

Hammersmith & Fulham Activity Programme January to March 2019

Welcome to our new activity programme

Happy New Year! This term we are delighted to see the opening of the first Second Half Club in the borough. Based in St Andrews Church, Greyhound Road, W14 9SA, the Club **opens on Friday 11th January 2019** and will feature an exciting programme of activities **every Friday**. See inside for details!

Hammersmith & Fulham Link Up Service

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 activities, groups and services locally. 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**

News & Local Events



Adult Community Learning courses (ACL)

Enrol from 7 January 2019

What it's all about:

ACL courses are funded by Royal Borough of Kensington & Chelsea. The courses are also open to residents of Hammersmith & Fulham. See inside for course details.

Costs and locations vary.

MUST ENROL

Enrolment from 7 January 2019

Address

Enrol at Second Half Centre
St Charles Centre for Health & Wellbeing, Exmoor Street
W19 6DZ

Contact details

Maude on 020 8962 5594



London Mithraeum Bloomberg SPACE

Day: Wednesday 13th
February

Time: 2.45pm

What it's all about:

London Mithraeum Bloomberg SPACE returns the Roman Temple of Mithras to the location of its discovery. This unique cultural space showcases the reconstructed temple and a selection of Roman artefacts found at the site.

Free of charge. Booking essential
9 places available

Address

Bloomberg SPACE
12 Wallbrook
EC4N 8AA

Booking details

Vivienne on 078 24 48 49 84



Christian Dior: Designer of Dreams

Day: Wednesday 13th
March

Time: 11.00 – 1.00

What it's all about:

Spanning 1947 to the present day, this exhibition will trace the history and impact of one of the 20th century's most influential couturiers, exploring the enduring influence of the fashion house and Dior's relationship with Britain.

Free of charge. Booking essential
9 places available

Address

Victoria & Albert Museum
Cromwell Road
SW7 2RL

Booking details

Vivienne on 078 24 48 49 84

MONDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Science Museum at Open Age 11th February 2019	10.00 – 11.30 ONE DAY ONLY	Second Half Centre St Charles Centre for Health & Wellbeing 10 Exmoor Street W10 6DZ	7, 23, 52, 70, 295, 316, 452	FREE	Come and learn about the science behind the everyday. Explore the fascinating world of chemistry, as a taster for our event at the Science Museum in March. This is a chance to try your hand in experiments and help shape our future events <i>In partnership with the Science Museum</i>
Steady & Stable MUST BOOK	Two morning sessions: 10.00 - 11.00 <i>High level</i> 11.00 - 12.15 <i>Low level</i> Starts 7 th Jan Ends 1 st April No half term break	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	12.45 - 1.45 Starts 7 th Jan Ends 1 st April No half term break	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
Relaxation & Mindfulness	11.00 - 12.30 Starts 14 th Jan Ends 25 th March Half Term break: 18th February	Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QW	74, 190, 295, 430 Tube: Barons Court (10 minute walk)	£1.50	This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more... <i>In partnership with Community Champions</i>
Relaxation & Mindfulness	2.00 - 3.30 Starts 14 th Jan Ends 25 th March Half Term break: 18th February	Charecroft Hall Rockley Road W12 8PQ	28, 83, 220, 237, 295 Tube: Shepherds Bush	£1.50	This course of simple relaxation techniques will aid in slowing heart rate, improving sleep quality, digestion, mood and concentration as well as reducing stress and much more... <i>In partnership with Community Champions</i>

Step into Confidence NEW! MUST BOOK	2.00 - 3.00 <i>Starts 14th Jan Ends 25th March</i> Half Term break: 18th February	Richford Gate Medical Centre Richford Street W12 0NX	94, 237, 272 Tube: Goldhawk Road	FREE	Fun, evidence-based programme combining chair-based and balance exercises to improve confidence in daily activities Book with Vivienne on 078 24 48 49 84
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TUESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Pilates	10.00 - 11.00 <i>Starts 15th Jan Ends 26th March</i> Half term break 19th February	Church Hall Our Lady of Fatima Commonwealth Avenue W12 7QR	72, 95, 220, 228, 283 Tube: White City	£1	Start your day well with Pilates which focusses on stability, balance, flexibility, posture and well-being Mat-based class. Open to all In partnership with the Church of Our Lady of Fatima and LBHF
Steady & Stable Mixed Abilities MUST BOOK	10.30 - 11.30 <i>Starts 8th Jan Ends 2nd April</i> No half term break	All Saints Church Pryors Bank Pavilion Bishops Park SW6 3LA	14, 22, 220 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	Two morning sessions: 11.00 - 12.00 <i>High level</i> 12.00 - 1.00 <i>Low level</i> <i>Starts 8th Jan Ends 2nd April</i> No half term break	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
Walking Netball NEW!	11.00 – 12.00 <i>Starts 8th Jan</i> No half term break	Will to Win Hyde Park South Carriage Drive W2 2UH	9,10,52, 70, 452 Tube: Knightsbridge	FREE	Love Netball but not sure the fast game is for you anymore? Then come and join our new walking netball class! Suitable for both beginners and experienced players

Kundalini (seated) Yoga	1.45 - 2.45 <i>Starts 15th Jan Ends 26th March</i> Half term break 19th February	Residents' Hall Sycamore House Sycamore Gardens W6 0AS To enter the building, ring the Office bell at the new building	94, 237, 272 Tube: Goldhawk Rd	£1	A chair-based class that makes yoga accessible to all Develops your balance & strength and inspires wellbeing <i>In partnership with Hammersmith United Charities</i>
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WEDNESDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Step up Circuits	10.00 - 11.00 <i>Starts 16th Jan Ends 27th March</i> Half term break 20th February	Matthews Community Hall Margravine Road W6 8HJ	190, 211, 220, 295 Tube: Barons Court (15min walk)	£1	A fun 'circuits' exercise class to improve strength, flexibility, balance and heart & lung muscles Book with Vivienne on 078 24 48 49 84 <i>In partnership with Chelsea Football Club Foundation</i>
Step up Circuits	12.00 - 1.00 <i>Starts 16th Jan Ends 27th March</i> Half term break 20th February	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	A fun 'circuits' exercise class to improve strength, flexibility, balance and heart & lung muscles Book with Vivienne on 078 24 48 49 84 <i>In partnership with Chelsea Football Club Foundation</i>
Regent Street Classic Matinees EVERY WEEK	12.00 - 2.00 or 3.30 - 5.00	Regent Street Cinema 309 Regent St W1B 2UW	88, 453, C2	£1.75	Weekly matinee film screening at the newly renovated Regent Street Cinema (north of Oxford Circus) For details of films call 020 3713 8737
Awareness through Movement (Feldenkrais Method)	1.15 - 2.15 <i>Starts 16th Jan Ends 27th March</i> Half term break 20th February	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	Gentle movement sequences to re-educate our use of the body through this method. Improve breathing, relieve chronic muscular tension, increase range and ease of movement and improve posture and well-being Will improve your ability to get up from the floor





Regent Street Ballroom Dancing	2.00 - 3.00 EVERY WEEK	The Bar Regent Street Cinema 309 Regent St W1B 2UW	88, 453, C2	FREE	Join us in the bar in Regent Street Cinema, for a free informal ballroom dance class – doesn't matter if you haven't got a partner! All levels welcome
Brain Health Workshop 30 th January 2019	3.00 - 5.00 ONE DAY ONLY	Charecroft Hall Rockley Road W12 8PQ	28, 83, 220, 237, 295 Tube: Shepherds Bush	FREE	Come along for a free brain health assessment and tips on how to keep your brain healthy! <i>In partnership with Cogniciti and Community Champions</i>
Science Museum workshop 6 th March 2019	3.00 - 5.00 ONE DAY ONLY	Science Museum Exhibition Road SW7 2DD	14, 74, 360, 414, 430, C1 Tube: South Kensington	FREE	Help us celebrate the 150th anniversary of the periodic table with an afternoon delving into the wonderful world of chemistry. Come and discover how mistakes have led to some of the world's most colourful, life-changing and loud discoveries. Call Jenny or Kaidee to book on 0208 962 5500 <i>In partnership with the Science Museum</i>

THURSDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Health Walks	11.00 - 12.00 <i>Starts 17th Jan Ends 28th March</i> Half term break 21st February	Meet at St Pauls Church Green Queen Caroline St W6 9PJ	33, 72, 209, 220, 283, 295, 419, 485 etc Tube: Hammersmith	FREE NB: Refreshments after the walks will need to be paid for	Anthony will lead you on a healthy walk with routes including along the River Thames to a local park. After the walk there'll be a chance to catch up with new friends over a cup of something hot in a local cafe! Bring water. <i>In partnership with LBHF</i>
Tunes & Tea <i>Please note that dates may be subject to change due to our tutor's professional singing commitments. For more information, please call Vivienne on 07824 48 49 84</i>	11.00 - 12.30 <i>Starts 10th Jan Ends 21st March</i> Half term break 21st February DATES MAY BE SUBJECT TO CHANGE	Large Multipurpose Room Masbro Centre 87 Masbro Road W14 0LR	9,10, 27, 28, 220, 237, 83, 295, Tube: Shepherds Bush	£1.50	Come and join us for music, singing and laughter, led by Robert. There'll be a variety of songs, old and new. Enjoy the fun of group singing - don't be shy! <i>In partnership with the Masbro Centre (Urban Partnership Group)</i>

Brain Health Workshop 31 January 2019	12.00 - 2.00 ONE DAY ONLY	Communal Hall Wentworth Court Sheltered Housing Laundry Road W6 8QW	28, 83, 220, 237, 295 Tube: Shepherds Bush	FREE	Come along for a free brain health assessment and tips on how to keep your brain healthy! In partnership with Cogniciti and Community Champions
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 10th January: Cool Runnings 7th February: Legally Blonde 7th March: Jackie

FRIDAYS at the Second Half Club

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Digital Eagles 	10.00 - 11.00 <i>Starts 11th Jan Ends 22nd March</i> <i>Half term break 22nd February</i>	St Andrews Church 5 Greyhound Road W14 9SA	190, 211, 220, 295 Tube: Barons Court (15min walk)	FREE	Free Digital Clinic to help you build your computer confidence. In partnership with Barclays Digital Eagles
Zumba 	11.00 - 12.00 <i>Starts 11th Jan Ends 22nd March</i> <i>Half term break 22nd February</i>			£1	Inspired by Latin Dance and music Zumba is a great workout for the whole body. No need to book, just turn up! Join tutor Alistair for a fun singing class in the church's main space
Singing for All 	12.15 - 1.30 <i>Starts 11th Jan Ends 22nd March</i> <i>Half term break 22nd February</i>			£1.50	Join tutor Alistair for a fun singing class in the church's main space, accompanied by music
Lunch at the Second Half Club	1.30 - 2.00			FREE	Join us for sandwiches courtesy of Pret a Manger
Film Club 	2.00 - 4.00 <i>Starts 11th Jan Ends 22nd March</i> <i>Half term break 22nd February</i>			FREE	Catch up on some great films, courtesy of Warner Brothers With thanks to The Second Half Foundation

SUNDAYS

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Free Gym Sessions NEW!	10.00 - 5.00 <i>Starts 6th Jan</i> No half term break	Jubilee Hall Trust 30 The Piazza Covent Garden WC2E 8BE	23 Tube: Covent Garden	FREE	Drop in between 10am and 5pm any Sunday and you can exercise in the gym for free! This is available to anyone of any age so why not bring a friend? Classes and gym inductions are available throughout the day. A gym membership form will need to be completed on your first session.



Cruse. Helping people through the grieving process.

For most of us, bereavement will be the most distressing experience we will ever face and our feelings of grief, although a natural process, will be a unique experience for every one of us. The importance of talking to others about grief and loss is well recognised and Cruse provides both one-to-one and now group support for Open Age members. The group is a weekly 90 minute session, running for six weeks and Cruse encourages attendance at all the sessions in order to benefit from the support.

The group is facilitated by two experienced Cruse volunteers who will provide a safe space for you to share your feelings learn how others are coping and helping you to come to terms with your loss, building hopes for a new future.

The support groups are free.

If you would like to join a group please sign up or if you'd like more information then please contact Jenny at Open Age on 0208 962 5500.

If you would like to learn more about Cruse please contact

Telephone 020 8964 3455

Email kchf@cruse.org.uk

Work Routes 50+ at Open Age (working in partnership with Reed)

Are you 50 or over, unemployed, and live in Hammersmith & Fulham?

Work Routes 50+ at Open Age supports local unemployed jobseekers to:

- Find sustainable employment
- Develop personal skills for work
- Meet regularly with a Job Coach for 1-2-1 personalised support
- Receive financial help with the cost of entering work

Call us on: 07766 752 093 or 020 3713 8735 to arrange an appointment. Part-funded by the European Social Fund



ADULT COMMUNITY LEARNING

14 January to March 2019

Enrol at the Second Half Centre from 7 January 2019
MUST BOOK BEFORE YOU START – Phone Maude on 020 8 962 5590
COURSES ARE FREE IF YOU ARE ELIGIBLE OR £3 PER SESSION

MONDAYS

10.00-12.00	Italian for Beginners	The Reed, Convent Gardens, W11 1NH
10.00-12.00	Beginners Computers with Lena Dekair	Second Half Centre
1.00-3.00	Current Affairs with Robert Silver	The Reed, Convent Gardens, W11 1NH
1.00-3.00	IPads for Beginners with Ivor David	Second Half Centre
4.00-6.00	Windows 10 with Ivor David	Second Half Centre

TUESDAYS

10.00-12.00	French for Beginners	The Reed, Convent Gardens, W11 1NH
10.00-12.00	Create Cards on Computers with Ivor David	Second Half Centre
10.00-12.00	Smartphones are Easy with Lena Dekair	Second Half Centre
10.00-12.00	Creative Writing with Robert Silver	Response Community Project, 300 Old Brompton Road, SW5 9JF
10.30-12.30	Lip-Reading and Managing Hearing Loss with Jacques Gholam	The Reed, Convent Gardens, W11 1NH

WEDNESDAYS

10.00-12.00	Microsoft Word with Ivor David	Second Half Centre
10.00-12.00	Beginners Computers with Lena Dekair	The Curve, 10 Bard Road, W10 6TP
10.00-12.00	Speak English with Confidence with Ghada Gaylani	The Reed, Convent Gardens, W11 1NH
12.30-1.30	Dance Fever with Armand Botha	The Reed, Convent Gardens, W11 1NH
1.00-3.00	Men's Space Beginners' IT with Ivor David	Second Half Centre
1.00-3.00	Internet Browsing and online safety with Ivor David	Second Half Centre
1.30-3.30	Meditation, Mindfulness & Stress Management with Paul Langton	Thomas D'Arby Court, 133 Lancaster Road, W11 1TT
1.30-3.30	Creative Writing with Robert Silver	Second Half Centre
4.00-6.00	Poetry with Robert Silver	Second Half Centre
4.00-6.00	Using Cloud with Ivor David	Second Half Centre

THURSDAY

10.00-12.00	Speaking English with Confidence with Anna Czubak	The Curve, 10 Bard Road, W10 6TP
10.00-12.00	Microsoft Excel made Easy with Lena Dekair	Second Half Centre
1.00-3.00	Internet, Email and On-Line Shopping with Lena Dekair	Second Half Centre

FRIDAYS

10.00-12.00	Build your own website Course 2 with Lena Dekair	Second Half Centre
10.30-12.30	Time for Me IT – Carers IT group with Lena Dekair	Second Half Centre
12.30-2.30	Spanish for Beginners with Anna Czubak	The Reed, Convent Gardens, W11 1NH
1.00-3.00	Art on IPads with Lena Dekair	Second Half Centre
3.00-5.00	Spanish 2 with Anna Czubak	Second Half Centre



Second Half Club

St Andrew's Church
Greyhound Rd, London W149SA
EVERY FRIDAY!

Start Enjoying the Second Half of Your Life with Others
We welcome anyone over Age 50

 **Winter Term 2019:** 

January 11th - March 22nd

HALF TERM BREAK: There will be NO classes on Friday February 22nd 2019

10:00-11:00 am

DIGITAL CLINIC 

Build Your Computer Confidence

One on one advice for all levels

BYOD: Bring Your Own Device

(mobile phone iPhone/Android), iPod, Laptop, Tablet etc)

Delivered **FREE** by Barclays  

11:00-12:00 pm

Zumba (£1) Delivered by Open Age*

Build flexibility, balance, & strength

12:15-1:30 pm

Singing For All (£1.50) Delivered by Open Age*

LUNCH

Sandwiches generously donated by Pret a Manger

2:00-4:00 pm

FILM CLUB 

Join us to watch some of your favourite movies

CONTACT: vicar@standrewsfulham.com

*Free membership to Open Age required



Digital Eagles

Coming soon in Hammersmith & Fulham: Cycle Smarter



Do you want to learn how to ride a bike or want to brush up on your cycling skills? In spring 2019 Open Age will be running 6-week Cycle Smarter courses where a qualified instructor will help you to achieve your cycling goals.

All equipment provided! Dates and location TBC

To register your interest, please contact Jade on 0208 962 4537

Limited spaces



Other activities...

As members of Open Age you can also join in our programme of trips and visits as well as the amazing programme of activities which we run at the Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ.

We also have the Men's Space programme; for more details, call Russell on 020 8962 5583.

And, finally, a reminder: If you would like some support to help you – or someone you know – to get involved in our activities, just call Vivienne on 020 8962 4141 or 078 24 48 49 84 to arrange a home visit.

