

Time for Me Westminster

Activities for unpaid carers over 50



JANUARY - MARCH 2017

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

I hope you are well and are either looking forward to Christmas, or that you had a good festive time, depending on when you read this! As we look forward to 2017, please find below the new activity programme. At the top we have some special computer/smart phone courses for carers; please read on below for the rest of the activities. If you know other carers who might like to join Time for Me, please pass on my details. All the best for 2017, and hopefully see you at one of our activities soon.

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

Carers Computer Courses

Course 1: Digital Life Beginners Course – 3 week course

Friday 13th January 10.30am-12.30pm – week 1

Friday 20th January 10.30am-12.30pm – week 2

Friday 27th January 10.30am-12.30pm – week 3

Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ (nearest tube station Ladbroke Grove)

Course 2: Digital Life Intermediate Course – 2 week course

Friday 3rd February 10.30am-12.30pm – week 1

Friday 10th February 10.30am-12.30pm – week 2

Second Half Centre (address as above)

These 2 Digital Life Courses are with Open Age tutor Lena. For each course you must book in advance and be able to attend all 2 or 3 weeks. The courses will cover a range of topics agreed with the group (e.g. Facebook, Twitter, online shopping, smart phones, iPads, apps). Please bring your smart phone if you want to learn more about it. If you don't have one, phones will be available for the course. Intermediate course is for those with some knowledge. Courses shared with North Kensington; limited places. **Please phone to book.**

Other activities

Wednesday 11th January 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 members are always welcome to this fun and friendly class. Lots of pointers and guidance are given to help you get started: no experience necessary!

Thursday 19th January 1.30-3.30pm: Coffee and cake social afternoon

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP
Join us to meet other carers, and give your ideas for Time for Me activities. No need to book.

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

Barbara Brosnan Court (address and details as above)

Wednesday 1st February: Visit to Kensington Palace (afternoon, time tbc)

Join us for a visit to the historic Kensington Palace, home of many royals including Queen Victoria. Will include coffee/tea together afterwards. **Please phone to book.**

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

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

Tuesday 14th February 10am-12pm: Walking Group – London galleries

Come along to this one-off walking group which will include visiting a central London gallery or exhibition as part of the 2 hour walk. This activity will cost £1 each. **Please phone to book.**

Wednesday 15th February: Buffet lunch, Jimmy's at the O2

This restaurant at the O2, North Greenwich, does a fabulous all-you-can-eat buffet with foods from all over the world, and we'll enjoy a fun lunch out. **Please phone to book.** You can book any time from now; places are limited and will be allocated in mid-January.

Thursday 16th February 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 22nd February 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court (address and details as above)

Thursday 2nd March 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. **Please phone to book.**

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

Barbara Brosnan Court (address and details as above)

Thursday 9th March 1.30-3.30pm: Relaxation Techniques with Liz Butters

Barbara Brosnan Court (address and details as above)

Thursday 16th March: Visit to the British Museum (afternoon, time tbc)

Join us for a visit to this famous central London museum of human history, art and culture. Will include coffee/tea together afterwards. **Please phone to book.**

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

Barbara Brosnan Court (address and details as above)

Thursday 30th March 2.30pm: Motown the Musical, Shaftesbury Theatre

This hit musical tells the true American dream story of Motown founder Berry Gordy's journey from boxer to the music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and so many more. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough". **Please phone to book.** You can book any time from now; places are very limited and will be allocated in mid-February.

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