



Picasso



Camber Sands



RA 250th Summer Exhibition

Time for me means **TIME** for you...

July, August & September 2018

Hello Carers, welcome to your Summer programme. Thank you for taking part in the Spring trips. This programme includes fruit picking, a country walk and seaside trip as well as fabulous art to see, and some other trips closer to home that may interest you. Hopefully you can join us, try new things and have some fun. To book a space call **Reception on 020 8962 4141** ask for Ashley's TFM Chelsea trips. All activities must be booked in advance, but to keep things fair please book only 5 activities at once.

Please note these activities are for unpaid carers, over 50 and living in South Kensington and Chelsea.

Thomas Hayes is the new Kensington & Chelsea Case Worker for Carers Network. You can contact him on 020 8960 3033, Thomas.Hayes @carers-network.org.uk or 07446 213 585. Thomas carries out the Carers Assessments for RBKC carers. Have you had your assessment yet? Get in touch with Thomas.

The Porchester Spa - * Friday 3rd August & * 7th September - Come and enjoy a sauna and steam, and let your troubles drift away. Sorry guys this one is for ladies only. **We will meet at the Porchester Spa at 10.15am. Must Book! There are 8 free day passes available.**

Thursday 19th July - Fresh Flower Arranging Workshop. Would you like to try out your floristry skills with Ivy Gray a qualified florist who will be showing us some clever flower arranging skills. This is a three hour workshop with a break for buffet lunch, which will be provided. **Venue to be confirmed on booking. Workshop will start at 11.30am to 3.30pm. There are 6 free spaces available.**

Friday 20th July - Ockley Village Country Walk & Pub Lunch. From the Pub Walks in Surrey guide, catching a train from Victoria to Ockley (1 hour). From the station we walk for 2.5 miles to the Cricketers Arms stopping for lunch then completing the walk to the station, another 2 miles. A lovely walk leading through bluebell woods, over farm land, a lake and nature reserve lots of wildlife to observe. Must be very mobile, there may be mud in the woods. **We will meet at Victoria Station at 11.30am. There are 7 spaces available.**

Thursday 26th July - Herb Magic at Holland Park Ecology Centre. Explore the world of herbs and find out more about their uses in cookery and as natural remedies. Try some different herbal teas and make a potpourri to take home. **We will meet at the Ecology Centre at 12pm. There are 5 free tickets.**

Friday 27th July - The Magic of Motown Tea Dance with Kenny Charles. Join Open Age for a funky afternoon of excellent entertainment, dancing, good food and the best company. Taking place in the wonderful Royal Gardens Hotel. **We will meet at The Royal Gardens Hotel at 11.30am. The dance will end at 3.30pm. There are 10 tickets available.**

Thursday 2nd August - Secretts at Hurst Farm Milford. A premier food destination in Surrey with over a century of horticultural excellence. High quality home-grown produce their business is focused around a much-loved Farm shop, seasonal pick-your-own and the supply of home-grown produce for the restaurant trade. There's also a butchers, a wonderful tea shop and Hawkins Bros Fine English Wines and Jo's ethical clothing and gift store. **The minibus will pick us up from outside New Horizons 11am, returning to Chelsea at 4pm. There are 15 spaces available. Afternoon tea will be provided. You will need to contribute £5 towards the cost of the day and pay for the fruit you pick.**

*** Friday 3rd August—Porchester Spa, see overleaf. There are 8 free day passes available.**

Friday 10th August - Royal Academy of Arts 250th Summer Exhibition. This year, Grayson Perry RA and his committee of fellow artists have handpicked over 1,300 artworks in an array of mediums. The exhibition extends across the newly-expanded cultural campus, with prints on display in The Sackler Wing of Galleries and a "room of humour" in the new Ronald and Rita McAulay Gallery featuring David Shrigley and Martin Parr. **Meet at The Royal Academy at 11.30am. There are 6 tickets available you will need to contribute £5 towards the cost of the ticket.**

Friday 24th August - The Ey Exhibition. Picasso 1932 — Love, Fame Tragedy at Tate Modern. This is the first ever solo Pablo Picasso exhibition at Tate Modern. It will bring you face-to-face with more than 100 paintings, sculptures and drawings, mixed with family photographs and rare glimpses into his personal life. The myths around Picasso are stripped away to reveal the man and the artist in his full complexity and richness. You will see him as never before. **Meet at Tate Modern at 11am. There are 6 tickets available you will need to contribute £5 towards the cost of the ticket.**

Thursday 6th September - London Fields Lido. Join us for a leisurely swim in this lovely Olympic sized open air heated swimming pool in London Fields, East London. A light lunch will be provided. **We will meet at London Fields Overground Station at 11.30am. There are 7 free spaces available.**

*** Friday 7th September —Porchester Spa, see overleaf. There are 8 free day passes available.**

Thursday 13th September - An Evening with Yuri Sabatini at Burgh House. In this lovely setting of Burgh House in Hampstead Yuri Sabatini a talented Italian Tenor and accompanied by Caroline Jaya-Ratnam will be performing a selection of operatic arias and songs as part of this varied repertoire. An exceptional evening of singing in aid of this wonderful hidden gem Burgh House and Hampstead Museum. **We will meet at Hampstead (Underground) Tube station at 6pm. There are 7 spaces available. You will need to contribute £5 towards the cost of the ticket.**

Thursday 20th September—Day trip to Camber Sands - Another joint day trip with Carers from TFM North Kensington, Westminster and H&F, heading to Camber Sands and the wonderful sand dunes. Get away from London for the day, have a stroll along the beach, explore the dunes and enjoy a fish and chip meal on the project. **There are two coach pick up points for this trip. Pick up 1 from St Charles Centre for Health & Wellbeing at 10.30am, Pick up 2 is from the corner of Sloane Street and Cadogan Gate at 11am. There are 15 spaces available for this full day trip. Please confirm your pick up point when booking your space. We return at 6pm, arriving at appx 8pm**

Thursday 27th September - Hedgehog Talk at Holland Park Ecology Centre. Dr Nigel Reeves will give a fascinating talk about the secret lives of hedgehogs. This talk looks at these rarely seen mammals, their habitat and how we can encourage them into our gardens and protect them in urban areas. **We will be meet at the Ecology Centre at 6.15pm, the talk finishes at 8pm. There are 6 spaces.**

Please tell other carers you may know about **Time for Me** South Kensington & Chelsea. If you have any queries give Ashley a call on **020 8962 4141**. For North Kensington call Liz Butters on 020 8962 4536, for Westminster call Zannah Cooper on 020 8962 4536 and for Hammersmith & Fulham call Eitan Kooperrman on 020 8962 4141. Don't forget to call and book your space for the activities you want to take part in and thank you for your time, support and participation in Time for Me.

Time for me means **TIME** for you!


Kensington and Chelsea