

Time for Me Westminster

Activities for unpaid carers over 50



APRIL – JUNE 2016

All activities are **free** and many do not require booking. Trips need to be booked, as stated below.

I hope you are well and looking forward to the longer days of spring! We have some great activities planned. As always, it's fine to arrive late or leave early if you need to. New people are always welcome at all the classes. If you know any other carers who might like to join Time for Me, please pass on my details - we'd love to have new members. Many thanks and hope to see you at an activity soon.

For further details please contact **Liz Sowden** on **020 8962 4536** or **lsowden@openage.org.uk**

Wednesday 13th April 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP
Exercise your imagination. New class members always welcome, no experience necessary!

Thursday 14th April 1.30-3.30pm: Relaxation Techniques with Liz Butters

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP
Enjoy some relaxing time for yourself and learn gentle exercises to help manage stress.

Wednesday 27th April 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court (address as above)

Friday 29th April: Trip to the Mind Body Spirit Wellbeing Festival

Olympia, Kensington - Meeting at Olympia at 11am

Enjoy a day out at this festival of natural healing – find out about complementary therapies, self-help techniques and natural products. **Please phone asap to book your place.**



Wednesday 4th May 11am-2pm: Health Walk and lunch: Paddington Rec

Meet outside The Park café (in middle of Rec) – Randolph Ave, Maida Vale, W9 1PD
An hour's walk followed by free lunch in the lovely Park Café. No need to book, just turn up.

Thursday 5th May 1.30-3.30pm: Relaxation Techniques with Liz Butters

Barbara Brosnan Court (address as above)

Wednesday 11th May 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court (address as above)

Wednesday 18th May: Strange and Familiar Britain Photography exhibition

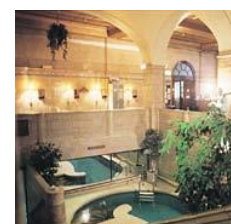
The Barbican Art Gallery, City of London (afternoon, time tbc)

Join us to see this interesting exhibition which considers how international photographers from the 1930s onwards have captured the social, cultural and political identity of the UK. Afterwards we will go for a free tea or coffee together. **Please phone to book.**

Thursday 19th May: Spa visit including lunch

Porchester Spa, Bayswater (time tbc)

Enjoy a relaxing day at this traditional spa. **Ladies only I am afraid – sorry, gentlemen! Please phone to book.**



Wednesday 25th May 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP

Thursday 26th May: Canal boat trip and visit to Camden Market

Join us for a boat trip along Regent's Canal from Little Venice to Camden Lock, followed by free lunch at Camden Market. **Please phone to book.**

Wednesday 1st June 11am-2pm: Health Walk and lunch: Primrose Hill

Join us for a walk around this lovely north London park with fantastic views of the city, followed by free lunch at a nearby café. **Please phone to book.**

Monday 6th June – Sunday 12th June: Carers Week

Various locations in Westminster

There will be lots of activities around the borough to celebrate Carers Week. Keep an eye out for what is going on, and I'll let you know more details nearer the time.

Wednesday 8th June 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court (address as above)

Wednesday 15th June: Visit to Westminster Abbey plus lunch (time tbc)

Join us for a visit to this iconic London building, finding out more about the history and meaning behind it. We'll then enjoy lunch together. **Please phone to book.**

Thursday 16th June: Walk, visit and afternoon tea at Kenwood House (time tbc)

We'll enjoy a walk in the park surrounding this historic Hampstead house, as well as look around the stately home and enjoy afternoon tea in its café. **Please phone to book.**

Wednesday 22nd June 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court (address as above)

Thursday 23rd June 1.30-3.30pm: Relaxation Techniques with Liz Butters

Barbara Brosnan Court (address as above)



Thursday 30th June: Trip to RHS Garden Wisley (full day)

This is a joint trip with the Time for Me Kensington & Chelsea groups, to visit the Royal Horticultural Society garden in Surrey, one of the largest plant collections in the world. We will visit the formal and informal gardens, glasshouses and the arboretum. We will travel by coach and lunch will be included. **Please call to book your place.**

For further details please contact Liz Sowden on 020 8962 4536 or lsowden@openage.org.uk