

Time for Me Westminster Activities for unpaid carers over 50



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

January, February & March 2020

Hello Carers! Happy New Year! Let's start 2020 by getting warmed up in the Porchester Spa, aligning our new year resolutions to our minds and bodies, discovering the writer within or learning how to get to grips with the digital age, essential if you want to be gadget aware like James Bond. In January, we are encouraging male carers to give their suggestions for the Time for Me programmes.

Activities **must** be booked in advance **from Mon 6th January 2020**. Exceptions are drop-in classes. Contact **Vennetta** on **020 8962 4536** or email me at **vroyal@openage.org.uk**

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

Activities for January 2020

- **Weds 8th Jan - Qigong with Vennetta. 10-11am.** Jubilee Hall Gym, Covent Garden. £1 per session. Please contact Open Age on 020 8962 4141 to book. Weekly classes.
- **Weds 8th Jan - Creative Writing.** Want to write your memoirs, create a journal or is there a budding author within you? Try your hand at creative writing with Jon Sayers. Barbara Brosnan Court. 46 Grove End Road, St Johns Wood. NW8 9NP
- **Weds 8th Jan - Tina Turner Musical. 7.30-10.30pm.** Waiting list only. Aldwych Theatre on the Strand.
- **Tues 14th Jan - Porchester Ladies' Day Spa. 10.15am.** Sauna and steam rooms at the renovated spa. Bring swimsuit and flip flops for the 30-metre swimming pool if you wish to use it. Queensway, W2 5HS.
- **Weds 15th Jan - Carers Group & Social Drop-In.** Setting Intentions with Law of Attraction in 2020. New Avenues, 3-7 Third Avenue London W10 4RS
- **Thurs 16th Jan - Relaxation with Liz.** Barbara Brosnan Court. NW8 9NP
- **Friday 17th, 24th, 31st Jan & 7th Feb - ACL Digital Life Course with Lena. 10.15am -12.45pm for 4 weeks.** Must commit to the course. Variety of topics agreed with the group. Please bring your smartphone or borrow one from us. Held at St Charles Second Half Centre.
- **Mon 20th Jan - Introduction to Time for Me for Male Carers Social. 3.30 - 4.30pm.** Meet other male carers over tea and coffee and the Open Age Men's Space co-ordinator. Opportunity to contribute your ideas to improve and widen the current programme. Second Half Centre. W10 6DZ.
- **Weds 22nd Jan - Porchester Men's Day Spa. 10.15am.** Sauna and steam rooms at the renovated spa. Bring your swim shorts and flip flops for the 30-metre swimming pool if you wish. W2 5HS.
- **Weds 22nd Jan - Creative Writing. 1.30-3.30pm.** Short story / Journal writing. Barbara Brosnan Ct.
- **Fri 31st Jan - American School London. From 9.30am.** Build rewarding relationships with young students. Reading, games, lunch & conversation. Local transport available to / from school. NW8 0NP



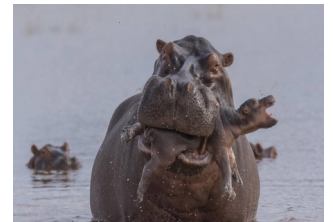
February 2020

- **Weds 5th Feb - Creative Writing. 1.30-3.30pm.** Short story / Journal writing. Barbara Brosnan Ct.
- **Weds 5th Feb - Carers' Group & Social Drop-In. 1.30-3.30pm.** Make a Shadow Box. QPHR, 3-7 Avenues. W10 4RS
- **Thurs 6th Feb - Relaxation with Liz. 1.30-3.30pm.** Barbara Brosnan Court. NW8 9NP
- **Tues 11th Feb - Porchester Ladies' Day Spa. 10.15am.** Sauna and steam rooms at the renovated spa. Bring swimsuit and flip flops for the 30-metre swimming pool if you wish to use it.
- **Weds 12th Feb - Bond in Action. 11.30am.** See over 100 original vehicles and artefacts from all 24 James Bond films. London Film Museum, Covent Garden.
- **Weds 19th Feb - Creative Writing. 1.30-3.30pm.** Short story / Journal writing. Barbara Brosnan Ct. NW8 9NP.



March 2020

- **Weds 4th Mar - Creative Writing. 1.30-3.30pm.** Short story / Journal writing. Barbara Brosnan Ct.
- **Weds 4th Mar - Carers' Group & Social Drop-In. 1.30-3.30pm.** Cooking / Baking social. New Avenues, W10 4RS.
- **Tues 10th Mar - Wildlife Photographer of the Year 2019. 11.00am.** Natural History Museum.
- **Weds 11th Mar - Porchester Men's Day Spa. 10.15am.** Sauna and steam rooms at the renovated spa. Bring your swim shorts and flip flops for the 30-metre swimming pool if you wish. Queensway, W2 5HS
- **Weds 18th Mar - Creative Writing. 1.30-3.30pm.** Short story / Journal writing. Barbara Brosnan Ct.
- **Thurs 19th Mar - Relaxation with Liz. 1.30-3.30pm.** Barbara Brosnan Court. NW8 9NP



April 2020

- **Fri 3rd Apr - New Avenues Party.** Contact or visit the QPHR hub for info. W2 5HS.
- **Weds 8th Apr - Carers' Group & Social Drop-In. 1.30-3.30pm.** New Avenues. W2 5HS.
- * **Carers Network** run a calendar of events for carers in Westminster and carry out carer assessments. Contact 020 8960 3033 or www.carers-network.org.uk or email carers@carers-network.org.uk for info & advice.
- * **Open Age Men's Space** run a variety of activities just for men. Contact Russell John on 020 8962 5583 or email rjohn@openage.org.uk for more information.

Thank you for your time, support and participation in **Time for Me**. Please let other carers know about **Time for Me Westminster**. If you have any queries our direct-line is **020 8962 4536**. We welcome your suggestions about activities or events you would like to experience. Most Time for Me Carer trips & activities remain free. Time for Me meals will require a set contribution. Donations are welcome for general activities

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



St Charles Centre for Health and Wellbeing | Exmoor Street | London | W10 6DZ | 020 8962 4141 | openage.org.uk

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