

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**April - June 2016 FREE Activities Fridays 11am to 1pm
at Second Half Centre, St Charles Centre for Health & Wellbeing**

"Time for Me North Kensington offers you time to relax, have fun and meet other carers."

Call Liz Butters Project Co-ordinator 020 8962 4536 for further details

Time for Me for North Kensington continues with regular Friday morning activities from 11am to 1pm at the **Second Half Centre**. Come along for tea/coffee and biscuits, meet other carers and take part in a diverse programme of fun and interesting activities and trips based on participants' requests.

*See separate programme over the page for further details of other Time for Me activities and trips.

(NB. Advance booking is essential for *trips and bookings may be made from 1st April onwards.)

7 th Apr	*TRIP - Sweaty Thursdays 5 Rhythms Dance (Thursday evening)
15 th Apr	Jewellery making with Daphne
20 th Apr	*TRIP - Plonk Crazy Golf in Brixton (Wednesday late afternoon)
22 nd Apr	Kundalini Yoga (chair and/or mat based session) with Lola
29 th Apr	*TRIP - Mind Body Spirit Festival Olympia
6 th May	Alexander Technique with Chandra
13 th May	Kundalini Yoga (chair and/or mat based session) with Lola
20 th May	Creative activities with Daphne
26 th May	*TRIP - Canal trip Little Venice to Camden (Thursday)
27 th May	Card making with June and fabric painting / crafts with Lynda
3 rd June	Kundalini Yoga (chair and/or mat based session) with Lola
10 th June	*Carers Week: Carers Afternoon Tea at Browns Victoria 2.30pm
17 th June	London Creativity & Wellbeing week: Under the Sea SHC 12-4pm
24 th June	Card making with June and fabric painting / crafts with Lynda
30 th June	*TRIP - RHS Garden Wisley (Thursday coach trip)

TIME FOR ME NORTH KENSINGTON WILL CELEBRATE SIXTH ANNIVERSARY IN AUGUST

Time for Me North Kensington

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Trips and activities in April to June 2016
TO BOOK your place please call 020 8962 4536

*"Time for Me North Kensington offers you time to relax, have fun and meet other carers. Regular activities take place on Friday mornings 11am to 1pm at **The Second Half Centre**, St Charles Centre for Health and Wellbeing."* Liz Butters Project Co-ordinator

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***SWEATY THURSDAYS 5 RHYTHMS DANCE (FREE)**



THURSDAY 7th April (evening from 7-9.30pm)

Time: Meet at 7pm at St Peter's Church, Tyers Street, Vauxhall, SE11 5HY

Come and dance the night away at this 5 Rhythms class. (Entry is through the church's side entrance; look for black gates next to the city farm.) Nearest tube: Vauxhall. *We will contact you on 5th or 6th April to confirm.*

***PLONK BRIXTON CRAZY GOLF (FREE)**



WEDNESDAY 20th April (Limited places)

Time: Meet at 3.45pm Plonk, The Duke of Edinburgh, 204 Frensdale Rd, Brixton SW9 8AG

Come and play 9 holes of crazy golf (4pm start). *We will contact you to confirm the details.*

***MIND BODY SPIRIT FESTIVAL (FREE)**



FRIDAY 29th April

Time: Meet at Open Age (St Charles) at 10.00am or Olympia at 11.00am

Come and find out about complementary therapies, self-help techniques and natural products at this festival of natural healing. *We will contact you before the trip to confirm the arrangements.*

*** CANAL TRIP LITTLE VENICE TO CAMDEN LOCK (FREE)**



THURSDAY 26th May

Time: Meet at Open Age (St Charles) at 11.00am or Little Venice at 11.45am

Cruise along Regents Canal, through Regent's Park, with the London Waterbus Company. Look around Camden Market and enjoy lunch there. *We will contact you before to confirm details.*

CARERS WEEK 6th to 12th June (including Carers UK events)

***Carers' Afternoon Tea at Browns Bar and Brasserie Victoria (FREE)**

FRIDAY 10th June (Advanced booking essential) (limited places)

Time: Meet at Browns, 2 Cardinal Walk, Victoria SW1E 5AG for 2.30pm tea

Tube: Victoria Buses: 52 *We will contact you before to confirm the arrangements.*



***RHS GARDEN WISLEY (FREE)**



THURSDAY 30th June

Time: Meet at Open Age (St Charles) at 9.00am

Enjoy a coach trip to the Royal Horticultural Society garden in Surrey, one of the largest plant collections in the world, including formal and informal gardens, glasshouses and an arboretum. *We will contact you before to confirm the arrangements.*