



FREE

Post-Retirement Opportunities 2019 Events Programme

Happy, healthy, fulfilling retirement

Aged 55+ and approaching or thinking about retirement? Come along to our post-retirement opportunities events!

**Information
& advice**

**Explore &
share ideas**

**Meet new
people**

**Speakers &
workshops**

Funded by Bristol and District Retirement Council and delivered in collaboration with the Anchor Society and Business in the Community.
LinkAge Network is the working name of LinkAge West of England Ltd. Charity No. 1143816 in England and Wales. Company No. 07403291.

**LinkAge
Network**

Post-Retirement Events Programme

Fairs

Showcasing opportunities and advice, and featuring workshops, guest speakers and information stalls.

Avonmouth Fair

Thursday 21st February, 6 - 8pm
Avonmouth Community Centre, BS11 9EN

East Bristol Fair

Thursday 28th March, 6 - 8pm
The Vassall Centre, Fishponds, BS16 2QQ

FREE

Workshops

Volunteering in Retirement

Find out more about becoming a volunteer or trustee - what is involved, the benefits, and how to find the right opportunity. Featuring an exhibition of Harbourside volunteer portraits by photographer Sarah Robbins.

Thursday 14th March, 6 - 8pm
MV Balmoral, M Shed, BS1 4RN

Active Retirement

How to keep fit and healthy in retirement. Try out some activities! In partnership with Wesport and Active Ageing Bristol.

Thursday 21st March, 6 - 8pm
Lockleaze Sports Centre, BS7 9XF

Working in Later Life

How and where to find work, self-employment, and re-training opportunities. With Denise Taylor, award-winning Career Coach and author of Find Work at 50+.

Wednesday 3rd April, 6 - 8pm
The New Room, The Horsefair, BS1 3JE

Booking is essential for these events:

0117 353 3042

www.linkagenetwork.org.uk/pro

The logo for LinkAge Network features the word "LinkAge" in a blue, sans-serif font with a small orange circle containing a white plus sign above the letter 'i'. Below "LinkAge" is the word "Network" in a larger, bold, orange, sans-serif font.