



Time for Me Programme

JANUARY 2026

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 5th January				
Creative Writing with Poonam	Wednesday 7th	10am to 12pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
Exhibition: <u>Turner & Constable: Rivals & Originals</u>	Thursday 8th	10.30 am	Tate Britain, Millbank, SW1P 4RG	<p>“Marking 250 years since their births, this landmark exhibition explores Turner and Constable's intertwined lives and legacies. Discover unexpected sides to both artists alongside intimate insights seen through sketchbooks and personal items.</p> <p>Experience many of the artists' greatest works, with over 170 paintings and works on paper. Highlights include Turner's momentous 1835 The Burning of the Houses of Lords and Commons, not seen in Britain for over a century and The White Horse 1819, one of Constable's greatest artistic achievements.</p> <p>This is a one in a lifetime opportunity to explore the careers of the two greatest British landscape painters, seen – as they often were in their own time – side by side.”</p>

Week Commencing: Monday 12th January

Cinema	Thursday 15th	PM	TBC	TBC – depending on what's on in the New Year
Bowling	Friday 16th	2pm to 4pm	Queens, 17 Queensway W2 4QP	Come along and have some fun, see if you can get a strike, or a spare or...just knock down ANY pins. We're not competitive and the emphasis is really just on having a good time.

Week Commencing: Monday 19th January

Creative Writing with Roshni	Wednesday 21st	10am to 12pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
Exhibition: Design and Disability	Friday 23rd	2pm to 4pm	Victoria and Albert Museum, Cromwell Road, SW7 2RL	<p>"Both a celebration and a call to action, <i>Design and Disability</i> showcases the radical contributions of Disabled, Deaf, and neurodivergent people and communities to design history and contemporary culture, from the 1940s to now."</p> <p><i>I hear on good authority that this exhibition is very interesting - Susie</i></p>

Week Commencing: Monday 26th January

Lunch Club at New Horizon's	Wednesday 28th	12.30pm to 2pm	The café at New Horizons Centre, SW3 2PF	<p>An opportunity to meet other carers and have a chat whilst supporting this sweet café.</p> <p>Also an opportunity to feedback to Susie about things you'd like to see added to the programme.</p> <p>At the moment there is only one menu option per day – but that's part of the fun! A meal costs in the region of £3.50 to £5 with drinks on top. Please bring CASH to pay for your meal.</p>
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TBC	TBC	Afternoon	TBC	<u>You guessed it...TBC</u>
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As ever, remember that Open Age has a wide range of classes and activities across its four centres and community hubs all at very low cost meaning, if there's nothing in the TFM programme that you fancy, you're more than likely to find something in the wider Open Age programme.

Outside Organisations

Dementia Friendly Visits with Westminster Abbey. Booked via the links below.

- **15 January, 11:30 am** – [*Dementia Friendly Visit: Poets' Corner*](#)

Booking link: [Dementia Friendly Visit: Poet's Corner Tickets, Thu, Jan 15, 2026 at 11:30 AM | Eventbrite](#)

- **10 March, 11:30 am** – [*Dementia Friendly Visit: England's Oldest Garden*](#)

Booking link: [Dementia Friendly Visit: England's Oldest Garden Tickets, Tue, Mar 10, 2026 at 11:30 AM | Eventbrite](#)