



# Time for Me Programme

## June 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](mailto:carerstimeforme@openage.org.uk) or Call: 020 4516 9976

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Details</u>
<b>Week Commencing: Monday 2<sup>nd</sup> June</b>  Please note that <b>Monday 26<sup>th</sup> May</b> is a Bank Holiday, all of our centres will be closed.				
<b>Bereavement Café</b>	Thursday 5 <sup>th</sup> June	11:00am- 1:00pm	Pembridge Hospice  St. Charles Centre for Health & Wellbeing	Are you grieving the loss of someone close to you? Pembridge Hospice Charity warmly welcomes you to drop by into their monthly bereavement support group. Sessions are free, no need to book. For more information, please enquire.
<b>Simmer Down</b>	Friday 6 <sup>th</sup> June	1:30 – 3:00pm	Southbank Centre	Feel the reggae rhythm at this monthly meet up and daytime dance. <b>Simmer Down</b> is a home for reggae revival; uniting communities and sparking joy and connection through live music at the Southbank Centre. <b>Family and friends welcome.</b>
<b>Week Commencing: Monday 9<sup>th</sup> June – Carers Week   Men's Health Week</b>  Celebrating this year's <b>Carers Week</b> – which calls for a society where carers are truly valued, recognised and supported. This week also marks International <b>Men's Health Week</b> which aims to raise awareness about men's health and encourage them to seek help and advice.  Please see attached flyers for more events near you throughout Carers Week.				
<b>Men's Social</b>	Wednesday 11 <sup>th</sup> June	2:30 – 5:00pm	TBC	Join Russell, our Men's Space coordinator for a

				relaxed or competitive game of bowling! After the game, you'll refuel with a well-earned lunch and relaxed social.
<b>Carers Support: Home Visit Drop-In</b>	Wednesday 11 <sup>th</sup> June	10:00am – 5:00pm	Various	Are you an unpaid carer, requiring information and support, but are unable to leave the person you care for? This home visit drop-in session is for you, please book in at a time that suits you or propose an alternative time and date according to your availability.
<b>New Carers: Cream Tea Social</b>	Thursday 12 <sup>th</sup> June	1:00 – 3:00pm	Candella Tea Room	Welcoming <i>Time for Me</i> members who are new to the project or haven't engaged with us before/in a while to meet each other and learn more about the project and programme, as well as receive additional support and information. <b>Spaces limited.</b>
<b>Week Commencing: Monday 16<sup>th</sup> June</b>				
<b>The Salt Path</b>	Tuesday 17 <sup>th</sup> June	TBC	TBC	Based on a true story, <b>The Salt Path</b> details a couple's year-long walk along the South West Coast Path after losing their home and confront the husband's new diagnosis with a terminal illness. <b>Family and friends welcome.</b>
<b>Kew Gardens</b>	Thursday 19 <sup>th</sup> June	11:00am – 2:00pm	Kew Gardens	Immerse yourself in the natural grounds at Kew Gardens as a group or at your own pace, enjoying the immersive art installations, then regrouping for a complimentary tea and

				chat (optional). <b>Family and friends welcome.</b>
<b>The Revellers Club</b>	Thursday 19 <sup>th</sup> June	10:30am – 12:15pm	The Royal Albert Hall	A place where mischief, merriment and are welcome; The Revellers Club welcomes people living with dementia and their carers to connect over a multi-arts programme.
<b>Bereavement Café</b>	Thursday 19 <sup>th</sup> June	6:00-7:30pm	Pembridge Hospice  St. Charles Centre for Health & Wellbeing	Are you grieving the loss of someone close to you? Pembridge Hospice Charity warmly welcomes you to drop by into their monthly bereavement support group. Sessions are free, no need to book. For more information, please enquire.
<b>Carers IT: Drop-In Support</b>	Friday 20 <sup>th</sup> June	10:00am – 12:00pm	Second Half Centre	Need help with your IT equipment? Book our 30mins support slots, offered on a first-come-first-served basis.
<b>Week Commencing: Monday 23<sup>rd</sup> June</b>				
<b>Creative Writing with Poonam</b>	Wednesday 25 <sup>th</sup> June	10:00am- 12:00pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
<b>Threads &amp; Stitches</b>	<b>Friday 27<sup>th</sup> June</b>	11:00am – 2:00pm	Kensington Gardens	Knitting with a twist...chat and knit in our relaxed outdoors class with gentle guidance, followed by tea and cake.