

Time for Me Westminster

Activities for unpaid carers over 50



July, August & September 2018

I hope you are keeping well and enjoying the sunshine. This 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**



July

Monday 2nd July Tour of the Courtauld Gallery, Somerset House, 11.45am-2pm. Meet at 11.45am at the Strand Entrance, WC2R 0RN.

Wednesday 4th July Creative Writing, 1.30-3.30pm Barbara Brosnan Court, NW8 9NP.

Wednesday 18th July De-stress/Reiki with Maria, 11.30am-1.15pm, Fitzrovia Centre, 2 Foley St, W1W 6DL. No need to book, just turn up.

Thursday 12th July Relaxation with Liz, 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP. No need to book, just turn up.

Wednesday 18th July, Creative Writing, 1.30-3.30pm, Barbara Brosnan Court, NW8 9NP.

August

Wednesday 1st August, Creative Writing, 1.30-3.30pm, Barbara Brosnan Court, NW8 9NP.

Thursday 2nd August Relaxation with Liz, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP. No need to book, just turn up.

Friday 3rd August The Tate Britain Picnic in their new garden, 12.30-2.30pm. Meet at the Millbank entrance at 12.30pm, SW1P 4RG. Please bring drinks.

Tuesday 7th August Spa at Kensington Leisure Centre, (Ladies only) 1.45pm-4pm. Limited Tickets, so please express interest for the ballot. Silchester Rd, W10 6EX.

Friday 10th August. **Health Walk at Holland Park followed by lunch**, 12pm-2pm. Meet at 12pm at the Design Museum entrance, book a place.



life's just begun

Wednesday 15th August **Creative Writing**, 1.30-3.30pm Barbara Brosnan Court, NW8 9NP.

Wednesday 22nd August **De-stress/Reiki with Maria**, 11.30am-1.15pm. Fitzrovia Centre, 2 Foley St, W1W 6DL. No need to book, just turn up.

Wednesday 29th August **The V&A Frida Kahlo Exhibition**, 2pm-4pm. Meet at the Brompton Road Information Desk at 2pm. Limited tickets so please express an interest for the ballot.

Thursday 30th August **Relaxation with Liz**, 1.30pm-3.30pm Barbara Brosnan Court, NW8 9NP. No need to book, just turn up.

September

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

Friday 7th September **Health Walk & Lunch at Casa Becci**, 12-2pm. Meet at Casa Becci at 12pm, 32 Paddington Street, W1U 4HE. Afterwards we will go for a walk around Regent's Park and finish about 2pm. Tickets are limited so please book.

Wednesday 12th September. **The Tate Britain 'Soapbox' Event**, 11.15am-1.15pm. Social and refreshments. Meet at the Millbank entrance at 11.15am, SW1P 4RG. No need to book.

Thursday 13th September **Relaxation with Liz**, 1.30pm-3.30pm, Barbara Brosnan Court, NW8 9NP. No need to book, just turn up.

Friday 14th September **Cooking Together: A Creative Workshop including lunch we make**. 11.30am-2pm Mindful cooking with Swedish designer Vilma. Room TBC. Book your place and please be on time.

Wednesday 19th September **De-stress/Reiki with Maria**, 11.30am-1.15pm. Fitzrovia Centre, 2 Foley St, W1W 6DL. No need to book, just turn up.

Thursday 20th September **Day trip to Camber Sands** - Another joint day trip with Carers from TFM North Kensington, South Kensington & Chelsea heading to Camber Sands and the wonderful sand dunes. Get away from London for the day, have a stroll along the beach and enjoy a fish and chip meal on the project. There are two coach pick up points for this trip as before. Pick up 1 from St Charles Centre for Health & Wellbeing at 10.30am, Pick up 2 is from the corner of Sloane Street and Cadogan Gate 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 6pm, arriving back in London at approx 8pm.

Wednesday 26th September **Creative Writing**, 1.30-3.30pm, Barbara Brosnan Court, NW8 9NP.

Date to be confirmed: Show at the Royal Opera House: details to follow swiftly.

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