

# Time for Me North Kensington

**Health, leisure and learning for unpaid carers over 50**

**Oct - Dec 2017 FREE Activities Fridays 11am to 1pm  
at Second Half Centre, St Charles Centre for Health & Wellbeing**

*"Time for Me North Kensington offers you time to relax, have fun and meet other carers."*

**Call Liz Butters Project Co-ordinator 020 8962 4536 for further details**

Time for Me for North Kensington continues with regular Friday morning activities from 11am to 1pm at the **Second Half Centre**. Come along for tea/coffee and biscuits, meet other carers and take part in a diverse programme of fun and interesting activities and trips based on participants' requests.

\*See separate programme over the page for further details of other Time for Me activities and trips.

(NB. Advance booking is essential for trips and bookings may be made from **17<sup>th</sup> October** onwards.)

6 <sup>th</sup> Oct	*TRIP – Royal Albert Hall Friendship Matinee: Symphonic Queen
13 <sup>th</sup> Oct	Stress management with Mary
20 <sup>th</sup> Oct	Health Fair at Kensington Town Hall 12-4pm
27 <sup>th</sup> Oct	Crafts with Lynda and card making with June
3 <sup>rd</sup> Nov	<u>*Digital Life - 6 week course with Lena 10.30am-12.30pm</u> *(Advanced booking essential. You must be able to attend all 6 weeks) Dates: Six Fridays 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> Nov, and 1 <sup>st</sup> & 8 <sup>th</sup> Dec
3 <sup>rd</sup> Nov	Creative activities with Daphne
10 <sup>th</sup> Nov	Stress management with Mary
15 <sup>th</sup> Nov	*TRIP – WEDNESDAY National Gallery 10.15am (Must book)
17 <sup>th</sup> Nov	Kundalini Yoga (a chair and/or mat based session) with Kathryn
23 <sup>rd</sup> Nov	*TRIP – THURSDAY Ideal Home Christmas Show Olympia (Advance booking essential)
24 <sup>th</sup> Nov	Carers Rights Day: Health & Information event 2-5pm venue tbc contact Carers Network for details 020 8960 3033 <a href="mailto:events@carers-network.org.uk">events@carers-network.org.uk</a>
1 <sup>st</sup> Dec	Creative activities with Daphne
8 <sup>th</sup> Dec	Creative activities with Daphne
13 <sup>th</sup> Dec	*WEDNESDAY - Christmas lunch: Little Bay Kilburn (Must book)
15 <sup>th</sup> Dec	Second Half Centre Party 12-2pm

# Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**Trips and activities in October to December 2017  
TO BOOK your place please call 020 8962 4536**

*"Time for Me North Kensington offers you time to relax, have fun and meet other carers. Regular activities take place on Friday mornings 11am to 1pm at **The Second Half Centre, St Charles Centre for Health and Wellbeing.**" Liz Butters Project Co-ordinator*

(\*NB. Advance booking is essential for trips and bookings may be made from **17<sup>th</sup> October** onwards.)

**\*DIGITAL LIFE SIX WEEK COURSE (FREE) (Booking essential)**

**FRIDAYS 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> Nov; and 1<sup>st</sup> & 8<sup>th</sup> Dec  
(NB. You must be able to attend all six weeks of course) (4-5 places)  
Time and venue: 10.30-12.30 Computer Room in Second Half Centre**



Six week course with Lena covering variety of topics agreed with group (inc digital photography)  
Please bring smartphone if you want to use it. Cameras and phones will be available for course.

**\*NATIONAL GALLERY CREATIVE SESSION (FREE)**

**WEDNESDAY 15<sup>th</sup> November (Must book limited places)**



**Time: Meet at 10.15 at National Gallery (at Sainsbury Wing Visitors Engagement Desk)**

Learn about the Gallery, look in detail at one painting, use mindfulness techniques and relaxed drawing exercises. No previous creative experience is necessary. Sandwich lunch is included.

**CARERS RIGHTS DAY: Health & Information event FRIDAY 24<sup>th</sup> Nov 2-5pm**

Information & advice, hand massage, talk to health trainers, meet other carers. Light refreshments.  
Venue tbc. Contact Carers Network 020 8960 3033 or email [events@carers-network.org.uk](mailto:events@carers-network.org.uk)

**\*IDEAL HOME CHRISTMAS SHOW AT OLYMPIA (FREE)**

**THURSDAY 23<sup>rd</sup> November**

**Time: Meet at Ladbroke Grove tube 10am or 11am at Olympia**



All you need for the festive season: the ultimate shopping experience with live demonstrations, entertainment and celebrity appearances. **Trip by public transport** *We will contact to confirm details*

**\*CHRISTMAS LUNCH AT LITTLE BAY KILBURN**

**WEDNESDAY 13<sup>th</sup> December**

**Time: Meet Open Age (St Charles) 11am OR**

**12pm at Little Bay, 228 Belsize Road, Kilburn, NW6 4BT**



Enjoy Christmas lunch with friends old and new. *We will contact to you to confirm the details.*