

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

April - July 2019 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."

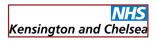
Call Liz Butters Project Co-ordinator 020 8962 4536 for further details Time for Me for North Kensington continues with regular **drop in** Friday morning activities. Come along for tea/coffee and biscuits, meet other carers and take part in a diverse programme of activities and trips. *See over the page for further details of Time for Me activities and trips. ***Means booking is essential.** (NB. Advance booking essential for *trips & *courses. Bookings may be made from 12th April.)

26 th Apr	*Digital Life: email, searches & online shopping 5 weeks 10.30am-12.30pm
	*(You must book & be able to attend all 5 weeks: 26 th April, 3 rd , 10 th , 17 th & 24 th May)
26 th Apr	*Digital Life course (week 1) with Lena
27/28 th Apr	(Sat/Sun) Open Age Creative Writing Workshops at Tate Modern, Blavatnik Building. Drop in from 12-4pm (For more information call Second Half Centre 0208 962 5500)
3 rd May	Kundalini Yoga with Kathryn / *Digital Life course (week 2) with Lena
9 th May	*TRIP (Thursday) – Royal Albert Hall Afternoon Coffee Club 1.15pm
10 th May	Sound healing with Melanie / *Digital Life course (week 3)
17 th May	Creative activities with Daphne / *Digital Life (week 4)
24 th May	*TRIP - Wellbeing Festival / Digital Life (week 5) (You can go to Wellbeing Festival in afternoon)
29 th May	*TRIP (Wednesday) – Royal Albert Hall Friendship Matinee: Abbaphonic 2.30pm
31 st May	Card making and crafts with Lynda
7 th June	Kundalini Yoga (chair and/or mat based session) with Kathryn
14 th June	Creativity & Wellbeing week: A Tale as Old as Time Second Half Centre 12-4pm
41-	**Carers Week 10-16 th June: Carers Network activities and events programme including
14 th June	A Carers Festival 14 th June 2-5pm (For information and to book call Mark 020 8960 3033)
18 th June	*TRIP (Tuesday) – Coach trip to Eastbourne (Must book)
21 st June	Sound healing and relaxation with Melanie
28 th June	Yoga and sound healing with Hester
2 nd July	*TRIP (Tuesday) – Royal Albert Hall Afternoon Coffee Club 1.15pm
5 th July	Creative activities with Daphne
9 th July	*TUES Science Museum Explore & Discover: Apollo 2-4.30pm (Book from 1 May 020 7942 4000)
12 th July	*Cooking Workshop 10.45am-1.15pm (to be confirmed)
19 th July	Second Half Centre (SHC) End of Term Party 12-2pm
26 th July	*TRIP – Coach trip to Sissinghurst Castle Garden (Bookings may be made from 21 st June)

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 **Dolores Dyett** is the **K&C Case Worker**.



Open Age, St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ. Tel: 020 8962 4141. Charitable Incorporated Organisation Number 1160125. www.openage.org.uk email: ebutters@openage.org.uk





PEN Time for Me life's just begun North Kensington

Health, leisure and learning for unpaid carers over 50

Trips and activities in April to July 2019 TO BOOK your place please call 020 8962 4536

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

(*NB. Advance booking essential for trips and courses. Bookings may be made from 12th April.)

***DIGITAL LIFE COURSE: EMAIL, SEARCHES & SHOPPING (FREE)**

FRIDAYS 26th Apr; 3rd, 10th, 17th & 24th 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 in relation to email, searching and online shopping. Smartphones will be available for the course or you can bring your own.

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

THURSDAY 9th May (Booking essential limited places) Time: Meet at Royal Albert Hall Door 12 at 1.15pm

Enjoy coffee, cake, live opera and songs from stage and screen. Details to be confirmed.

***WELLBEING FESTIVAL (FREE)**

FRIDAY 24th May (Advance booking essential) Time: Meet at Olympia at 11.00am

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

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

WEDNESDAY 29th May (Advanced booking essential) (limited places) Time: Meet at Royal Albert Hall Door 3 at 2.30pm

Enjoy Abba's greatest hits performed by the Royal Philharmonic Orchestra and special guest singers.

**CARERS WEEK (10-16thJune): Carers Network activities and events

These include tours of Houses of Parliament, St Paul's Cathedral, Chelsea Physic Garden, Chelsea FC, Royal Mews and Chiswick House Gardens; a play at The Royal Court Theatre, and a Carers Festival.

FRIDAY 14th June 2-5pm Carers Festival Paddington Recreation Ground, Randolph Ave, W9 1PD Contact Mark on 020 8960 3033 for more information and to book these Carers week events.

***COACH TRIP TO EASTBORUNE (FREE)**

TUESDAY 18th June (Must book limited places)

Time: Meet at Open Age (St Charles) at 9.15am (return trip c6pm arriving London c8/8.30pm) A full day coach trip to Eastbourne including lunch. We will contact you to confirm the arrangements.

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

TUESDAY 2nd July (Booking essential limited places) Time: Meet at Royal Albert Hall Door 12 at 1.15pm Enjoy coffee, cake and live music. Details to be confirmed.

***COACH TRIP TO SISSINGHURST CASTLE GARDEN (FREE)**

FRIDAY 26th July (Must book limited places, bookings may be made from 21st June) Time: Meet at Open Age (St Charles) at 9.00am (return trip c5pm arriving London c7/7.30pm) A full days coach trip to Sissinghurst NOT including lunch. Arrangements to be confirmed.

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