

Time for Me

North Kensington

Health, leisure and learning for unpaid carers over 50

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

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 20th July.)

- 20st July Second Half Centre (SHC) End of Term Party 12-2pm
- 27th July NO GROUP (Open Age Motown Tea Dance)
- 3rd Aug *8th Anniversary Social Gathering and lunch (MUST BOOK for lunch):
 Taster neck/shoulder treatments (come early to book), Creative Activities
 Meet friends old and new and enjoy a light lunch together
- 10th Aug Kundalini Yoga (chair and/or mat based session) with Kathryn
- 17th Aug Alexander Technique with Chandra
- 24th Aug NO GROUP (BANK HOLIDAY WEEKEND)
- 30th Aug *TRIP – THURSDAY EVENING – SWING PATROL AT SPITALFIELDS
- 31st Aug Crafts with Lynda and card making with June
- 7th Sept Stress management and relaxation techniques with Liz
- 14th Sept Alexander Technique with Chandra
- 20th Sept *TRIP – THURSDAY – COACH TRIP TO CAMBER SANDS
- 21st Sept Creative activities with Daphne
- 26th Sept *TRIP – WEDNESDAY – Queen's Gallery: Splendours of Subcontinent
- 28th Sept Crafts with Lynda and card making with June
- 5th Oct Alexander Technique with Chandra
- 12th Oct *TRIP - Royal Albert Hall: Afternoon Coffee Club 1-3pm
- 16th Oct *TRIP – TUESDAY EVENING – Taj Express (Bollywood Musical)
- 19th Oct Kundalini Yoga (chair and/or mat based session) with Kathryn
- 26th Oct Crafts with Lynda and card making with 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 **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**

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

Trips and activities in July to October 2018
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. Bookings may be made from **20th July**.)

***SWING PATROL EVENING DANCE (FREE)**

THURSDAY 30th August

Time: Meet 6pm at Spitalfields



Come dancing at Swing Patrol outdoor evening dance under the sails (6-8pm inc taster lesson).
Meet under the 'sails' in open area between Liverpool St Station and Spitalfields Market.

***COACH TRIP TO CAMBER SANDS (FREE)**

THURSDAY 20th September (14 places)

Time: Meet at Open Age (St Charles) 10.15am (return trip 6pm arriving London c8pm)

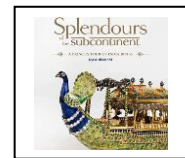


A full day Time for Me coach trip to Camber Sands including a fish & chip lunch at the Park Dean Resort. *We will contact you to confirm the arrangements.*

***SPLENDOURS OF THE SUBCONTINENT (FREE)**

WEDNESDAY 26th September (Booking essential limited places)

Meet 10am at Queen's Gallery, Buckingham Palace Rd, SW1A 1AA



An exhibition of the Royal Collection of South Asian art, spanning over 400 years and including fine Mughal paintings, dazzling jewellery and elaborate weaponry. *Arrangements to be confirmed.*

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

FRIDAY 12th October (Booking essential limited places)

Time: Meet at Royal Albert Hall Door 8 at 1pm

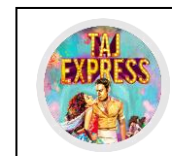


Enjoy tea or coffee, cake and live music in the Elgar Room. *Arrangements to be confirmed.*

***TAJ EXPRESS (BOLLYWOOD MUSICAL) (FREE)**

TUESDAY 16th October (Booking essential limited places)

Time: Meet 7pm at Peacock Theatre, Portugal St, WC2A 2HT



Glitzy Bollywood extravaganza, showcasing a fusion of classical Indian & contemporary dance. 7.30pm show. Run time 2 hours 20 mins. **Followed by free Bollywood dance class (30 mins)** with the cast. *We will contact you to confirm the arrangements.*