

Time for Me Westminster

Activities for unpaid carers over 50

April-June 2019

I hope you are keeping well and looking forward to the warmer weather and hopefully sunshine. This April-June programme has a variety of activities over different days of the week so there's more flexibility for you. **For further details please contact me on Wednesdays + Fridays on**

0208 962 4536 or 07437 913 154 or zcooper@openage.org.uk



April

Wednesday 10th April *Creative Writing* with Jon Sayers 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP.

Thursday 18th April *Relaxation with Liz*, 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP. *An introduction to relaxation exercises, breathing techniques and expert recommendations to improve health and well-being.* No need to book, just turn up.

Wednesday 24th April, *Creative Writing*, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP.

Saturday 27th & Sunday 28th April *Creative Writing* at the Tate Modern, 12-4pm. Blavatnik Building, Level 5, Bankside, SE1 9TG. To mark the 50th Anniversary of the Anti-Ageism Movement & Flourishing Lives. For more info call the Second Half Centre on: 0208 962 5500.

[Digital Life: Internet, focusing on Emailing, Searching the Web + Online Shopping*](#)

A 5 week course with Lena 10.30am-12.30pm. 5 Fridays from 26th April-24th May.

***(Advanced booking essential. You must be able to attend all 5 weeks)**

Dates: 26th April, 3rd May, 10th May, 17th May, 24th May. Time: 10.30am-12.30pm

Time + venue: 10.30am-12.30pm Computer Room in Second Half Centre at St Charles, Exmoor St. 5 week course with Lena covering Email, Searching the Web + Online Shopping.

May



Wednesday 1st May. **Pierre Bonnard Show at the Tate Modern**, 1.45pm-3.45pm. Meet at 1.45pm at the main ticket desk. Must book as tickets limited.

Wednesday 8th May **Creative Writing**, 1.30pm -3.30pm, Barbara Brosnan Court, NW8 9NP.

Wednesday 15th May **Van Gogh & Britain Exhibition at the Tate Britain with a picnic lunch**. 1.45pm-Approx 4pm. Meet at 1.45pm at the entrance main Millbank entrance at the ticket desk (opposite the Thames, not the new side entrance). Must book as tickets are limited.

Friday 17th May **Creative Cooking with lunch**. 11.15am-1pm. 1 Carey Place, Westminster, SW1V 2RT. Please be on time. Must book as places are limited.

Wednesday 22nd May **Creative Writing**, 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP.

Thursday 23rd May **Relaxation with Liz**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP.

Wednesday 29th May **Creative History of Chocolate making & demo at Kensington Palace**. **Details to be confirmed, but it will be in the afternoon**. Must book as places are limited.

June



Wednesday 5th June **Creative Writing**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP.

Thursday 6th June **Relaxation with Liz**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP.

Friday 7th June, **American School, Lunch & Concert**. 12pm-2pm, 1 Waverley PI, NW8 0NP.

10th-16th June Carer's week: Carers Network has an exciting programme packed with activities and events including a Carers Festival at the Paddington Rec, Randolph Ave, Maida Vale, W9 1PD 2pm-5pm on 14th. To find out more and to book call Mark on 020 8960 3033.

Tuesday 18th June **Day trip to Eastbourne: A classic seaside resort with Time For Me North Kensington & South Kensington & Chelsea**. Places limited so please book.

Wednesday 19th June **Creative Writing**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP.

Wednesday 26th June **Emirates Air Line Discovery Experience & Lunch**. Meet at 12pm at Emirates Air Line. 27 Western Gateway. E16 4FA. Must book as tickets are limited.

Future Date in July: Explore and Discover at the Science Museum-Tuesday 9th July 14.00pm-16.30pm. To get a FREE ticket book from the 1 May over the phone 020 7942 4000 between 8.30am-6pm OR you can book online: sciencemuseum.org.uk/exploreapollo