

Time for Me Westminster

Activities for unpaid carers over 50



October-December 2017

I hope you are well and looking forward to a new term. All activities are **free** and trips need to be booked in advance. If you know other carers who might like to join *Time for Me*, please pass on my details. I look forward to meeting you or seeing you again at one of our activities soon.

For further details please contact Zannah Cooper on either Wednesdays or Thursdays on 020 8962 4536 or 07437 913 154 or zcooper@openage.org.uk

Thursday 12th October: Kew Gardens to see '*Sculpt at Kew*' a sculpture exhibition and a '*Botanical Exhibition*'. Meet at the main entrance of Kew Gardens at 11.30am at the Victoria Gate Entrance. Places limited so please phone to book for free tickets. Bring your own packed lunch.

Thursday 19th October: Soul of A Nation, Art in the Age of Black Power at the Tate Modern: '*Soul of a Nation shines a bright light on the vital contribution of Black artists to a dramatic period in American art and history.*' Places limited so please phone to book for free tickets. Meet at the top of the Turbine Hall at 2pm

Wednesday 25th October: Regent Street Cinema, a screening of '*The Robe*' (1953) Meet in the foyer at 1.40pm if you'd like to catch 10 minutes of live organ music starting at 1.50pm and the screening will start at 2pm. Please email or call to book.

Thursday 9th November: Mindfulness/Reiki with the lovely Maria Gomes. 10.30am-12.30pm at St Margaret's Drop in Centre, The 1 Carey Pl, Westminster, London SW1V 2RT. Please email or call to book.

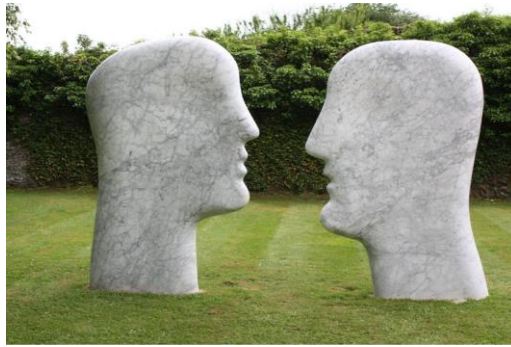
Thursday 16th November: Bowling at Queens Skate, Dine and Bowl, Meet at 2pm at 17 Queensway, Bayswater, London, NW8 9NP. 2pm-4pm.

Thursday 23rd November: Ideal Home Show with Liz Butters and Time for Me North Kensington. Meet there at 11am. Places are limited so email or call to book.

Thursday 30th November V&A: Women's Hour Craft Prize. Organised in partnership with BBC radio 4 and the Crafts Council. Meet at 11am at the main entrance on Cromwell Road.

Thursday 7th December: Christmas Lunch to celebrate the start of the festive season. Meet at 12.30pm at Little Bay, 228 Belsize Road, North Maida Vale, London, NW6 4BT. Places are limited so please call or email to book.

Thursday 14th December: Christmas Market. All details TBC



Regular Courses

Creative Writing every other Wednesday

Wednesday 4th October: 1.30-3.30pm
Wednesday 18th October: 1.30-3.30pm
Wednesday 1st November: 1.30-3.30pm
Wednesday 15th November: 1.30-3.30pm
Wednesday 29th November: 1.30-3.30pm
Wednesday 13th December: 1.30-3.30pm



With our new tutor John Mackay at Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP. Feel inspired and 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!

Carers Computer Courses

Course 1: Digital Life 6 week Course

Friday 3rd November 10.30am-12.30pm – week 1
Friday 10th November 10.30am-12.30pm – week 2
Friday 17th November 10.30am-12.30pm – week 3
Friday 24th November 10.30am-12.30pm – week 4
Friday 1st December 10.30am-12.30pm – week 5
Friday 8th December 10.30am- 12.30pm – week 6

Second Half Centre

This Open Age Digital Life Course runs for 6 weeks and is led by our tutor Lena. For each course you must book in advance. The courses will cover a range of topics such as digital photography and smart phones. Please bring your smart phone if you want to learn more about it, but if you don't have one, phones will be available for the course. Courses are shared with North Kensington and places are limited. **Please phone to book only if you are able to attend all 6 places.**

Please email me or phone to book. For further details please contact Zannah Cooper on Wednesdays or Thursdays on the office phone 020 8962 4536 or 07437 913 154 or zcooper@openage.org.uk