



# 5 WAYS TO WELLBEING

# THE LITTLE BOOK OF AWE\*

\*AGEING WELL EVERYDAY

# HOW'S YOUR AWE

We all age. And we can all learn to Age Well. The 5 Ways to Ageing Well Everyday (AWE) are five areas of life that can boost your happiness and wellbeing.

The great news is that science shows us how paying attention to the simple things in life can make a big difference to our happiness and wellbeing, whatever your age.

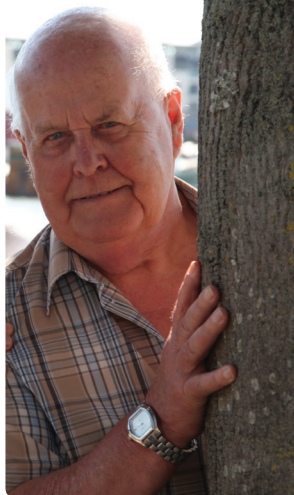
Want to learn more about Ageing Well Everyday? Then read on.



CONNECT  
LEARN  
ACTIVE  
NOTICE  
GIVE

# MEET YOUR **AWE** TEAM

## WHAT DO THEY DO FOR THEIR **AWE?**



Jim is a single man in his 80s and has lived and worked locally all his life.

Now living in a retirement home, he's become pretty good on the computer and uses the internet to keep in touch with his friends overseas. He shares his passion for football with a small group of close lifelong friends.



Mandeep and Anna are both in their 70s and have been married for over 40 years. Anna's declining health has meant Mandeep has become her main carer. They have 3 children and 5 grandchildren.

They both had busy working lives, and since retiring have found new purpose in volunteering for local groups.



Jean is in her 60s and has recently retired from her job in the NHS. She lives alone and enjoys spending time with her grandchildren on the weekend. She is an active member of her local church and loves to sing in the choir. Since retiring she is spending more time at her allotment.

# CONNECT.

People are important in every stage of our lives. Friends, family, neighbours, strangers. Connecting with others can make a big difference to our happiness and wellbeing.

“No one keeps a treasured box of old emails under their bed!”



Jim loves sending cards to family and friends. His eyesight is not as good as it used to be, so one of his neighbour's children is helping him choose the perfect birthday card for his niece's 5-year-old daughter's birthday.

**Stay connected with cards and letters.**

# CONNECT.



Jean's faith has played a big part throughout her life. She enjoys the sense of community it provides and also the chance to sing.

**Get together with people you know.**



By getting involved in local events Anna and Mandeep get the chance to meet and work alongside new people and be at the heart of their local community.

**Take opportunities to meet new people.**

## WHAT DO YOU DO TO CONNECT?

“ They may say that you can’t teach an old dog new tricks, but don’t you believe it! I’ve learned so much from my painter friends, but because it’s fun, it doesn’t feel like learning. ”

# LEARN.

**Keeping our minds active is good for us. Very good. And the great news is we can learn in so many different ways.**



Jean enjoys all kinds of puzzles and also painting whenever she can. Today she has gathered with a group of friends to paint together – “I really enjoy painting for fun, we have such a laugh and it’s great to explore different ways to use paints”.

**Learn by being creative.**



Anna and Mandeep have a love of nature and really enjoyed visiting Bristol Zoo with a local community group, to discover new and amazing things about the natural world.

**Learn by simply having fun doing the things we enjoy most.**



# LEARN.

## WHAT DO YOU DO TO KEEP LEARNING?



Jim never thought he could cook. Yet he has surprised himself and his friends by discovering that he has a real talent for creating delicious dishes from around the world.

**Learn new things that we can use in our everyday lives.**

# Be **ACTIVE.**

**An active body is a healthy body. It helps boost our resilience and makes us feel better about life, and we can all find something that suits us.**

**“**Football used to be my life and I really missed being able to take an active part in the game. But taking up walking has made me realise that there's still exercise I can enjoy. **”**



Jim has joined a local walking group. When he started walking with them he thought he'd never manage to keep up. But everyone was very supportive and now he looks forward to walking once a week with the new friends he has made.

**Be Active by setting new goals.**



# Be **ACTIVE.**



Anna has recently joined an exercise group at the local community centre. This has given Mandeep a chance to visit the gym for a workout once a week.

**Be Active by learning new ways to look after ourselves.**



Jean has been a keen gardener for many years. Since retiring she spends more time on her allotment and is encouraging her grandchildren to get involved too.

**Stay active by doing the things we already enjoy.**

## WHAT DO **YOU** DO TO BE ACTIVE?

“You don’t need to travel the world to make new discoveries.”

# NOTICE.

**We can boost our wellbeing and happiness by appreciating the simple things in life and paying attention to what is happening right now.**



Anna and Mandeep use their bus passes to visit different parks in the city every month. Even though they have lived in Bristol most of their lives they have discovered some beautiful places and real gems. Anna’s favourite trips so far have been walking around St George Park and watching the deer at Ashton Court.

**Notice the beauty of nature.**

Jim used to coach youngsters at his local football club. Nowadays he enjoys watching his local youth team play on a Saturday afternoon.

**Notice, by savouring special moments.**



# NOTICE.



Jean was sceptical about meditation until she attended an introductory session held at her local community centre. To her surprise she found it hugely beneficial and she now meditates regularly as a way of helping to bring some calm into her life.

**Notice, by enjoying peace and quiet.**

## WHAT DO YOU DO TO NOTICE?

# GIVE.

**Giving makes us happier and makes others happier too. The added bonus is when we are kind to others it spreads.**

**“** I’ve been volunteering with some kids who have problems with their reading. People say I’m brave to take on so much work at my time of life, but I say: I’m the one who’s learning from them. **”**



Anna helps at a local telephone helpline once a week, whilst Mandeep enjoys being part of a group that offers extra help to children learning to read.

**We can give, by giving our time.**

# GIVE.



Jean likes to share the surplus produce from her allotment with friends and neighbours. It's also a chance to exchange great recipes handed down from past generations.

**Give, by sharing what we have.**



Jim enjoys teaching his friends how to use the computer so they too can check the football scores online!

**Give, by being there for others.**

## WHAT DO YOU DO TO GIVE?



# Your AWE.

Chances are that there are lots of things you already do that boost your wellbeing.

By noticing what it is that makes a difference in our lives we can start to build a plan for Ageing Well Everyday.

## MY WELLBEING CHECKLIST

### Being Active

- ☐ walking/swimming
- ☐ gardening/hobbies
- ☐ dancing/classes
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Connecting

- ☒ talking with family/friends
- ☐ letters/emails
- ☐ community gatherings
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Noticing

- ☐ beauty of nature
- ☐ visiting new places
- ☐ meditation
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Learning

- ☐ puzzles/games
- ☐ art/music/creativity
- ☐ classes/museums
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Giving

- ☐ listening/sharing stories
- ☐ volunteering/supporting others
- ☐ teaching others
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# More **AWE.**

There are always new and different ways to boost your AWE. Whether we want to make the most of our connections or build new ones, learn new things, be active in different ways, notice more, or give, there is always something we can do everyday.

We can also learn much from what other people do and how they Age Well Everyday. So use the space opposite to begin collecting tips and ideas from friends, family and people willing to share the things that make a difference in their lives.

## IDEAS AND TIPS FOR BOOSTING MY AWE

### Being Active

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### Connecting

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### Noticing

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### Learning

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### Giving

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Bristol Ageing Better (BAB) works with local organisations to reach out to older people across the city, helping them to live enjoyable, fulfilling lives and empowering them to get their voices heard. We create an environment in which our partner organisations can deliver the best possible services, by helping them work together effectively, by influencing key decision-makers to develop appropriate policies and provide investment in services, and by gathering and sharing evidence of what works to reduce loneliness and isolation among older people, now and in the future.

The Ageing Well Everyday booklet was funded by Bristol Ageing Better and produced in collaboration with Happy City and local older people. For more information about BAB why not visit our website:

**[www.bristolageingbetter.org.uk](http://www.bristolageingbetter.org.uk)**

**Bristol Ageing Better**

c/o Age UK Bristol, Canningford House,  
38 Victoria Street, Bristol BS1 6BY

0117 928 1539 · [bab@ageukbristol.org.uk](mailto:bab@ageukbristol.org.uk)

# RESOURCES

**Age UK Bristol**

Canningford House  
38 Victoria Street  
Bristol BS1 6BY

0117 929 7537

[admin@ageukbristol.org.uk](mailto:admin@ageukbristol.org.uk)

*Services and support for  
people aged 55+*

**LinkAge Bristol**

The Park Centre  
Daventry Road, Knowle  
Bristol BS4 1DQ

0117 353 3042

[admin@linkage  
westofengland.org.uk](mailto:admin@linkagewestofengland.org.uk)

*The LinkAge Network  
facilitates activities for  
people 55+ across Bristol*

**Bristol U3A (University  
of the Third Age)**

0117 963 1032

[info@bristolu3a.org.uk](mailto:info@bristolu3a.org.uk)

*Bristol U3A offers  
informal learning and  
social activities, all run  
by our members and  
open to all*

**Bristol Older People's  
Forum**

c/o Age UK Bristol  
Canningford House  
38 Victoria Street  
Bristol BS1 6BY

0117 927 9222

[bopf@ageukbristol.org.uk](mailto:bopf@ageukbristol.org.uk)

*The voice of older people  
in Bristol*

**Volunteer Bristol**

Royal Oak House  
Royal Oak Avenue  
Bristol BS1 4GB

0117 989 7733

[info@volunteerbristol.org.uk](mailto:info@volunteerbristol.org.uk)

*Helping people find local  
volunteer opportunities  
and promoting volunteering*

**Happy City**

Canningford House  
38 Victoria Street  
Bristol BS1 6BY

07474 408024

[training@happycity.org.uk](mailto:training@happycity.org.uk)

*Wellbeing training and  
support for individuals,  
organisations and  
communities*



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