

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.)

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| 26 th Apr | * <u>Digital Life: email, searches & online shopping 5 weeks 10.30am-12.30pm</u>
*(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
**Carers Week 10-16th June: Carers Network activities and events programme including
A Carers Festival 14 th June 2-5pm (For information and to book call Mark 020 8960 3033) |
| 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**.

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

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(*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 (10-16th June): 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 EASTBORNE (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.*

