



Time for Me Programme October 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

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	
Week beginning Monday 5th October				
Quiz	Tuesday 6th	2pm to 4pm	St Margaret's, 1 Carey Place, SW1V 2RT	There's a new monthly quiz with quiz master "Jonny the Fox". Wouldn't it be great if we could get a TFM Team together! In the interim, we're crashing the party anyway (although...I can't be at this first one).
Knitting and Stitching Show	Thursday 8th	11am to whenever you want to leave. It closes at 5.30pm	Alexandra Palace, Alexandra Palace Way, Wood Green, N22 7AY (the W3 bus from Finsbury Park Station stops right outside the Palace)	Ahead of our craft sessions this month where I (due to popular demand) will be teaching people to knit (a beanie hat, to be precise...in time to gift someone for Winter) we're going to the Knitting and Stitching Show. Now, I know this is a bit of a trek but, it's such a wonderful inspirational day out for anyone interested in fashion and textiles. I can't be trusted with my purse when I'm there, so I usually ban myself from going but...we managed to get a handful of tickets for Open Age and TFM members so I'm risking going back! Who's joining me?

Week Commencing: Monday 12th October

Coffee afternoon AND... Learn to knit a beanie hat	Monday 12th	3.30pm to 4.45pm	Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Road, W10 6DZ	Come and just join the coffee afternoon, or come and learn to knit or bring your own project if you're already a knitter. You will need to bring your choice of DK wool for the hat. Yarn for learning/practicing, and needles, will be provided. If anyone knows how to crochet...I know there are a few members that would be keen to learn, I know the basics but not enough to troubleshoot, or anything like that. Drop-in for coffee and biscuits but if you'd like a knitting lesson please let me know beforehand.
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Opera: Angel's Bones Dress Rehearsal	Tuesday 13th	2pm for a 2.30pm start. Finishing at 3.45pm.	English National Opera, The London Coliseum, St Martin's Lane, WC2N 4ES	This opera is NOT for everyone. See Trigger/content warning below. Tickets allocated by ballot on Tuesday 6th.
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"Two angels fall to earth. Heaven help them.

Angels appear all too rarely. Don't miss them.

Care becomes contempt, and love becomes loathing in this dark, unsettling parable from contemporary composer Du Yun and librettist Royce Vavrek.

Breaking with operatic tradition, Angel's Bone fuses multiple musical genres, spoken word and immersive staging in an uncompromising tale of modern slavery and human trafficking."

This production depicts themes of human trafficking and sexual exploitation as well as extreme violence. The action contains strong drug, smoking and alcohol misuse, sexual violence including rape, and death.

Social Lunch	Thursday 15 th	12pm to 1pm/1.30pm	Brunell Happy Hub, Brunel Estate, Westbourne Park Road, W2 5UZ	I happened to be here one day last week and got chatting to the chef as they were clearing up the kitchen at the end of service and the food looked SO good, and lovely and fresh, and smelled good too. So we're going! TFM will pay £5/person towards the lunch. Depending what you have you may need to top that up (shouldn't be more than £2 for the food) – bring cash!
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Week Commencing: Monday 19th October

Men's Spa	Wednesday 21st	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. Priority will be given to members who have not been to the spa recently.
Women's Spa	Thursday 22nd	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. Priority will be given to members who have not been to the spa recently.

Week Commencing: Monday 26th October

Film Club: Film TBC	Monday 26 th	2pm to 4.30pm	Lexi Cinema, 194b Chamberlayne Road, Kensal Rise, NW10 3JU	We had a really interesting Q&A with the actor Henry Lloyd-Hughes after Septembers film and ran out of time for choosing the film for October so...watch this space. 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. This Film Club is technically for people aged 60+, that's what the funding is built on. But, they're making an exception for us as our membership starts at 50 and it wouldn't be fair to leave out the odd member aged under 60 who would like to attend. But...please do remember that.
Coffee afternoon AND... Learn to knit a beanie hat.	Tuesday 27 th	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 anyone knows how to crochet...I know there are a few members that would be keen to learn, I know the basics but not enough to troubleshoot, or anything like that.
Creative Writing with Roshni	Wednesday 28 th	10am to 12pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
<u>Frida: The Making of an Icon</u>	Thursday 29 th	10.30am (tbc)	Tate Modern	Showcasing "over 30 of Kahlo's most iconic works that introduce her 'many selves' – the dedicated wife, the intellectual, the modern artist, and the political activist. Alongside treasured garments, jewellery, photographs and memorabilia, there are over 200 works by her contemporaries and the artists she inspired from later

				generations, celebrating her lasting impact on those who continue to reimagine and reclaim her remarkable story.”
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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.

Silver Sunday – Open Age has organised lots of wonderful activities and events/trips for Silver Sunday (which, in case you know, isn't just one Sunday – there are activities for almost the first couple of weeks of October).

Soca Dance - Apparently this one is great – it's open to all levels on Thursdays from 12.45pm to 1.15pm at The Avenues. For more information and to book call 020 3713 8737.

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 – North Kensington Library.

Next forum - 8th October. 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.