

Hammersmith & Fulham Activity Programme January - March 2018

Welcome to our winter activity programme

Chase away the winter blues with our first programme for 2018! We've lots on this term; from Mindfulness to seated dance classes and a new film club in White City. We look forward to seeing you soon! **Term begins on Monday 8th January 2018. Half term will be 12th to 19th February. Term ends on Thursday 29th March.**

Hammersmith & Fulham Link Up Service

Link Up is the one-to-one signposting service which Open Age offers to local over 50s who need a little extra help to access activities, groups and services locally. To find out more or to request a home visit for yourself or someone you know, **contact Vivienne on tel: 078 24 48 49 84 or by email: vmitchell@openage.org.uk**

News & Local Events

Mindfulness



NEW! MINDFULNESS & RELAXATION

Day: Mondays & Tuesdays
from 8th January

Time: Various

What it's all about:

This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more...

£1.50 per class

Address

Various. See inside for details

Contact details

Vivienne on 078 24 48 49 84



NEW! AWARENESS THROUGH MOVEMENT

Day: Starts Wednesday
10th January

Time: 2.00 – 3.00

What it's all about:

Improve breathing, relieve chronic muscular tension, increase range and ease of movement and improve posture and well-being. Will improve your ability to get up from the floor.

£1 per class

Address

Edward Woods Com Centre
60-70 Norland Road,
W11 4TX

Contact details

Vivienne on 078 24 48 49 84



OPERA: PASSION, POWER & POLITICS

Day: Thursday
25th January

Time: 2.00

What it's all about:

We have 6 free tickets to visit the V&A's landmark exhibition exploring the vivid story of opera from its origins in late-Renaissance Italy to the present day

Free of charge. Limited places - booking by 18th Jan essential.

Address

Victoria & Albert Museum
Cromwell Road
London SW7 2RL

Booking details

Vivienne on 078 24 48 49 84

Mondays in Hammersmith & Fulham

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|---|---|---|-------|---|
| Relaxation & Mindfulness NEW! | 9.30 - 11.00 <i>Starts 8th January</i> <i>Ends 26th March</i> | Communal Hall John Betts House Rylett Road W12 9NJ | 94, 237, 266 Tube: Goldhawk Road | £1.50 | This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more... Partnership with Hammersmith United Charities |
| Steady & Stable MUST BOOK | Two morning sessions: 10.00 - 11.00 <i>High level</i> 11.00 - 12.15 <i>Low level</i> <i>Starts 8th January</i> <i>Ends 26th March</i> No half term break | Age UK (H&F), 105 Greyhound Rd, W6 8NJ | 190, 211, 220, 295 Tube: Barons Court (15min walk) | FREE | Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582 |
| Steady & Stable Low Level MUST BOOK | 12.45 - 1.45 <i>Starts 8th January</i> <i>Ends 26th March</i> No half term break | Bishop Creighton House, 374-380 Lillie Rd, SW6 7PH | 190, 211, 295 Tube: Barons Court (20 min walk) | FREE | Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582 |
| Relaxation & Mindfulness NEW! | 11.45 - 1.15 <i>Starts 8th January</i> <i>Ends 26th March</i> No half term break | Residents' Hall Sycamore House, Sycamore Gardens, W6 0AS To enter the building, ring the bell marked 'Office' | 94, 237, 272 Tube: Goldhawk Road | £1.50 | This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more... Partnership with Hammersmith United Charities |
| Creative Improvisation and Movement NEW! | 2.00 - 4.00 <i>Starts 8th January</i> <i>Ends 26th March</i> No half term break | Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QP | 74, 190, 295, 430 Tube: Barons Court (10 minute walk) | £2 | With inspiration from the spoken word, poetry and music, these sessions will explore movement, dance and drama improvisation, leading to an increased sense of creativity and well-being. For all physical abilities Partnership with Community Champions |
| Relaxation & Mindfulness NEW! | 2.00 - 3.30 <i>Starts 8th January</i> <i>Ends 26th March</i> No half term break | Charecroft Hall Rockley Road W12 8PQ | 9,10, 27, 28, 83, 220, 237, 295 Tube: Shepherds Bush | £1.50 | This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more... Partnership with Community Champions |

| | | | | | |
|---|---|--|---|----|---|
| Seated Dance Rhythms NEW! | 4.00 - 5.00 <i>Starts 8th January</i> <i>Ends 26th March</i> No half term break | Charecroft Hall Rockley Road W12 8PQ | 9,10, 27, 28, 83, 220, 237, 295 Tube: Shepherds Bush | £1 | Fun seated exercises which will warm up the body and improve heart fitness, strength and balance Partnership with Community Champions |
|---|---|--|---|----|---|

Tuesdays in Hammersmith & Fulham

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|---|--|---|---|-------|--|
| Pilates NEW! | 9.30 - 10.30 <i>Starts 9th January</i> <i>Ends 27th March</i> No class on 13th February (Half term) | White City Community Centre, India Way, W12 7QT | 72, 95, 220, 228, 283 Tube: White City | £1 | Start your day well with Pilates which focusses on stability, balance, flexibility, posture and well-being Mat-based class. Open to all Supported by Our Big Local Community Chest |
| Mindfulness & Relaxation NEW! | 11.00 - 12.30 <i>Starts 9th January</i> <i>Ends 27th March</i> No half term break | Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QP | 74, 190, 295, 430 Tube: Barons Court (10 minute walk) | £1.50 | Relaxation sessions. Practicing simple relaxation techniques regularly can benefit your well-being in so many ways. It can aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more Partnership with Community Champions |
| Steady & Stable Mixed Abilities MUST BOOK | 10.30 - 11.30 <i>Starts 9th January</i> <i>Ends 27th March</i> No half term break | All Saints Church, Pryors Bank Pavilion, Bishops Park, SW6 3LA | 14, 22, 220 Tube: Putney Bridge | FREE | Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582 |
| Steady & Stable Mixed Abilities MUST BOOK | Two morning sessions: 11.00 - 12.00 <i>High level</i> 12.00 - 1.00 <i>Low level</i> <i>Starts 9th January</i> <i>Ends 27th March</i> No half term break | White City Community Centre, India Way, W12 7QT | 72, 95, 220, 228, 283 Tube: White City | FREE | Fun evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582 |

| | | | | | |
|---|--|--|---|------|--|
| Step up from Steady NEW! | 12.00 - 1.00 <i>Starts 9th January</i> <i>Ends 27th March</i> No half term break | White City Community Centre, India Way, W12 7QT | 72, 95, 220, 228, 283 Tube: White City | £1 | The next step up from Steady & Stable for maintaining the gains in muscle strength and balance |
| Kundalini (seated) Yoga | 1.45 - 2.45 <i>Starts 9th January</i> <i>Ends 27th March</i> Half term break TBC | Residents' Hall Sycamore House, Sycamore Gardens, W6 0AS To enter the building, ring the Office bell at the new building | 94, 237, 272 Tube: Goldhawk Road | £1 | A chair-based class that makes yoga accessible to all Develops your balance and strength and inspires wellbeing Partnership with Hammersmith United Charities |
| Tuesday Tea Party <i>3rd Tuesday every month</i> | 2.00 - 4.00 | Masbro Centre, 87 Masbro Road, W14 0LR | 9,10, 27, 28, 83, 220, 237, 295 Tube: Shepherds Bush | FREE | Come along for tea and socialising plus a different activity every time. From talks to singing and exercise to dance, there'll be something to appeal to everyone 23rd January: Come and meet Simon and his guide dog Otto as they chat about their life together! 20th February: Come along and try your hand (and feet) at simple ballroom dancing 20th March: A chance to sing some well-loved songs with Josh and his guitar TBC Partnership with the Masbro Centre (Urban Partnership Group) |
| A breath of Fresh Air <i>For people living with Dementia</i> NEW! | 2.00 - 4.00 <i>Starts 9th January</i> <i>Ends 7th March</i> No half term break | Olive House 185 Townmead Road SW6 2JY | 14, 22, 211, 295, 414, 424 | £2 | Tutor Hester leads a 30 minute session of relaxation followed by a 90 minute thematic art session where participants can experiment and have fun. Including drawing, painting and collage, the sessions are tailored to the individuals and their interests |

Wednesdays in Hammersmith & Fulham

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|--|---|---|-------|---|
| Line Dance | 10.30 - 11.30 <i>Starts</i> 10 th January <i>Ends</i> 28 th March No half term break | Edward Woods Community Centre, 60-70 Norland Road, W11 4TX | C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607 Tube: Latimer Rd | £1 | Have fun learning dance steps and sequences, accompanied by some great music |
| Dance Mix | 10.30 - 11.30 <i>Starts</i> 10 th January <i>Ends</i> 28 th March (Half term break TBC) | Community Hall Askham Court Askham Road (off Uxbridge Road) W12 0NX | 72, 207, 228, 260, 272, 283, 60 Tube: Shepherds Bush Market | £1 | A fun dance session designed to improve your fitness |
| National Theatre Project | 10.30 - 12.00 <i>Starts</i> 10 th January | Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London W10 4RS | 18, 28, 228 | FREE | Come and explore the joy of expressing stories through dance and movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! No previous experience necessary, every-one welcome! Call 07717201791 to book |
| Singing for All | 1.30 - 3.00 <i>Starts:</i> 10 th January <i>Ends:</i> 28 th March No class on 14th February (Half Term break) | Dance Hall Masbro Centre, 87 Masbro Road, W14 0LR | 9,10, 27, 28, 220, 237, 83, 295, Tube: Shepherds Bush | £1.50 | Enjoy the benefits of group singing. Tutor Josh guides us through a variety of songs in these weekly sessions. Come along - don't be shy! Partnership with the Masbro Centre (Urban Partnership Group) |
| Awareness through Movement (Feldenkrais Method) NEW! | 2.00 - 3.00 <i>Starts:</i> 10 th January <i>Ends:</i> 28 th March November No half term break | Edward Woods Community Centre, 60-70 Norland Road, W11 4TX | C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607 Tube: Latimer Rd | £1 | Gentle movement sequences to re-educate our use of the body through this method. Improve breathing, relieve chronic muscular tension, increase range and ease of movement and improve posture and well-being Will improve your ability to get up from the floor |
| Expressive Art NEW DAY AND VENUE! | 2.00 - 3.30 <i>Starts</i> 10 th January <i>Ends</i> 28 th March No half term break | White City Community Centre, India Way, W12 7QT | 72, 95, 220, 228, 283 Tube: White City | £1.50 | Thematic sessions in which you can discover art, experiment with styles and techniques and have fun! |

| | | | | | |
|--|--------------------|---|---|----------------------------|---|
| <p>Over 50's Monthly Film Matinée</p> <p>Last Wednesday of the month</p> | <p>2.30 - 4.30</p> | <p>Action on Disability (next to Normand Croft Community School), Lillie Road, SW6 7SR</p> <p>NB. Please use Action on Disability's entrance on Lillie Road - not the school's entrance</p> | <p>74, 190, 430</p> <p>Action on Disability is next to the Mulgrave Road bus stop</p> | <p>£2 for refreshments</p> | <p>A chance to see old and new cinematic greats on our big screen. Join us for a season of films on the theme of dance! Refreshments provided</p> <p>31st Jan: Strictly Ballroom</p> <p>28th Feb: Singing in the Rain</p> <p>28th March: Monsoon Wedding</p> <p>Partnership with Action on Disability</p> |
|--|--------------------|---|---|----------------------------|---|

Thursdays in Hammersmith & Fulham

| ACTIVITY | TIME | PLACE | BUS | COST | DETAILS |
|--|---|---|---|----------------------------|--|
| <p>Strictly Ballroom</p> | <p>10.30 - 12.00</p> <p><i>Starts 11th January</i></p> <p><i>Ends 29th March</i></p> <p>No half term break</p> | <p>Edward Woods Community Centre, 60-70 Norland Road, W11 4TX</p> | <p>C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607</p> <p>Tube: Latimer Road</p> | <p>£3</p> | <p>A class for everyone: passionate dancers, complete beginners, singles or couples</p> |
| <p>Latin Line Dance <i>Beginners & beyond</i></p> | <p>11.30 - 12:30</p> <p><i>Starts 11th January</i></p> <p><i>Ends 29th March</i></p> <p>No class on 15th February (Half term)</p> | <p>St Johns Fulham, North End Road, SW6 1PB</p> | <p>11, 14, 28, 211, 391</p> <p>Tube: Fulham Broadway</p> | <p>£1</p> | <p>Cha-cha and rumba your way to health, fitness and vitality. Achieve your health aims and have fun while you do it!</p> |
| <p>White City Flicks</p> <p>NEW!</p> <p>Second Thursday of the month</p> | <p>1.00 - 3.00</p> | <p>The Church of St Michael & St George 1 Commonwealth Avenue W12 7QR</p> | <p>72, 95, 220, 228, 283</p> <p>Tube: White City</p> | <p>£2 For refreshments</p> | <p>A new film club in White City! Come along and enjoy some great films. Refreshments provided</p> <p>11th Jan: The Truman Show</p> <p>8th Feb: Anchors Aweigh</p> <p>8th March: Best Exotic Marigold Hotel</p> |

Fridays in Hammersmith & Fulham

| | | | | | |
|---|---|---|---|----|---|
| A breath of Fresh Air <i>For people living with Dementia</i> NEW! | 1.15 - 3.15pm <i>Starts 12th January</i> <i>Ends 23rd March</i> No half term break | Nubian Life, 50 Eilerslie Road, W12 7BW | 207, 260, 283, 607 Tube: Shepherds Bush Market | £2 | Tutor Hester leads a 30 minute session of relaxation followed by a 90 minute thematic art session where participants can experiment and have fun. Including drawing, painting and collage, the sessions are tailored to the individuals and their interests |
| Creative Improvisation and Movement NEW! | 2.00 - 4.00 <i>Starts 12th January</i> <i>Ends 23rd March</i> No half term break | Charecroft Hall Rockley Road W12 8PQ | 9,10, 27, 28, 83, 220, 237, 295 Tube: Shepherds Bush | £2 | With inspiration from the spoken word, poetry and music, these sessions will explore movement, dance and drama improvisation, leading to an increased sense of creativity and well-being. For all physical abilities |

Time for Me:

If you are an unpaid carers aged over 50, the Time for Me activity programme is a chance for you to relax, meet other carers and have some fun.

For more information and to sign up, call the Open Age main Reception on 020 8962 4141 or contact Eitan Kooperman by email: ekooperman@openage.org.uk

Work Routes 50+ at Open Age (working in partnership with Reed)

Are you 50 or over, unemployed, and live in Hammersmith & Fulham?

Work Routes 50+ at Open Age supports local unemployed jobseekers to:

- Find sustainable employment
- Develop personal skills for work
- Meet regularly with a Job Coach for 1-2-1 personalised support
- Receive financial help with the cost of entering work

Call us on: 07766 752 093 or 020 3713 8735 to arrange an appointment

Work Routes is part-funded by the European Social Fund

As members of Open Age you also have access to the our programme of trips and visits as well as the amazing programme of activities which we run at the Second Half Centre, The St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ.

We also have the Men's Space programme; for more details, call Russell on 020 8962 5583.

And, finally, a reminder: If you would like some support to help you – or someone you know – to get involved in our activities, just call Vivienne on 020 8962 4141 or 078 24 48 49 84 to arrange a home visit.



