

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**th **July** onwards.)

1 st July	Jewellery making with Daphne
8 th July	Alexander Technique with Chandra
15 th July	Kundalini Yoga (chair and/or mat based session) with Lola
22 th July	Second Half Centre (SHC) End of Term Party 12-2pm
21 st July	*Thurs - Digital Life: 3 week course 1.30-3.30pm SHC (Must book)
29 th July	Card making with June and fabric painting / crafts with Lynda
5 th Aug	Sixth Anniversary Social Gathering and lunch:
	 Stress management with Sarah Hurley Neck/shoulder/head/hand massage tasters with Mary (NB. Arrive early 11am to book a short taster session with Mary) Meet friends old and new and enjoy a light lunch together
12 th Aug	Kundalini Yoga (chair and/or mat based session) with Lola
19 th Aug	Introduction to Indian Head Massage or reflexology (hands) Mary
26 th Aug	NO GROUP (BANK HOLIDAY WEEKEND)
2 nd Sept	Open Age Sixties Tea Dance 11.30-3.30pm at the Tabernacle W11
9 th Sept	Alexander Technique with Chandra
16 th Sept	Creative activities with Daphne
23 rd Sept	Crafts with Lynda and card making with June
30 th Sept	Kundalini Yoga (chair and/or mat based session) with Lola
7 th Oct	Health Fair at Kensington Town Hall 12-4pm



Open Age, St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ. Tel: 020 8962 4141. Charitable Incorporated Organisation Number 1160125. www.openage.org.uk email: ebutters@openage.org.uk





PEN Time for Me **North Kensington**

Health, leisure and learning for unpaid carers over 50

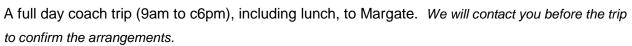
Trips and activities in July to October 2016 TO BOOK your place please call 020 8962 4536

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*COACH TRIP TO MARGATE (FREE) (14 places) WEDNESDAY 20th JULY





*DIGITAL LIFE SHORT COURSE (3 WEEKS) (FREE) THURSDAYS 21st & 28th July, 4th 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 Ives including smartphones (phones will be provided for the course or bring your own phone). *NB. 21st July meet at Second Half Centre but room to be confirmed.

OPEN AGE SWINGING SIXTIES TEA DANCE (FREE)

FIRDAY 2nd 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 22nd 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 1st and 2nd choice of trip as you may not be able to do both. We will contact you before the trip to confirm the arrangements.

Kensington and Chelsea

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