



Time for Me

South Kensington & Chelsea
Activities for unpaid carers over 50



Woodberry Wetlands opened by Sir David Attenborough
in April 2016

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

July, August & September 2016

*Hello Carers and welcome to your Summer programme. Thank you for taking the time to join me for the activities during the Spring. I hope you enjoyed the events as much as I did. There are some great events and activities planned in the next three months, hopefully you can join us, try new things and have some fun. To book a space call **Ashley** on **020 8962 4141**, I am based in St Charles, the number on the back of this leaflet relates to New Horizons, only call this number to speak to staff there. Please note all activities must be booked in advance, book early!!*

Friday 15th July, Friday 19th August & Friday 16th September - Porchester Spa - Come and enjoy a sauna and steam, and let your troubles drift away. Must bring swimming costume. Sorry guys this one is Ladies only. **We will meet at Porchester Spa at 10am. There are 8 free tickets. Book your space.**

WEDNESDAY 20th July - Day Trip to Margate. Joint coach trip with Time for Me North Kensington & Westminster projects. Lovely comfy coach with toilet on board. Full day trip to the seaside. **Two pickup points 9am St Charles, Exmoor Street or 9.30 Sloane Street/Cadogan Gate. Please state your preferred pick-up point when booking. 14 seats available. Book your seat now.**

Friday 22nd July - 11am to 4pm Summer Party at New Horizons. Known to always throw a good party, come and enjoy some lovely food and drink, live music and great company at this annual Summer event at New Horizons. Don't forget your dancing shoes. **10 tickets have been paid for by the Time for Me Project. Book your space now.**

Thursday 11th August - Woodberry Wetlands. Let's take a walk on the Wild Side, this is the newly opened, after being closed to the public for 200 years, modern nature reserve in Hackney. Come and enjoy a peaceful day and enjoy some wildlife. Minibus will take us there from New Horizons. **We will meet at New Horizons at 10am, full day trip. There are 15 seats available. Book your space now.**

Friday 12th August - Exhibition—Conceptual Art in Britain 1964 to 1979 at Tate Britain. The exhibition explores the evolution of boundary-breaking artists since the 60's. **We will meet at 1pm outside the Tate Britain, Millbank SW1. There are 6 places available. £5 contribution to the ticket price. Book your space now.**

Thursday 18th August — Evening event. Aroma Shepherds—Eat all you like Thai/Chinese Buffet. Come and enjoy some lovely food and great company at this eat all you like buffet, chose from a huge selection of meat and vegetarian starters, dinners and sweets, there's something for everyone! **We will meet at Aroma Shepherds Bush at 6.30pm There are 9 places available. Buffet is paid for by the project, You will need to buy your own drinks. Book your space now.**

Friday 26th August — St Martin in the Field free concert followed by lunch in Café in the Crypt. Pianist of the World series, Dvorak—Slavonic Dances Op 46 Nos 2 and 4, Zarebski—Galician Dances Op 2, Grieg—Norwegian Dances Op 35 Nos 1-3 and Brahms—Hungarian Dances Nos 1-5 with performers Piotr Rozanski and Grzegorz Mania. **We will meet outside St Martins at 12.45pm, lunch at 2pm.£5 contribution towards the lunch which is set two course with a glass of wine. 9 places available.**

Thursday 1st September — RIB Blast from the O2 . The A thrilling 20 minute Thames speed boat RIB blast departing from the O2 Arena. With guided commentary to the soundtrack of James Bond music you'll see sights including the Thames Flood Barrier and historic Greenwich from the river and finish back at the O2 for a Cocktail at a bar in the O2. **We will meet at 2.30pm. Exact details to be confirmed nearer the time. 11 tickets available . Book on or 1st February**

Friday 2nd September — Open Age Tea Dance at the Tabernacle. This Tea Dance replaces the annual Open Age Picnic in the Park. Come and see some familiar faces, have a dance and enjoy an afternoon tea. 11.30am to 3.30pm at The Tabernacle, 34-35 Powis Sq W11 2AY. **No need to book, just turn up**

Thursday 8th September — How and why to make a wild life garden at the Holland Park Ecology Centre. Evening event 6.30pm to 8pm. Find out how to turn your garden into a haven for wild life from award winning environmentalist Chris Baines' Learn the importance of wild life gardens in an urban habitat and pick up some tips. **We will meet at the Holland Park Ecology Centre at 6.15pm. 7 Spaces available at this free but essential booking workshop.**

Thursday 22nd September - Day Trip to Walton-on-the-Naze. Joint coach trip with Time for Me North Kensington & Westminster projects. Lovely comfy coach with toilet on board. Full day trip to the seaside. **Two pickup points 8.45am St Charles, Exmoor Street or 9.15 Sloane Street/Cadogan Gate. Please state your preferred pick-up point when booking. 14 seats available. Book your seat now.**

Friday 23rd September — London Fields Lido. Fancy a dip in this fabulous Olympic sized, outdoor heated pool. Come and spend the afternoon splashing around and a spot of lunch in the Lido Café. **We will meet at London Fields Overground Station at Midday. 11 spaces available. Book yours now.**

Thursday 29th September — Natalia Osipova Ballet at Sadlers Wells. Natalia Osipova experiments with the contemporary genre as she strives for new ways of artistic expression. The programme, the first ever to be commissioned by her, features new work inspired by this unique dancer, by three contemporary choreographers: Sadler's Wells Associate Artists **Sidi Larbi Cherkaoui** and **Russell Maliphant**, alongside Opera House regular **Arthur Pita**. **We will meet outside Sadlers Wells at 6.30pm. 6 Spaces available at £5. Book Now**

*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*

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