

# Time for Me Westminster

## Activities for unpaid carers over 50



## JULY - SEPTEMBER 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 have enjoyed the summer activities so far! We have some more lovely plans for the next 3 months. 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 soon.

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

### Digital Life/Smartphones Short Course for carers

**Thursday 21<sup>st</sup> July, Thursday 28<sup>th</sup> July & Thursday 4<sup>th</sup> August: 1.30-3.30pm**

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

Three week course with Open Age IT tutor Ives including smartphones (phones will be provided for the course or bring your own phone). **You must be able to attend all three weeks of the course. 4-5 places available; please phone asap to book.**

### Other activities

**Wednesday 13<sup>th</sup> July 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 14<sup>th</sup> July 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 20<sup>th</sup> July: Seaside trip to Margate (full day)**

This is a joint trip with the Time for Me Kensington & Chelsea groups, to visit the lovely seaside town of Margate. We will travel by coach; fish & chip lunch will be included. **Please call to book your place.** Two pick-up points: 9am St Charles Centre, Exmoor Street or 9.30 Sloane Street/Cadogan Gate. Please state preferred pick-up point when booking.



**Wednesday 27<sup>th</sup> July 11am-2pm: Health Walk and lunch: Holland Park**

Meet outside Holland Park tube station 11am (no need to book, just turn up on the day)  
An hour's walk in this beautiful park followed by free lunch in the café. NB Holland Park tube station is currently closed, but plenty of buses stop near there.

**Wednesday 3<sup>rd</sup> August 2-4pm: Serpentine Pavilion, Kensington Gardens**

Visit the Serpentine Gallery's annual summer pavilion to see what the design is like this year. We will enjoy the pavilion and gallery then have free coffee together. **Please phone to book.**

**Wednesday 10<sup>th</sup> August 1.30-4.30pm: Visit to the Wallace Collection art gallery**

We'll explore this impressive central London gallery, which includes Old Master paintings and is located in a historic town house, then have free coffee together. **Phone to book.**

**Thursday 18<sup>th</sup> August 1.30-3.30pm: Relaxation Techniques with Liz Butters**

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

**Wednesday 24<sup>th</sup> August: Exhibitionism – The Rolling Stones at Saatchi Gallery**

Taking over the Saatchi Gallery (near Sloane Square), Exhibitionism combines over 500 original Rolling Stones' artefacts, with cinematic and interactive technologies offering a great insight into the band's fascinating fifty year history. **Please phone to book.**

**Wednesday 31<sup>st</sup> August 1.30-3.30pm: Creative Writing for Beginners**

Barbara Brosnan Court (address as above)

**Thursday 1<sup>st</sup> September 1.30-3.30pm: Relaxation Techniques with Liz Butters**

Barbara Brosnan Court (address as above)

**Friday 2<sup>nd</sup> September 11.30am-3.30pm: Open Age Swinging Sixties Tea Dance**

The Tabernacle, 35 Powis Square, W11 2AY (nearest tube Ladbroke Grove)

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. **Just turn up, no need to book.**

**Thursday 8<sup>th</sup> September: Visit to the V&A Museum (afternoon, time tbc)**

We'll visit this famous Kensington art & design museum, then have tea or coffee together. **Please phone to book.**

**Wednesday 21<sup>st</sup> September: 1.30-3.30pm: Creative Writing for Beginners**

Barbara Brosnan Court (address as above)

**Thursday 22<sup>nd</sup> September: Seaside trip to Walton-on-the-Naze (full day)**

This is a joint trip with the Time for Me Kensington & Chelsea groups, to visit the picturesque Essex seaside town of Walton-on-the-Naze. We will travel by coach; fish & chip lunch will be included. **Please call to book your place. NB if you book this and the Margate trip, please give your 1<sup>st</sup> and 2<sup>nd</sup> choice as you may not be able to do both.** Two pick-up points: 8.45am St Charles Centre, Exmoor Street or 9.15am Sloane Street/Cadogan Gate. Please state preferred pick-up point when booking.

**Wednesday 28<sup>th</sup> September 1.30-3.30pm: Talk on Falls Prevention**

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

Come along for a valuable talk from the Westminster Falls Prevention Service. Will include tips for carers on how to reduce the risk of those they care for falling, and what to do in the event that falls occur. **Refreshments will be provided; please phone to book.**

**For further details please contact Liz Sowden on 020 8962 4536 or [lsowden@openage.org.uk](mailto:lsowden@openage.org.uk)**