



HEALTHY CITY WEEK

Bristol 2017

Wellbeing that doesn't
cost the Earth

7-14 OCTOBER

Over 30 events exploring the health and environmental sustainability of our city.

www.bristolgreencapital.org/healthycityweek

 @bgreencapital · #HealthyBristol  BristolGreenCapitalPartnership



Healthy City Week is an annual celebration of wellbeing that doesn't cost the earth – enabling people to come together, exchange ideas and explore the intersections between the health of our citizens and the environmental sustainability of our city.

This year's programme is designed to create conversations and deepen understanding around some of the major health and sustainability challenges we face. From the health impacts of air pollution and the benefits of active travel, to tackling cold homes in Bristol and creating healthier urban spaces.

Detailed information on the content, venue, accessibility and booking process for individual events is available online. Unless specified, events require advance booking. Much of the programme is free, but some individual events are chargeable.

Visit the website and follow us on social media for all events, stories and Healthy City Week related news:

www.bristolgreencapital.org/healthycityweek

 @bgreencapital · #HealthyBristol

 BristolGreenCapitalPartnership

IN THE BUILD-UP TO HEALTHY CITY WEEK...

**University Hospitals Bristol
NHS Foundation Trust –
Healthy City Week Expo**

10am–1pm

Thursday 5 October

**Heart Institute Atrium,
Bristol Royal Infirmary**

Public, patients, staff and visitors are invited to drop-in to the HCW expo to get inspired about being green and healthy and to learn what University Hospitals Bristol NHS Foundation Trust and healthcare partners are doing to reduce their environmental impact.

**A Healthy Green Mingle,
co-hosted by Bristol Green
Capital Partnership and
Bristol Health Partners**

5.30–7.30pm

Thursday 5 October

The Kitchen, Silver Street

The monthly Green Mingle offers individuals, groups and organisations the opportunity to network in an informal setting, make connections and share ideas. Nibbles are provided, no need to book, just turn up!



OPENING WEEKEND HEALTHY CITY WEEK FUN PALACES

**Saturday 7 (2–7pm) & Sunday 8
October (Various times)**

Hubs at Wellspring Healthy Living
Centre, Lawrence Hill & Avonmouth
Community Centre

All welcome at these FREE community-led events as part of the global Fun Palaces campaign – where everyone is an artist, everyone a scientist. Huge range of activities including:

- Ride the Fun Palaces trains along the Severn Beach railway line to explore roving exhibitions
- Customise a YoBike
- Learn about air quality with interactive games
- Swap home-made food and recipes whilst learning about nutrition

View the full programme online – free, drop-in.

Bristol's Fun Palaces are supported by the University of Bristol's Elizabeth Blackwell Institute for Health Research, and led by local people and partners.



SATURDAY 7

Community Farmer Day
10am-4pm
 The Community Farm,
 Chew Magna

Breathe the country air and be a farmer for the day. Suitable for all ages and most abilities, vegan lunch included. (No easy wheelchair access.)

Find balance with Taoist Tai Chi
11am-12pm
 Bristol Central Library Foyer

A drop-in demonstration by the Taoist Tai Chi Society of Great Britain with a taster session for anyone who would like to have a go.



Healthy City Week Fun Palaces
2-7pm
 Avonmouth Community Centre & Wellspring Healthy Living Centre

Free activities exploring health and environmental themes of air pollution, healthy eating, mental health and wellbeing, smoking and active travel. (See p.2)

SUNDAY 8

Healthy City Week Fun Palaces
 Various times and venues

Continued Fun Palace activities today and throughout the week – view the full programme online. (See p.2)

CITIZEN SCIENCE: AIR QUALITY

Playing Out and KWMC's Citizen Sensing project will be working with local people to monitor the air quality on their streets during Healthy City Week. Evidence from earlier Playing Out sessions, when the road was closed to through traffic, showed air quality was significantly better. Using the Bristol Approach residents in different parts of Bristol will be able to see if and how air quality may change with varying levels of traffic.

Find out more by following **#HealthyBristol** on Twitter

MONDAY 9

Wellbeing through Nature Self-Care Course with Avon Wildlife Trust
1.30-4.45pm
 Feed Bristol, Stapleton

Igniting behavioural change in people's wellbeing and connection to nature. Taster day for social prescribers, GPs and public health.



Bristol Health Partners

A day of Bristol Health Partners' events at The Foundation – Triodos Bank

Pavement parking: Problems and solutions
11am-1pm

Lively debate with Bristol Walking Alliance looking at how community engagement and city policy could tackle the accessibility issues and health implications of pavement parking in Bristol.

REtirement in ACTION (REACT) study: Sustaining mobility and wellbeing into older age
1.45-2.45pm

Bristol Health Partners APHLE Health Integration team describe the early stages of the study and the strategies that have successfully recruited 600 older people to take part in its multi-centre intervention.

Transport Equity: How to close the gap?
3.15-4.45pm

Presentation and debate hosted by Bristol Health Partners SHINE health integration team highlighting socio-economic differences in the risk of death and injury on the roads, and asking how can society tackle such inequity?

For online booking links & further event information, visit:
www.bristolgreencapital.org/events

TUESDAY 10

Getting Your Home Ready for Winter

8.10-8.40am

Bristol's One Love Breakfast Radio Show: BCfm 93.2 & Ujima 98

Cold home? Hard to heat? Bills too high? What's this about a Smart Meter? Find out about all the top tips with Bristol Energy Network. Send in your questions or phone on the day.

Launch of WHAM (Warmer Homes Advice and Money)

4.30-6pm

Unitarian Meeting Hall, Brunswick Square

Support agencies, community based organisations and community groups are invited to come and find out about support available from CSE, Talking Money and WE Care & Repair, to make sure that no Bristol resident goes cold at home.

Meat of the matter - eating for people and planet

7-8.30pm

Junction 3 Library, Easton

A discussion about what links what we put on our plate with what's happening in the wider environment. Does gender have a role to play? Are there food choices that are healthy for us and healthy for the planet? Part of the Man Food Project Bristol.

WEDNESDAY 11

Join-in on Twitter:

 @bgreencapital
#HealthyBristol

Go Green Business Breakfast: Science of Happy in Workplaces

7.45-10am

The Foundation, St George's Road

Is it scientifically proven that happiness in the workplace affects staff performance? Hear from experts on the topic.

'And All the Men We Saw Today' - a sensory audio walk

Walks at 10.30am, 12pm, 2.30pm & 4pm (2.30pm & 4pm walks also feature live dance performance)
Meet at Bedminster Library

How do ideas around eating choices, food as 'protein' and 'being a man' inform how men shape and feel-in their bodies? A sound-walk through the streets of Bedminster that weaves together first-hand stories of men and food with music, sound and moving. 45 minute duration, audio equipment provided.

Smarter Warmer Homes: Realising benefits from smart energy technologies in vulnerable households

1.30-5pm

The Foundation, St George's Road

4 hour workshop convened by Centre for Sustainable Energy to explore the potential of smart energy technologies to improve the health and wellbeing of vulnerable households.

Nature Network

3-5pm

Netham Pavilion, Netham Park

Guided nature walk and opportunity to meet others interested in protecting and promoting wildlife and green spaces in Bristol. Run by Bristol Green Capital Partnership.

Is Our Landscape Killing Us? Creating better, healthier urban spaces

6.30-8pm

Arncliffe, Narrow Quay

Speakers discuss the challenges, benefits and importance of creating landscapes that encourage people to engage in healthy lifestyles, with physical and mental health benefits. Architecture Centre in partnership with SHINE and Landscape Institute.



Neighbourhood Conversation on Air Quality

6.30-8.30pm

Terrace Room, Barton Hill Settlement

Join the conversation to find out how communities can work together to reduce the impact of this invisible problem, and how we can harness data and information to create change. Jointly organised by Up Our Street and Bristol Green Capital Partnership. No need to book, just turn up.

Eat Fast and Fresh for Only One Pound with Instagram chef Miguel Barclay

7.30-8.30pm

Henleaze Library

Originally finding fame on Instagram with his popular One Pound Meals account, Miguel is discussing his second book *Fast and Fresh*.



THURSDAY 12

Breakfast for Wellbeing with Portland Centre for Integrative Medicine

8-9am

**Bristol Energy Hub Space,
The Waterfront**

A hands-on breakfast making session with talks from experienced food educators and nutritionists. Drop in on your way to work to nourish your health and wellbeing!



POSTPONED TILL DECEMBER/JANUARY Bristol Green Capital Partnership's Healthy City Week Gathering **9am-12pm** **Trinity Centre, Old Market**

Open space discussion for Healthy City Week 2017 that asks how do we mobilise people and actions to create the change we all want to see?

Life Cycle's over 55's & Bike Minded group cycle ride & Yoga for Cyclists session **10.30am (cycle) 2.30pm (yoga)** **Meet at Wellspring Healthy Living Centre, Lawrence Hill**

Gentle ride exploring some of Bristol's cycle routes and perfect for people wanting to return to the saddle, meet others and experience the benefits of cycling. Followed by a 'yoga for cyclists' session.

CANCELLED Library-Pit-Stops Cycle Ride with Peter Walker, the author of *Bike Nation* **1-4.30pm** **Meet at Bristol Temple Meads**

A leisurely paced ride to Junction 3, Fishponds and Central libraries with stops for refreshments and shared discussion.



For online booking links & further event information, visit:
www.bristolgreencapital.org/events

POSTPONED Sustaining the NHS - What do we all need to do?

1.30-3.30pm

Trinity Centre, Old Market

Bristol Community Health CIC host a panel of experts and community leaders, answering audience questions on how the NHS can be maintained with a different approach to health.

How Cycling Can Save the World with author Peter Walker

7.30-8.30pm

**Bristol Central Library,
College Green**

Peter Walker, a political correspondent for *The Guardian*, will be discussing his debut book *Bike Nation*.

FRIDAY 13

Reconnect with the Seasons with Lia Leendertz

7-8.30pm

Bishopston Library

Award-winning gardener and food writer is reviving the tradition of the rural almanac, connecting you with the months and seasons via moon-gazing, foraging, feast days, seasonal eating, meteor-spotting and gardening.





SATURDAY 14

ALL DAY! NEW ROOM WELLBEING DAY

10.30am-4pm

The New Room/John Wesley's Chapel, Broadmead

A drop-in day of free workshops, talks, taster sessions and stalls showcasing wellbeing activities, with healthy treats for sale in the artisan café. See online for full timetable.



'And All the Men We Saw Today' – a sensory audio walk
Walks at **10.30am, 12pm, 2.30pm & 4pm** (2.30pm & 4pm walks also feature live dance performance)
Meet at Bedminster Library

How do ideas around eating choices, food as 'protein' and 'being a man' inform how men shape and feel-in their bodies? A sound-walk through the streets of Bedminster that weaves together first-hand stories of men and food with music, sound and moving. 45 minute duration, audio equipment provided.

A child-relevant response to air pollution
2-5pm

Wills Memorial Building,
University of Bristol

Discussion event presented by Professor John Henderson exploring the known impacts of air pollution on child lung development, contrasting this with the mental health and physical health benefits of healthy modes of transport. Also examining potential ways of responding in real-time to air pollution peaks. Jointly organised by University of Bristol and Bristol Green Capital Partnership.

AFTER HEALTHY CITY WEEK...

BUILDING HEALTHY CITIES AS PART OF 'FESTIVAL OF THE FUTURE CITY'

9-10.15am Friday 20 October

Watershed, The Waterfront

A series of short presentations highlight local projects and programmes of work that are creating a healthier and more environmentally sustainable future city. Featuring...

- Simon Roberts, *Chief Executive of Centre for Sustainable Energy*
- Joy Carey, *local food systems consultant & Director of Bristol Food Network*
- Robert Woolley, *Chief Executive of University Hospitals Bristol NHS Foundation Trust*
- Elaine Flint, *Chief Executive of Wellspring Healthy Living Centre*
- Ellie Shipman, *Fun Palace Ambassador, Elizabeth Blackwell Institute*
- Chaired by David Relph, *Director of Bristol Health Partners.*

Full programme at: www.futurecityfestival.co.uk

BRISTOL GREEN CAPITAL PARTNERSHIP

is a unique partnership of over 800 member organisations who have committed to working towards Bristol becoming a sustainable city with a high-quality of life for all. If you're from a business, public sector body, charity or community group in Bristol, you and your organisation can become a member:
www.bristolgreencapital.org/join

BRISTOL HEALTH PARTNERS

exists to improve the health of those who live in and around Bristol and to improve the delivery of the services on which they rely, and to act as a mechanism for change in our health and care community and our city region:
www.bristolhealthpartners.org.uk

The Healthy City Week programme is made up of many events and activities run by a range of participating organisations. To contact event organisers directly, please check the online listing for information. All programme information is correct at the time of producing this online brochure but may be subject to change without notice. We recommend that you check online for the most up to date information.