

Time for Me

South Kensington & Chelsea

Activities for unpaid Carers over 50



Time for me means **TIME** for you...

October to December 2019

Hello Carers! Looks like we were lucky to catch the last of the sun in Bournemouth. Now Autumn is showing its face with a deluge of rain and wind. Let's stay in the warm with this season's programme of trips and activities to do mostly indoors!

Contact **Vennetta** on **020 8962 4536** or email me at **vroyal@openage.org.uk**.

All activities **must** be booked in advance **from 14th Oct**. Exceptions are drop-in classes.

Please note these activities are for Unpaid Carers, over 50 and living in Kensington and Chelsea.

Trips for Autumn 2019

Tuesday 11th November - Visit to the Tower of London. Meet at 12.30 pm. A medieval tower, a fortress, a prison and a zoo. This fabulous William the Conqueror structure holds many stories and ghosts which help us see into the past and present of Britain's history.

Tuesday 19th November - Mary Quant Exhibition at the V&A. Meeting at 1 pm at the V&A. Visit to see the iconic fashion pieces of this designer who helped revolutionise the British High Street.

Tuesday 10th December - Tour of Shakespeare's Globe Theatre. Meeting at 1 pm. At the Globe, Bankside. Visit to this well-known, circular performing arts venue where Shakespeare's plays are regularly held.

Tuesday 17th December Emirates Airline Trip and Christmas Lunch at Jimmy's in the O2. Meeting 12.30pm. North Greenwich Tube. Experience a round trip on the Emirates Cable Car offering a view of the Greenwich Peninsula and Royal Docks. Followed by a visit to Jimmy's for a Christmas lunch celebration. Contribution required.

Activities for October 2019

- **Tues 8th Oct - Carers' Group & Social Drop In: Creating a coaster or fridge magnet. 2 - 4pm.**
New Horizons Café
- **Tues 8th Oct - Tina Turner Musical at the Aldwych Theatre. 7.30 - 10.15pm.** Hear the famous songs and story that brought us the fabulous Tina Turner.
- **Weds 16th Oct - A Funny Thing Happened. 6-9 pm.** An evening of comedy in support of Open Age. Tickets £5. Call Open Age on 020 8962 4141 for info & to book. At Invention Rooms Café, Imperial College.
- **Weds 30 Oct - Silver Screen at Putney Odeon Luxe with tea or coffee - Meet at 10.45am.** See newly released films. Film to be confirmed one week before the day.

Activities for November 2019

- **Tues 5th Nov - Carers' Group & Social Drop-in. 2 - 4pm.** Qigong & Relaxation. Focus on Metal element for stamina and support. New Horizons café.
- **Tues 11th Nov - Tower of London. Meet at 12.30 pm.** Visit to this iconic tower and prison.
- **Tues 19th Nov - Mary Quant V&A. Meet at 11.15 am.** Victoria & Albert Museum.
- **Thurs 21st Nov - Carers Rights Day.** National Awareness Day.
- **Weds 27th Nov - Silver Screen Putney Odeon Luxe. 10.45 am.** Film to be confirmed one week before the day.
- **Tues 3rd Dec - Carers' Group & Social Drop-in. 2 - 4 pm.** Qigong & Relaxation. Focus on water element of flow and movement. New Horizons Café.
- **Tuesday 10th December - Tour of Shakespeare's Globe Theatre. 12.30 pm.** See this uniquely designed theatre where Shakespearian plays are acted out.
- **Tues 17th Dec - Emirates Airline and Christmas Meal at Jimmy's in the O2. Meet at 12.30 pm.**



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 on 020 8960 3033 or email carers@carers-network.org.uk for info & advice.

Activities for January 2020

- **Tues 7th Jan - Carer's Group & Social Drop-in. 2 - 4pm.** Setting 2020 resolutions using the Law of Attraction. New Horizons Café
- **Tues 14th Jan - Porchester Spa Ladies' Day. 10.15 am.** Enjoy a sauna and steam at the newly renovated spa. Bring your swimsuit and flip flops for use of the 30-metre swimming pool if you wish.
- **Tues 21st Jan - National Portrait Gallery.** Visit to this gallery to see the various portraits on show. Trafalgar Square.
- **Weds 22nd Jan - Porchester Spa Men's Day. 10.15 am.** Enjoy a sauna and steam at the newly renovated spa. Bring your swimsuit and flip flops for use of the 30-metre swimming pool if you wish.



Please tell other carers you know about **Time for Me Kensington & Chelsea**. If you have any queries please call **Vennetta** or **Liz** on **020 8962 4536**. Thank you for your time, support and participation in Time for Me. We welcome your suggestions about activities or events you would like to experience.

*Donations welcome (suggested £1 to £2 per activity). There will be a charge for any Time for Me meals.

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