



Time for Me Programme

May 2025

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 28th April				
Open Age Members Exhibition	Thursday 1 st 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 Commencing: Monday 5th May				
Early May Bank Holiday	Monday 5 th May	Please note that all centres will be closed for the Early May Bank Holiday.		
Creative Writing with Roshni	Wednesday 7 th 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 th 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 Commencing: Monday 12th May				
Mindful Walk & Talk with EFT & Breathwork Workshop, followed by Meditation	Tuesday 13 th May	12:00pm – 2:30pm	TBC	Connect with nature through movement before a restful break and an EFT (Emotional Freedom Technique, known as psychological acupuncture) workshop designed to promote full relaxation and give you tools to manage stress. The session will finish off with a meditation in nature.

Film Club	Thursday 15 th May	TBC	TBC	Enjoy this month's film offering. Details to follow a week prior to the event.
Threads & Stitches	Friday 16 th May	1:00-3:00pm TBC	Second Half Centre	Chat and knit in our relaxed afternoon class with gentle guidance. Refreshments provided.
Week Commencing: Monday 19 th May				
Royal Albert Hall Dementia Friendly Tour	Thursday 22 nd May	10:00 – 11:00am	Royal Albert Hall	To mark Dementia Awareness Week, the Royal Albert Hall look forward to welcoming you and your loved ones for a dementia-friendly tour followed by tea and cake.
Canal Boat Trip (keep off programme? Put on calendar to add a week before?)	Thursday 22 nd May Weather dependent	1:30pm – 4:00pm	Little Venice – Camden	Enjoy a slow afternoon in the sun on a return trip from Little Venice to Camden. We will explore Camden, stop for refreshments, before getting back on board to return to Little Venice.
Dementia Fair	Friday 23 rd May	1:30 – 4:30pm	The Small Hall, Kensington Town Hall	Your one-stop hub of dementia support and services, featuring information stalls from local organizations, talks from Dementia UK Admiral Nurses, Imperial College London, legal and financial advice and free health checks including blood pressure screenings.
Week Commencing: Monday 26 th May				
Spring Bank Holiday	Monday 26 th May	Please note that all centres will be closed for the Spring Bank Holiday.		
Notice: I will be on annual leave from May 27th returning on Tuesday 3rd June .				
Please email Bee Burgess in the event of safeguarding concerns only: BBurgess@openage.org.uk .				