

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



Hammersmith & Fulham Activity Programme Summer 2018

Welcome to our summer activity programme

Summer's here and it's time to get out of the home and enjoy the sunshine (while it lasts!). Our new programme offers lots of ways to stay active during the summer. Why not join us on our museum visits or come along to one of our film clubs? **And for some tips on staying cool in the heat, see the back cover.**

New autumn programme coming soon

Look out for our new autumn activity programme which will be coming to your doorstep at the end of August.

Meantime, if you know someone who would appreciate some 1-2-1 advice on getting active with Open Age, you can refer them to our Link Up service by calling Vivienne on 078 4 48 49 84.

News & Local Events



Picnic in the Tate Britain garden

Day: Monday 23rd July

Time: 12.30 – 2.00pm

What it's all about:

Enjoy a summer picnic in the new community garden at the Tate Britain, a Common Ground, featuring flowers, vegetables and talking-activated fountains!

Free of charge. Booking essential. 6 places available

Address

Tate Britain
Millbank
SW1P 4RG

Contact details

Vivienne on 078 24 48 49 84



Badminton Competition

Day: Saturday 4th August

Time: 1.00 – 3.00pm

What it's all about:

A great chance to take part in a fun, friendly competition against your fellow members. Full details to follow to everyone registered.

Cost £3

Registration essential: please email jdalton@openage.org.uk

Address

Oxford Road
North Maida Vale
NW6 5AW

Contact details

Jade on 0208 962 4537



Frida Kahlo exhibition

Day: Wed 29th August

Time: 11.30am

What it's all about:

This exhibition presents an extraordinary collection of personal artefacts and clothing belonging to the Mexican artist Frida Kahlo. This collection has never before been exhibited outside Mexico.

Free of charge. Booking essential. 6 places available

Address

Victoria & Albert Museum
Cromwell Road
SW7 2RL

Contact details

Vivienne on 078 24 48 49 84

Mondays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable MUST BOOK <i>Last session on 6 August</i>	Two morning sessions: 10.00 - 11.00 <i>High level</i> 11.00 - 12.15 <i>Low level</i>	Age UK (H&F), 105 Greyhound Rd, W6 8NJ	190, 211, 220, 295 Tube: Barons Court (15min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Low Level MUST BOOK <i>Last session on 6 August</i>	12.45 - 1.45	Bishop Creighton House, 374-380 Lillie Rd, SW6 7PH	190, 211, 295 Tube: Barons Court (20 min walk)	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582

Tuesdays in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Steady & Stable Mixed Abilities MUST BOOK <i>Last session on 7 August</i>	10.30 - 11.30	All Saints Church, Pryors Bank Pavilion, Bishops Park, SW6 3LA	14, 220, 228, 283 Tube: Putney Bridge	FREE	Fun, evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582
Steady & Stable Mixed Abilities MUST BOOK <i>Last session on 7 August</i>	Two morning sessions: 11.00 - 12.00 <i>High level</i> 12.00 - 1.00 <i>Low level</i>	White City Community Centre, India Way, W12 7QT	72, 95, 220, 228, 283 Tube: White City	FREE	Fun evidence-based programme shown to improve balance and strength to help reduce falls Book with Tina on 020 8962 5582

Wednesday in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Line Dance	10.30 - 11.30 <i>Ends 25th July</i>	Edward Woods Community Centre, 60-70 Norland Road, W11 4TX	C1, 31, 49, 72, 94, 95, 148, 220, 228, 237, 260, 272, 295, 316, 607 Tube: Latimer Rd	£1	Have fun learning dance steps and sequences, accompanied by some great music
Over 50's Monthly Film Matinée Last Wednesday of the month	2.30 - 4.30	Action on Disability (next to Normand Croft Community School), Lillie Road, SW6 7SR NB. Please use Action on Disability's entrance on Lillie Road - not the school's entrance	74, 190, 430 Action on Disability is next to the Mulgrave Road bus stop	£2 for refreshments	A chance to see old and new cinematic greats on our big screen. Refreshments provided 25th July: 84 Charing Cross Road 29th August: The Book Thief <i>Partnership with Action on Disability</i>

Thursday in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
White City Flicks Second Thursday of the month	1.00 - 3.00	The Church of St Michael & St George 1 Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283 Tube: White City	£2 For refreshments	Come along and enjoy some great family films at our fun film club! Snacks provided Film choices are TBC 9th August: Hidden Figures Join us to view this film based on the true story of three black female mathematicians who were instrumental in developing the NASA space programme

Saturday in Hammersmith & Fulham

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Badminton Competition	4 th August 1.00 - 3.00	Oxford Road North Maida Vale NW6 5AW	6, 16, 31, 36, 98, 187, 228, 316, 328, 332	£3	A great chance to take part in a fun, friendly competition against your fellow members. Further details will be provided at a later date but to register your interest, please call Jade on 0208 962 4537 or email jdalton@openage.org.uk

Hammersmith & Fulham Link Up

Link Up is the one-to-one signposting service which Open Age offers to local over 50s who need a little extra help to access local activities, groups and services.

We provide:

- 1-to-1 support (including home visits) to help people attend activities at their own pace
- Support to identify interests and match suitable activities to individual needs
- Accompanied visit to first activity session(s)
- Support finding alternative transport arrangements if public transport is unsuitable or inadequate
- Practical problem-solving to remove or reduce barriers to the activities offered by Open Age
- Friendly advice about other services in the borough.

To find out more or to request a home visit for yourself or someone you know, contact Vivienne on tel: 078 24 48 49 84 or by email: vmitchell@openage.org.uk

Stay safe in the heat

When the temperatures rise it can be hard to cope with the heat. Protect yourself with some simple tips:

- Drink plenty of water. Water is better than sugary drinks and you should avoid alcohol. Hot tea is also a great way to keep cool
- Always carry a bottle of water with you when you're out and about
- Eat little and often, keep meals light. Best foods are salads, fresh raw foods and fruit and vegetables
- Wear loose, light-coloured cotton or linen clothes
- Protect yourself from sunstroke by wearing a hat and sunglasses and use plenty of sun tan lotion
- Keep your home cool by keeping your curtains and windows closed during the day. Open windows wide once the sun has gone down to air your rooms. If security allows, keep windows open at night
- To keep cool at night, consider having a cool bath or shower before going to bed

This does not constitute medical advice. Please see your doctor for specific advice if you have any health problems or worries

