

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**April - June 2018 FREE Activities Fridays 11am to 1pm
at Second Half Centre, St Charles Centre for Health & Wellbeing**

"Time for Me North Kensington offers you time to relax, have fun and meet other carers."

Call Liz Butters Project Co-ordinator 020 8962 4536 for further details

Time for Me for North Kensington continues with regular Friday morning activities. Come along for tea/coffee and biscuits, meet other carers and take part in a diverse programme of activities and trips.

*See separate programme over the page for further details of other Time for Me activities and trips.

(NB. Advance booking essential for *trips and *courses. Bookings may be made from 10th April.)

- 19th Apr *TRIP (Thursday) - Royal Festival Hall April Showers Tea Dance 1.30pm
- 20th Apr Stress management and therapies with Mary
- 25th Apr *TRIP (Wednesday) – Regent Street Cinema Matinee: 'Key Largo' 11.30am
- 27th Apr *Digital Life: Smartphones & Photography 5 weeks 10.30am-12.30pm
*(You must book & be able to attend all 5 weeks: 27th April, 4th, 11th, 18th & 25th May)
- 27th Apr Digital Life course (week 1) with Lena
- 1st May *TRIP (Tuesday) – Royal Albert Hall Friendship Matinee: Symphonic Rock
- 4th May Digital Life course (week 2) with Lena
- 11th May Creative activities with Daphne / Digital Life course (week 3)
- 15th May *TRIP (Tuesday) - Royal Festival Hall May Madness Tea Dance 1.30pm
- 18th May Kundalini Yoga with Kathryn / Digital Life course (week 4)
- 25th May *TRIP - Wellbeing Festival / Digital Life (week 5) (You can go to Wellbeing Festival in afternoon)
- 1st June Creative activities and jewellery making with Daphne
- 8th June Creativity & Wellbeing week: Through the Looking Glass Second Half Centre 12-4pm
- 12th June *TRIP (Tuesday) - Royal Festival Hall Summers Here Tea Dance 1.30pm
- 15th June **Carers Week: Carers Network Health & Information Day 2-5pm (Please register**)
- 21st June *TRIP - (Thursday coach trip) Broadstairs
- 22nd June Card making with June and crafts with Lynda
- 27th June *TRIP (Wednesday) – Royal Albert Hall Afternoon Coffee Club 1.30pm
- 29th June Kundalini Yoga (chair and/or mat based session) with Kathryn
- 6th July Alexandra Technique with Chandra
- 13th July Creative activities and jewellery making with Daphne (to be confirmed)
- 20th July Second Half Centre (SHC) End of Term Party 12-2pm

Contact **Carers Network to book, for their newsletter **Network News K&C**, information & advice. Call 020 8960 3033
Email: carers@carers-network.org.uk Website: www.carers-network.org.uk **Thomas Hayes** is the **K&C Case Worker**.
To contact him call 020 8960 3033 or 07446 213 585, or email: Thomas.Hayes@carers-network.org.uk

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**Trips and activities in April to June 2018
TO BOOK your place please call 020 8962 4536**

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***ROYAL FESTIVAL HALL TEA DANCES (FREE)**

THURSDAY 19th April, TUESDAY 15th May, and TUESDAY 12th June

Time and venue: 1.30-4pm meet at Clore Ballroom, Level 2, Royal Festival Hall

Come and have fun dancing tango to ballroom, waltzing, swing to foxtrot. All levels welcome.



***REGENT STREET CINEMA MATINEE CLASSIC: 'KEY LARGO' (FREE)**

WEDNESDAY 25th April (Advanced booking essential)

Time & venue: Meet at Regent Street Cinema (in foyer) at 11.30am (309 Regents St, W1B 2UW)

Enjoy an organ recital at 11.50am followed by the main feature 'Key Largo' at 12pm.



***SMARTPHONES AND PHOTOGRAPHY COURSE (FREE)**

FRIDAYS 27th Apr; 4th, 11th, 18th & 25th May (Booking essential)

(NB. You must be able to attend all five weeks of course) (4-5 places)

Time and venue: 10.30-12.30 Computer Room in Second Half Centre

Five week course covering variety of topics (eg. how to use your smartphone with other technology). May include visits (eg. Museum of Brands). Phones/cameras will be available for the course or bring your own.



***ROYAL ALBERT HALL FRIENDSHIP MATINEE (FREE)**

TUESDAY 1st May (Advanced booking essential) (limited places)

Time: Meet at Royal Albert Hall at 2.30pm

Rock anthems performed by amplified Royal Philharmonic Orchestra (eg. Rolling Stones, Led Zeppelin).



***WELLBEING FESTIVAL (FREE)**

FRIDAY 25th May (Advance booking essential)

Time: Meet at Olympia at 11.00am

Come and find out about complementary therapies, self-help techniques and natural products.



****CARERS WEEK (11-17th June): Carers Network Health & Information Day**

FRIDAY 15th June 2-5pm at Westbourne Grove Church W11 2RW

There will be information about local services, a light lunch and free massage therapies. **To register and find out about other Carers week events call 020 8960 3033 or events@carers-network.org.uk**

***COACH TRIP TO BROADSTAIRS (FREE)**

THURSDAY 21st June (Must book limited places)

Time: Meet at Open Age (St Charles) at 10.15am (return trip c6pm arriving London c8pm)

A full day coach trip to Broadstairs including lunch. *We will contact you to confirm the arrangements.*



***ROYAL ALBERT HALL AFTERNOON COFFEE CLUB (FREE)**

WEDNESDAY 27th June (Booking essential limited places)

Time: Meet at Royal Albert Hall Door 8 at 1.15pm

Enjoy coffee, cake and live jazz performed by pianist Arthur Lea. *Arrangements to be confirmed.*

