



Open Age Programme

Activities for people 50+

Monday, 20th July to

Friday, 28th August 2026

(excluding bank holiday Monday 31st August)

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

Contents

Activities at Second Half Centre.....	3
Activities in New Horizons.....	7
Activities in Avenues.....	9
Activites in St Margaret's.....	10
Activities in Hammersmith & Fulham.....	12
Activities outside of RBKC & Westminster.....	13
Walks.....	13
Online Activities.....	15
Locations of centres.....	16
Locations of community venues.....	17

Activities at Second Half Centre (SHC) North Kensington

MONDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
20 th July	IT Room Drop In (Unsupported)	10:30 - 13:00 £1.50	SHC	020 4516 9971
27 th July	Turkish Cooking	12:00 - 14:00	SHC	020 4516 9971
10 th Aug	IT Tech Support with Ability Net	10:00 - 12:00	SHC	020 4516 9971
10 th Aug	Crochet for Beginners	13:45 - 16:00 £1.50	SHC	020 4516 9971
10 th Aug	Wall Art 3D Workshop (Part 1): Creating Abstract Art with recycled materials	14:00 - 16:00 £2	SHC	020 4516 9971

Starts 11th Aug	Singing for All Group Meet up (not tutor led)	11:00 - 13:30 £2	SHC	020 4516 9971
17th Aug	Monthly Fish & Chips Social	12:00 - 13:30 £8.50	SHC	020 4516 9971

TUESDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Starts 21st July	Domino Club & Social	11:00 - 12:30 £1.50	SHC	020 4516 9971
22nd July	Summer International Cookery	12:15 - 13:45 £2	SHC	020 4516 9971
28th July	Potluck Social (Please bring food to share with others, this can be something from your home country or a favourite recipe you enjoy making)	12:00 - 13:00 Donations welcome	SHC	020 3713 8737
4th, 11th & 18th Aug	Chi Gong in the park	14:00 - 15:00 £1	Porchester Square Gardens/Sports Centre	No booking needed
4th Aug	Make Your Own Zine: Get Creative making mini manifestos declaring what you love, don't love and what you want to change in the world	14:00 - 16:00 £1.50	SHC	020 8713 8737
Starts 11th Aug	IT Room Drop In (Unsupported)	14:00 - 16:00 £1.50	SHC	020 4516 9971
11th Aug	Wall Art 3D Workshop (Part 2): Creating Abstract Art with Recycled Materials (Materials provided)	14:15 - 15:15	SHC	020 4516 9971

18th Aug	Needle Felting Workshop: Sculpting Birds with Wool Felt (All materials provided)	11:00 - 13:30 £2	SHC	020 4516 9971
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WEDNESDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
10th Aug	Eat & Meet Lunch Social	12:00 - 13:45 Donations welcome	SHC	020 4516 9971
12th Aug	IT Room Drop In (Unsupported)	11:30 - 13:00 £1.50	SHC	020 4516 9971
19th Aug	Sip & Knot Workshop Grab a cuppa and create a decorative placement mat for your home, with an easy knotting technique (all material provided)	14:00 - 16:00 £2	SHC	020 4516 9971
26th Aug	Ice Cream & Waffle Dessert Summer Social	14:00 - 16:00 £2	SHC	020 4516 9971
22nd & 29th July, 5th Aug	Steady & Stable: Falls Prevention Exercise	11:30 - 12:30	SHC	020 4516 9975
22nd & 29th July, 5th Aug	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	13:15 - 14:15	SHC	020 4516 9973 jbiglari@openage.org.uk
22nd & 29th July, 5th Aug	Osteo Blast: Exercise for Bone Health (for Westminster and RBKC residents)	14:30 - 15:30 £1	SHC	020 4516 9973 jbiglari@openage.org.uk

THURSDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
13 th Aug	Botanical Transparent Card Decoration Workshop	11:00 - 13:00 £2	SHC	020 4516 9971
23 rd July - 27 th Aug	Chair Exercise	12:30 - 13:30 £1	SHC	020 4516 9971
23 rd & 30 th July, 6 th Aug	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	14:00 - 15:00 £1	SHC	020 4516 9973 jbiglari@openage.org.uk

FRIDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Starts 24 th July	Classic Summer Films	14:00 - 16:00 £1.50	SHC	020 4516 9971
Starts 14 th Aug	Collage Club: Collaging for Wellbeing	11:00 - 13:00 £2	SHC	020 4516 9971
21 st Aug	Monthly Creative Social & Creative Talks	14:00 - 16:00 £2	SHC	020 4516 9971
14 th Aug	French Conversation	14:00 - 15:00 £1	SHC	020 4516 9971
28 th Aug	Mixed Media 'Famous Icons' Collage and Stencilling Workshop	14:00 - 16:00 £2	SHC	020 4516 9971

Activities at New Horizons (NH) South Kensington

MONDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Starts 20 th July	Intermediate Italian with Giulio	10:30 - 12:00 £1.50	NH	020 4516 9970
Starts 20 th July	Jewellery Making (Advanced)	10:00 - 12:00 £2	NH	020 4516 9970
Starts 20 th July	Rummikub Social	14:00 - 16:00 £2	NH	020 4516 9970
10 th Aug	Health and Wellness Day	10:00 - 15:00	NH	07799 369 733

TUESDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
21 st July	Talk & Workshop from the Sir John Soane Museum	12:00 - 14:00 Donations welcome	NH	020 4516 9970
4 th Aug	Fast Fashion Therapy - Mend your own clothes workshop	13:30 - 15:30 £2	NH	020 4516 9970
12 th Aug	IT Help - Connect More O2/Virgin Media volunteers	10:00 - 15:00 Donations welcome	NH	07799 369 733
11 th Aug	Murder Mystery (Book at least one week in advance to receive your character)	13:00 - 14:30 £1.50	NH	020 4516 9970
Starts 21 st July	Bridge Club (Intermediate)	13:00 - 16:00 £2	Ixworth Place	020 4516 9970

WEDNESDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
22 nd & 29 th July, 5 th Aug	Osteo Blast: Exercise for Bone Health (for Westminster and RBKC residents)	09:45 - 10:45 £1	NH	020 4516 9973 jbiglari@openage.org.uk
22 nd & 29 th July, 5 th Aug	Steady & Stable: Falls Prevention Exercise	10:55 - 11:55	NH	020 4516 9975
Starts 22 nd July	Open Age Members' Newsletter Group	11:00 - 13:00	NH	020 4516 9970
5 th , 12 th , 19 th & 26 th Aug	Men's Space: Quiz and Games	11:00 - 13:30	NH	07570 433 741
22 nd & 29 th July, 5 th Aug	Steady & Stable: Falls Prevention Exercise	12:00 - 13:00	NH	020 4516 9970
22 nd & 29 th July, 5 th Aug	Steady & Stable: Falls Prevention Exercise	14:05 - 15:05	Westbourne Grove Church	020 4516 9975

THURSDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
6 th Aug	Chair Exercise	09:45 - 10:45 £1	NH	020 4516 9970
22 nd & 29 th July, 5 th , 12 th & 19 th Aug	Supported IT Drop In	12:00 - 14:00 £1	NH	020 4516 9970
Weekly	NHS Falls Prevention	14:15 - 15:45	NH	020 8102 5494
30 th July	Friendship Card Making (Celebrate World Friendship Day with a meaningful craft)	13:30 - 14:30 £1	NH	020 3713 8737

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
6 th - 20 th Aug	Chess Club	11:00 - 12:00 £1	NH	020 3713 8737
6 th & 27 th Aug	Disco Hour	13:00 - 14:00 £1	NH	020 4516 9970
23 rd & 30 th July, 6 th Aug	Steady & Stable: Falls Prevention Exercise	14:15 - 15:15	The Community Hub	020 4516 9975
Fortnightly	Digital Guidance	14:00 - 15:30	NH	020 4516 9970

FRIDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Starts 24 th July	Beginners' Crochet	10:30 - 12:30 £2	NH	020 4516 9970
Fortnightly	Glass Class	13:00 - 14:00 £1	NH	020 4516 9970
Starts 24 th July	Beginner's Mahjong	14:30 - 16:30 £2	NH	020 4516 9970

Activities at Avenues (AVE) North Westminster

MONDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
23 rd & 30 th July, 6 th Aug	Steady & Stable: Falls Prevention Exercise	11:30 - 12:30	Liberal Jewish Synagogue	020 4516 9975

TUESDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
21 st & 28 th July, 4 th Aug	Pilates	11:30 - 12:30	The Exchange Hub	No booking needed

THURSDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
23 rd July - 27 th Aug	Exercise to Music	10:00 - 11:00 £1	The Exchange Hub	No booking needed
23 rd & 30 th July, 6 th Aug	Steady & Stable: Falls Prevention Exercise	13:30 - 14:30	Penfold Community Hub	020 4516 9975

Activities at St Margaret's (St. M) South Westminster

MONDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
20 th & 27 th July, 3 rd Aug	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	13:45 - 14:45 £1	Victoria Medical Centre	020 4516 9973 jbiglari@openage. org.uk

TUESDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Weekly	Crafty Coffee Morning	10:30 - 12:00	St. M	020 4516 9969

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Weekly	Shared Reading	12:00 - 13:00	St. M	020 4516 9969
21 st July	Madhubani Workshop	12:00 - 14:00 £2	St. M	020 4516 9969

WEDNESDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Fortnightly	Secret London Walks (See weekly bulletin for details)	13:00 - 14:30	Various	020 4516 9969

THURSDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Weekly	IT Drop In	10:00 - 11:30	St. M	020 4516 9969
23 rd & 30 th , 6 th Aug	Steady & Stable: Falls Prevention Exercise	10:20 - 11:20	Victoria Medical Centre	020 4516 9969
20 th Aug	Rummikub Tournament	11:00 - 14:00	St. M	020 4516 9969
23 rd & 30 th , 6 th Aug	Steady & Stable: Falls Prevention Exercise	11:30 - 12:30	Victoria Medical Centre	020 4516 9975
Weekly	Unsupported Art Session	14:00 - 16:00 £1	St. M	020 4516 9969

FRIDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
Weekly	Table Tennis	11:00 - 13:00 £2	St. M	020 4516 9969
Weekly	Games Afternoon	13:30 - 16:00 £2	St. M	020 4516 9969

Hammersmith & Fulham

MONDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
20 th & 27 th July, 3 rd Aug	Steady & Stable: Falls Prevention Exercise	11:45 - 12:45	White City Community Centre	020 4516 9975
20 th & 27 th July, 3 rd Aug	Steady & Stable: Falls Prevention Exercise	14:00 - 15:00	Edward Woods Community Centre	020 4516 9975

TUESDAY

DATE	ACTIVITY	TIME/PRICE	LOCATION	BOOKING INFO
21 st & 28 th July, 4 th Aug	Steady & Stable: Falls Prevention Exercise	10:00 - 11:00	Bishop Creighton House	020 4516 9975
21 st & 28 th July, 4 th Aug	Steady & Stable: Falls Prevention Exercise	11:05 - 12:05	Bishop Creighton House	020 4516 9975

THURSDAY

DATE	ACTIVITY	TIME/PRICE	LOCATION	BOOKING INFO
23 rd & 30 th , 6 th August	Steady & Stable: Falls Prevention Exercise	14:15 -15:15	The Community Hub	020 4516 9975

Activities outside of RBKC and Westminster (Brent)

THURSDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
23 rd & 30 th Jul, 6 th , 13 th , 20 th Aug	Step Up from Steady: Falls Prevention Exercise (for Brent residents)	10:00 - 11:00	Chalkhill Community Centre	020 8143 9259 achrobocinska @openage.org. uk
23 rd & 30 th Jul, 6 th , 13 th , 20 th Aug	Steady & Stable: Falls Prevention Exercise (for Brent residents)	11:15 - 12:15	Chalkhill Community Centre	020 8143 9259 achrobocinska @openage.org. uk
23 rd & 30 th Jul, 6 th , 13 th , 20 th Aug	Steady & Stable: Falls Prevention Exercise (for Brent residents)	13:15 - 14:15	Chalkhill Community Centre	020 8143 9259 achrobocinska @openage.org. uk

Walks

DATE/TIME/COST	WALK & MEETING POINT	BOROUGH	DETAILS
29 th July 13:00 - 15:00 £2	Nature Walk	Westminster	John Wells, an experienced local naturalist, will be leading a guided tour around Holland Park. This will be a two-hour meander, mostly level walking. We will be looking out for and learning about the natural wonders of the park from the trees, mosses, to the butterflies, dragonflies, and more. To book: call 07570 429528 or email bookings@openage.org.uk

DATE/TIME/COST	WALK & MEETING POINT (MP)	BOROUGH	DETAILS
30 th July 12:00 - 13:00 £1	Walk & Chat (Battersea Park) MP: St Margaret's	Westminster	To book call: 020 4516 9969 or email bookings@openage.org.uk
5 th Aug 11:00	Capital Ring Walk, Section 8: Osterly Lock to Greenford MP: Greenford (Central line and rail)	Hounslow & Ealing	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: call 020 4516 9974
13 th Aug 12:00 - 13:30	Walk & Chat (St James's Park) MP: St James's Park Tube Station	Westminster	To book call: 020 4516 9969 or email bookings@openage.org.uk
19 th Aug 11:00	Capital Ring Walk, Section 15: Wimbledon to Richmond MP: 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: call 020 4516 9974

Online Activities

MONDAY

DATE	ACTIVITY	TIME & PRICE	LOCATION	BOOKING INFO
20 th & 27 th July, 3 rd Aug	Osteo Blast: Exercise for Healthy Bones (for Westminster & RBKC residents)	10:30 - 11:30 £1	Zoom	020 4516 9973 jbiglari@openage.org.uk
20 th & 27 th July	Spanish Conversation	12:45 - 13:45 £1	Zoom	020 4516 9971

WEDNESDAY

DATE	ACTIVITY	TIME/PRICE	LOCATION	BOOKING INFO
Please see Time for Me monthly programme	Time for Me Carers: Creative Writing	10:00 - 12:00	Zoom	07437 913 154 carerstimeforme@openage.org.uk

THURSDAY

DATE	ACTIVITY	TIME/PRICE	LOCATION	BOOKING INFO
23 rd & 30 th , 6 th Aug	Healthy Lungs: Exercise for Lung Health (for Westminster and RBKC residents)	10:00 - 11:00 £1	Zoom	020 4516 9973 jbiglari@openage.org.uk

Location of Open Age Centres



Open Age - St Charles Centre for Health & Wellbeing

(Left at the reception)

Second Half Centre, Exmoor Street, London, W10 6DZ

Borough: Kensington & Chelsea (North)

Telephone: 020 4516 9971

Email: acarrington@openage.org.uk



Open Age - Avenues

New Avenues

3-7 Third Avenue, London, W10 4RS

Borough: Westminster (North)

Telephone: 020 3713 8737

Email: msmith@openage.org.uk



Open Age - New Horizons

Guinness Trust Estate, Cadogan Street,
London, SW3 2PF

Borough: Kensington and Chelsea (South)

Telephone: 020 4516 9970

Email: ltaylor@openage.org.uk



Open Age – St Margaret’s

St Margaret's, 1 Carey Place, London
SW1V 2RT

Borough: Westminster (South)

Telephone: 020 4516 9969

Email: ideiana@openage.org.uk

Location of Community Venues

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, The	1 Aisgill Ave	W14 9NF	H&F
Edward Woods Community Centre	60 Norland Rd, London	W11 4TX	H&F
Exchange Hub, The	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:

Bishop Creighton House

Brent Hub Community Enterprise Centre

Central London Community Healthcare

Chalkhill Community Centre

City of Westminster

Everyone Active: Porchester Leisure Centre

Julia Rausing Trust

Liberal Jewish Synagogue

Lilestone Street Community Hub

Little Venice Sports Centre

Mayor of London

North West London ICB
Paddington Sports Club
Paddington Recreation Ground
Penfold Community Hub
Public Health Brent
Second Half Foundation
Southern Housing
Suez Communities Fund
The Community Hub
The Exchange Hub
The D'Oyly Carte Charitable Trust
The Hyde Park Place Estate Charity
The Pepperpot Centre
The Royal Borough of Kensington & Chelsea
Victoria Medical Centre
WECH
Westbourne Grove Church
White City Community Centre

