

# FIFTY + FESTIVAL

discover a healthier, happier you



AGEconcern  
Birmingham



ROYAL SUTTON COLDFIELD  
TOWN COUNCIL



SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME

Royal Sutton Coldfield Town Council are working in partnership with Age Concern Birmingham and Sutton Coldfield Neighbourhood Network Scheme to run a festival of health and wellbeing activities across the constituency of Sutton Coldfield from 7<sup>th</sup> to 20<sup>th</sup> October 2024. Our fortnight of activities is called the Fifty+ Festival and is aimed at all local citizens over the age of 50, including:

- People in their 50s to 60s reflecting on how to maintain their health and fitness as they look towards older age
- People of retirement age and over, understanding the measures they can start taking now to maintain independence, for longer
- Families and carers looking after older residents who have long term health conditions, care and support needs and mobility difficulties which affect their independence.

The aim of our Fifty+ Festival is to raise awareness amongst local residents about health issues they may start to encounter in later life, reduce the risk of things like falls in older age, manage or even avoid long-term health conditions and just feel healthier and happier, for longer.

During July and August we want to raise awareness of the Fifty+ Festival amongst local authority, health and social care services and community partners, to encourage departments, services and groups to engage and work in partnership with us, to run local activities and let us know your ideas and plans.

To find out more about the Fifty+ Festival, please visit our NNS blog:

## Information about the Fifty+ Festival

If you would like to participate in our Fifty+ Festival Sutton Coldfield by running a free local activity at your venue, then please request the 'get involved' form available from our NNS email address below. Then complete and return the form telling us what you would like to do, when and where the activity will take place and whether you wish to be included in the promotional brochure. Return the form to us in an email with the header **50+Festival** to:

[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)