

# Time for Me Westminster

Activities for unpaid carers over 50



## January-March 2019

I hope you had a good Christmas break and you're looking forward to the start of a New Year. This January-March 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 020 8962 4536 or 07437 913 154 or [zcooper@openage.org.uk](mailto:zcooper@openage.org.uk)**



### January

**Wednesday 9<sup>th</sup> January *Creative Writing* with Jon Sayers 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP.**

**Thursday 10<sup>th</sup> January *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.**

**Friday 18<sup>th</sup> January, *Social Media and Smart Phones* 10.30am-12.30pm, Second Half Centre (Details below)**

**Wednesday 23<sup>rd</sup> January, *Creative Writing*, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP.**

**Friday 25<sup>th</sup> January, *Social Media and Smart Phones* 10.30am-12.30pm, Second Half Centre (Details below)**

**Wednesday 30<sup>th</sup> January. *Trip to Fulham Palace with Tour.* Meet inside the main reception at 1.30pm.**

**Social Media and Smart Phones\* - 5 week course with Lena 10.30am-12.30pm. 5 Fridays in January & February. \*(Advanced booking essential. You must be able to attend all 5 weeks)**

**Dates: Five Fridays 18th & 25th January, and 1st, 8th & 15th February. Time: 10.30am-12.30pm**

**Time and venue: 10.30am-12.30pm Computer Room in Second Half Centre at St Charles Centre, Exmoor Street. Five week course with Lena covering social media and smart phones Please bring your smartphone. If you don't have one, smartphones will be available for course.**

## February

**\*In February we have two trips planned. One to Kensington Palace and another excursion. The dates and details will be confirmed ASAP.**

Friday 1<sup>st</sup> February **Social Media and Smart Phones** 10.30am-12.30pm. Second Half Centre (Details of the course on the first page)

Wednesday 6<sup>th</sup> February **Creative Writing**, 1.30pm -3.30pm, Barbara Brosnan Court, NW8 9NP.

Friday 8<sup>th</sup> February **Social Media and Smart Phones** 10.30am-12.30pm. Second Half Centre (Details of the course on the first page)

Monday 11<sup>th</sup> February **Science Museum Work Shop** at The Second Half Centre. 10am-11.30am. *'Come and learn about the science behind the everyday. Explore the fascinating world of chemistry, as a taster for our event happening at the Science Museum in March. This is an opportunity to try some hands on experiments and help shape our future events!'* Call Jenny or Kaidee on 0208 962 5500 to book.

Friday 15<sup>th</sup> February **Social Media and Smart Phones** 10.30am-12.30pm Second Half Centre. (Details of the course on the first page)

Wednesday 20<sup>th</sup> February **Creative Writing**, 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP.

Friday 22<sup>nd</sup> February **Creative Cooking Session with Lunch**, 10.45am-1pm. Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street. Please be on time

## March

Wednesday 6<sup>th</sup> March **Creative Writing**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP.

Wednesday 6<sup>th</sup> March **Science Museum Workshop**, 3pm-5pm at South Kensington. *'Help us celebrate the 150<sup>th</sup> anniversary of the periodic table with an afternoon delving into the wonderful world of chemistry. We'll be exploring our collection in a new way. Come and discover how mistakes have led to some of the world's most colourful, life changing and loud discoveries. Spaces are limited and tickets should be booked in advance. So book from the 1 February 2019 for your FREE tickets over the phone by calling 020 7942 4000 between 8.30am-6pm. (please note that the lines can get very busy)*

Thursday 7<sup>th</sup> March **Relaxation with Liz**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP. No need to book, just turn up.

Wednesday 13<sup>th</sup> March **Christian Dior Exhibition at the V&A**. 11.30am-1.30pm. Meet at the V&A main Brompton Road Ticket Desk at 11.30am.

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