.uk or call 07860 642400		

Creatful, Denmead		Wednesday 8 October
Creative peer group for adults of all ages and abilities.		2pm–4pm
		Wellington Vale Care Home
		Free, optional £1 donation for care home
		No booking required, limited capacity
 Email creatful.info@gmail.com or call 07584 421162		

Thursday 9 October

U3A Poetry and Plays		Thursday 9 October
This is a u3a group that meets fortnightly to read a selection of poems or look in closer detail at a full length play. People can take part in reading aloud or just listen and share opinions.		10am–12pm
		Somerstown Central Community Hub, Winston Churchill Ave, Portsmouth, PO5 4JJ
		Free
		No booking required
 Email Jobinemarmion@hotmail.com or call 07711 300407		

Mindfulness Photography		Thursday 9 October
This guided photo walk, starting at Southsea Library and along the seafront, will focus on slowing down our day-to-day pace and concentrating on our surroundings through the camera's viewfinder. This session aims to get students using their cameras in a relaxed manner with a chance to ask questions on photography skills. Please bring a camera or smartphone.		10am–1pm
		Southsea Library, 19-21 Palmerston Road, Southsea, PO5 3QQ
		Free
		Call 023 9268 8997 , limited capacity
 Email emily.storey@copc.ac.uk or call 023 9232 8795		

Tennis Coaching 50+		Thursday 9 October
Coaching session designed for players to learn and improve in a fun and social environment with players of a similar ability. Sessions are set at the pace of the players, based on indoor tennis courts.		10am–11am
		Portsmouth Gymnastics Centre, Alex Way, Portsmouth, PO2 9AD
		£5.80
		No booking required, limited capacity
 Email ptc@bhlive.org.uk or call 023 9320 0402 or 07717 765125		

Creatful, Project W		Thursday 9 October
Creative group for women in addiction/homelessness. Every Thursday term time only.		10.30am–12pm
		Intuitive Thinking Skills, Buckland (address shared when booking online)
		Free
		Visit creatful.co.uk , limited capacity
 Email creatful.info@gmail.com or call 07584 421162		

Cast-On and Carry-On		Thursday 9 October
Bring your own knitting or crochet work along to the group or take part in our Big Knit, knitting/crochet project. Refreshments are available at the in-house café.		10.30am–12pm
		The Bradbury Centre 16-18 Kingston Road, Portsmouth, PO1 5RZ
		Free
		No booking required
 Email enquiries@ageukportsmouth.org.uk or call 023 9288 3522 or 07434 237754		
Wellbeing Walk - Hilsea Lines		Thursday 9 October
Come and join us for a Wellbeing Walk in Hilsea Lines, meet new people and enjoy the fresh air. Please wear suitable footwear and comfortable clothing as walks take place in all weathers.		10.30am–11.30am
		Bastion 3, Scott Road, Portsmouth, PO3 5JH
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		
Zumba Gold 50+		Thursday 9 October
If you love to dance and would like to improve your fitness levels, balance, flexibility and memory whilst making new friends come along and join us. A slower paced class but still a challenge and really good fun.		11am–12pm
		Eastney Community Centre, Bransbury Park, Bransbury Road, Southsea, PO4 9SU
		£5
		No booking required, limited capacity
 Email ginamin@hotmail.co.uk or call 07846 421756		
Bridge at Southsea Bridge Club		Thursday 9 October
We have duplicate sessions on Tuesday evenings, Wednesday and Friday afternoons. We also have beginners' classes on a Thursday afternoon.		1.30pm–4pm
		63A Osborne Road, Southsea, PO5 3LS
		£2
		Call 07811 115387
 Email biddypalmer@yahoo.com or call 07811 115387		
Fratton Friends - Variety Club		Thursday 9 October
A friendly group offering a wide range of activities including guest speakers, bingo, quizzes, craft activities and much more! Lots of chat and laughter.		2pm–4pm
		Fratton Community Centre, Trafalgar Place, Portsmouth, PO1 5JJ
		£3.50
		No booking required
 Email frattonccmanager@yahoo.com or call 023 9275 1441		

Backstage Pass		Thursday 9 October
We are a group of like-minded people, who meet up to discuss music, bands and gigs across the decades. We are very sociable people who also like to talk about any other topics that you would like to discuss.		2.30pm–4.30pm
		Bold Forester, Public House, 177 Albert Road, Southsea, PO4 0JW
		Free
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		

Friday 10 October

Veterans' Breakfast Club		Friday 10 October
Veterans' Breakfast Club takes place twice a month on the second Friday and the last Friday of every month Bradbury Centre Café Age UK Portsmouth. Costs from £5.25-£6.20 to include a tea or coffee.		10am–11.30am
		The Bradbury Centre, 16-18 Kingston Road, Portsmouth, PO1 5RZ
		£6.20
		No booking required
 Email enquiries@ageukportsmouth.org.uk or call 023 9286 2121		

Getting to grips with your Apple iPhone		Friday 10 October
Are you ready to take your Apple iPhone skills to the next level? Look no further than our introductory workshop and learn how to set up your device, organise apps and use advanced features like Siri. Please make sure your iPhone is fully charged.		10am–12pm
		Learning Place, 6 Derby Road, Portsmouth, PO2 8HH
		Free
		Call 023 9262 1860 , limited capacity
 Email Monika.Polowska-Zimoch@portsmouthcc.gov.uk or call 023 9262 1860		

Mindfulness Walk - Hilsea Lines		Friday 10 October
Meet at the Scott Road Car Park. Please bring phone and camera if you wish to take photos. Approx 90 mins/2 miles.		10.30am–12pm
		Scott Road Car Park, Bastion 2, PO3 5LX
		£1
		No booking required
 Email Charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762		

Wellbeing Walk - Seafront		Friday 10 October
Wellbeing Walks are a place to come and socialise in the fresh air, walk and talk and meet others. Please wear suitable footwear and comfortable clothing as walks take place in all weathers. We recommend you carry a bottle of water and bring any medication that you may need.		10.30am–11.15pm
		The Pyramids, Clarence Esplanade, Southsea, PO5 3ST
		£2
		No booking required
 Email charlie.johnson@portsmouthcc.gov.uk or call 023 9284 1762 or 07887 450027		

Bingo at Fratton Community Centre Friday 10 October

A friendly bingo session enjoyed by all.

🕒 11am–1pm

📍 Fratton Community Centre, Trafalgar Place,
Portsmouth, PO1 5JJ

💷 £1

📞 No booking required

📧 Email frattonccmanager@yahoo.com or call **023 9275 1441**

Bridge at Southsea Bridge Club Friday 10 October

We have duplicate sessions on Tuesday evenings, Wednesday and Friday afternoons. We also have beginners' classes on a Thursday afternoon.

🕒 12.45pm–4.30pm

📍 63A Osborne Road, Southsea, PO5 3LS

💷 £2

📞 Call **07811 115387**

📧 Email biddypalmer@yahoo.com or call **07811 115387**

Tech Support Friday 10 October

Digital sessions for all abilities and all devices.

🕒 1pm–3pm

📍 The Bradbury Centre, 16-18 Kingston Road,
Portsmouth, PO1 5RZ

💷 £5

📞 Call **023 9286 2121**, limited capacity

📧 Email enquiries@ageukportsmouth.org.uk or call **023 9288 3522** or **07434 237754**

60+ Festival 2025 Feedback Form

We'd love your feedback on this year's 60+ Festival to help us improve next year's event.

✍ Please complete the form on the next page, then tear it out and return to the address below:

Portsmouth City Council's Events Team, Floor 2, Guildhall, Portsmouth PO1 2AJ

✉ You can also email any comments on the festival to events@portsmouthcc.gov.uk

📱 Alternatively, you can complete an online version of this survey by scanning the QR code or visiting the website at research.net/r/60plusfestival2025



60+ Festival 2025 Feedback Form

1. Where did you pick up this brochure from?

2. We have changed the layout of the event information in this year's printed brochure. How easy was it to find the event information you needed? *(please tick one)*

- ☐ Very easy
☐ Easy
☐ Neither easy nor difficult
☐ Difficult
☐ Very difficult

3. Is there any other information or features you would like to be included in the brochure? *(Note, we will ask you about the actual activities in a later question)*

4. We would like to hold events in all parts of the city. Please tell us which postcode area you live in

- | | |
|------------------------------------|------------------------------|
| ☐ PO1 | ☐ PO4 |
| ☐ PO2 | ☐ PO5 |
| ☐ PO3 | ☐ PO6 |
| ☐ Elsewhere | |

5. Did you take part in any 60+ Festival activities?

- ☐ Yes
☐ No - go to Q14

6. Which activities did you take part in?

7. What did you think about the activities you took part in?

8. Did you try anything new?

- ☐ Yes, please tell us more

- ☐ No

9. How easy was it to get to the activities you attended?

- | | |
|---|---|
| ☐ Very easy | ☐ Difficult |
| ☐ Easy | ☐ Very difficult |
| ☐ Neither easy nor difficult | |

10. What did you think of the range of activities on offer?

- | | |
|------------------------------------|----------------------------------|
| ☐ Very good | ☐ Average |
| ☐ Good | ☐ Poor |
| ☐ Very poor | |

11. Please tell us any other comments you have about this year's 60+ Festival

12. If you would be willing to be contacted to discuss your feedback further, please leave your details below:

Name:

Phone number:

Email address:

Please answer Q13 if you did **NOT** take part in any festival activities. Otherwise, please go to 'Demographics'.

13. Why didn't you take part in any activities? Are there any changes we could make to enable you to take part next year?

Demographics

14. What is your sex?

- ☐ Male ☐ Female
☐ Prefer not to say

15. Which age range are you in?

- ☐ 60-64 ☐ 75-80
☐ 65-69 ☐ 81-85
☐ 70-74 ☐ 85+
☐ Prefer not to say

16. Which ethnic group do you belong to?

- ☐ White British
☐ White other
☐ Asian/Asian British
☐ Black/Black British
☐ Mixed or Multiple ethnic groups
☐ Other ethnic groups
☐ Prefer not to say

17. Do you consider yourself to have a disability, a long-term illness, or a physical or mental health condition that reduces your ability to carry out day-to-day activities?

- ☐ Yes (please answer Q18)
☐ No
☐ Prefer not to say

18. What is the nature of your disability, long-term limiting condition or health problem?

- ☐ Physical/mobility
☐ Visual impairment
☐ Hearing impairment
☐ Learning difficulty
☐ Mental ill health
☐ Other
☐ Prefer not to say

Thank you for taking the time to complete this feedback form.

Portsmouth City Council is the Data Controller of any personal data you provide in connection with this survey. It will only be used for the purpose of analysing the results and improving related services and will not be shared with any other organisations in a way that would identify you. For further details of how the council collects and uses personal data, please see our full Data Protection Privacy Notice.



FosterPortsmouth

Did you know there is no upper age limit to foster?



As long as you are in reasonable health and able to meet the needs of a child, we're able to support you individually to foster. There are many types of fostering and everyone will be able to find one that's the right fit for them.

Could you help them reach their potential?

 foster.portsmouth.gov.uk

 0300 131 2797

 info@lafosteringse.org.uk

 [fosterportsmouth](https://www.facebook.com/fosterportsmouth)



"You can see the difference in a child. No matter how long they are with you, you've made an impact."

*Maggie,
foster carer*



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