



Time for me means **TIME** for you...

January, February & March 2018

Hello Carers and Happy New Year. Here is your Winter programme. Thank you for taking the time to join me for the activities during the Autumn. I hope you enjoyed the events as much as I did. There are some great events planned in the next three months, hopefully you can join us, try new things and have some fun. To book a space call **Reception on 020 8962 4141** ask for Ashley's TFM Chelsea trips. All activities must be booked in advance, but to keep things fair please book only 5 activities at once.

Please note these activities are for unpaid carers, over 50 and living in South Kensington and Chelsea.

The Porchester Spa— Friday 2nd February & 2nd March - Come and enjoy a sauna and steam, and let your troubles drift away. Sorry guys this one is for ladies only. **We will meet at the Porchester Spa at 10am. There are 8 free day passes available.**

Thursday 18th January (EVENING EVENT)- Crossrail Gardens and Winter Lights. This hideaway 4,160-square-metre garden sits inside a spectacular seven-storey structure in Canary Wharf. The garden embraces the area's maritime past with a sympathetic design to match the existing architectural style, a stunning view of the river and planting inspired by countries on the 19th century trade network and sits beneath a 210-metre cover. We will then explore the Winter Lights, a spectacular of light sculptures, installations and interactive art by some of the most innovative artists around today. **We will meet at Tower Hill DLR station at 2pm we will not return until around 7pm. There are 8 spaces available.**

Friday 19th January - Gilbert & George The Beard Pictures Exhibition. Gilbert & George began creating art together in 1967 when they met at St Martins School of Art, and from the beginning, in their films and 'LIVING SCULPTURE' they appeared as figures in their own art. The backdrop and inspiration for much of their art is the East End of London where Gilbert & George have lived and created art for nearly 50 years. From street signs to Ginkgo trees, from chewing gum stains on the pavements to vistas of urban grandeur and decay, their work is both an ongoing portrait of a city and a reflection on the human condition. **We will meet at London Bridge at 12.30pm. There are 9 free tickets available.**

Thursday 25th January (EVENING EVENT)- A Vietnamese Meal in Shoreditch. Kingsland Road in Shoreditch has been the host to many Vietnamese restaurants for 20 years now and is famous for it. Join us for a walk around the coolest neighbourhood in London and have a lovely meal. **We will meet at Liverpool Street Station at 6pm. There are 7 spaces available. The project will contribute £10 towards the cost of your meal.**

Thursday 1st February - London Canal Museum . This waterways museum is housed in a former ice warehouse built in about 1862-3 for Carlo Gatti, the famous ice cream maker, and features the history of the ice trade and ice cream as well as the canals. London's canals have a fascinating past and you will learn not only how they came to be built but about the lives of the workers, the cargoes, horses and how canals work. We are a waterways museum first and foremost, but also an industrial museum telling the story of the ice industry in London. It is the only London museum of inland waterways and is situated at King's Cross, **We will meet at Kings Cross Station at 11.30am. There are 7 spaces available.**

Thursday 8th February - Monochrome Painting in Black & White at the National Gallery. Journey through a world of shadow and light with artists including Rembrandt, Ingres, Picasso, Richter, and Eliasso. With more than fifty works painted on glass, vellum, ceramic, silk, wood, and canvas, 'Monochrome' explores the tradition of painting in black and white over 700 years, from its beginnings in the Middle Ages through the Renaissance and into the 21st century. **We will meet at The National Gallery at 1pm. There are 5 free tickets available.**

Thursday 15th February - All Hallows by the Tower. All Hallows by the Tower is the oldest church in the City of London and was founded by the Abbey of Barking in 675AD, 300 years before the Tower of London. Come and join us for a special Heritage tour of this fabulous church and see an arch from the Anglo-Saxon times, possibly 11th century, which is the oldest part of the church and part of a Roman tiled floor. **We will meet at Tower Hill Tube Station at 12.45pm. There are 10 free spaces available.**

Thursday 1st March— Postal Museum & Tunnel Ride. A subterranean railway once whizzed four million letters a day across London. The public were oblivious to it but now we are able to actually ride it!! It forms the centrepiece of the new Postal Museum. The underground Mail Rail system transported letters and parcels 6½ miles across London, from Paddington to Whitechapel, for over 75 years – from the 1920s until its closure in 2003, come and find out more. **We will meet at Russel Square Tube at 12.45pm. There are 6 tickets available. You will need to contribute £5 towards the cost.**

Thursday 15th March — ODEON Putney. Kick back, relax and enjoy an afternoon at the flicks, you will have to wait until nearer the time for the film listings, and the exact time of the film showing but details will be given to those who have booked nearer the time. This ticket will include tea, coffee and biscuits and we will be in the newly refurbished building with new screens and luxury reclining seats to enhance your experience. **We will meet outside the cinema, time to be confirmed. There are 6 free tickets available.**

Thursday 22nd March - Sea Life London. Dive in and be wowed by the many strange, beautiful and fascinating creatures of the deep as you journey through the amazing underwater world of the Sea Life London. Prepare for astonishing views of creatures from Gentoo Penguins to tropical sharks. Get skip-the-line entrance to this mysterious attraction, spread over 3 floors, and accessed through a stunning glass tunnel walkway that takes you underneath a tropical ocean. There is plenty of interaction along the way, from feeding the stingrays and watching diving displays, to touch pools and discovery zones. Stars of the show include green turtles, seahorses, octopus, zebra sharks, and the ever-popular clown fish. **We will meet outside Sea Life at 11am. There are 6 spaces available, you will need to contribute £5 Towards the cost of the ticket .**

Please tell other carers you may know about **Time for Me** South Kensington & Chelsea. If you have any queries give Ashley a call on **020 8962 4141**. For North Kensington call Liz Butters on 020 8962 4536, for Westminster call Zannah Cooper on 020 8962 4536 and for Hammersmith & Fulham call Eitan Kooperrman on 020 8962 4141. Don't forget to call and book your space for the activities you want to take part in and thank you for your time, support and participation in Time for Me.

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Kensington and Chelsea