



**OPEN AGE** Time for Me Programme  
life's just begun **JUNE 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](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>Time For Me Summer Big Day Out – Number 1</b>				
<b>Saturday 6<sup>th</sup> June – 11.45am onwards</b>				
<p>The first <b>Summer Big Day Out</b> is to “The Great Exhibition Road Festival”</p> <p>Join me for an incredible day of learning through enjoyment at <a href="#">The Great Exhibition Road Festival</a> where science and the arts are being celebrated. The festival has curated a day specially for Time For Me that includes:</p> <p>Exploring the <a href="#">Health and Happiness Zone</a> and meeting scientists, doctors and engineers who are transforming the future of our health and our happiness! The <a href="#">World Science Zone</a> which promises to have “something to surprise every curious mind”. Or maybe the <a href="#">Adults Only Zone</a> (a kids free area) is more up your street, with exhibits and stalls that are more...provocative let's say.</p> <p>You can take part in a <a href="#">Bollywood dancing workshop</a>, get crafty and make a fridge magnet, explore a 1970s Caribbean home, or just explore the various exhibits and activities across the zones.</p> <p>We have spaces booked on the <a href="#">Great Exhibition Experience Walk</a>, for those that like to be active and enjoy a bit of history – this walk will encourage you to consider how the Great Exhibition of 1851 was experienced depending on your standing within Victorian society.</p> <p><a href="#">Britain's First Black Musical Superstar</a> – listen to a recording of a piece by the ground-breaking late Victorian black composer Samuel Coleridge Taylor that was only (re)discovered in 2022 as well as watching two world class musicians perform some of Coleridge Taylors other works.</p> <p>We'll also have a chance to take part in <a href="#">Moving Through Time: A Dance Experiment</a> – an experiment looking at the physics of time and how time moves, bends, and flows through guided dance and improvisation.</p> <p>We've a few places available on The Power of Water Tour of “Imperial College London's Hydrodynamics Laboratory. Inside, you'll witness tsunami run-up experiments, extreme three-dimensional waves, hurricane-force winds acting on the sea surface, ship motion in rough water, and cutting-edge marine robotics in action.”</p>				

Find out more about accessible culturally relevant plant based cooking and taste various creations from vegan bakes to foraged jams at the [Climate Friendly Pop-Up Kitchen](#), You can also pick up recipe cards to help you explore plant based cooking.

There will be places where you can buy lunch or, you're absolutely welcome to bring your own. And as this really **IS** a Big Day Out, the organisers (Imperial College) have also factored in rest points in the less busy Community Area with refreshments (nothing fancy, just a drink and maybe some biscuits).

This day out is only open to adults. We do have lots of spaces though and I'm keen for us to use them all up, so I'll hopefully be able to accommodate you bringing someone with you.

**If you would like to come, get back to me ASAP please. Thank you.**

**Week Commencing: Monday 8<sup>th</sup> June and National Carers Week**

<b>Royal Parks "Tea Among the Trees"</b>	Monday 8th	10am to 12pm	The Learning Centre,  Hyde Park,  W2 2UH	This has fast become a favourite with members.  Join me, staff from the Royal Parks, and other community groups for a morning of chat at the Royal Parks' "Tea Among the Trees" coffee morning with teas, coffees, and delicious pastries and cakes.
<b>Creative Writing with Poonam</b>	Wednesday 10th	10am to 12pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
<b>Wellness: Somatic Chair Yoga with Caroline Hire</b>	Wednesday 10th	1.30pm to 3pm	Chelsea Library,  Chelsea Old Town Hall,  King's Road,  SW3 5EZ	We're lucky to have the lovely Caroline Hire back with us, this time we'll be focusing on movement as a way to release stress and tension with a somatic chair yoga session.  We'll also have a guided mindfulness activity and a group coaching session.  If you've not taken part in a session with Caroline, now is your chance to be enveloped in calm and to come away with actionable tools you can use to ground yourself day to day.  <b>First Come First Served for this one.</b>

<p><b>Book Group:</b>  <b>“Pie &amp; Mash  down the Roman  Road”</b></p>	<p>Thursday  11th</p>	<p>11.45pm to  1.15pm</p>	<p>St Margarets  Hub,    1 Carey Place,    SW1V 2RT</p>	<p>Join us to discuss “Pie &amp; Mash down the Roman Road” – a book about the people of the East End through the lens of the famous pie and mash shop G Kelly.</p> <p>Bring along a packed lunch and let’s have a natter about living in London and what has changed for us (wherever it is we live) across the years in London. If you have any photos you’d like to share that might be lovely too.</p> <p>And you’re perfectly placed to pop into Tate Britain and have a little mooch around while you’re out and about, why not?</p>
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**Week Commencing: Monday 15<sup>th</sup> June**

<p><b>Exhibition:</b>  <a href="#"><u>Schiaparelli:  Fashion  Becomes Art</u></a></p>	<p>Monday15th</p>	<p>2pm to 4pm</p>	<p>V&amp;A South  Kensington,    Cromwell Road,    SW7 2RL</p>	<p>I am excited about this one!!</p> <p>The UK’s first exhibition on Elsa Schiaparelli spans the 1920s to today, celebrating the innovative designer’s influence. It traces the fashion house’s ground-breaking origins and its evolution under current creative director Daniel Roseberry.</p> <p>We’ll also have tea and biscuits as well as the opportunity to do a bit of Schiaparelli inspired crafting.</p>
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<p><b>Exhibition:</b>  <u><a href="#">Vanbrugh: The Drama of Architecture</a></u> at  the Sir John Soane Museum</p>	<p>Wednesday  17th</p>	<p>1.30pm to  3.30pm</p>	<p>Sir John Soane  Museum   13 Lincoln's Inn  Fields,   WC2A 3BP</p>	<p>*** Rescheduled from April***</p> <p>This is a major new exhibition exploring one of the UK's greatest architects – Sir John Vanbrugh who is hailed as '<i>The Rockstar of the English Baroque</i>' and '<i>The original starchitect</i>'. He designed Blenheim Palace and Castle Howard AND Vanbrugh Castle which, as a child always tickled me pink because it is at the end of my mum's road!</p> <p>Sir John Soane was also one of England's greatest architects and his home, now the museum, is said to be stunning!</p>
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**Week Commencing: Monday 22<sup>nd</sup> June**

<p><b>Tea Tasting at Postcard Teas</b></p>	<p>Monday 22nd</p>	<p>10.30am to  12pm</p>	<p><a href="#">Postcard Teas</a>   Dering Street,   New Bond  Street,   W1S 1AG</p>	<p>A really special treat for you.</p> <p>When I worked at one of London's 2 Michelin starred restaurants as well as offering wine pairing to go with the tasting menu, we offered a tea pairing and the teas we used were supplied by the wonderful Postcard Teas.</p> <p>Tim, the owner of Postcard Teas has offered a special tea tasting session for us.</p> <p>Places are very limited (it's a tiny shop) and will be allocated by ballot.</p> <p>Deadline for expressions of interest is Monday 15<sup>th</sup> June.</p>
<p><b>Mini Golf</b></p>	<p>Tuesday 23rd</p>	<p>2pm to 3pm</p>	<p><a href="#">Lane7</a>,   Zig Zag Building,   70 Victoria  Street,   SW1E 6SQ</p>	<p>The aim of the game is fun and only fun.</p> <p>Come along and swing a club and see whether you can get a hole in one or whether those tricky holes have you stumped and going seriously over par.</p>

<a href="#">Henry Moore: Monumental Nature</a>	Thursday 25th	11am to 2pm	Kew Gardens	<p>Kew Gardens is being taken over by Henry Moore. With 30 monumental sculptures across the gardens as well as an exhibition of several of his smaller-scale works including sculpture and drawings.</p> <p>This is one not to be missed, it will be such a treat to see so many of Henry Moore's colossal sculptures in one place.</p> <p>I'm not sure we'll manage to see them all but, let's give it a go.</p> <p><b>Friends and family welcome.</b></p>
<b>Week Commencing: Monday 29<sup>th</sup> June</b>				
<b>Film Club: Film TBA</b>	Monday 29th	2pm to 4pm	Lexi Cinema	<p>The brilliant Lexi Cinema's monthly Seniors Film Club with free tea and biscuits.</p> <p>The Lexi is run by volunteers and is a beautiful independent cinema in Kensal Rise. This has become a firm favourite for some members – why not come early, grab a cuppa, and chin wag with other members?</p> <p><b>The Cinema Club Sells out in advance.</b> Let me know if you would like to attend asap BUT <b>please check your diary beforehand</b> – at the last film club only two of ten members turned up! I'm afraid they'll remove booking rights from us if we do that often.</p>

[Carers Week](#) Monday 8<sup>th</sup> to Sunday 14<sup>th</sup> June – Raising awareness of unpaid carers. This year's theme is "Building Carer Friendly Communities"

[Carers Network](#) have got an absolutely stellar week of activities for you across the week of 8<sup>th</sup> to 14<sup>th</sup> June. I've attached their programme so you can see if there is anything there you fancy – please note I won't be going to any, you'll be going along on your own. And for those of you that don't know, Carers Network is an excellent resource for unpaid carers offering practical, personal, and financial support for unpaid carers.

## **Open Age**

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:**

#### **Pembridge Hospice - St Charles Centre for Health and Wellbeing, W10 6DZ**

- Carers Peer Support Group – for all carers ages 18+ of individuals with life-limiting conditions. Last Thursday of each month from 11am to 12pm.  
For more information call 020 8102 5000 or email [clcht.pembridgeunit@nhs.net](mailto:clcht.pembridgeunit@nhs.net)
- Bereavement Café – First Thursday of the month from 11am to 12pm and third Thursday of the month from 6pm to 7.30pm. No need to book, just turn up.

#### **South Kensington & Chelsea Mental Health Carers Group – The Mental Health Centre, 1 Nightingale Place, SW10 9NG**

This support group is open to all RBKC and Westminster carers whose cared for person has mental health needs. It runs on the first Tuesday of the month from 3,30pm. Tea, coffee, and biscuits are provided.