



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 29 th April				
Event	Date	Time	Location	Details
The Revellers Club	Thursday 2 nd May	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 with Ed Cobbold: engagement@royalalberthall.com / 020 7959 0540
Week Commencing: Monday 6 th May				
Creative Writing with Roshni	Wednesday 8 th May	10:00am – 12:00pm	Zoom	Unleash your inner author and explore writing as a means of self-expression. Suitable for all levels. Join Creative Writing
Week Commencing: Monday 13 th May				
Men's Spa Visit	Wednesday 15 th May	12:00 – 1:00pm	Porchester Spa	A mid-week zen and self-care session at Porchester Spa. Must book. £5 pp.
Women's Spa Visit	Thursday 16 th May	10:00am – 12:00pm	Porchester Spa	A mid-week zen and self-care session at Porchester Spa. Must book. £5 pp.
Week Commencing: Monday 20 th May				
Film Club	Thursday 23 rd May	Time TBC	Vue Westfield Shepherd's Bush	Enjoy the month's film offering via member's poll.
Chelsea Physic Garden & Afternoon Tea (Walk & Talk)	Friday 24 th May	2:30 – 5:00pm	Chelsea Physic Garden	Spend a slow afternoon in the oldest botanical garden in Europe, followed by a wonderful Afternoon Tea. Spaces are limited, waiting list available.

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

