



**OPEN
AGE**

life's just begun

Time for Me Programme August 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

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Details</u>
Week Commencing: Monday 29th July				
The Revellers Club	Thursday 1 st August	10:30am – 12:00pm	The 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.
Week Commencing: Monday 5th August				
Kensington Palace Community Celebration	Friday 9 th August	12:00 – 4:00pm	The Orangery Gardens Kensington Palace	Join in on the fun at the Historic Royal Palaces' community celebration event of the year. There will be arts & crafts (postcard making, collaborative mural making), School of Humanity, an Afrobeats, and Indian music and dance workshops.
Trip: Brighton	Saturday 10 th August	10:00am – 6:00pm	Brighton	Setting off at 10am via coach from Victoria Coach station, we will be enjoying a day out of the city and seeing what the coast of Brighton has to offer. We will end the day at 6pm , with a return into London at approx. 7:30pm . £10pp. Waiting list available.
Week Commencing: Monday 12th August				
Opera Holland Park	Tuesday 13 th August	2:00-3:30pm	St. George's Church, Aubrey Walk, W8 7JG	You are cordially invited to a beautifully serenaded afternoon by the fantastic talent from Opera Holland Park; tea and biscuits will be served during interval. Minimum Donation £3pp. Spaces very limited.

Kew Gardens Visit (Walk & Talk)	Friday 16 th August	2:00 – 5:00pm	Kew Gardens	Let's walk and talk together, exploring the Kew's expansive grounds and botanical magic. We will end the session with light refreshments to regroup.
Week Commencing 19th August				
I will be out of office from Monday 19th August until Tuesday 27th August.				
Please contact Bee: BBurgess@openage.org.uk only in the event of urgent or safeguarding concerns. If you would like to book onto activities in my absence, please email me or leave a message via text, I will see to it on my return.				
Week Commencing: Monday 26th August				
August Bank Holiday	Monday 26th August	All Day		All centres will be closed, and all Open Age staff will not be working.
Film Club	Thursday 29 th August	Time TBC	TBC	Enjoy the month's film offering via member's poll. Details TBC closer to the time. Family and friends welcome! £2pp.
Open Age Mile	Saturday 31 st August	11:00am – 2:00pm	Holland Park	Calling all Time for Me members to walk the walk! We are looking for members to represent the project at our exciting annual fundraising event. You will be taking part in a mile-walk in Holland Park to promote our services. Open to family and friends, there will be games, a lively community spirit and tasty bake sale to indulge in. Min Donation £3. Volunteers also welcome.

<p>Open Age St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ. Tel: 020 4516 9978. Charitable Incorporated Organisation Number 1160125. www.openage.org.uk</p>
--