

# OPEN AGE

## Members' Newsletter

Second Half Centre • New Horizons • Avenues • St Margaret's  
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### The famous four!

Four Open Age members have had their artwork recognised by a famous London gallery.

Two Temple Place is a much-loved historic venue beside the Thames near Victoria Embankment, originally built by William Waldorf Astor in the 1890s. The Neo-Gothic building contains notable works of architecture, and produces annual exhibitions and cultural events.

Between July and September, the Second Half Centre set up a partnership with the gallery which involved four enjoyable and interactive workshops, organised by Two Temple Place for 12 people.

These sessions offered members the chance to exchange and enhance ideas, using a variety of techniques, such as painting, block printing, and collage.

As part of the collaboration, an art competition was held, in which participants crafted distinctive postcards inspired by the remarkable architecture of Two Temple Place. As a prize, the selected winning postcards would subsequently be made available for purchase in the gallery's gift shop.

Senior Centre Co-ordinator Andrea Carrington said: "Ultimately, five of the designs were recognised as winners. Congratulations to Gulay Cay, Tricia O'Learey, Jill Forgham (two designs), and Asiye Crouch-Maksutgil.



*Two of the winning designs*

"The winning postcards have been available for sale in the Two Temple Place Gift Shop since September."

So, folks, what are you waiting for? Drop in and buy a few for Christmas!



**Who is this riot of colour?**

**See pages 6-7 for details.**

### Café returns at last

After almost three years in the wilderness, New Horizons has finally got its café back.

Instead of simply providing self-service tea, coffee and biscuits and a place to chat, The Orangery cafe has been taken over three days a week by the charity EASE (Education and Sports Empowerment), based in Ladbroke Grove.

The previous café, run by the charity Unity Works, formerly The Camden Society, closed during COVID, but reopened in January 2022 with such specialities as lamb moussaka, lasagne, chicken curry and chicken pie. But it closed again in December 2022 due to staffing difficulties.

EASE aims to provide a variety of European and Asian meals from late morning through to early afternoon Monday to Wednesday, using mainly donations from the RBKC food bank, plus other food provided by the charity.

See page 5 for more details.

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Gardening class



Lavender bags



Walking football



Josh entertains at the Caribbean Carnival



Alexander D Great



Tai Chi class

# Men's Space expands

During the summer, Men's Space launched an exciting series of activities at the Walerton & Elgin Community Homes Centre (WECH) at 36 Elgin Avenue, Westbourne Park, on Thursday afternoons.

These men-only sessions encouraged outdoor activities, including walking sports like football, tennis and cricket, gardening, socials and Tai Chi. So successful were they that Open Age has incorporated them into the autumn programme, with some adaptations and additions and some new venues.

Men's Space Co-ordinator Russell John, who has been working on the Men's Space programme for over 12 years and was once featured in this newsletter, delivers and supports these activities throughout the week.

But because of expansion and the need to invite more participants from the local community, Open Age recruited a new part-time member of staff, Michael Sturgess, thanks to extra funding from the Julia Rausing

Trust, which aims to support those from various ethnic and social backgrounds.

As Men's Development Co-ordinator at Open Age since March, Michael's role is to encourage more men to connect with Open Age to improve their health and wellbeing, as well as creating interest among existing members.

Working with Community Engagement Co-ordinator Jane Chanakira, Michael goes out to chat to groups, find new venues in community centres, and facilitate and tutor new classes.

He explains: "We've had social mornings at St Margaret's and The Exchange Hub in Elgin Avenue. To celebrate the Notting Hill Carnival, we had a Carnival-themed lunch at the Second Half Centre, with Caribbean-style guitar music played by our singing tutor Josh Millais and the well-known musician Alexander D Great.

"The Tai Chi was started by request in August and proved really popular. We follow it with a

cup of tea and a chat."

During the autumn, Men's Space activities have featured social and board games and monthly health workshops on Mondays and IT and fortnightly cookery on Wednesdays at the Second Half Centre, Tai Chi and gardening at WECH on Thursdays and walking football at Westminster Academy near Royal Oak tube station on Fridays.

The gardening group learns how to grow herbs like chives and basil, and also blackberries and lavender. Some participants have made lavender bags to take home and bookmarks using the leaves.

Music jam sessions, computing, trips out and brain training sessions, including quizzes and puzzles, are planned.

A former graphic designer for 20 years, Michael has no regrets about his new job. He used to go to a gym where nobody talked to one another, but discovered walking football, studied first aid for sports and joined the Be Active programme as a volunteer. Soon he was immersed in charity work, including North London Cares and Age UK Wandsworth.

"A man's social circle used to revolve round work, and often their partner organised their social life outside. If the partner dies, it can leave someone lonely and isolated," says Michael.

"We are really happy with the engagement so far. For me, it is about asking people what they want to do or try and putting these ideas in place."

Feedback has also been positive. One man said: "I really enjoyed it and I feel it is helping me." Another said: "I used muscles I haven't used in a long while". Of the gardening, one member commented: "I'm learning new skills", while a fourth said: "The gardening class is teaching us how to grow and maintain plants, and it's nice and relaxing."



*Michael (right) and Russell*



# Meeting Ben Coleman, MP

Hardly had Ben Coleman sat down for tea and a chat with Open Age members on Friday 10th October while paying his first visit to the New Horizons Centre, than he was bombarded with questions.

Why were rents skyrocketing? Why were people from outside the area getting flats? Why are private landlords being offered more to take people in? Why was the NHS in such a serious state? Why were some benefits being cut, while some people were claiming fraudulently? Why had the government not done more after a year in power?

But the Labour MP for Chelsea and Fulham, whose constituency straddles the boroughs of Kensington & Chelsea and Hammersmith & Fulham, took it all in his stride and did his best to answer the concerns as best he could.

He told some dozen listeners, including CEO Emma Foulds, that applicants had to live in the area to get on the housing list. He added: "It will take a while to turn things around. You don't sort out the problems overnight. Sometimes planning laws need to be changed."

Mr Coleman, who was formerly

deputy leader of Fulham Council before being elected to parliament in 2024, is the first Labour MP in this traditionally Conservative area. Following boundary changes, he won by a narrow margin of just 152 votes.

He agreed that despite the area having four hospitals, they all had different computer systems and those needed to be linked.

He also agreed that many private flats had switched to Airbnb for visitors to London and were dodging the 90-day rule by moving to different agencies, which did not help the housing shortage, but said this too would be changed.

Points raised included school exclusions, which sometimes led to children roaming around the area, the effect of junk food on health, the much regretted sale of Fulham Town Hall and social housing in Earl's Court.

The MP said that overcrowding and damp were the biggest housing issues he dealt with. But he was proud of the fact that Hammersmith & Fulham is the only borough in the whole country where social care is completely free – reducing the number of people going into nursing homes,

and ensuring that people get the care they need rather than what they can afford.

He was pleased with the quality of the new Sands End Arts & Community Centre bordering Parsons Green. It was built at no cost to local taxpayers after H&F Council and local residents jointly secured funding from Thames Tideway and Chelsea FC.

He was also impressed to hear from an Open Age member how Chelsea Football Club has funded important facilities for older people recovering from serious health issues.

Other questions concerned transport – the removal of bus 414, District Line cancellations to Wimbledon because of signal faults, and the lack of step-free access at Putney Bridge station—and the effects of social media, including difficulties facing older people trying to access advice online.

Mr Coleman gave out business cards with contact details, and invited anyone with a problem to get in touch. He holds surgeries once a month, usually on a Friday, alternating between Chelsea and Fulham.

*Kay Shelley & Tina John*



*Ben Coleman MP (centre) chatting to Open Age members*

## New café at New Horizons

Volunteers and special guests, including the Mayor of Kensington and Chelsea, Cllr Tom Bennett, helped Open Age mark an exciting new development at New Horizons Centre in Chelsea on Friday 31st October.

The occasion was a celebration with samples of food to mark the reopening of the New Horizons Café in partnership with EASE CIC.

Delicious rice and curry dishes plus various snacks, some gluten-free, were on offer to showcase the kind of dishes that could be available. But the aim is to provide both Eastern and Western style meals, because many of the ingredients will be provided by the RBKC food bank from their surplus resources.

The café was due to welcome Open Age members from Monday 17th November, providing hot meals on Mondays, Tuesdays and Wednesdays between 11 a.m. and 2 p.m. including morning coffee and breakfasts and early afternoon tea as well as lunches.

EASE is a grassroots organisation that works with young people, particularly those affected by the Grenfell tragedy, to provide learning and engagement opportunities. Those working at the café include Somali staff and Moroccan volunteers, assisted by some Open Age member volunteers.

The Mayor felt that using the food bank made a lot of sense, because a great variety of food was donated from one week to the next, and this would ensure that a wide range of dishes could be cooked.

Open Age's CEO Emma Foulds said it was exciting to have the café back, especially as the main question members often asked her was: "When is the café reopening?"

"Food is community and community is what Open Age is all about," she added. "The most important thing in terms of ageing well is about having close connections, because that is what keeps people happy and healthy for longer."



*The Mayor of RBKC with Open Age member Tina John*

## African Art workshop

Silver Sunday had a Black History Month flavour in early October when a session on African Art drew lots of interest. This was well in advance of the Contemporary African Art Fair at Somerset House



*Open Age member Christina Saunders holds up one of her African head wrap designs*

in The Strand.

On Friday 3rd October, 11 Open Age members showed up at the Second Half Centre for a Silver Sunday African Art and Stencilling Workshop. Members dived right in, grabbing stencils and paints with real energy.

The fun really kicked off as they printed bold patterns on to coloured paper with their stencils. As the paints dried, they switched to collaging to create their images.

Senior Centre Co-ordinator Andrea Carrington, who taught the workshop, said that for inspiration, participants were given some images of African women wearing headwraps, which they used to create their own art.

She added: "Members connected though small talk, turning the session into more than just art—it became a space for connection. Thank you to all those who attended, making the session a really nice workshop."



# VE Day party at St Margaret's

On 8th May 1945 the Allies formally accepted the unconditional surrender of Germany's armed forces, marking the surrender of German military operations after six long years of devastating war that cost millions of lives and destroyed families, homes and whole towns and cities.

The announcement of the official end to the war in Europe unleashed huge celebrations with millions taking to the streets to dance, sing and hold street parties.

To mark the 80th anniversary of this important occasion, St Margaret's Centre held its own indoor 'street party' on 8th May 2025. The lunchtime event was held in partnership with Vodafone, who provided the food.

*Organiser and Senior Centre Co-ordinator Vivienne Mitchell writes:*

The centre looked splendid, with U-shaped seating and flags, banners and Union Flag plates. One of our members, Mary, brought in a large VE Day banner and some special bunting—it looked amazing.

A dress code of red, white and blue was largely followed, with one member, Birgit Myhill, sporting a suitably tinted wig! Birgit also baked a fabulous Union Jack cake which was as delicious as it was spectacular (see photo on page 1).

Her comment: "It was a lovely day!" while member Frances Burns added: "A great time was had by all, and we so very much appreciated all the efforts by the volunteers."

Vodafone produced a quiz of interesting war facts and figures, we played music from the 1940s, and had a short sing-along. However, we did not forget why the event was being held, and I myself read aloud a moving memoir by the actress Sheila Hancock recalling childhood experiences of evacuation and the aftermath of the War.



Topping off the celebrations, we had arranged a surprise visit from my predecessor Hannah Munns and Hannah's gorgeous twin babies, Xena and Xavier—much to the delight of the participants! Hannah even joined in the singing and dancing.

Mary said: "We had a wonderful time, celebrating peace and unity. Open Age members of mixed nationalities all came together, including those from nations against whom Britain fought during the War. This day showed us all that friendship is so much stronger than enmity."

Altogether it was a memorable, moving and fun afternoon's celebration of a historic day.



**Participant Marisa Corapi recalled:**

"We had a fantastic day, and it was the first time we had seen Hannah and her twins. The babies were lovely, and Hannah looked very happy."

Born in South Italy but raised in Rome (where the T-shirt in the photo was bought), Marisa is a busy member of Open Age. Every Friday she spends the whole day at St Margaret's enjoying table tennis and games, but on three other days she is at New Horizons. On Monday she attends shared reading with Ghada Gaylani, on Wednesday she is part of the singing group with tutor Josh Millais, and on Thursday she can be found in the arts and crafts class with Sat Saluja.

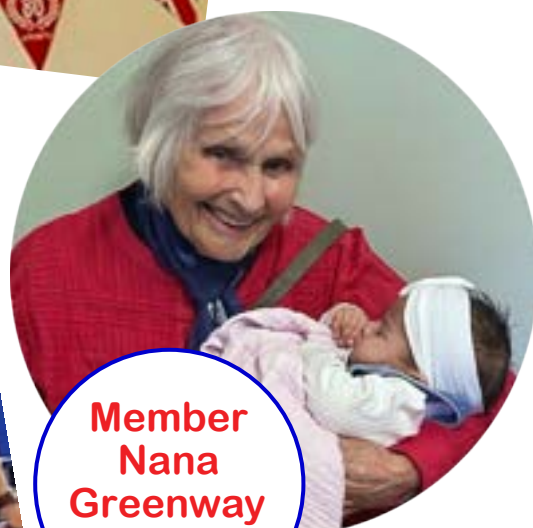




VE Day banner



Vodafone staff



Member Nana Greenway with Xena



Partygoers





# We're still doing well!

## AGM 2025

Free tea and coffee and a five-minute film about the charity launched the 2025 AGM of Open Age at The Avenues on Friday 26th September—and it was largely good news on all fronts.

After a welcome from the chair Eric Kihlstrom, CEO Emma Foulds reported that in recent feedback, 92 percent of members would recommend Open Age to friends, and 85 percent rated tutors as good or very good.

In the year 2024-25, the charity ran nearly 8,000 activities, and over 2,500 members took part in at least one session, although many took more.

Colin Campbell, who is Open Age treasurer and also a trustee, said that income in 2024 was higher than this year's because of a couple of large bequests and a special technology grant last year.

But despite running a deficit currently, the charity still has a fairly healthy cash balance and is seeking new sources of funding. It is also aiming to develop a method of online banking.

An audience of nearly 40 had some lively questions. Some members asked for more evening and weekend activities—including more lively parties and Karaoke opportunities!—and were assured that this was being investigated.

All members on the Board of Trustees were re-elected—apart from Malti Joshi, who had dropped out due to pressure of other commitments. They were Colin Campbell, longest serving trustee Marcia Blakenham (who was unable to be present), Hilary Bowker, Sandra Franklin and

Ann Lewis. Another long-serving member is Cynthia Bullock.

A member trustee who left the Board in January 2024 after ten years' service was former vice-chair Maggy Pigott. She wrote a book about ageing featured in the Winter 2019-2020 issue of this newsletter (Issue 35) and on the website.



*Cynthia Bullock*

The Board deals with accounting, future planning, finance and funding, look at risks facing the charity and puts in place plans to mitigate such risks. It basically oversees the running of the Charity to ensure guidelines are adhered to.

The work is voluntary, and involves meetings five times a year for around two hours.

Three of the trustees—Sandra Franklin, Ann Lewis and Hilary Bowker—explained how they got involved (below, and page 9). Ann and Hilary are also members of the Finance, Risk and Staffing sub-committee management.

### **Sandra Franklin—trustee**

I am a Member Trustee, and pay for any classes I attend. My interest in applying to become a Trustee

approximately seven years ago, was to be able to give something back to this organisation, which is so therapeutic to so many people over a very diversified social reach.

I gain a lot of enjoyment from being a member of Open Age and hope my input with ideas is of value to ensure the organisation can maintain its high profile and continue to exist with financial support from local boroughs and donations. All staff are very enthusiastic and have a high level of expertise in their fields.



*Sandra Franklin*

I have lived in RBKC for approximately 33 years, and have worked as a Medical Secretary and Assistant Practice Manager. For over 40 years I have been a volunteer at a specialist hospital within the borough, where I have been Chairman, Trustee and President of the Friends. I have DBS clearance for work with children and young people.

When in full employment my career was diversified and included fashion, film and property management/sales. My



interests involve further voluntary input, including art and music. I enjoy food, wine, travel and am a regular swimmer.

### **Ann Lewis—trustee**

I came across Open Age in 2017 when I was looking for local Pilates classes. Other members of the class at the Second Half Centre recommended other Open Age activities.



**Ann Lewis**

So, over the last eight years, I have attended many classes, including History of Art, How to Use The Cloud, Tai Chi, Yoga and Drawing at the V&A.

In response to an advert in the Open Age mailing, I expressed an interest in being a member of the Board in 2022. I met with Iain Cassidy, then the CEO, and other Board members and attended a Board meeting as an observer.

I decided that I did want to join and was elected on to the Board at the December 2022 AGM. I was interested in learning more about how the organisation worked and hoped that my skills and experience would be useful.

I retired in 2016, having spent most of my career working in the

charity/voluntary sector, mainly in the legal advice sector. I qualified as a solicitor in 1985 and spent many years as a housing solicitor before becoming Director of North Kensington Law Centre for nine years.

I have been a Board member of several charities previously and know how difficult it can be to find the money and resources you need. I hope that, as a Board member, I can support Open Age to meet these challenges.

### **Hilary Bowker—trustee**

I was born in Bermuda but moved to the Laurentian mountains in Quebec, Canada when I was six. I have moved a lot, living in Switzerland, Lebanon, England and Italy.



**Hilary Bowker**

I eventually worked in broadcast news for 20 years and later made a career organising and moderating conferences around the world. Too much travel and hectic schedules had an impact on my health, so I slowed down and then stopped working in my 60s.

My husband joined Open Age in 2017 and encouraged me to join

him for art lessons at the Second Half Centre. I enjoyed these a lot, but it was dance and Zumba classes that had me hooked.

Soon I was at Open Age at least three times a week, meeting new people and thoroughly enjoying myself. It was a great way to get out of the house and get fit.

I joined the board in March 2018 after Helen Leech, the former CEO and founder of Open Age, asked if I wanted to be a trustee. She thought my media background would be useful. This was my first time on a board and I was enthusiastic to learn as much as I could about how Open Age ticks.

COVID had a huge impact on Open Age and we responded well. We managed to contact almost all members to ensure their wellbeing. Then we set up classes online and gave Zoom lessons. Online exercise classes literally helped me get back on my feet after a bad fall.

Getting fit is one way Open Age helps the over 50s live better. Meeting new friends and learning new skills is another. Loneliness and a lack of purpose threaten many older people and we can help change that.

Trustees want to ensure that this wonderful organisation can grow and thrive despite shrinking government funding. We help identify ways to expand our reach and to pay for our essential work.

Being a part of Open Age is a boon. I believe in what we do and am happy to have an opportunity to support this wonderful organisation. It has also helped me fill a hole that retirement had left in my life. Open Age keeps me engaged and active.

## Giving made easy

Since early August, Open Age has had a new manager in a brand new role—so we extend a warm welcome to Lorna Schofield, the Fundraising Manager for Community and Individual Giving.

The role is designed to give Open Age additional income that is not so tightly tied to specific projects and gives the charity more flexibility to plug holes and fill gaps that statutory and trust funders may be less able to do.

A Business Studies graduate, Lorna has worked for Oxfam recruiting volunteers and managed telephone fundraising at ActionAid, followed by five years at World Animal Protection, where she launched their Adopt-an-Animal scheme and was lucky enough to take donors to a sanctuary for rescued bears in Turkey.

After a couple of years at a marketing agency, with clients including Royal Academy of Arts, Stonewall, Cancer Research UK, and Refugee Council, she worked at CPRE—The Countryside Charity, where she managed a department responsible for fundraising and supporter care.

Based in all the four Open Age centres at different times, or at home, Lorna's work is online, on the phone or in person, seeking donations from individuals in a way that suits them, and is most cost effective for Open Age. That can be through posting newsletters, organising events, or making a phone call if that's appropriate.

"Part of my role also involves reaching out to the wider community, including local residents and businesses," says Lorna. "Building income takes time, and a good place to start is with the people who know and love Open Age.

"I am encouraged by the number of our own members who have suggested they would like to support our charity, and I'm so grateful to the people who already donate or give their time."

Methods of promoting support include:

- Creating a legacy-giving programme (for those who may want to leave a gift in their will)
- Setting up easier ways for people to give regularly, such as via Direct Debit
- Improving forms and online systems so that donating, if someone chooses to, is simple and straightforward
- Generally making sure that anyone who wants to support the work has the information to do so

Lorna adds: "The welcome I've received from members and staff at Open Age has been beyond my expectations, and I feel at home already. I am genuinely excited about the work."

If you would like to donate, feel free to text or email Lorna on mobile: 07766 748063 or email: [LSchofield@openage.org.uk](mailto:LSchofield@openage.org.uk) or visit the Open Age website, or look out for opportunities in our mailings and emails.



**Lorna Schofield**

### Changes at Chelsea

*Members who attend New Horizons Centre regularly were delighted to discover in June that a familiar face to Cadogan Street as Senior Centre Co-ordinator.*

*Fiolla Korenica's assistant Laura Taylor left Open Age in January to work for the arts charity Art History Link-Up.*

*But when Fiolla moved on in May to become Operations Administrator at Nuffield Family Justice Observatory, the opportunity for Laura to return to Open Age and step into her shoes was hard to resist.*

*Laura's assistant, Centre Co-ordinator Natalie Mitchell (mentioned in our last issue,) has also moved on after just a few months. She left early in September to do a university degree.*

*New Centre Co-ordinator is Lauren Reid Edwards, who arrived on 24th September. You may also have met Rutuja Pawar, a recently recruited part-time co-ordinator across several centres.*



## Quizzer Judith moves on

After running the popular quiz group at the New Horizons Centre since 2012, with thousands of questions under her belt, Judith Steuart-Corry finally packed up her files and box of pencils to take a well-earned rest.

Regulars gave her cards and gifts and shared snacks and cake on Wednesday 30th July before the group started its August break, but they made her promise to pop in for coffee and visits.

Judith will continue to run the Book Club at New Horizons once a month on Fridays, when participants choose a book a month to read and discuss, although initially it was taking a break.

She told quizzers: "The quiz group was started by American students on sabbatical. It was then run by Gunther Zwickle, and when he became ill, I was asked to carry on for a bit—but it's turned out to be 13 years!

"It involves quite a bit of work collecting questions, but I have enjoyed it. It's been a very satisfying and interesting experience, which helps stimulate the brain, and you learn many new facts. We also have lots of laughs and jokes!"

Judith joined Open Age in 2010 and initially was a volunteer on New Horizons reception, before being persuaded to take on extra activities.

She began running the quiz by noting down questions from TV shows like *Eggheads* and *The Chase*, but later found quiz books a good source of material.

Usually there are multiple choice answers, but in 2014 Judith got help from Anne-Marie Cadars, who compiles questions without any clues. Currently Anne-Marie prepares some questions and the Centre Co-ordinators prepare others.



*Judith with quiz group*

### Fancy a nature bath?

Charged a mere £2 for a two-hour session, ten members curious about the Japanese practice of shinrin-yoku immersed themselves in a forest atmosphere deep in leafy Holland Park on Wednesday 24th September.

**Forest bathing** is a method of mindfully engaging the senses to promote relaxation and improve well-being. It involves slowing down, connecting with nature, and absorbing the sights, sounds and smells of the environment.

Participants—up to twelve are allowed—were so positive with their feedback that tutor Elizabeth Grochowska is hoping to run more guided sessions next spring—mainly in Holland Park, which offers a perfect venue for this activity.

During the forest bathing session, you are gently guided to reconnect with the healing powers of nature. The aim is to awaken your senses by observing colours, textures, and

movement, listening to bird-song, touching bark or moss, and inhaling the air filled with the scent of plants and soil, and natural compounds released by trees.

Biologist and holistic health practitioner Elizabeth explains: "Forest Bathing involves mindful nature exploration, which enables a person to experience inner peace, feel deep connection and stress relief. This is achieved by immersing oneself in nature's healing energy through gentle sensory exercises designed to restore balance and well-being.

"My mindful nature walks offer a perfect opportunity to unwind, connect with the natural world, and find tranquillity. Breathe in the fresh air, take in the sights and sounds around you, and clear your mind as you enjoy a leisurely stroll.

"Whether someone is seeking to de-stress, clear one's mind, or simply reconnect with nature, this is the ideal escape from the everyday hustle."

# Olivia gets us moving



Olivia Godley taught Chi Chi Fit at The Avenues from September 2024 to July 2025. The class involved a range of musical theatre songs, whilst performing dance routines to the music—upbeat, sweaty, challenging and joyful.

Then she had to step away from the class due to her current role as Physical Activities Co-ordinator for Open Age, covering South Westminster, South RBKC, and Hammersmith & Fulham—overseeing the co-ordination of around 40 weekly physical activity sessions across these boroughs.

On 2nd and 3rd October, she organised 'Move-a-Thon' as part of the 2025 Silver Sunday celebrations, with two full-day events at the Chelsea Theatre and The Avenues. Each day featured six different dance and movement sessions, running from 10 a.m. to 3 p.m, with each session lasting 40 minutes and a 10-minute break in between.

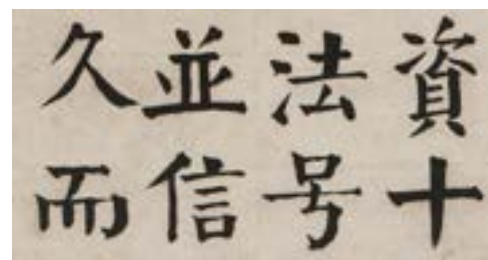
Says Olivia: "Styles included tango, street dance, Zumba, and disco line dancing. Many members stayed for the entire day, which was great to witness. It showed just how much hard work and dedication they brought to the event."

*Move-a-Thon at the Chelsea Theatre with Olivia (inset)*

WHEN members at the Second Half Centre were asked on a course evaluation form what new subjects they would like, Chinese Calligraphy popped up—and now a full class of 10 people with no prior experience is enjoying this graceful fusion of art, culture, and expression. Through guided hands-on practice, students learn brush techniques, character structure, and the cultural heritage behind this timeless art—while experiencing its calming, meditative qualities.

Chinese is one of the world's oldest written languages, and its calligraphy with flowing brushstrokes and balanced forms has inspired artistic traditions across Asia. This course, run by tutor Chu Grace, focuses on the clear and elegant standard script (Kaishu), which is square and upright, with well-defined strokes, and is favoured for everyday writing.

## Why calligraphy?



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The **Open Age Members' Newsletter** is written, edited and designed by volunteers/members of Open Age, a registered charity, and distributed by staff via email and hard copies. Please email your news to [kayonhold@hotmail.co.uk](mailto:kayonhold@hotmail.co.uk) or text Kay on 07748 662213.

New Horizons, Chelsea, the Second Half Centre, Kensington, The Avenues, North Westminster and St Margaret's, South Westminster, are pioneering activity centres for older people delivered by Open Age (Registered Charity No. 1160125), in partnership with the Royal Borough of Kensington and Chelsea and NHS Kensington and Chelsea.

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