



life's just begun

Time for Me

April - May 2022 programme

Health, leisure and learning for unpaid carers over 50
April - May 2022 activities on Zoom and phone

For further details and to book please

Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

Wed 20th April 8-9pm: Yoga for Sleep (gentle yoga & meditation for rest before bed) Zoom

Tues 26th April 2.30-3.30pm: Workshop on Assertiveness (CNWL) on Zoom and phone

Wed 27th April 11.00am: Trip to London Zoo (meet at Zoo, Regents Park)

Thurs 28th April 2-4pm: Relaxation Class (techniques to help you feel calm) on Zoom

Fri 29th April 11.00-1.00pm: Yoga (11am) and **Relaxation** (from 12pm) on Zoom

Tues 3rd May 2.00-4.00pm: Creative Social. At New Horizons, Guinness Trust Estate, Cadogan St. SW3 2PF

Fri 6th May 11-1pm: Yin Yoga Zoom (11am) & **Meditation** Zoom & phone (from 12.15pm)

Tues 10th May 10.30/11am: Trip to Kew Gardens. Must book (Meet between 10.30-11am. Kew will be running various activities from 10.30am to 4pm. Stay as long as you want to.)

Wed 11th May 1.30-3.30pm: Creative Social. At Avenues, 3-7 Third Ave W10 4RS

Fri 13th May 11-12pm: Workshop on Relaxation and Mindfulness (run by CLW) on Zoom

Wed 18th May 8-9pm: Yoga for Sleep (gentle yoga & meditation for rest before bed) Zoom

Fri 20th May 11-1pm: Creative Writing (connect to your inner author) on Zoom and phone

Mon 23rd May 11.30-1.30pm: Cooking Club (make healthy delicious food). **Must book as limited spaces. Pay £2 towards ingredients.** At St Margaret's, 1 Carey Place, SW1V 2RT

Wed 25th May 11.00am: Trip to Victoria & Albert museum. Group visit. **Must book**

Thurs 26th May 2-4pm: Relaxation Class (techniques to help you feel calm) on Zoom

Fri 27th May 11.00-1pm: Chi Kung (gentle exercise) on Zoom. Session to be confirmed.

Fri 17th June (10.30-12.30pm): Carers IT course - 5 week course. Must book (IT Room, Second Half Centre, St Charles W10 6DZ). Course runs every Friday until 15th July.

For Carers' advice & support, please contact **Carers Network** for updates & information see website: <https://carers-network.org.uk/> or contact them email: info@carers-network.org.uk call: 020 8960 3033.



THE ROYAL BOROUGH OF
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