

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**Oct - Dec 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 **7th October** onwards.)

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| 7 th Oct | Health Fair at Kensington Town Hall 12-4pm |
| 14 th Oct | Second Half Centre Career Art Exhibition and Sale 2016:
'A Celebration of Older Masters' 10am to 8pm
(Part of the Silver Sunday Programme, organized by The Second Half Foundation to support the work of The Second Half Centre) |
| 18 th Oct | *TRIP – TUESDAY afternoon Royal Albert Hall Friendship Matinee:
Best of Broadway (Advance booking essential) |
| 21 st Oct | Crafts with Lynda and card making with June |
| 28 th Oct | Stress management with Sarah |
| 4 th Nov | Jewellery making with Daphne |
| 11 th Nov | Kundalini Yoga (a chair and/or mat based session) with Lola |
| 18 th Nov | Stress management and therapies with Mary |
| 24 th Nov | *TRIP - THURSDAY Ideal Home Christmas Show Olympia
(Advance booking essential) |
| 25 th Nov | Card making with June and Christmas crafts with Linda |
| 25 th Nov | Carers Rights Day - Carers UK K&C various locations |
| 2 nd Dec | Alexander Technique with Chandra |
| 9 th Dec | *Christmas lunch: Little Bay in Kilburn (Advanced booking essential)
Meet at 11am at Second Half Centre or 12pm at Little Bay
Little Bay 228 Belsize Road, London NW6 4BT |
| 16 th Dec | Second Half Centre Party 12-2pm |

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

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***ROYAL ALBERT HALL FRIENDSHIP MATINEE (FREE)**
TUESDAY 18th October (14 places)



Time: Meet at Ladbroke Grove tube at 1.30am or Royal Albert Hall at 2.30pm

A special performance of the 'Best of Broadway' by the Royal Philharmonic Orchestra including a tribute to Andrew Lloyd Webber (eg. Evita, Cats) and music from other shows (eg. Cabaret, Mamma Mia). **NB. Trip by public transport** We will contact you to confirm arrangements.

CARERS RIGHTS DAY - CARERS UK K&C
FRIDAY 25th November various locations in K&C

Information day organised by Carers UK. Find out about your rights and where to get help and support.

***IDEAL HOME CHRISTMAS SHOW AT OLYMPIA (FREE)**
THURSDAY 24th November



Time: Meet at Ladbroke Grove tube 10am or 11am at Olympia

Everything you need to prepare for the festive season. The ultimate shopping experience with all you need from turkey to Christmas puddings, festive fizz, decorations and handicrafts, live demonstrations, entertainment and celebrity appearances. **NB. Trip by public transport** We will contact you to confirm the arrangements. **Meet at main Olympia entrance opposite the station**

***CHRISTMAS LUNCH AT LITTLE BAY KILBURN (FREE)**
FRIDAY 9th December

**Time: Meet Open Age (St Charles) 11am OR
12pm at Little Bay, 228 Belsize Road, Kilburn, NW6 4BT**

Enjoy Christmas lunch with friends old and new.

We will contact you to confirm the arrangements.

