

Open Age

**Centre and Online Programme
(including trips, walks & events)**

Summer Programme

Monday 28th July – Friday 5th September 2025
(excluding bank holiday Monday 25th August)

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Open Age Member Code of Conduct

Open Age is a member-led charity and a leader in providing activities for residents of Kensington & Chelsea, Westminster and Hammersmith & Fulham Boroughs aged 50 plus.

We aim to create an atmosphere where all members feel welcome, valued and where opinions and views are listened to with mutual respect, whether the activity is being held within one of our centres, a community/sports centre, or online.

We ask all members to follow our core principles, set out within this Code of Conduct, whether engaging with fellow members, staff, volunteers or partners from other organisations.

Our Principles:

- To treat everyone with courtesy and respect regardless of:
 - Age
 - Disability
 - Trans-gender status
 - Marriage or civil partnership status
 - Race, colour, nationality, ethnic origin and national origin
 - Religion, belief and culture
 - Sex and sexual orientation
- To treat the building, equipment and toilets as you would in your own home.

If you feel you have been treated unfairly and not in accordance with the Code of Conduct, please report this to a member of staff.

Open Age will discuss any actions or behaviours not in line with these principles with the individual/s concerned and request a change in action or behaviour.

If the actions or behaviours reoccur following this request, the individual/s responsible will be asked to leave Open Age, until they are willing to follow the Code of Conduct.

THANK YOU

If you have any queries or concerns regarding the issues above, please speak to a member of staff or contact the main office:

St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ. Tel: 020 4516 9978.

Email: mail@openage.org.uk

Second Half Centre Monday

Time/Cost	Date	Activity	Location	Contact
11:00 - 13:30 £2.00	Starting 11 th August	Summer Coffee Morning Come along to our Summer Coffee Mornings. Meet new members and have some interesting conversations, over a Coffee Tea & Cake	Second Half Centre	020 4516 9971
11:00 - 13:30	Starting 11 th August	Singing for All Group Meet up (not tutor led)	Second Half Centre	020 4516 9971
14:00 - 16:00 £1.50	11 th August	African Art Stenciling & Masking Workshop	Second Half Centre	020 4516 9971

Tuesday

Time/Cost	Date	Activity	Location	Contact
11:00 – 14:00 £1.50	19 th August	Fashion Stencilling & Paper Manipulation Workshop	Second Half Centre	020 4516 9971
13:00 - 14:00	29 th July - 12 th August	Steady & Stable Falls Prevention Exercise	Second Half Centre	020 4516 9975
14:00 - 16:00 £1.50	Starts 11 th August	IT Room Drop In (unsupported)	Second Half Centre	020 4516 9971
14:15 - 15:15	29 th July - 12 th August	Steady & Stable Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:00 -16:30 £1.50	12 th August	Origami Kimono Folding Card Making Workshop	Second Half Centre	020 4516 9971

Wednesday

Time/Cost	Date	Activity	Location	Contact
14:00 - 16:30 £1.20	13th August	Bird Folding Card Making Workshop	Second Half Centre	020 4516 9971
14:00 - 15:30 £1.50	20th August	Ice Cream & Waffle Second Half Centre Dessert Summer Social	Second Half Centre	020 4516 9971
11:30 - 12:30	30th July – 13th August	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:15 – 14:15 £1.00	30th July - 13th August	Healthy Lungs: Exercise for Lung Health (<i>for Westminster and RBKC residents</i>)	Second Half Centre	020 4516 9973 jbiglari@openage.org.uk
14:25 – 15:25 £1.00	30th July - 13th August	Osteo Blast: Exercise for Bone Health (<i>for Westminster and RBKC residents</i>)	Second Half Centre	020 4516 9973 jbiglari@openage.org.uk

Thursday

Time/Cost	Date	Activity	Location	Contact
11:00 -13:00 £1.00	Starts 7th August	IT Tech Support Sessions	Second Half Centre	020 4516 9971
12:30 - 13:30 £1.00	14th Aug - 4th Sept	Chair Exercise	Second Half Centre	020 4516 9971
14:00 - 15:00 £1.00	31st July - 14th August	Healthy Lungs: Exercise for Lung Health (<i>for Westminster and RBKC residents</i>)	Second Half Centre	020 4516 9973 jbiglari@openage.org.uk
14:00 - 15:30 £1.50	28th August	Mixed Media “Famous Icons” Collage & Stencilling Workshop	Second Half Centre	020 4516 9971

Friday

Time/Cost	Date	Activity	Location	Contact
14.00 -17.00	15 th August	Black Heroes Foundation presents August Cultural event	Second Half Centre	Express your interest by calling 020 4516 9971 This will be a balloted event.

New Horizons

Important information: New Horizons will be closed due to refurbishment on Tuesday 26th, Wednesday 27th and Thursday 28th August

Monday

Time/Cost	Date	Class	Location	Contact
9:45 – 11:15	Weekly	Intermediate Italian with Giulio (Online)	New Horizons	020 4516 9970
10:00 -12:00	Weekly	Jewellery Making (Advanced)	New Horizons	020 4516 9970
13:00 – 15:00	4 th , 11 th , 18 th August	Film Club	New Horizons	020 4516 9970
14:00 - 16:00	Weekly	Social – Monday Board Games	New Horizons	020 4516 9970

Tuesday

Time/Cost	Date	Class	Location	Contact
12:15 - 14:15	12 th August	IT Help – Connect More O2/Virgin Media volunteers	New Horizons	020 4516 9970
13:00 - 16:00	Weekly	Bridge Club (Intermediate)	Ixworth Place	020 4516 9970

Wednesday

Time/Cost	Date	Class	Location	Contact
09:45 - 10:45 £1.00	30 th July – 13 th August	Osteo Blast: Exercise for Bone Health (<i>for Westminster and RBKC residents</i>)	New Horizons	020 4516 9973 ibiglari@openage.org.uk

10:55 - 11:55	30 th July – 13 th August	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
11:00 - 13:00	Weekly	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
12:00 - 13:00	30 th July - 13 th August	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
13:15 – 14:15	30 th July - 3 rd Sept	Chair Exercise	New Horizons	020 4516 9975
14:30 - 15:30	Weekly	Summer Singing Social	New Horizons	020 4516 9970

Thursday

Time/Cost	Date	Class	Location	Contact
12:00 - 14:00	Weekly	Supported IT Drop In	New Horizons	020 4516 9970
14:15 - 15:45	Weekly	NHS: Falls Prevention	New Horizons	0208 102 5494
14:15 - 15:15	31 st July – 14 th August	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975

Friday

Time/Cost	Date	Class	Location	Contact
12:00 – 15:00	1 st August	Summer Party	New Horizons	020 4516 9970
12:15 – 13:15	8 th Aug – 5 th Sept	Pilates	New Horizons	020 4516 9975
14:30 - 16:00	Weekly (8 th , 15 th , 22 nd , 29 th August)	Philosophy Club	New Horizons	0204 516 9970
14:30 – 16:30	Weekly	Beginner's Mahjong	New Horizons	020 4516 9970

North Westminster

(Avenues Centre is closed due to the school summer holidays)

Monday

Time/Cost	Date	Class	Location	Contact
10:00 -12:00 £1.50	4 th and 18 th August, and 1 st Sept	Sketching at Regents Park Join us for relaxed sketching and watercolours at Regent's Park. This will be held every 2 weeks. Please bring a sketchbook and materials.	Outside Avenues centre at 9:30 am or at Regent's Park station Bus Stop (A) at 10:00 am.	020 3713 8737 bookings@openage.org.uk
11:30 - 12:30	28 th July - 11 th August	Steady & Stable: Falls Prevention Exercise	Liberal Jewish Synagogue	020 4516 9975
14:30 - 15:30 £1.00	28 th July - 11 th August	Osteo Blast: Exercise for Healthy Bones (<i>for Westminster and RBKC residents</i>)	Little Venice Sports Centre	020 4516 9973 JBiglari@openage.org.uk

Tuesday

Time/Cost	Date	Class	Location	Contact
11:30 - 12:30	29 th July – 2 nd September (No class 26 th August)	Pilates	The Exchange Hub	No Booking Needed
12:45 - 13:45	29 th July – 2 nd September (No class 26 th August)	Keep Fit	The Exchange Hub	No Booking Needed

Wednesday

Time/Cost	Date	Class	Location	Contact
11:30 - 12:30	30 th July – 13 th August	Steady & Stable: Falls Prevention Exercise	Emmanuel Church	020 4516 9975

13:00 - 15:00 £2.00	30 th July – 27 th August	Summer Craft Workshop Get crafty with us at the Exchange Hub trying out a new medium every week!	The Exchange Hub	020 3713 8737 bookings@openage.org.uk
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Thursday

Time/Cost	Date	Class	Location	Contact
12:00-13:30	31 st July – 21 st August	Men's Space Walking Sports	WECH	07570 433 741
14:00 – 15:30	31 st July – 21 st August	Men's Space Gardening	WECH	07570 433 741
13:30 - 4:30	31 st July - 14 th August	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975

Friday

Time/Cost	Date	Class	Location	Contact
10:00 – 11:00 £1	Weekly	Brain Training	The Exchange Hub	No booking needed
11:15 – 12:15 £1	Weekly	Social Knitting and Chat	The Exchange Hub	No booking needed
14:00–16:00	1 st , 15 th & 29 th August	Quiz at the Point Join us for a quiz hosted at the Point Paddington. Enjoy the coffee bar and fantastic views whilst getting competitive and socialising with peers!	The Point London W2 1HB	020 3713 8737 bookings@openage.org.uk

St Margaret's

(timetable starts Tuesday 5th August)

Monday (centre closed)

Tuesday

Time/Cost	Date	Class	Location	Contact
10:00 - 12:00	Weekly	Crafty Social Coffee Morning	St Margaret's	020 4516 9969
12:00 – 13:00	Weekly	Shared Reading and Poetry	St Margaret's	020 4516 9969
13:30 – 16:00	Weekly	Games Afternoon	St Margaret's	020 4516 9969

Wednesday (centre closed)

Time/Cost	Date	Class	Location	Contact
13:00 – 14:30	Fortnightly	Secret London Walk See weekly emails for details	Various	020 4516 9969

Thursday

Time/Cost	Date	Class	Location	Contact
10:00 - 11:30	Weekly	IT Drop in	St Margaret's	020 4516 9969
10:20 - 11:20	31st July - 14th August	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
11:30 - 13:30	25th July - Weekly	Table Tennis	St Margaret's	020 4516 9975
11:30 - 12:30	31st July - 14th August	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
14:00 - 16:00	Weekly	Unsupported Art Session	St Margaret's	020 4516 9969

Friday

Time/Cost	Date	Class	Location	Contact
10:00 - 13:00	Weekly	Table Tennis	St Margaret's	020 4516 9969
13:30 - 16:00	Weekly	Games Afternoon	St Margaret's	020 4516 9969

Hammersmith & Fulham

Monday

Time/Cost	Date	Class	Location	Contact
11:45 - 12:45	28 th July - 11 th August	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975
14:00 - 15:00	28 th July - 11 th August	Steady & Stable: Falls Prevention Exercise	Edward Woods Community Centre	020 4516 9975

Tuesday

Time/Cost	Date	Class	Location	Contact
10:00 - 11:00	29 th July - 12 th August	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975
11:05 - 12:05	29 th July - 12 th August	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975

Thursday

Time/Cost	Date	Class	Location	Contact
14:15 - 15:15	24 th July – 14 th August	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975

Online Activities

Monday

Time/Cost	Date	Class	Location	Contact
10:00 - 11:00 £1.00	28 th July - 11 th August	Osteo Blast: Exercise for Healthy Bones (<i>for Westminster and RBKC residents</i>)	Zoom	020 4516 9973 jbiglari@openage.org.uk

Tuesday

Time/Cost	Date	Class	Location	Booking Details
14:45 – 15:45	29 th July - 12 th August	Steady & Stable: Falls Prevention Exercise	Zoom	steadyandstable@openage.org.uk

Wednesday

Time/Cost	Date	Class	Location	Booking Details
14:00 - 15:00	30 th July – 3 rd Sept	Chair Exercise	Zoom	Via Member Portal

10:00 – 12:00	1 st & 3 rd Wednesday	Time for Me Carers: Creative Writing	Zoom	07437 913154 Carerstimeforme@ openage.org.uk
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Thursday

Time/Cost	Date	Class	Location	Booking Details
10:00 - 11:00 £1.00	31 st July - 14 th August	Healthy Lungs: Exercise for Lung Health (<i>for Westminster and RBKC residents</i>)	Zoom	020 4516 9973 jbiglari@openage.org.uk

Friday (no classes)

Activities outside of RBKC and Westminster

Brent

Thursday

Time/Cost	Date	Class	Location	Booking Details
10:30 - 11:30 Free	31 st July - 14 th August	Step up from Steady: Falls Prevention Exercise (for Brent residents)	Chalkhill Community Centre	JBiglari@openage.org.uk 020 8143 9259
11:45 - 12:45 Free	31 st July - 14 th August	Steady & Stable: Falls Prevention Exercise (<i>for Brent residents</i>)	Chalkhill Community Centre	JBiglari@openage.org.uk 020 8143 9259

Trips, Walks & Events

To book our trips, please contact the relevant phone number and you will be placed into a ticket ballot. You will then be contacted a week beforehand to inform you if you have been successful. Our walks are not subject to ballot.

Date/Time/Cost	Walk/Trip	Borough	Meeting Point	Details
Monday 28th July 13:30 – 15:00 Free	Nature Walk	Westminster	Queen's Park Gardens	Join us for an informative nature walk, taking in the wildlife Queen's Park has to offer. This walk will take us from Queen's Park Gardens, along the canal through Meanwhile Gardens and back to finish in Queen's Park Gardens. To book, please call 020 3713 8737
Tuesday 29th July 11:00 £3	Kew Gardens	Richmond	Kew Gardens Tube Station	Experience the beautiful botanic gardens and the most biodiverse place on earth. This is a self-led trip. To enter the ballot, please call 020 4516 9970
Wednesday 30th July 14:00 – 15:30	Mindful Nature Walks	Wormwood Scrubs Grassland	Latimer road Tube station	Step away from the rush of daily life and into calm. Embrace nature with a guided therapeutic walk in green spaces. This guided session explores the benefits of mindful walking, gentle movement, and deep connection with nature. To enter the ballot for this trip, please call 020 4516 9771
Thursday 31st July 10:00 – 11:30 £2	Walk & Chat: Kensington Gardens	RBKC	Kensington Gardens	Join us for a social walk while chatting to other Open Age members. To book, please call 020 4516 9971
Monday 4th August 11:00 £3	Kew Gardens	Richmond	Kew Gardens Tube Station	Experience the beautiful botanic gardens and the most biodiverse place on earth. This is a self-led trip. To enter the ballot, please call 020 4516 9971
Tuesday 5th August 10:30 – 12:30 £2	James Bond Filming Locations Walking Tour	Westminster & City of London	Embankment Tube Station	Explore the thrilling filming locations of the iconic James Bond franchise on our specialised walking tour. To book, please call 020 3713 8737

Wednesday 6th August 11:00 Free	Capital Ring Walk, Section 8: Osterley Lock to Greenford	Hounslow & Ealing	Greenford (Central line and rail)	This walk is 5.5 miles, it is a very green walk along the Grand Union Canal towpath, beside the River Brent and through a series of parks and open spaces. It is mostly level walking, on firm towpaths and tracks and grass or earth. The route follows the Grand Union Canal and its locks at Hanwell, passes under the Wharncliffe Viaduct, and crosses Brent Lodge Park and Perivale Park. To book, please call 020 4516 9974
Wednesday 6th August 11:00 – 13:00 £2	London Transport Museum visit	Westminster	London Transport Museum	A chance to visit an amazing museum, with lots to learn about the history of London's huge transport network. To enter the ballot for this trip, please call 020 4516 9970
Wednesday 6th August 14:00 - 16:00 £2	Mindful Nature Walks	Holland Park	Holland Park Tube Station	Step away from the rush of daily life and into calm. Embrace nature with a guided therapeutic walk in green spaces. This guided session explores the benefits of mindful walking, gentle movement, and deep connection with nature. To enter the ballot for this trip, please call 020 4516 9972
Monday 11th August 13:30 – 15:00 Free	Nature Walk	Westminster	Paddington Recreation Ground	Join us for an informative nature walk with local specialists, taking in the wildlife Paddington has to offer. This walk will take us around Paddington Recreation Ground, learning about the local environment and history. To book, please call 020 3713 8737
Tuesday 12th August 11:00 – 13:00 £2	Trip to the Royal Astronomical Society	Westminster	Royal Astronomical Society	Come along to learn all about space and the exploration of the universe. To enter the ballot, please call 020 4516 9970
Tuesday 12th August 14:00 – 16:00 £3	Art Play Bar Candle Making Workshop	City of London	Liverpool Street Station	Join us for some creative time in a candle-making workshop. To book call 020 4516 9971

Wednesday 13th August 13:00 –14:00 £1.50	Riverstone Kensington Cinema Showing of “The Philadelphia Story”	Kensington	Riverstone Cinema	Enjoy a special screening of The Philadelphia Story at Riverstone Kensington’s luxurious in-house cinema. To book call 020 4516 9971
Thursday 14th August 10:00 – 11:30 £2	Walk & Chat: Regent’s Canal	Westminster	Meanwhile Gardens Playhut	Join us for a social walk while chatting to other Open Age members. To book, please call 020 4516 9971
Monday 18th August 15:00 – 16:00 £2:00	Houses of Parliament Tour	Westminster	Winston Churchill Statue	See inside one of the world’s most famous buildings and find out about the work of the UK Parliament To enter the ballot, please call 020 4516 9971
Tuesday 19th August 11:00 – 12:10 £15	William Morris Society’s Museum Tour	Hammersmith	William Morris Society Museum	Emerge yourself in the world of one of Britain’s most influential designers with a private tour of the William Morris Society’s collection in their museum – open on Tuesday just for Open Age! To enter the ballot, please call 020 3713 8737
Tuesday 19th August 1pm - 3pm	Sir John Soane Workshop	Chelsea	New Horizons	Join us for a crafting workshop led by Sir John Soane Museum. You will explore the world of Soanes architecture as well as learning more about this legacy, followed by an interactive craft session. To enter the ballot, please call 020 4516 9970
Wednesday 20th August 10:30 – 11.30	Hayward Gallery: Nara Exhibition	Westminster	Hayward Gallery	Dive into the captivating, creative world of Yoshitomo Nara in the largest European retrospective of one of Japan’s most celebrated artists. To enter the ballot, please call 020 4516 9970
Wednesday 20th August 11:00 Free	Capital Ring Walk, Section 15: Wimbledon to Richmond	Merton Richmond Upon Thames	Merton Richmond Upon Thames	This walk is 7.3 miles, one of the longer walks of all the ring walks. This scenic walk passes through Wimbledon Park, Wimbledon Common, Richmond Park and Richmond. It has some steep ups and downs, mainly on rough tracks or paths and grass. There is some pavement walking. There are pubs, cafes and toilets along the way at. To book, please call 020 4516 9974
Thursday 28th August 10:00 – 11:30 £2	Walk & Chat: Thames River	Wandsworth	Battersea Power Station tube station	Join us for a social walk while chatting to other Open Age members. To book, please call 020 4516 9971

Locations of Open Age centres

(Avenues is closed during the summer break)

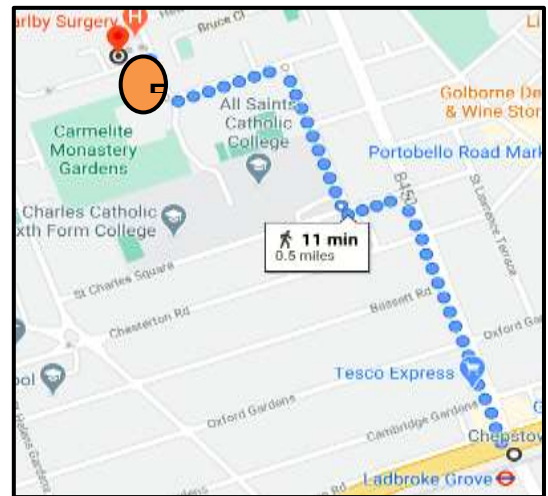
St Charles Centre for Health & Wellbeing – Second Half Centre

Exmoor Street
London W10 6DZ
Borough - Kensington and Chelsea (North)

Telephone: 020 4516 9971

Email: acarrington@openage.org.uk

Second Half Centre can be found to the left at main hospital reception

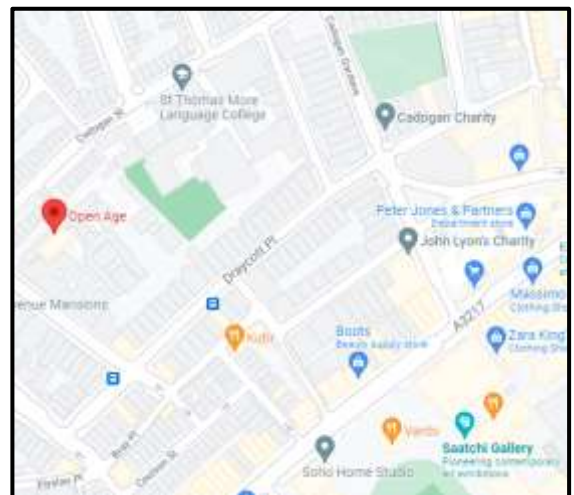


New Horizons Centre

Guinness Trust Estate Cadogan Street
London SW3 2PF
Borough - Kensington and Chelsea (South)

Telephone: 020 4516 9970

Email: ltaylor@openage.org.uk



St Margaret's

St Margaret 's Activity Centre
1 Carey Place
London SW1V 2RT Westminster (South)

Telephone 020 4516 9969

Email: vmitchell@openage.org.uk



Locations of Community Venues (alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POSTCODE	BOROUGH
Bishop Creighton House	374-380 Lillie Road	SW6 7PH	H&F
Chalkhill Community Centre	113 Chalkhill Rd, Wembley Park, Wembley	HA9 9FX	Brent
Community Hub	1 Aisgill Ave	W14 9NF	H&F
The Exchange Hub	61 Elgin Avenue	W9 2DB	North Westminster
Emmanuel Church	389E Harrow Road	W9 3NA	Westminster
Ixworth Place Community Centre	2 Kimbolton Row, Samuel Lewis Trust Dwelling	SW3 6RQ	South RBKC
Liberal Jewish Synagogue	28 St John's Wood Rd	NW8 7HA	North Westminster
Lords Cricket Ground	St John's Wood Road	NW8 8QN	Westminster
Morley College	Wornington Rd, London	W10 5QQ	North RBKC
Normand Park	84 Bramber Rd, London	W14 9PB	H&F
Penfold Community Hub	60 Penfold St	NW8 8PJ	North Westminster
Reed Centre, The	28 Convent Gardens	W11 1NJ	North RBKC
Regents Park (The Hub)	Regent's Park Road	NW1 4NU	Westminster
Victoria Medical Centre	29 Upper Tachbrook Street	SW1V 1SN	South Westminster
WECH	Selbourne House, 36A Elgin Avenue	W9 3AZ	North Westminster
Westminster Academy	255 Harrow Rd	W2 5EZ	North Westminster
White City Community Centre	India Way	W12 7QT	H&F

Open Age is a Charity!

(Charity number: 1160125)

The activities, trips, groups, courses and community outreach work offered by Open Age, would not be possible without the funding and resources we receive from grant-makers and commissioners, and our partners and supporters.

This term Open Age's group activity programme and community outreach work continue to run due to the generous support of the following organisations:

