Time for Me Programme November 2026

Health, leisure and learning for **unpaid carers over 50**
in Westminster and Kensington and Chelsea

You must be a member of Time For Me to attend events.
Unless otherwise specified please book activities either by email: carerstimeforme@openage.org.uk or call: 020 4516 9976

Event	Date	Time	Location	
Week beginning Monday 2nd November				
Quiz	Tuesday 3rd	2pm to 4pm	St Margaret's, 1 Carey Place, SW1V 2RT	Monthly quiz with quiz master "Jonny the Fox". I'd LOVE it if some of you came and joined my team.
Exhibition: The Coming of Age	Wednesday 4th	11am to 12.30pm (or leave when ready).	Wellcome Collection, 183 Euston Road, NW1 2BE	*An exhibition that gives you hope* *about getting old.* ★★★★ The Times I've personally heard that this exhibition is great too (if you don't believe The Times). "'The Coming of Age' explores experiences and perceptions of ageing, from adolescence to later life, and asks how societies can adapt for us all to age better. Across the globe, people are living longer. One in ten children in the UK are expected to live beyond the age of 100. But who gets to live longer and 'age well'? This exhibition explores how experiences of age are shaped

				by our environment, culture and society."
Film: Wicker	Thursday 5th	2pm to 4pm(ish)	The Gate Cinema, 87 Notting Hill, W11 3JZ	Staring the brilliant Olivia Colman as The Fisherman who, tired of being ridiculed by fellow villagers for her solo status and smell, commissions a husband to be made for her out of wicker. "Throw in a talented supporting cast that includes the always excellent Peter Dinklage, Elizabeth Debicki and Richard E. Grant, and Wicker is an original take on romance that entertains by breaking all the rules." I will buy the tickets on the door. If you are 60+ or unemployed/in receipt of Universal Credit please bring proof of that as they offer significant discounts (making it possible for us to go).
Week Commencing: Monday 9th November				
Tea Among the Trees	Monday 9th	10am to 12pm	The Learning Centre, Hyde Park, W2 2UH	The lovely Tea Among the Trees – a member and staff favourite! 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.
Opera: Iphigene en Tauride **Community Night**	Monday 9th	7pm for a 7.30pm start. Finishing at roughly 10pm	English National Opera, The London Coliseum, St Martin's Lane, WC2N 4ES	"A family divided by destiny, reunited by hope. Gluck's rarely performed opera, *Iphigénie en Tauride* makes its ENO debut in a new staging for 2026/27 by Olivier award-winning director Lyndsey Turner." The English National Opera calls this one "An operatic masterpiece". Certainly it looks to be quite special. **Tickets will be allocated by ballot, closing date Thursday 5th at noon.**

Dance: Beginner Latin and Ballroom	Tuesday 10th	12.45pm to 2.45pm	Edward Woods Community Centre, 60 Norland Road, W11 4TX	Dancing is joy. And that is a fact (according to Susie). Come and learn to cha-cha-chá and tango and waltz and more in this beginners' class which is suitable for complete beginners and those looking to refine their skills. Absolutely fine to come on your own but do note that Ballroom and Latin dances are paired dances so you will be expected to dance with other attendees. I haven't been to this specific class but this type of class is usually really friendly and welcoming, no need to worry about dancing with someone you don't know.
Lunch Club at Brunel Happy Hub	Wednesday 11th	12.30pm to 2pm	Brunell Happy Hub, Brunel Estate, Westbourne Park Road, W2 5UZ	We had a lovely time last month here so I'm making it a regular fixture of the TFM calendar (for now). Use this as a time to catch up with friends you've made at TFM or…come along and make some new ones! TFM will pay £5/person towards the lunch and you will need to pay £2 (please bring cash and give to Susie). Finish your lunch with a beautiful fresh mint tea.
Opera: Tosca	Thursday 12th	7pm for a 7.30pm start. Finishing at roughly 9.45pm	English National Opera, The London Coliseum, St Martin's Lane, WC2N 4ES	Twice in one week…the opera house is really spoiling us! "Puccini's classic thriller, *Tosca*, unfolds in a world of desire, fear and resistance, where nothing feels safe and every choice has consequences. One of opera's most electrifying works, *Tosca* moves at breathless pace through desire, betrayal and sacrifice, powered by Giacomo Puccini's soaring score and a heroine forced to confront the brutal limits of love and loyalty. In Annilese Miskimmon's gripping new ENO production, *Tosca* becomes impossible to look away from." **Tickets will be allocated by ballot, closing date Thursday 5th at noon.**

Week Commencing: Monday 16th November				
Concert: Organ Recital	Monday 16th	6.30pm to 8.30pm-ish	Royal Academy of Music, Duke's Hall. 1 – 5 York Gate, Marylebone Road, NW1 5HT	A programme of organ solo and chamber works by Jean-Baptiste Robin, Visiting Professor of Organ at the Academy. Click here to see Jean-Baptiste playing the organ (this takes you to a Youtube video). **Tickets will be allocated by ballot, closing date Thursday 5th at noon.**
Lunch	Tuesday 17th	12.30pm to 2pm	New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF	Trying out the new café at New Horizons. There should be a soup, a main, and a pudding on the menu. The Same as with the Happy Hub TFM Lunch Club, TFM will pay £5 towards this lunch. This will probably cover it but you may need to supplement slightly or buy your own drink.
Men's Spa	Wednesday 18th	11am to whenever you want to leave	Porchester Spa, Queensway, Bayswater, W2 5HS	A couple of hours of relaxation to bolster you for the month ahead. Entrance to the spa includes entrance to the pool. Please note, the pool may be mixed genders. You need to book a time to enter the pool and you must go at that time, failure to attend at the allocated time will result in a fine!
Women's Spa	Thursday 19th	11am to whenever you want to leave.	Porchester Spa, Queensway, Bayswater, W2 5HS	A couple of hours of relaxation to bolster you for the month ahead. Entrance to the spa includes entrance to the pool. Please note, the pool may be mixed genders. You need to book a time to enter the pool and you must go at that time, failure to attend at the allocated time will result in a fine!

				Priority will be given to members who have not been to the spa recently.
Week Commencing: Monday 23rd November				
Coffee afternoon AND… **Learn to knit a beanie hat.**	Tuesday 24th	1.15pm to 2.45pm	St Margaret's, 1 Carey Place, SW1V 2RT	Come and **just join the coffee afternoon, or come and learn to knit** or bring your own project if you're already a knitter. If you're working on something else crafty, you're more than welcome to bring that along to work on in companionship.
Creative Writing with Roshni	Wednesday 25th	10am to 12pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
Concert: Brass Magnolia	Thursday 26th	1pm (finish time TBC)	Royal Academy of Music, Angela Burgess Recital Hall, Marylebone Road, NW1 5HT	A wonderful short concert featuring three brass instruments – the horn, trumpet, and trombone.
Opera: Adriana Mater (Dress Rehearsal)	Thursday 26th	2pm to 5pm	English National Opera, The London Coliseum, St Martin's Lane, WC2N 4ES	"In a world shaped by war, Kaija Saariaho's opera, Adriana Mater finds hope where it seems impossible. Powerful and rarely staged, this ENO debut unites **Artistic Director Annilese Miskimmon** and **Music Director Designate André de Ridder** in their first collaboration." **Tickets will be allocated by ballot, closing date Thursday 19th at noon.**
Week Commencing: Monday 30th November				

Film Club: **Film TBC**	Monday 30th	2pm to 4.30pm	Lexi Cinema, 194b Chamberlayne Road, Kensal Rise, NW10 3JU	Last month's film was "Educating Rita". I had forgotten just how brilliant a film that was. And as ever there was a lively discussion afterwards. The film for this month hasn't been chosen yet but it should be a recent film. Arrive early and get yourself a free cup of tea and a biscuit and then settle down to be entertained. Let me know if you would like to attend asap BUT **please check your diary beforehand.**

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.

If you don't receive the Open Age weekly Bulletin and would like to, please let me know and I will ask the team to add you to the distribution list.

Outside Organisations:

Pembridge Palliative Care Centre - 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
- 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.

Central and North West London Bi-Borough Mental Health Carers' Peer Support Forum

Next forum – 19th November, Church Street Library – 4pm to 6pm. Open to anyone caring for or supporting someone with mental health needs who lives in Westminster or Kensington & Chelsea.

This forum will be held in a different location each month.