

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

Event	Date	<u>Time</u>	Location	Details			
Week Commencing: Monday 28 <sup>th</sup> April							
Open Age Members Exhibition	Thursday 1 <sup>st</sup> May	2:00pm	Saatchi Gallery	Join the Saatchi gallery's showcase of Open Age members incredible art work inspired by the Flowers exhibition. This will be a self-led visit with free access into the gallery's Flower exhibition.			
	Week Con	nmencing: Mond	ay 5 <sup>th</sup> May				
Early May Bank Holiday	Monday 5 <sup>th</sup> May	Please note that all centres will be closed for the Early May Bank Holiday.					
Creative Writing with Roshni	Wednesday 7 <sup>th</sup> May	10:00am – 12:00pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.			
The Revellers Club	Thursday 8 <sup>th</sup> May	10:30am – 12:15pm	Royal Albert Hall	Join in on a morning of crafts, music and cheer for people living with dementia and their carers.			
	Week Com	mencing: Monda	ay 12 <sup>th</sup> May				
Mindful Walk & Talk with EFT & Breathwork Workshop, followed by Meditation	Tuesday 13 <sup>th</sup> May	12:00pm – 2:30pm	TBC	Connect with nature through movement before a restful break and an EFT (Emotional Freedom Technique, known as psychological acupressure) workshop designed to promote full relaxation and give you tools to manage stress. The session will finish off with a meditation in nature.			

Open Age	
St Charles Centre for Health & Wellbeing,	
Exmoor Street, London W10 6DZ.	
Tel: 020 4516 9978.	
Charitable Incorporated Organisation Number 1160125.	

Film Club         Inursoay 15 <sup>st</sup> May         I BC         I BC         I BC         End of the ingletity is months thim offering. Details to follow a week prior to the event.           Threads & Stitches         Friday 16 <sup>th</sup> May         1:00-3:00pm         Second Half Centre         Chat and knit in our relaxed atternoon class with genite guidance.           Royal Albert Hall Dementia Friendly Tour         Thursday 22 <sup>nd</sup> May         10:00 –         Royal Albert Hall         To mark Dementia Awareness Week, the Royal Albert Hall look forward to welcoming you and your loved ones for a dementia.           Canal Boat Trip (keep off programme? Put on calendar to add a week before?)         Thursday 22 <sup>nd</sup> May         1:30pm –         Little Venice –         Enjoy a slow afternoon in the sun on a return to Little Venice to Camden         Enjoy a slow afternoon in the sun on a return to Little Venice to Camden. We will explore Camden, stop for refreshments, before getting back on board to return to Little Venice to Camden. We will explore camden, stop for refreshments, before getting back on board to return to Little Venice to Camden. Hall Nor on a return to Little Venice to Camden. We will explore camden, stop for refreshments, before getting back on board to return to Little Venice to Camden. Hall Nor on a return to Little Venice to Camden. Hall Nor on a return to Little Venice to Camden. Hall Nor on a return to Little Venice to Camden. Hall Nor envices device and the sun on a return to Little Venice.           Dementia Fair         Friday 23 <sup>nd</sup> May         1:30 – 4:30pm         The Small Hall, Kensington Town Hall         Your one-stop hub of dementia support and services, featuring informati			TDO	TDO		
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Please email Bee Burgess in the event of safeguarding concerns only: BBurgess@openage.org.uk.	Notice: I will be on annual leave from May 27 <sup>th</sup> returning on Tuesday 3 <sup>rd</sup> June.					
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