

Time for Me Hammersmith & Fulham

Activities for unpaid carers over 50



April – June 2018

I hope you are all well! I am excited to be able to offer you the new Time for Me programme. If you know other unpaid carers who might like to join Time for Me, please pass on my details. All the best and hopefully see you at one of our activities soon. *All activities are **free**, trips and outings need to be booked, as stated below.* - **For further details please contact Eitan Kooperman on 020 8962 4141 or ekooperman@openage.org.uk**



April 2018

Thursday 19th April: 1:30pm: Ravenscourt Park Health Walk followed by Coffee/Tea & Cake.

Meet outside the West Six Garden Centre and Cafe, 17 Ravenscourt Ave, Hammersmith, London W6 0SL, Bishop's Ave, Fulham, London SW6 6EE.

Tuesday 24th April: 9:45am: American School Visit.

For reading with the year one students and a delicious lunch and chat with the year sixes. Meet at Open Age the Avenues, 3-7 Third Ave, London W10 4RS at 9:45am, or let me know if you want to meet at the school at 10.15am. **Please book.**

Wednesday 25th April: 2:00pm: The V&A Fashioned from Nature Exhibition.

We have **limited tickets** to visit the V&A's Fashioned from Nature Exhibition, the first UK exhibition to explore the complex relationship between fashion and nature, from 1600 to the present day. Meet at the main entrance of the V&A on the Cromwell Road - Cromwell Rd, Knightsbridge, London SW7 2RL. ****Booking required**

May 2018

Wednesday 2nd May: 2:00pm: Tate Britain - The EY Exhibition Impressionists in London.

We have **limited tickets** to visit the Tate Britain for the EY Exhibition: Impressionists in London. The Exhibition is the first exhibition to map the connections between French and British artists, patrons and art dealers during a traumatic period in French history. Meet at the Millbank entrance of the Tate Britain, SW1P 4RG at 2pm. ****Booking required**

Thursday 10th May: 1:30pm: Sea Life London Aquarium

Come join us at the Sea Life London Aquarium. Meeting outside the main entrance, County Hall, Westminster Bridge Rd, Lambeth, London SE1 7PB ****Booking required**

'Programme continued over the page'

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Thursday 17th May: 1:30pm: Putt in the Park.

Come join us for an afternoon of Mini Golf. Meet at 1:30pm at Wandsworth Park, Putney Bridge Rd, London SW18 1PP. Limited spaces ****Booking required**

Tuesday 22nd May: 9:45am: American School Visit.

For reading with the year one students and a delicious lunch and chat with the year sixes. Meet at Open Age the Avenues, 3-7 Third Ave, London W10 4RS at 9:45am, or let me know if you want to meet at the school at 10.15am. **Please book.**

Thursday 24th May: 1:30pm: The Porchester Spa – Women Only

Come along and try out the relaxing Porchester Spa, Women only, Men next week. Limited spaces, so please express interest. Queensway, Bayswater, London W2 5HS ****Booking required**

Wednesday 30st May: 1:30pm: The Porchester Spa – Men Only

Come along and try out the relaxing Porchester Spa, Men only, as women were last week. Limited spaces, so please express interest. Queensway, Bayswater, London W2 5HS ****Booking required**

June 2018

Thursday 7th June: Yoga with Hester Jones – Venue and time TBC

Thursday 14th June: Mindfulness/Reiki Introduction with Hester Jones – Venue and time TBC

Come join Hester for a Reiki experience, a Japanese technique for stress reduction and relaxation that also promotes healing.

Thursday 21st June: Day Trip to Broadstairs.

The first of our day trips this year. We will enjoy a nice walk along the beach and enjoy Fish & Chips for lunch. There are **limited** spaces available. We will return back at 6pm arriving in London approximately at 8pm. There are two coach pick up points for this trip. Pick up 1 from St Charles Centre for Health & Wellbeing at 10.30am, Pick up 2 is from the corner of Sloane Street and Cadogan Gate at 11am. ****Booking required**

Thursday 28th June: 1:30pm: Pizza at Casa Bardotti Pizzeria West Kensington

****Booking required** meet at 1 Charleville Rd, Hammersmith, London W14 9JL. You can check out the menu at <https://www.casabardotti.co.uk/>

Please feel free to contact me if you have any queries about the programme. My contact information is listed on the previous page. I work across other projects and will try to respond to queries and bookings as soon as possible.