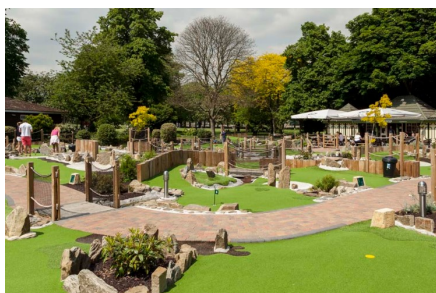


Time for Me

South Kensington & Chelsea
Activities for unpaid carers over 50



Dorothea Tanning at Tate Modern



Putt in the Park, Wandsworth



Tasty food at Ceru

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

April, May & June 2019

Hello Carers! Welcome to the Spring 2019 Programme. I hope that you will be tempted to join us on some of these events now that Spring is finally here. Let's shake off the cold of Winter and leave the comfort of our sofas. Trips can be booked by calling Open Age on **020 8962 4141** and ask for **Vennetta's** Time for Me South Kensington & Chelsea trips.

All activities must be booked in advance, but to keep things fair, please book only 5 activities at once, not including the coach trip to Eastbourne

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

Free Online Course - CARE: Introduction to Caregiving for Older Adults. Online training for carers or those new to caring for someone - looking at the role, the process of aging, social and emotional needs and how to keep them and yourself safe. There are a series of free CARE courses for adults available. Go to www.edx.org/course/care-introduction-to-caring-for-older-adults

Monday 15th April - The Jubilee Greenway Walk from Little Venice to Camden Town. If the weather permits, a slow walk around the Regent's Canal taking in the views of the boats moored, the London Zoo Aviary as well as other sights and finish with well-deserved tea/coffee and refreshments at an indoor or outdoor café and if time, a look around the Stables Market. **Meeting at Warwick Tube Station at 11am. Free walk for 8 people.**

Tuesday 16th April - The Porchester Spa. Come and enjoy a sauna and steam, and let your mind float away. Sorry guys this one is for ladies only. **We will meet at the Porchester Spa at 10.15am.** Bring your swimsuit and flip flops for use of the 30 metre swimming pool if you wish. **Must Book! There are 8 free day passes available.**

Tuesday 30th April - Ceru Restaurant, South Kensington. Offering mouth-watering Eastern Mediterranean cuisine with the zest and spice of Levantine life! Followed by a stroll through the Wildlife Garden at the Natural History Museum. **Meeting at the restaurant for 12.45pm. There are 7 spaces available, The project will contribute the first £12 towards your meal. You will need to pay any extra costs.**

Wednesday 1 May - Silver Screen Cinema at Odeon Putney Luxe. Come and watch the celebrated film **The Favourite** starring the wonderful actress Olivia Colman as Queen Anne and the political ambitions of two women vying for their queen's interest. Lay back, put your feet up and watch on luxuriously comfy seats. Tea and coffee with biscuits provided.. **Meeting at 10.45am. 8 free spaces available.**

Tuesday 14th May 2019 - Dorothea Tanning Surreal Art at the Tate Modern, Bankside. Featuring 100 works of surrealist art by Dorothea Tanning who was a painter, a sculptor and a poet. This exhibition displays 70 years of her life's work. A real treat for art lovers. **8 free spaces available.** Meeting at the entrance of the Tate Modern at 1.30pm

****Carers Week 10th—16th June** - Carers Network has a series of events throughout the week for unpaid carers. Please see their website www.carers-network.org.uk for further details or call 0208 960 3033 or events@carers-network.org.uk

Monday 20th May All Stars Bowling, White City, Shepherds Bush - Come and learn or improve your skittling skills and see if you can come out with the top score! Lots of fun and laughter as we hit or miss the pins. Meeting at White City Bus Station for 1pm. There are 7 free spaces available.

Tuesday 4th June - The Porchester Spa. Come and enjoy a sauna and steam, and let your mind float away. Sorry guys this one is for ladies only. We will meet at the Porchester Spa at 10.15am. Bring your swimsuit and flip flops for use of the 30 metre swimming pool if you wish. **Must Book! There are 8 free day passes available.**

Monday 10th June — Putt in the Park Mini Golf (weather permitting). Come and putt your stuff at the 12-hole golf course in the heart of beautiful Wandsworth Park. Refreshments will be provided afterwards. There are 6 free spaces available. Meeting at 11.30am at Wandsworth Park Café.

Tuesday 11th June - William Morris Gallery. Visit to childhood home of Victorian designer William Morris in Walthamstow and be inspired by this collection of his work in 9 gallery rooms. Relaxing with refreshments in the Discovery Room. There are 6 free spaces available. Meeting at 1.00pm at Walthamstow Central Station.

Tuesday 18 June - Coach Trip to Eastbourne. Spend a few hours getting to know the delights of this seaside town, with beach walks, sightseeing and of course, Fish & Chips! Clear your schedule for the day as we will leave early around 9.45am and arrive back around 8.00/8.30pm. **Book early to avoid disappointment. (I am sorry but we can't take care of individuals on these trips).**

Monday 24th June - Upperdeckers Hub. Have fun on the River Thames doing kayaking or powerboating. It is on a first come, first served basis at the Hub so arriving early may help you join a session. We will also enjoy tea and coffee in the café after. A change of clothes and soft soled shoes will be necessary. 3 free spaces available. Meet at 12.30pm in time to register before activities start.

Tuesday 9 July—Explore and Discover at the Science Museum 14.00-16.00. Explore the Science Museum collection and celebrate the 50th anniversary of the first human landing on the moon. To get your **FREE ticket(s)** please book from the 1 May 2019 by phone on 020 7942 4000 between 8:30–18:00 OR you can book online at sciencemuseum.org.uk/exploreapollo from May onwards.

Please tell other carers you may know about **Time for Me South Kensington & Chelsea**. If you have any queries give Vennetta Royal a call on 020 8962 4141. For North Kensington call Liz Butters on 020 8962 4536, for Westminster call Zannah Cooper on 020 8962 4536. Please remember to call and book your space for the activities you want to take part in and 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.

Time for me means **TIME** for you!


Kensington and Chelsea