

# Time for Me North Kensington

**Health, leisure and learning for unpaid carers over 50**

**July - October 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 **8<sup>th</sup> July** onwards.)

1 <sup>st</sup> July	Jewellery making with Daphne
8 <sup>th</sup> July	Alexander Technique with Chandra
15 <sup>th</sup> July	Kundalini Yoga (chair and/or mat based session) with Lola
22 <sup>th</sup> July	Second Half Centre (SHC) End of Term Party 12-2pm
21 <sup>st</sup> July	*Thurs - Digital Life: 3 week course 1.30-3.30pm SHC (Must book)
29 <sup>th</sup> July	Card making with June and fabric painting / crafts with Lynda
5 <sup>th</sup> Aug	Sixth Anniversary Social Gathering and lunch: <ul style="list-style-type: none"> <li>- Stress management with Sarah Hurley</li> <li>- Neck/shoulder/head/hand massage tasters with Mary (NB. Arrive early 11am to book a short taster session with Mary)</li> <li>- Meet friends old and new and enjoy a light lunch together</li> </ul>
12 <sup>th</sup> Aug	Kundalini Yoga (chair and/or mat based session) with Lola
19 <sup>th</sup> Aug	Introduction to Indian Head Massage or reflexology (hands) Mary
26 <sup>th</sup> Aug	NO GROUP (BANK HOLIDAY WEEKEND)
2 <sup>nd</sup> Sept	Open Age Sixties Tea Dance 11.30-3.30pm at the Tabernacle W11
9 <sup>th</sup> Sept	Alexander Technique with Chandra
16 <sup>th</sup> Sept	Creative activities with Daphne
23 <sup>rd</sup> Sept	Crafts with Lynda and card making with June
30 <sup>th</sup> Sept	Kundalini Yoga (chair and/or mat based session) with Lola
7 <sup>th</sup> Oct	Health Fair at Kensington Town Hall 12-4pm

# Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**Trips and activities in July to October 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*

(\*NB. Advance booking is essential for trips and bookings may be made from **8<sup>th</sup> July** onwards.)

**\*COACH TRIP TO MARGATE (FREE) (14 places)**

**WEDNESDAY 20<sup>th</sup> JULY**

**Time: Meet Open Age (St Charles) 9am (time to be confirmed)**

A full day coach trip (9am to c6pm), including lunch, to Margate. *We will contact you before the trip to confirm the arrangements.*



**\*DIGITAL LIFE SHORT COURSE (3 WEEKS) (FREE)**

**THURSDAYS 21<sup>st</sup> & 28<sup>th</sup> July, 4<sup>th</sup> August**

**(NB. You must be able to attend all 3 weeks of course) (4-5 places)**

**Time and venue: 1.30-3.30pm Computer Room\* in Second Half Centre**

Three week course with lves including smartphones (phones will be provided for the course or bring your own phone). \*NB. 21<sup>st</sup> July meet at Second Half Centre but room to be confirmed.



**OPEN AGE SWINGING SIXTIES TEA DANCE (FREE)**

**FIRDAY 2<sup>nd</sup> September (just come along no need to book)**

**Time: 11.30-3.30 Meet at Tabernacle, 35 Powis Square W11 2AY**

Enjoy a groovy afternoon of 'twisitng' and 'shaking', good food, and fun at this sixties tea dance.



**\*COACH TRIP TO WALTON-ON-THE-NAZE (FREE)**

**THURSDAY 22<sup>nd</sup> September (14 places)**

**Time: Meet at Open Age (St Charles) at 8.45am**

A full day coach trip (8.45am to c6pm) to Walton-on-the-Naze. NB. If you book both this and the trip to Margate, please give your 1<sup>st</sup> and 2<sup>nd</sup> choice of trip as you may not be able to do both. *We will contact you before the trip to confirm the arrangements.*