

# Time for Me Westminster Activities for unpaid carers over 50



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

## October, November & December 2019

Hello Carers! What a mixed time we are having with the weather! There's nothing like a good douse of torrential rain and falling leaves to remind us that the seasons are changing again and we are now in Autumn. This season we have some lovely activities to look forward to doing indoors!

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

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 Westminster.**

### Trips for the Autumn

**Wednesday 12th November - Westminster Abbey. Meet at 1pm.** Visit to 700-year old Abbey where Kings and Queens are crowned. See the Diamond Jubilee Galleries and maybe hear some choral music!

**Wednesday 20th November - Ideal Home Show at Christmas. Meeting at 12pm.** Visit to Kensington Olympia to enjoy all things Christmassy!

**Wednesday 11th December - Christmas Lunch at Little Bay in Kilburn.** Let's celebrate the end of 2019. Bring stories and a Christmas spirit! Contribution will be required.

### Activities for October & November 2019

**Weds 9th Oct - Creative Writing. 1.30-3.30pm.** Express yourself with story or journal writing. Barbara Brosnan Court.

**Weds 16th Oct - A Funny Thing Happened. 6-9pm.** An evening of comedy in support of Open Age. £5. For info & to book call Open Age on 020 8962 4141. At Invention Café, Imperial College.

**Weds 23rd Oct - Creative Writing. 1.30-3.30pm.** Short stories or journal writing. Barbara Brosnan Ct.

**Thurs 24th Oct - Relaxation with Liz. 1.30-3.30pm.** Breathing, stretching & self shiatsu. Barbara Brosnan Court.

**Tues 29th Oct - National Portrait Gallery. 1.30-3.30pm.** Visit collections of portrait art. Trafalgar Sq.

**Friday 1st, 8th, 15th, 22nd, 29th Nov & 6th Dec - ACL Social Media & Smartphones. 10.30am-12.30pm.** Must commit to 6-week course with Lena. Learn how to connect with family and friends and handle your smartphone. Bring your smartphone or borrow one from us. At Second Half Centre, St Charles Centre.

**Weds 6th Nov - Carers Group & Social Drop-in. 1.30-3.30pm.** Make your own coaster or fridge magnet. New Avenues

## Activities for November, December 2019

- Weds 6th Nov - Creative Writing. 1.30-3.30pm.** Story or journal writing. Barbara Brosnan Court.
- Weds 12th Nov - Westminster Abbey. 1-3pm.** Visit the Abbey where Kings & Queens are crowned.
- Weds 20th Nov - Ideal Home Show at Christmas. Meeting at 12pm.** Kensington Olympia.
- Weds 20th Nov - Creative Writing. 1.30-3.30pm.** Story or journal writing. Barbara Brosnan Court.
- Thurs 21st Nov - Carers Rights Day - National Awareness Day**
- Thurs 28th Nov - Relaxation with Liz. 1.30 - 3.30pm.** Breathing & stretching. Barbara Brosnan Ct.
- Weds 4th Dec - Carers Group & Social Drop-in. 1.30-3.30pm.** Qigong exercise - Metal element. New Avenues.
- Weds 4th Dec - Creative Writing. 1.30-3.30pm.** Story or journal writing. Barbara Brosnan Court.
- Weds 11th Dec - Christmas Meal at Little Bay Kilburn. 3.30pm-5.30pm.** Contribution required.
- Thurs 12th Dec - Relaxation with Liz. 1.30 - 3.30pm.** Breathing & Stretching. Barbara Brosnan Ct
- Weds 18th Dec - Creative Writing. 1.30-3.30pm.** Story or journal writing. Barbara Brosnan Court.
- Thurs 19th Dec - Friendship Matinee with Guy Barker's Big Band at 3pm.** Royal Albert Hall.

## Activities for January 2020

- Weds 8th Jan - Tina Turner Musical. 7.30pm - 10.30pm.** Must book. Aldwych Theatre on the Strand.
- Weds 8th Jan - Qigong with Vennetta. 10-11am.** Jubilee Hall Gym, Covent Garden. £1 per session. Please contact Open Age on 020 8962 4141 to book.
- Tues 14th Jan - Porchester Ladies' Day Spa. 10.15am.** Sauna and steam rooms at the renovated spa. Bring swimsuit and flip flops for the 30-metre swimming pool if you wish.
- Weds 15th Jan - Carers Group & Social Drop-In.** Setting resolutions with law of attraction in 2020. New Avenues.
- Friday 17th, 24th, 31st Jan, 7th & 14th Feb - ACL Digital Life Course with Lena. 5 weeks.** Must commit to the course. Variety of topics agreed with the group. Please bring your smartphone or borrow one from us. At St Charles Second Half Centre.
- Weds 22nd Jan - Porchester Men's Day Spa. 10.15am.** Sauna and steam rooms at the renovated spa. Bring your swimming trunks and flip flops for the 30-metre swimming pool if you wish.
- Carers Network** run a calendar of events for unpaid carers in Westminster. Check out their website at [www.carers-network.org.uk](http://www.carers-network.org.uk) or contact on 020 8960 3033 or email [carers@carers-network.org.uk](mailto:carers@carers-network.org.uk) for info & advice.

Thank you for your time, support and participation in **Time for Me**. Please let other carers know about **Time for Me Westminster**. If you have any queries our direct-line is **020 8962 4536**. We welcome your suggestions about activities or events you would like to experience.

Most Time for Me Carer trips & activities remain free. Time for Me meals will require a contribution. Donations are welcome (suggested £1 to £2 per activity).

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