

Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**October - December 2019 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 14th Oct.)

- 18th Oct Sound healing and relaxation with Melanie
- 25th Oct Christmas crafts (eg. candle decoration) with Lynda and Daphne
- 1st Nov *Social Media & Smartphone - Six week course with Lena 10.30am-12.30pm
*(Advanced booking essential. You must be able to attend all 6 weeks)
Dates: Six Fridays 1st, 8th, 15th, 22nd & 29th Nov, and 6th Dec
- 1st Nov Chi Kung (gentle exercise for health & wellbeing) with Tricia
- 8th Nov Sound healing and relaxation with Melanie
- 15th Nov Chi Kung (gentle exercise for health & wellbeing) with Tricia
- 21st Nov Carers Rights Day – National Awareness Day
- 22nd Nov *TRIP – Ideal Home Show at Christmas, Olympia 11am
- 27th Nov *TRIP – WEDNESDAY Come from Away (musical), Phoenix Theatre 2pm
- 29th Nov Sound healing and relaxation with Melanie
- 6th Dec Kundalini Yoga (chair and/or mat based session) with Kathryn
- 11th Dec *TRIP - WEDNESDAY Christmas lunch at Little Bay Kilburn 12pm
- 13th Dec Second Half Centre Party 12-2pm
- 19th Dec *TRIP – THURSDAY Royal Albert Hall Friendship Matinee: Big Band 3pm
- 17th Jan *Digital Life - Five week course with Lena 10.30am-12.30pm
*(Advanced booking essential. You must be able to attend all 6 weeks)
Dates: Five Fridays 17th, 24th & 31st Jan; and 7th & 14th Feb

NB. IF YOU BOOK BOTH THE SOCIAL MEDIA AND DIGITAL LIFE COURSES PLEASE LET US KNOW YOUR FIRST AND SECOND CHOICE AS YOU MAY ONLY BE ABLE TO ATTEND ONE COURSE

Open Age has introduced a pricing structure of £1 per hour for most activities. Most carers trips and activities are free*. *Donations are welcome (suggested £1 - £2 per activity). There will be a charge for Time for Me meals.

Carers Network run a calendar of events for unpaid carers in Kensington & Chelsea, please check out their website at www.carers-network.org.uk or contact them on **020 8960 3033** / carers@carers-network.org.uk for info and advice.

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Trips and activities in October to December 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 **14th Oct.**)

***SOCIAL MEDIA AND SMARTPHONE SIX WEEK COURSE**

FRIDAYS 1st, 8th, 15th, 22nd & 29th Nov; and 6th Dec (Must book)
(NB. You must be able to attend all six weeks of course) (4-5 places)

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

Six week course with Lena covering a variety of topics agreed with the group (eg. Facebook, Twitter, WhatsApp). Please bring your smartphone. Smartphones will be available for course.

(* NB. 22nd Nov You can go to Ideal Home Show at Christmas after the course.)



***IDEAL HOME SHOW AT CHRISTMAS AT OLYMPIA**

FRIDAY 22nd November (Must book limited places)

Time: Meet at 11am at Olympia

A day of festive season shopping and entertainment. *Details to be confirmed.*



***COME FROM AWAY (Award winning musical)**

WEDNESDAY 27th November

Time: Meet 2pm at Phoenix Theatre, Charing Cross Road, WC2H 0JP

Multi award winning, joyous musical of the real life-story of air passengers grounded after 9/11 and the small Newfoundland community who invited these 'come from aways' into their lives. *Details to be confirmed.*

NB. ACCESS: there are 54 STEPS up to our seats in the Grand Circle and NO LIFT.



***CHRISTMAS LUNCH AT LITTLE BAY KILBURN**

WEDNESDAY 11th December

Time: Meet 12pm at Little Bay, 228 Belsize Road, Kilburn, NW6 4BT

Enjoy lunch with friends old and new. A contribution towards the meal will be required. *Details to be confirmed.*



***ROYAL ALBERT HALL FRIENDSHIP MATINEE: BIG BAND CHRISTMAS**

THURSDAY 19th December (Booking essential limited places)

Time: Meet at Royal Albert Hall Door (to be confirmed) at 3pm

Put a festive swing in your step with Guy Barker's Big Band Christmas.

A mixture of jazz classics, treasures and Christmas oddities. *Details to be confirmed.*



***DIGITAL LIFE FIVE WEEK COURSE**

FRIDAYS 17th, 24th & 31st Jan; and 7th & 14th Feb (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 agreed with the Group. Smartphones will be available.



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