



Time for Me Programme

April 2024

**Health, leisure and learning for unpaid carers over 50
in Westminster and Kensington and Chelsea**

For further details and to book please
Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

Week Commencing: Monday 1 st April				
Event	Date	Time	Location	Details
Creams Café	Thursday 4 th April	11am – 1pm	Creams Café, Marble Arch	Creams café are offering Open Age members a morning of delicious sweet treats and relaxed games. Our lovely Avenues Senior Centre Coordinator, Marinne, will be leading the trip.
The Revellers Club	Thursday 4 th April	10:30am – 12pm	Royal Albert Hall	A morning of mischief and fun, join us at The Revellers Club; a creative and social hub for people living with dementia and their carers. Must book on.
Yoko Ono: Music of the Mind Exhibition	Thursday 4 th April	2:30pm – 4:30pm	Tate Modern	Discover over 200 pieces of Ono's ground-breaking work that spans over more than seven decades. There will be an optional complimentary tea social after.
Week Commencing: Monday 8 th April				
Creative Writing with Roshni	Wednesday 10 th April	10:00am – 12:00pm	Open Age Online	Unleash your inner author and explore writing as a means of self-expression. Suitable for all levels.
Walk & Talk: Holland Park	Thursday 11 th April	2:30pm – 4:30pm	Holland Park	A mindful exploration of Holland Park, followed by light complimentary refreshments.
Week Commencing: Monday 15 th March				
Women's Spa Visit	Thursday 18 th April	10am – 12pm	Porchester Spa	A mid-week zen and self-care session at Porchester Spa. Must book. £5 pp
Week Commencing: Monday 22 nd April				
ACL: IT for Carers	Tuesday 23 rd April	10:00am – 12:00pm	Second Half Centre	Want to learn or improve your computer skills? Come along to this 5-week series to boost your

	(Every Tuesday until 21 st May)			confidence. Must be able to commit to all 5 sessions.
Creative Writing with Poonam	Wednesday 24 th April	10:00am – 12:00pm	Open Age Online	Unleash your inner author and explore writing as a means of self-expression. Suitable for all levels.
Men's Spa Visit	Wednesday 24 th April	11:30am – 1:30pm	Porchester Spa	A mid-week zen and self-care session at Porchester Spa. Must book. £5 pp
Film Club	Thursday 25 th April	TBC	TBC	Enjoy the month's film offering via member's poll.
Week Commencing: Monday 22nd April				
ACL: IT for Carers	Tuesday 30 th April (Every Tuesday until 21 st May)	10:00am – 12:00pm	Second Half Centre	Want to learn or improve your computer skills? Come along to this 5-week series to boost your confidence. Must be able to commit to all 5 sessions.
London Zoo x Coffee Morning	Tuesday 30 th April	10:30am – 2:00pm	London Zoo	Postponed from the previous date in March: start your morning off with a relaxed crafts session, with a warm beverage, before going around the zoo to see the animals.

Open Age

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