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.

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.

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

MONDAY 9

Getting Your Home Ready for Winter with Bristol Energy Network
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? Listen in to top tips, find out who can help. Send us your questions or phone in on the day.

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 Heath Partners APPHLE 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?
**TUESDAY 10**

Launch of WHAM (Warmer Homes Advice and Money) with Centre for Sustainable Energy, Talking Money and WE Care & repair  
*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 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  
Interactive 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**

Go Green Business Breakfast: Science of Happy in Workplaces  
*7.45–10am*  
Future Economy Centre Building, Temple Quay  
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 Netwalk**  
*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*  
Arnolfini, 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.*

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

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 Library, Fishponds Library and Central Library with stops for refreshments and shared discussion about what cycling means to you.

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. (Also live broadcast on local radio).

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.

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

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

AFTER HEALTHY CITY WEEK...

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.

PHOTO CREDITS  p.3 Tom Marshall · pp.4 & 6 Artur Tixiliski · p.5 left to right: Artur Tixiliski, Jon Craig, Jane Stevenson

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