

# Time for Me

## North Kensington

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

**January - March 2017 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 **1<sup>st</sup> December** onwards.)

**14<sup>th</sup> DEC \*EXTRA TRIP – WEDNESDAY St Paul's Cathedral tour (Booking essential)**

\*Two short computer courses from 10.30am-12.30pm:

\*(Advance booking essential. You must be able to attend all 2 or 3 weeks the course)

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|-----------------------|---|
| 13 <sup>th</sup> Jan  | *Digital Life Beginners course (week 1) with Lena             |
| 20 <sup>th</sup> Jan  | *Digital Life Beginners course (week 2) with Lena             |
| 27 <sup>th</sup> Jan  | *Digital Life Beginners course (week 3) with Lena             |
| 3 <sup>rd</sup> Feb   | *Digital Life Intermediate course (week 1) with Lena          |
| 10 <sup>th</sup> Feb  | *Digital Life Intermediate course (week 2) with Lena          |
| 17 <sup>th</sup> Feb  | Stress management with Sarah Hurley                           |
| 24 <sup>th</sup> Feb  | Card making with June and fabric painting / crafts with Lynda |
| 3 <sup>rd</sup> Mar   | Stress management and therapies with Mary                     |
| 10 <sup>th</sup> Mar  | Kundalini Yoga (chair and/or mat based session) with Lola     |
| 17 <sup>th</sup> Mar* | Stress management and therapies with Mary                     |
| 24 <sup>th</sup> Mar  | Jewellery making with Daphne                                  |
| 31 <sup>st</sup> Mar  | Second Half Centre End of Term Party 12-2pm                   |

# Time for Me North Kensington

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

**Trips and activities in January to March 2017  
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**. A separate Friday morning programme is available."*

Liz Butters Project Co-ordinator

(\*NB. Advance booking essential for trips and courses. Bookings taken from **1<sup>st</sup> December** onwards.)

**!! EXTRA TRIP IN DECEMBER !!**

**\*ST PAULS CATHEDRAL (FREE)**

**WEDNESDAY 14<sup>th</sup> December (13 places)**

**Time: Meet at Ladbroke Grove tube at 12.45am or St Pauls at 2pm**

Enjoy a 60-90 minute guided tour of the cathedral floor, crypt, Geometric staircase, Chapel of St Michael and St George and quire areas not usually open to visitors.

**NB. Trip will be by public transport.** Priority will go to carers who did not go last time.

*We will contact you before the trip to confirm the arrangements.*



**\*SHORT COMPUTER COURSES (2 x 3 WEEKS) (FREE)**

**FRIDAYS 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> Jan / 3<sup>rd</sup> & 10<sup>th</sup> Feb (Booking essential)**

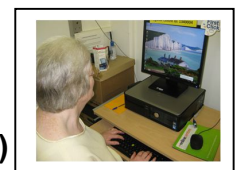
**(NB. You must be able to attend all 2 or 3 weeks of course) (9 places)**

**Time and venue: 10.30-12.30 Computer Room in Second Half Centre**

Two short courses with Lena covering variety of topics agreed with group:

Jan 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> Digital Life Beginners Course (3 weeks)

Feb 3<sup>rd</sup> & 10<sup>th</sup> Digital Life Intermediate Course (2 weeks)



Please bring your smart phone if you want to learn more about it. If you don't have one, phones will be available for the course. Intermediate course is for those with some knowledge. A range of topics may be covered (eg. Facebook, Twitter, online shopping, smart phones, iPads, apps).

NB. Courses shared with TFM Westminster so only 4-5 places per course for TFM North Ken.