

# Time for Me North Kensington

Health, leisure and learning for unpaid carers over 50

**January - March 2020 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 page for further details of other Time for Me activities and trips. **\*Means booking is essential.**

**(NB. Advance booking is essential for \*trips & \*courses. Bookings may be made from January.)**

- |                      |   |   |
|----------------------|---|---|
| 17 <sup>th</sup> Jan | * <u>Digital Life - Four week course with Lena 10.15am-12.45pm</u><br>*(Advanced booking essential. You must be able to attend all 4 weeks.)<br>Dates: Four Fridays 17 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> Jan; and 7 <sup>th</sup> Feb. Variety of topics. |   |
| 17 <sup>th</sup> Jan | Digital Life course week 1 (10.15-12.45) (Must book)  |  |
| 24 <sup>th</sup> Jan | Digital Life week 2 / Kundalini Yoga (chair/mat session) Kathryn  |   |
| 31 <sup>st</sup> Jan | Digital Life week 3 / Sound Healing and relaxation with Melanie   |   |
| 7 <sup>th</sup> Feb  | Digital Life course week 4 / Chi Kung (gentle exercise) with Tricia   |   |
| 14 <sup>th</sup> Feb | No Group (Second Half Centre is closed)   |  |
| 21 <sup>st</sup> Feb | No Group (Half Term)  |   |
| 28 <sup>th</sup> Feb | Kundalini Yoga (chair and/or mat based session) with Kathryn  |  |
| 6 <sup>th</sup> Mar  | Creative activities with Daphne   |   |
| 13 <sup>th</sup> Mar | Sound Healing and relaxation with Melanie   |   |
| 20 <sup>th</sup> Mar | Kundalini Yoga (chair and/or mat based session) with Kathryn  |   |
| 25 <sup>th</sup> Mar | *TRIP - WEDNESDAY Tutankhamun Exhibition, Saatchi Gallery (Must book)<br>Meet 2pm (timed entry) Saatchi Gallery, Duke of York's HQ, Kings Rd, SW3 4RY.<br><b>Bookings may be made from 10<sup>th</sup> January onwards. Details to be confirmed.</b>                        |   |
| 27 <sup>th</sup> Mar | No Group  |   |
| 3 <sup>rd</sup> Apr  | Second Half Centre End of Term Party 12-2pm   |   |

**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](http://www.carers-network.org.uk) or contact them on **020 8960 3033** / [carers@carers-network.org.uk](mailto:carers@carers-network.org.uk) for info and advice.

# Time for Me

## South Kensington & Chelsea

### Activities for unpaid Carers over 50

*Hi Carers, Happy New Year!* Let's start the year by aligning our minds and bodies to our resolutions, warming up in the Porchester Spa and remembering the 'spytastic' Bond films.

**To Book:** contact **Vennetta** on **020 8962 4536** or email me at [vroyal@openage.org.uk](mailto:vroyal@openage.org.uk)

## January, February & March 2020

**Tues 7th Jan - Carer's Group & Social Drop-in. 2-4pm.** Setting 2020 resolutions using the Law of Attraction. New Horizons.

**Tues 14th Jan - Porchester Spa Ladies' Day. 10.15 am.** Enjoy a sauna and steam at the renovated spa. Bring swimsuit / flip flops for use of 30-metre swimming pool.



**Mon 20th Jan - Introduction to Time for Me for Male Carers Social. 3.30 - 4.30pm.** Meet other male carers over tea and coffee and the Open Age Men's Space co-ordinator. Contribute your ideas to improve and widen the current programme. Second Half Centre.

**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 spa. Bring swim shorts / flip flops for use of 30-metre swimming pool.

**Tues 4th Feb - Carer's Group Meetup & Social. 2-4pm.** Make a Picture Box. New Horizons.

**Tues 11th Feb - Porchester Ladies' Day Spa. 10.15am.** Enjoy a sauna and steam at the spa. Bring your swimsuit / flip flops for use of 30-metre swimming pool.

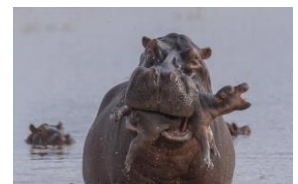
**Weds 12th Feb - Bond in Action. 11.30am.** See over 100 original vehicles and artefacts from all 24 Bond films. London Film Museum. Covent Garden.

**Weds 26th Feb - Silver Screen Putney Odeon. 10.45am.** Film TBA.

**Tues 3rd Mar - Carer's Group Meetup & Social. 2-4pm.** Qigong (Wood) Exercise. New Horizons.

**Tues 10th Mar - Wildlife Photographer of the Year 2019. 11.00am.** Natural History Museum.

**Weds 11th Mar - Porchester Men's Day Spa. 10.15am.** Enjoy a sauna and steam at the spa. Bring your swim shorts / flip flops for use of 30-metre swimming pool.



Thank you for your time, support and participation in **Time for Me**. Please let other carers know about **Time for Me Kensington & Chelsea**. 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 set contribution. Donations are welcome for general activities