



Time for Me

South Kensington & Chelsea
Activities for unpaid carers over 50



Time for me means **TIME** for you...

April, May & June 2016

Hello Carers and welcome to the Spring programme of events for South Kensington & Chelsea unpaid carers. Thank you to those who joined me for the Winter activities, I hope you enjoyed the events as much as I did. If you are an unpaid carer and would like to participate, there are some great events and activities planned in the next three months so why not join us, try new things and have some fun. To book a space call **Ashley** on **020 8962 4141**. Please note, only four activities can be booked at one time. Participants must be members of Open Age, Open Age is free to join. Call for more details and a membership pack.

Please note these activities are for unpaid carers, over 50 and living in South Kensington & Chelsea.

ALL EVENTS & ACTIVITIES MUST BE BOOKED IN ADVANCE

Thursday 14th April - **Strange & Familiar: Britain as Revealed by International Photographers.**

Curated by the iconic British photographer **Martin Parr**, *Strange and Familiar* considers how international photographers from the 1930s onwards have captured the social, cultural and political identity of the UK. **Meet outside Barbican tube station at 10.30am. 6 tickets available. (Free)**

Friday 15th April, Friday 6th May AND Friday 3rd June- Porchester Spa - So popular and beneficial for your health we are including this as a regular monthly event... come and enjoy a sauna and steam, and let your troubles drift away at this lovely spa. Light lunch paid for by project. Must bring swimming costume. **We will meet at the Porchester spa at 10am. There are 8 day passes available. (Free)**

Wednesday 20th April - PLONK Brixton Crazy Golf. Evening event. Situated in the Duke of Edinburgh's massive beer garden, this delightful 9 hole crazy golf course will challenge your putting skills. Full licenced bar and music in this adjoining pub. **Meet at Plonk, The Duke of Edinburgh, 204 Ferndale Road, Brixton SW9 8AG at 3.45pm. There are 7 spaces available. (Free)**

Thursday 21st April - Vogue 100: A Century of Style Exhibition @ The National Portrait Gallery. This exhibition showcases the remarkable range of photography that has been commissioned by British *Vogue* since it was founded in 1916, with over 280 prints from the Condé Nast archive and international collections being shown together for the first time to tell the story of one of the most influential fashion magazines in the world. **Meet outside the National Portrait Gallery at 2pm. 6 tickets available at £5**

Friday 29th April — Mind Body & Spirit Festival @ New Horizons. This festival will feature some of the most inspirational and motivational speakers along with musicians, artists and performers from across the globe. You can also meet a whole host of exhibitors presenting wellbeing products, organic food, therapies, jewellery, holistic retreats, treatments, meditation, supplements and healing products. **Meet outside Olympia station at 11am. 6 tickets available paid for by the project.**

Thursday 12th May — Exhibitionism—The Rolling Stones at Saatchi Gallery. Taking over the entire two floors of the Saatchi Gallery with 9 thematic galleries, **EXHIBITIONISM** combines over 500 original Stones' artefacts, with striking cinematic and interactive technologies offering the most comprehensive and immersive insight into the band's fascinating fifty year history. **Meet outside Saatchi Gallery, Duke of York's HQ, King's Road SW3 4RY at 2pm. 6 tickets available at £5.**

Thursday 19th May — Visit to Fitzroy House with afternoon cream tea. Fitzroy House is now a museum on four floors, illustrating the life and work of L. Ron Hubbard. One floor is dedicated to his early life from Boy Scout to explorer, from top fiction writer of the 30's & 40's to his later achievements as a humanitarian. **We will meet at Great Portland Street Tube at 1.30pm. There are 10 places available.**

Thursday 26th May — Pitch & Putt at Queens Park Kilburn. Would you like to try a round of golf?... Well not quite a round but we can have some fun at this pitch & putt area in Queens Park, followed by a light lunch in the park café. No clubs needed, all equipment will be hired on the day. **We will meet at Queens Park station at 11am There are 8 places available. (Free)**

Friday 27th May — Day trip to Brighton by Train from Victoria. Let's shake off those winter blues and get some lovely fresh sea air. Enjoy some fish & chips or a stroll along the front. **We will meet at Victoria Station at 9am. There are 10 places available. Please note this is a full day event and we will not arrive back until 7pm. (Free)**

Thursday 16th June — Day trip to Windsor by GreenLine Bus from High Street Kensington. Join us for a leisurely stroll around Windsor, enjoy the shops and restaurants, take in the river or have a walk around the castle. **We will meet outside Boots on Kensington High Street at 10am. There are 10 places available. Free with your Freedom pass.**

Thursday 23rd June - Botticelli Reimagined at Victoria & Albert. This innovative exhibition will explore the enduring impact of the Florentine painter Sandro Botticelli (1445-1510) from the Pre-Raphaelites to today. **We will meet outside the V&A at 1pm. There are 6 tickets available at £5 each.**

Thursday 30th June — Coach trip to RHS Garden Wisley. 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. **There are 14 seats available, exact arrangements to be confirmed. We will meet at appx 9.30am (Free)**

*Please tell other carers you may know about **Time for Me** South Kensington & Chelsea. If you have any queries give Ashley a call on **020 8962 4141**. For North Kensington call Liz Butters on 020 8962 4536, for Westminster call Liz Sowden on 020 8962 4536. Don't forget to call and book your space for the activities you want to take part in*

Time for Me is based at New Horizons, a modern user led, multi-activities centre for people over 50. It is based at the Guinness Trust Estate, Cadogan Street, SW3 2PF 0207 590 8970



www.new-horizons-chelsea.org.uk

www.facebook.com/newhorizonschelsea



New Horizons is a pioneering activity centre for older people delivered by a consortium of three charities, Open Age, Age UK Kensington & Chelsea and the Guinness Trust, in partnership with the Royal Borough of Kensington and Chelsea and NHS Kensington and Chelsea. Lead organisation: Open Age. Registered Charity No 1039520

New Horizons: Celebrating Age, Stage and Experience