



Archibald Ziegler



Birds of Prey Sanctuary



Natural History Museum

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

**October, November & December 2018**

Hello Carers, welcome to your Autumn programme. What a fabulous Summer we've had. Thank you for joining in. Here are some great trips and events planned for the next three months. Hopefully you can join us, try new things and have some fun. To book a space call **Reception** on **020 8962 4141** ask for Ashley's TFM Chelsea trips. All activities must be booked in advance, but to keep things fair please book only 5 activities at once. **Please note these activities are for unpaid carers, over 50 and living in South Kensington and Chelsea. You must be a member of Open Age or New Horizons; membership is free.**

**The Porchester Spa - \*Thursday 4th October & \*Thursday 8th November** - Come and enjoy a sauna and steam, and let your troubles drift away. Sorry guys this one is for ladies only. **We will meet at the Porchester Spa at 10.15am. Must Book! There are 8 free day passes available.**

**Thursday 11th October - Hannah Perry "GUSH" at Somerset House.** This British artist and Somerset House Studios resident presents a major body of new work in her first solo exhibition in the UK since 2015. GUSH presents a captivating and poignant exhibition featuring large-scale dynamic sculpture, sound and film, in a candid and personal exploration of mental and emotional health in our contemporary, hyper-networked society. **We will meet at Somerset House at 1pm. There are 7 spaces available.**

**Friday 19th October - Archibald Ziegler: A Working Artist.** Following his sudden death in 1971 aged 68, this is the first retrospective of Archibald Ziegler's work in London in four decades. A working class artist who was orphaned at 14, he has been largely overlooked despite winning great acclaim early in his career. **We will meet at Hampstead Underground Station at 12.30pm. There are 7 spaces available.**

**Friday's 26th October, 2nd, 9th and 16th November - My Nature Watch Course (4 wk course).** In this four-part course, learn how to make the My Naturewatch Camera, as featured recently on BBC Springwatch. You will also learn about local wildlife through a guided walk of Holland Park & surrounding area. **Please note that you need to bring a smartphone be able to commit to all four sessions** and will get to keep the My Naturewatch camera at the end of the course. Each session is from 11am to 1pm. **Must Book! We will meet at the Design Museum at 10.45am. There are 5 spaces available.**

**WEDNESDAY 31st October - Connaught Opera for Carers.** From the wonderful setting of Leighton House Museum in Holland Park, Maria Arakie, Glenn Wilson & Pianist Nick Bosworth present a special event for carers performing live "The Fabulous 50s" **Meet at Leighton House Museum at 6.15pm for a pre event drink. Concert starts at 7pm. There are 12 tickets available.**

**Thursday 1st November - Walks of Art No.** Taken from the TATE Walks of Art Guide, this self guided walking tour around Kensington & Hyde Park explores public art exhibits along the way, includes Francis Bacon, Jacob Epstein and Ian Hamilton Finlay **We will meet in Parliament Square at 11am. There are 10 spaces available. (Weather permitting)**

**\* Thursday 8th November—Porchester Spa, see overleaf. There are 8 day passes available.**

**Thursday 15th November - Raptor Foundation** At the Raptor Foundations, they rescue, rehabilitate and return injured birds of prey back to the wild and also protect and preserve them through education and conservation. At this visit we will see the important work that they do, see a flying display and have a bite to eat at the Silent Wings Café. **There are two coach pick up points for this trip. Pick up 1 is from the corner of Sloane Street and Cadogan Gate at 10.30am. Pick up 2 from St Charles Centre for Health & Wellbeing at 11am, There are 15 spaces available for this full day trip. Please confirm your pick up point when booking your space. We return at 4pm, arriving at appx 6pm.**

**Friday 23rd November - Ideal Home Show at Christmas.** Join us at Olympia for the perfect start to your festive celebrations with **inspirational demos**, tasty treats from **top food and drink producers** in **Eat & Drink Festival** plus **shop and sample** everything you need to prepare your home for the festive season.. **Meet at Olympia at 11.30am. There are 5 tickets available.**

**Friday 30th November - Carers Rights Day .** CNWL will be hosting their Carers Conference. Do you have a loved one currently receiving care from CNWL? Would you like to meet other carers and experience some informative talks, workshops and a marketplace? This is a free event organised by carers, for carers. YMCA Indian Student Hostel, 41 Fitzroy Square W1T 6AQ 9am-4pm Register on **020 8637 6195.**

**Thursday 6th December - Natural History Museum Ice Rink and Balcony Cafe** Experience the thrill of skating surrounded by fairy lights nestled in frost covered trees with the smell of mulled wine and toasted marshmallows in the air. Skating is optional, you can just come and soak up the magic from the balcony café and spectate. **We will meet at there at 4pm. There are 7 free spaces available.**

**Friday 14th December - New Horizons End of Year Party.** Enjoy some fun and good company at the end of year New Horizons party. A great programme of entertainment and fun from 11am to 4pm. The Chelsea Bells will give us a song and there will be live music and a lovely buffet. **Your ticket will be at the New Horizons reception. There are 12 tickets available. Must book!**

**Thursday 20th December—Traditional Christmas Lunch at the Chelsea Potter** - Join us for a three course traditional Christmas lunch, with all the festive trimmings and vegetarian options . The menu will be sent to you in advance as chef needs your choices before the event, and you will need to pay your £10 contribution by the end of November by cheque or in person at St Charles Centre once your space has been con-firmed. **We will meet at The Chelsea Potter for a 1pm booking. There are 11 spaces available, you will need to contribute £10 towards the cost of the lunch and buy your own drinks.**

**SUNDAY 23rd December - Carols in the Hall at The Royal Albert Hall.** Join the massed voices of the **Royal Choral Society, National Youth Choir of Great Britain** and the **Royal Philharmonic Orchestra** in song at this special carol concert. Enjoy traditional carols, modern arrangements, and festive favourites **We will meet outside Albert Hall at 10.30am. There are 8 free tickets available.**

Please tell other carers you may know about **Time for Me** South Kensington & Chelsea. If you have any queries give Ashley 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 and for Hammersmith & Fulham call Eitan Kooperrman on 020 8962 4141. Don't forget 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.

  
**Kensington and Chelsea**