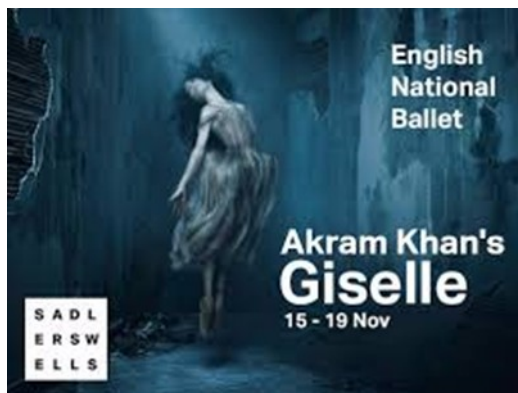


Time for Me

South Kensington & Chelsea
Activities for unpaid carers over 50



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

October, November & December 2016

Hello Carers and welcome to your Autumn programme. Thank you for taking the time to join me for the activities during the Summer. I hope you enjoyed the events as much as I did. There are some great 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**, or email **ayoung@openage.org.uk**. All activities must be booked in advance, but to keep things fair please book only 5 activities at once and.....book early!!

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

Friday 7th October 12pm to 4pm- Age UK Health Fair—The Health & Happiness event for Over 55's. This year sees another sensational mix of activities, information, performances and tastings to feed body and soul. Hopefully you will be inspired to try something new and refocus on good health and happiness. **Booking not necessary. For more info call Kathe Jacob on 020 3181 0002 kjacob@aukc.org.uk**

Thursday 13th October - You Say You Want a Revolution. Records & Rebels 1966-1970 - V&A. How have the finished and unfinished revolutions of the late 1960s changed the way we live today and think about the future? This major exhibition will explore the era-defining significance and impact of the late 1960s, expressed through some of the greatest music and performances of the 20th century alongside fashion, film, design and political activism. **We will meet outside the V&A at 1.15pm. There are 9 tickets available at £5 each**

Friday 14th October & Friday 11th November - 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 the Porchester Spa at 10am. There are 8 free tickets available for each day.**

TUESDAY 18th October 3pm—The Friendship Matinee Best of Broadway at The Royal Albert Hall Experience glitz and glamour in this **Royal Philharmonic Orchestra** concert, featuring your favourite show tunes and music from some of the finest shows on Broadway and in the West End, including *Cats*, *The Phantom of the Opera*, *Evita* and *Sunset Boulevard*, as well as music from *Les Misérables*, *Mamma Mia!*, *Miss Saigon*, *Cabaret* and many more. **We will meet outside The Royal Albert Hall at 2pm. There are 11 free tickets available to carers.**

Thursday 20th October - Evening Event —Jimmy's at the O2. Come and enjoy this fabulous eat all you like buffet with foods from all over the World, something for everyone. **We will meet at the O2 at 6.15pm. There are 9 spaces available, you must contribute £5 towards the meal and buy your own drinks.**

Friday 4th November — Picasso Portraits (1881-1973) at The National Portrait Gallery. This major exhibition of over eighty works focuses on the artist's portrayal of family, friends and lovers and reveals his creative processes as he moved freely between drawing from life, humorous caricature and expressive painting from memory. On display will be portraits from all periods of Picasso's career and in all media, from the realist paintings of his boyhood to his later ultra-spontaneous canvases. **We will meet at The National Portrait Gallery at 10am. There are 9 places available.**

Thursday 10th November - 10am to 12 midday—Sugar & Fats Health Talk with Nutritionist Maria Vlotides. Come and learn all about sugar and fats in our diets, what's good and what's not, learn about hidden sugars and how to avoid them and pick up some great tips on healthy eating. **The venue for this will be confirmed. There are unlimited spaces available, but booking is essential.**

Thursday 17th November — Akram Khan's Giselle at Sadler's Wells Theatre Sadler's Wells Associate Artist Akram Khan creates a brand new version of the iconic romantic ballet Giselle for English National Ballet. The classic story of love, betrayal and redemption is given a new interpretation, with Academy-Award winning designer Tim Yip (Crouching Tiger, Hidden Dragon) creating a stunning set design, and composer Vincenzo Lamagna adapting the original score, which will be performed by English National Ballet Philharmonic. **We will meet at Sadlers Wells at 1.30pm. There are 6 tickets available at £5 each**

Thursday 24th November — Ideal Home Exhibition Olympia. Returning to Olympia for the 2nd year, bigger and better than ever, the 108th Ideal Home Show is sure to be the best yet with lots in store for all of you looking to improve your home and gain that spark of inspiration you need to generate new ideas. **We will meet at Olympia Station at 10.30am. There are 9 free tickets available.**

Friday 25th November - Carers Rights Day. Details and venue to be confirmed. We are waiting for the details of this to be released, please call Ashley nearer the time and she will hopefully have more info. **Unlimited spaces for carers and no need to book.**

Friday 2nd December — Nutcracker on Ice at Winter Wonderland Hyde Park. In a show especially created for Winter Wonderland, get ready to experience 60 minutes of pure joy and ice magic. As midnight strikes on Christmas Eve, a young girl's Christmas present comes to life, sweeping her to a world of enchantment and wonder where she meets many colourful characters including the Mouse King, the Nutcracker Prince and, of course, the Sugar Plum Fairy. **We will meet at Marble Arch at 1pm for a 2pm show. There are 9 tickets available at £5 each.**

WEDNESDAY 14th December—Carers Christmas Lunch at ~The Boathouse Putney. Join us for a lovely three course traditional Christmas lunch in this lovely pub on the river. Veggie options are available and I will need to know your preference at least one week before our visit. Table is booked for 1pm. **We will meet at The Boathouse at 12.45. There are 11 spaces available for this £30 per head lunch, you must contribute £10 towards the meal and pay for your own drinks.**

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 and thank you for your time, support and participation in Time for Me

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Kensington and Chelsea