

Get ready for Silver Sunday 2 October 2022

A guide to events for older residents taking place in Kensington and Chelsea from 2 to 8 October, including activities for those less able to get out



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Get ready for Silver Sunday

Silver Sunday is on 2nd October this year and there will be some exciting events happening on the day itself and the week around it, so please do join in.

A number of organisations and community groups are hosting special events for Silver Sunday this year and all of them are open to residents of Kensington and Chelsea who are aged 65+. It is an ideal opportunity to visit new places, meet new people and try new things. Also included are some online activities for those who are less able to get out and about, or prefer to join in via Zoom. Open Age also offers Phone Groups for those less able to get out and about, for more details please see 'Silver Sunday at home'. The programme will also introduce you to activities that are on offer throughout the year. Some events hosted in Westminster are also open to residents of Kensington and Chelsea.

All events are free of charge unless otherwise specified. They are listed in date order together with the booking details and a few are happening later in the year. Please note that some events may need to be booked in advance. You are welcome to attend as many events as you wish.

So have a look through the programme and see what takes your fancy!

Welcome

Open Age

Open Age supports older people across West London to live healthy, joyful and independent lives. They typically engage with 1000+ individuals every week from a community of 4000+ members, ages 50+.

Members can choose from a weekly programme of 250+ learning and skills, arts, culture, social and physical activity groups. Open Age are the only London charity to provide such a broad and diverse offering for older people. Open Age are the only London charity to provide such a broad/diverse offering for older people. As a member-led charity, this programme has grown and developed over 28 years of working with older people. In 2020 Open Age started to deliver a range of activities using Zoom, which now continue to be a permanent part of their programme.

Open Age is committed to reducing isolation by supporting and celebrating older people in London and membership is free!













Find out more at
www.openage.org.uk
 or call **020 4516 9978**
 or email **mail@openage.org.uk**

Silver Sunday at Home

If you are not able to get out, due to physical limitations or ill health, and want to join in from home, Open Age also offers Phone Groups for those less able to get out and about. For more details contact Ewa on: **020 3713 8736**. Alternatively there are a few activities that are available online!

What our symbols mean

We have used various symbols inside this brochure, this is what they mean:

-  Location
-  Nearest Tube station(s)
-  Bus route(s)
-  Booking information
-  Contact person
-  Telephone number
-  Email address
-  Website address
-  Number of people per session
-  What to bring or wear
-  Is there disability access?
-  Contingency plans, for example if weather is bad or event is cancelled



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Events before Silver Sunday



Tuesday 27 September

Open Science: Plastic Munching Bacteria: Can Microbes Help Tackle the Plastic Waste Crisis?

11:00–12:30pm

This will be a fascinating talk from the Life Sciences department of Imperial College, looking at developing biological methods to help tackle plastic waste. They will discuss how, in a project entitled MIPLACE, they are using biotechnology to develop microbial communities that can break down and transform plastic waste into industrially useful and valuable compounds which can then be used to make new materials such as 'Bio-PU', a more environmentally-friendly material that can be used for insulation and waterproofing. A talk in partnership with Imperial College, London

📍 Online, via Zoom

✍️ bookings@openage.org.com

Booking is needed so you can be sent the Zoom log-in details

👤 Vivienne Mitchell

☎️ 07824 484984

✉️ bookings@openage.org.uk

🖱️ www.openage.org.uk

💼 A smart device or computer with the Zoom app or software downloaded; internet access

👥 No maximum





Thursday 29 September


Silver Sunday with Octavia Housing


10:00am-3:30pm


- 10:00 karaoke and sing-a-long
- 11:00 Raffle
- 12:30 Buffet
- 13:30 Elvis (singing and dancing)


 The REED
28 Convent Garden, Kensington
Park Road, London W11 1NH

 Ladbroke Grove, Hammersmith
and Circle Line


 23, 52, 452, 7, 70


 Book in advance

 Josephine Ibrahim & Diane Phillips


 Josephine: 07884 164940
Diane: 02083 545594

 www.octaviahousing.org.uk

 Casual wear

 35-45 people

 Yes

 We have a big marquee to put
up in the garden in case it rains.





Friday 30 September


Open Age Dance-a-thon at Chelsea Theatre


10am-3pm


Grab your dancing shoes and join us for five fabulous hours of dance classes with the best instructors and fantastic music! Dances Include Latin Jazz, Bollywood and Disco. All abilities welcome.


 **Chelsea Theatre**
7, World's End Place,
London SW10 0DR


 Sloane Square


 11, 22 or 211

 No booking required, however please let Jenny know you plan on attending

 Jenny

 07799 369717

 www.openage.org.uk
www.chelseatheatre.org.uk

 Casual comfortable clothing

 20 max per dance class

 Yes


 Indoor event


Silver Sunday Celebrations @ Burgess Fields with Octavia Housing


12.30-4pm


Run up to the Silver Sunday Celebrations.


Burgess Fields celebrates the contribution of the elderly to the community with a free fun day involving food, a magic show and/or a caricaturist, a raffle and music.


 **Burgess Fields**
57, Wornington Road, W10 5PT

 Westbourne Park


 Book in advance

 Ursula Barallon & Olatokunbo Azeez

 02089 600273

 Ursula.barallon@octavia.org.uk
Olatokunbo.azeez@octavia.org.uk

 www.octaviahousing.co.uk

 There may be some requirements depending on the Covid regulations at the time.


 Yes

Saturday 1 October

Royal Albert Hall Tours

10:00–11.00am & 11:30–12.30pm

Together with a friendly guide, you'll take a peek at the royal areas of the Hall, see the breath-taking auditorium, and the stage that's hosted some of the world's biggest change-makers, history-shapers and stars – from Arctic Monkeys to Muhammad Ali, BBC Proms to Beyoncé, Cirque du Soleil to Winston Churchill, and Albert Einstein to Ed Sheeran.

 Royal Albert Hall
Kensington Gore,
South Kensington, London SW7 2AP

 Book online at
www.royalalberthall.com/tickets/tours-and-exhibitions/royal-albert-hall-tour/#booking and enter the code SilverSunday, or telephone 02075 898212

 www.royalalberthall.com/

 Yes


Songhaven Concert at St Paul's Knightsbridge

3–4pm


Join Songhaven at St Paul's Knightsbridge, one of London's most beautiful Victorian churches for a professional concert filled with uplifting favourites! Our amazing musicians will engage and entertain with stunning operatic arias and duets, tunes from the classic musicals, and popular songs from the past. Songhaven concerts are always relaxed, dementia-friendly and shame-free. Movement, interaction, and singing along from the audience is warmly welcomed and encouraged! All welcome.

 St Paul's Knightsbridge,
32A Wilton Place, SW1X 8SH

 Victoria


 14, 148, 16, 19, 2, 23, 36, 52, 9

 Book in advance at
songhaven.co.uk/liveconcerts

 02072 019999

 songhaven@songhaven.co.uk

 www.songhaven.co.uk/

 100 spaces

 Yes

Events on Silver Sunday 2 October



Sunday 2 October

Silver Sunday Swim Morning with Everyone Active

8-11am

Join us for an early morning swim and social to celebrate Silver Sunday.

📍 Queen Mother Sports Centre
223 Vauxhall Bridge Rd, Pimlico,
London SW1V 1EL

🚫 Victoria

✍ No booking required however spaces are limited.
For more information please contact us on **02077 982040** or find us on facebook **@QueenMotherSportsCentre**

👉 www.everyoneactive.com

🧳 Please bring appropriate swimwear, towel and shower accessories. Nothing is provided.

♿ Yes



Silver Sunday Swim with GLL

10-12pm

If you're looking for a low-impact way to get fit and healthy, swimming could be the perfect choice. Enjoy a relaxed swimming session at your own pace, to help improve fitness and relaxation.

Class to be offered TBC nearer the event

📍 Kensington Leisure Centre
Silchester Rd, London W10 6EX

🚫 Latimer Road, Ladbroke Grove,
Holland Park & Shepherds Bush

✍ Book in advance

👤 Ben Lett

✉ Ben.lett@gll.org

👉 www.better.org.uk

🧳 Swimming attire

♿ Yes

Sunday 2 October

Silver Sunday Tai- Chi with Everyone Active

10-11am

📍 Paddington Recreation Ground
Randolph Avenue, W9 1PD

🚫 Maida Vale or Kilburn Park

✍ Please visit
www.everyoneactive.com or call us on 0207 644 6880 for bookings

☎ 02076 446880

🖱 www.everyoneactive.com

👥 30 people

👜 Please wear comfortable clothes that you can exercise in and appropriate trainers to support you

♿ Yes



Royal Albert Hall Tours

10-11am & 11:30-12.30am

Together with a friendly guide, you'll take a peek at the royal areas of the Hall, see the breath-taking auditorium, and the stage that's hosted some of the world's biggest change-makers, history-shapers and stars – from Arctic Monkeys to Muhammad Ali, BBC Proms to Beyoncé, Cirque du Soleil to Winston Churchill, and Albert Einstein to Ed Sheeran.

📍 Rotal Albert Hall
Kensington Gore, South
Kensington, London SW7 2AP

✍ Book online at
www.royalalberthall.com/tickets/tours-and-exhibitions/royal-albert-hall-tour/#booking and enter the code SilverSunday, or telephone 02075 898212

🖱 www.royalalberthall.com/

♿ Yes

Silver Sunday Coffee Morning with Everyone Active

11-12:30pm

Come along and have a coffee with us for Silver Sunday. Keep fit, make friends and enjoy the outdoors!

📍 Paddington Recreation Ground
Randolph Avenue, W9 1PD

🚫 Maida Vale or Kilburn Park

✍ No booking required.
For more information please
contact us on **02076 446880**
or find us on facebook
@PaddingtonRecreationGround

🖱 www.everyoneactive.com

♿ Yes



Silver Sunday Tour & Afternoon Tea at Lord's Cricket Ground

11-2.30pm

Enjoy afternoon tea and a tour of Lord's, the Home of Cricket. Bookings can be made from Monday 5 September.

📍 Lord's Cricket Ground
St John's Wood Rd,
London NW8 8QN

🚫 St John's Wood (5mins)
Baker Street, Warwick Avenue,
Marylebone,
Edgware Road (15 min)

✍ Book in advance

👤 John Donegan

☎ 02076 168604

✉ community@mcc.org.uk

🖱 www.lords.org

👥 100 people

♿ Yes





Sunday 2 October


Fun Day at James Hill House with Octavia Support


11-4.15pm


A fun filled day with live music, chair based exercises, hand therapy, arts and crafts and a raffle. A sumptuous Silver Sunday meal will be served followed by a live entertainment show, and bingo with afternoon tea.


 James Hill House
196 – 200, Kensal Road, W10 5BS

 Kensal Green


 18, 23, 295

 Book in advance

 02083 545676/77
07949 434021

 afiya afiya.agard@octavia.org.uk
tatyana tatyana.orizu@octavia.org.uk

 www.octaviasupport.org.uk


 50 people

 Yes

Silver Sunday Swim with GLL

1-3pm TBC

If you're looking for a low-impact way to get fit and healthy, swimming could be the perfect choice. Enjoy a relaxed swimming session at your own pace, to help improve fitness and relaxation.

 Chelsea Sports Centre
Chelsea Manor St, London SW3 5PL

 South Kensington or Sloane Square

 Book in advance

 Ben Lett

 Ben.lett@gll.org

 www.better.org.uk

 Swimming attire

 Yes




Explore Albertopolis


2pm

This walk takes us past the great museums and institutions of South Kensington. We will see the Natural History Museum, the Victoria and Albert, the Brompton Oratory, Imperial College, the Royal College of Music, the great Albert Hall known to many as the nation's Village Hall and the Royal Geographical Society. We finish close to that magnificent Gothic monument to the man who conceived the idea of setting up what has become one of the world's greatest cultural quarter – the Albert Memorial. We will see some of the most imposing and famous buildings in London. At the end of the tour we can take tea and refreshments at the very pleasant Bowling Green café near the Albert Memorial.



 Meet outside South Kensington Underground Station, SW7 2ND

 Richard Cohen

 07852 141425

 richard.cohen2@btinternet.com





**Turn to page 30
to read about your
Silver Sunday
event providers**

Other events in October




Monday 3 October


Jewellery Making with Open Age


10–12pm


Join us for a group session of jewellery making. You will need to have prior knowledge of making jewellery but there will be a volunteer there to help. Please bring your own supplies.

 New Horizons
Guinness Trust Estate,
Cadogan Street, London SW3 2PF


 Sloane Square

 19, 211, 22, 452

 Book in advance via phone

 02045 169970

 www.openage.org.uk


 10 people


 Yes


Silver Sunday Social Club with The Venture Centre

2-4pm

An afternoon of music, refreshments, socialising and fun games for elderly residents to enjoy. We aim to create a fun and friendly environment where attendees can let their hair down and enjoy the company of neighbours and friends.

 The Venture Centre
103A Wornington Road


 Ladbrook Grove

 52, 452, 295

 Wasim Abd-El Aziz

 wasim@venturecentre.org.uk

 www.venturecentre.org.uk

 50 people

 Yes



Silver Surfers with Morley College


2pm


Glass Design


We offer Art and Design courses in Glass Design and Jewellery.


These tasters are an opportunity for older adult learners to attend an initial workshop and decide if they would like to enrol on future 'learning just for fun' programmes in these areas.


The North Kensington Centre has a long history of delivering these high quality learning opportunities and is very happy to open these learning opportunities to the wider community.

 Morley College London
North Kensington Centre,
Wornington Road,
London W10 5QQ


 Ladbroke Grove
or Westbourne Park


 Book in advance via phone


 Tsvetana Naydenova

 02074 501889

 www.morleycollege.ac.uk

 15 people

 Dress comfortably


 If you have access requirements please contact us and we will provide support accordingly.


Tickets for English National Opera's 'Tosca' in partnership with Open Age


7:30pm

With a dramatic story line and Puccini's richly romantic score, book your opera tickets now for Tosca: one of the world's most famous operas.


Production from The Finnish National Opera and Ballet.


 London Coliseum
33 St Martin's Lane,
Westminster, London WC2N 4ES


 Charing Cross or Leicester Square

 139, 176, 29, 6, 88, 9

 Book in advance

 02037 138737

 www.eno.org
www.openage.org.uk

 19 people

 Yes

Tuesday 4 October

Silver Surfers with Morley College

2pm

Jewellery Workshop

We offer Art and Design courses in Glass Design and Jewellery.

These tasters are an opportunity for older adult learners to attend an initial workshop and decide if they would like to enrol on future 'learning just for fun' programmes in these areas.

The North Kensington Centre has a long history of delivering these high quality learning opportunities and is very happy to open these learning opportunities to the wider community.

📍 Morley College London
North Kensington Centre,
Wornington Road,
London W10 5QQ

🚫 Ladbroke Grove
or Westbourne Park

📞 Book in advance via phone

👤 Tsvetana Naydenova

☎️ 02074 501889

🖱️ www.morleycollege.ac.uk

👥 15 people

👜 Dress comfortably

♿️ If you have access requirements please contact us and we will provide support accordingly.





Wednesday 5 October


Sliver Sunday Celebration Event with Al Manaar Muslim Cultural Heritage Centre


11-3pm


A day of celebrations where older people can meet, make friends, try different activities and connect with local communities and other organisations. We will be inviting the Mayor of Kensington and Chelsea to celebrate the day with us. There will be a whole range of stalls representing other organisations working with older people, and a variety of different entertainments on the day. We will start with an aerobic class and there will also be body and hand massage, beauty care and facial massage, and the chance to have a henna tattoo. Snacks with tea and coffee will be available. Lunch at 1:15 pm

 Al Manaar Muslim Cultural Heritage Centre
244 Acklam Road, London W10 5YG

 Westbourne Park or Ladbroke Grove

 7, 23, 28, 31, 52, 70, 295, 328, 452

 Booking not required

 02089 641496

 intlak@mchc.org.uk

 www.almanaar.org.uk


 Yes

Coffee and Cake at Victoria Library


10.30-12pm


An opportunity to come and mingle over coffee, as well as take part in a fun 1950s quiz with prizes.


Meet new people and find out what is happening in the libraries. Blood pressure and cholesterol tests also available privately on the day.

 Victoria Library
160 Buckingham Palace Rd,
London SW1W 9TR


 Victoria

 170, 185, 211, C10

 Book in advance

 02076 416200

 www.westminster.gov.uk/leisure-libraries-and-community/libraries/victoria-library/about

 20 people


 Yes


Wednesday 5 October


Understanding Art with Open Age

2pm

Travel back in time and explore the history of art. Enjoy a range of creative history, from Renaissance to modern times.

 Online, via Zoom


 Book in advance via bookings@openage.org.uk

 Andrea Carrington

 bookings@openage.org.uk

 www.openage.org.uk

 15 people


 A smart device or computer with the Zoom App or software downloaded; internet access


 Yes


Quiz with Open Age


2:15–4:15pm


Join us for a fun quiz at New Horizons! Our quizmaster prepares challenging but interesting questions for you to tackle.


 New Horizons
Guinness Trust Estate,
Cadogan Street, London SW32PF


 Sloane Square

 19, 211, 22, 452

 Book in advance via phone

 02045 169970

 www.openage.org.uk

 12 people

 Yes












The Great Exhibition at the V&A

Meet 2.15pm (for 2.30pm tour)

The Great International Exhibition of 1851 was the world's first and hugely successful 'international trade show' featuring the very best of manufactured goods to inspire British manufacturers and the public alike. That ethos is continued today at the V&A - the national museum of art, design and performance.

The Great exhibition, housed in a temporary building nick-named the 'Crystal Palace' was open for 6 months and had 6 million visitors, which at the time was 30% of Britain's population!

Learn about the personalities that made it happen and how the V&A continues the exhibition's legacy.

-  V&A, Cromwell Rd, London SW7 2RL
-  South Kensington
or Gloucester Road
-  Book in advance via phone
-  Geoff Brown
-  02037 138737
-  www.openage.org.uk
-  9 people
-  Please wear comfortable shoes as this is a tour around parts of the museum
-  Yes





Wednesday 5 October


Singing with Open Age

2:30-4:30pm


Join us for a group singing class with our teacher who also plays the guitar. We have a songbook and will sing songs from there.
No singing skills needed!

 **New Horizons**
Guinness Trust Estate, Cadogan
Street, London SW32PF


 Sloane Square

 19, 211, 22, 452

 Book in advance via phone

 02045 169970

 www.openage.org.uk


 20 people


 Yes


Trip to Sky Gardens with Open Age


3-4pm


Join for a group trip to Sky Gardens, for those with a good head for heights! The famous enlarged glass dome on floor 35 of the Fenchurch Street building is dedicated to three storeys of exquisitely landscaped public gardens and London's most exclusive social spaces, including observation decks and an open air terrace.


 **Sky Gardens**
1, Sky Garden Walk,
London EC3M 8AF

 Monument

 Book in advance via phone

 02045 169970

 www.openage.org.uk

 20 people

 Yes




Thursday 6 October

Silver Sunday “Story Map Painting Through The Medium Of Water At Kensington Palace with Open Age


10-3pm

Let’s explore the beauty of Kensington Palace together by creating some watercolour Story Maps.


Capture buildings, people, gardens etc, and let your painting tell a story. Come along and explore Kensington Palace in this workshop through watercolour and release your creativity for Silver Sunday


 Kensington Palace
Kensington Gardens,
London W8 4PX

 High Street Kensington

 148, 23, 27, 49, 52, 9


 Book in advance via email


 Andrea Carrington

 02045 169971

 bookings@openage.org.uk

 www.openage.org.uk

 12 people

 What to bring or wear


 Yes


RHS Botanical Art and Photography show with Open Age and The Saatchi Gallery

11-12:45pm

The Saatchi Gallery has a legacy of displaying contemporary art from all over the world. From their Korean Eye 2020 exhibition to their Post-Soviet Actionism exhibition in 2017.

Come with us on a journey through eight core artworks that we will use as inspiration to create our own art, while learning about the artists and the places that inspired them.


 This will be held online using Zoom, those who book will be sent a link and details on how to join


 Book in advance via
bookings@openage.org.uk

 Hannah Munns

 bookings@openage.org.uk

 www.openage.org.uk

 15 people

 A smart device or computer with the Zoom app or software downloaded; internet access

 Yes


Friday 7 October


Silver Surfers with Morley College

10am and 2pm
(both sessions 90 minutes)


We offer computing courses for older adults with no experience of IT other than an interest to learn. This taster course is designed for participants to gain some basic IT skills which will help them with day-to-day life or progress to another IT course.


The aim of the course will be to enable students to log in and out of a computer, use social media applications, create and use an email account, and know how to stay safe online.


 Morley College London
North Kensington Centre,
Wornington Road,
London W10 5QQ


 Ladbroke Grove
or Westbourne Park

 Book in advance via phone

 Tsvetana Naydenova

 02074 501889


 15 people


 If you have access requirements please contact us and we will provide support accordingly.


Open Age Dance-a-thon! At The Avenues


10-3pm


Grab your dancing shoes and join us for five fabulous hours of dance classes with the best instructors and fantastic music! Dances Include Latin, Jazz, Bollywood and Disco. All abilities welcome and refreshments are provided. Booking is required. We will be joined by our community partners Step Change Studios and NishkamSWAT.


 The Avenues
3-7 Third Avenue, London W10 4RS


 18, 28, 228


 Book in advance


 02037 138737

 www.openage.org.uk

 100 people

 In dance classes we recommend casual comfortable clothing

 Yes - please use Intercom for entry

 Contingency plans, for example if weather is bad or event is cancelled

Film Screening – Silver Classics with Open Age

12-2pm

Join for a movie screening of an all-time classic, Breakfast at Tiffany's. Popcorn included!

📍 New Horizons
Guinness Trust Estate,
Cadogan Street, London SW3 2PF

🚫 Sloane Square

🚌 19, 211, 22, 452

✍️ Book in advance via phone

☎️ 02045 169970

🖱️ www.openage.org.uk

👥 20 people

👜 What to bring or wear

♿️ Yes



PLANTS OF THE IMAGINATION with Open Age and The Saatchi Gallery

12-2pm

Come join a group for a workshop run by the Saatchi gallery in which they will use their RHS Botanical Art & Photography Show 2022 as a jumping off point to invent your own fantasy plants collaboratively with other participants. You will combine observational drawing and collage, and learn scientific facts about plants, their functions, and cultural significance.

📍 New Horizons,
Guinness Trust Estate,
Cadogan Street, London SW3 2PF

🚫 Sloane Square

🚌 19, 211, 22, 452

✍️ Book in advance via phone

☎️ 02045 169970

🖱️ www.openage.org.uk

👥 10 people

♿️ Yes

Tuesday 11 October

Around the World In 8 Art Works Workshop With Open Age and The Saatchi Gallery

11am–12:45pm

The Saatchi Gallery has a legacy of displaying contemporary art from all over the world. From their Korean Eye 2020 exhibition to their Post-Soviet Actionism exhibition in 2017.

Come with us on a journey through eight core artworks that we will use as inspiration to create our own art, while learning about the artists and the places that inspired them.

📍 Open Age Second Half Centre
St Charles Centre For Health and Wellbeing, Exmoor Street, London

🚶 Ladbroke Grove

🚌 18, 23, 316, 452, 52, 7, 70

✍ Book in advance via
bookings@openage.org.uk

✉ bookings@openage.org.uk

🖱 www.openage.org.uk

👥 10 people

♿ Yes



Tuesday 18 October

Silver Tuesdays with The Science Museum

2-4pm

Join us in 'Medicine' at The Wellcome Galleries to explore facts and fiction in the world of science. Discover how fiction can inspire future generations of scientists and how in turn that innovation influences and inspires writers. There will be experts on hand, activities to delve into, and a chance to look at the progress of technology through time.

📍 Science Museum
Exhibition Road, South Kensington,
London SW7 2DD

🚫 South Kensington
or Gloucester Road

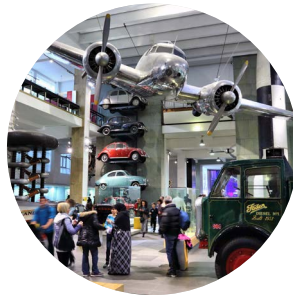
✍️ You will need to book a free event ticket in advance, which you can do via the event page on the Science Museum website. All visitors must also book a free museum admission ticket in order to enter the museum, which you can do here: www.sciencemuseum.org.uk/see-and-do/welcome

👤 Oliver Mason

✉️ oliver.mason@sciencemuseum.ac.uk

🖱️ www.sciencemuseum.org.uk/

♿️ Yes





**Don't forget
that some events
need to be booked
in advance!**

Silver Sunday event providers

A special thank you to the following
organisations who will be hosting events
for Silver Sunday 2022



Chelsea Theatre

Chelsea Theatre are now back presenting creativity and culture from all parts of the community for all parts of the community. Our major renovation heralds a vibrant new era for emerging arts in the borough and beyond. Community programming can be found on our Activities Page and Cultural programming on our What's On page.



Chelsea Sports Centre and Kensington Leisure Centre

Established in 1993, GLL is the largest UK-based charitable social enterprise delivering leisure, health and community services. Under the consumer facing brand Better, they operate 258 public Sports and Leisure facilities, 88 libraries, 10 children's centres and 5 adventure playgrounds in partnership with 50 local councils, public agencies and sporting organisations. GLL exists to make community services and spaces better for everyone. In practice, that means investing all surpluses back into providing quality leisure, health and library facilities for the good of the communities where they operate.



English National Opera

The English National Opera exists for everyone, creating new experiences with opera that inspires, nurtures creativity and makes a difference.



Everyone Active

They are called Everyone Active for a reason: They have made it their mission to encourage everyone we come into contact with to participate in at least 30 minutes of moderate physical activity, either in one of their centres or via online training, five times per week.



Kensington Palace as part of Historic Royal Palaces

Historic Royal Palaces is an independent charity that looks after the Tower of London, Hampton Court Palace, the Banqueting House, Kensington Palace, Kew Palace and Hillsborough Castle.



Lord's Cricket Grounds

A cricket ground in St John's Wood with a long and venerable history. Lord's celebrated its bicentenary in 2014.



Morley College

Morley College London has sites across London, and at both ends of the local borough. More specifically, The North Kensington Centre is a great place to study if you're looking for that local college feel with a truly personal approach. Currently undergoing a £13million renovation due for completion in the autumn, the college building really is testament to a meaningful investment in the local community.



NishkamSWAT

NishkamSWAT are a charitable organisation based in West London. Their primary function is to unite and transform financially disadvantaged communities by focusing on projects which make a difference to people's lives in the short term and improve their prospects in the long term.



Octavia

Octavia has stayed true to its social purpose for more than 150 years as they have continued the pioneering work of their founder, Octavia Hill, in providing homes, support and care for people in central and west London.



Open Age

Open Age has an incredible 29 year history of supporting over 50s to live active and joyful lives as part of a community. We deliver a totally unique selection of activities across Kensington & Chelsea, Westminster, and Hammersmith & Fulham. Our aims are clear and simple: to enable our charity members to keep active, happy, and able to access a range of new and exciting opportunities across London



Royal Albert Hall

The Royal Albert Hall delivers innovative education programmes and outreach projects for thousands of adults and children each year. Whether it is providing a child with their very first opportunity to pick up an instrument, or improving the quality of life in a care home through the power of music, the Hall's work has a positive and lasting effect on everyone involved.



Saatchi Gallery

Saatchi Gallery exists as a registered charity to provide an innovative platform for contemporary art and culture. We are committed to supporting artists and rendering contemporary art accessible to all. We strive to present projects in physical and digital spaces that are engaging, enlightening and educational for diverse audiences.

SAATCHI GALLERY

Science Museum

The Science Museum's world-class collection forms an enduring record of scientific, technological and medical advancement from across the globe.



Songhaven

Songhaven is a professional concert series that welcomes people living with dementia or memory loss as well as their families, friends and carers.



Step Change Studios

Step Change Studios is an award-winning dance company committed to making dance accessible for everyone. We offer fun, engaging dance opportunities for disabled children and adults and people with long-term health conditions, catering to different abilities and needs. We provide regular dance classes; deliver dance in schools, social care, healthcare and community settings; produce professional dance performances; share our knowledge through conferences and workshops; and we create imaginative dance projects in collaboration. We value the role of dance in supporting the mental and physical wellbeing of people from disadvantaged, and underserved communities. We want to support everyone to achieve their dancing ambitions - whether that is to dance for fun, to be active, to perform, and inspire others to dance.



The Muslim Cultural Heritage Centre

The Muslim Cultural Heritage Centre is a vibrant and welcoming community hub and resource that encourages and promotes a sense of belonging, unity and pride for both Muslims and the wider community and is relevant to every household in West London.



The V&A

The Victoria and Albert Museum in London is the world's largest museum of applied arts, decorative arts, and design, housing a permanent collection of over 2.27 million object



Venture Centre

The Venture Community Association (VCA) is an association of community centres that serve and assist the people of the Royal Borough of Kensington and Chelsea through a variety of programs, events, and playgrounds. The centre works with the Local Authority, statutory providers and Voluntary Sector organisations in partnership to relieve poverty, provide health education and activities, advance education and provide recreation and leisure in the interests of social welfare, with the aim of improving conditions for residents and the relief of poverty for its inhabitants.



Victoria Library

Victoria Library. General library with broad range of books for check out and reference.





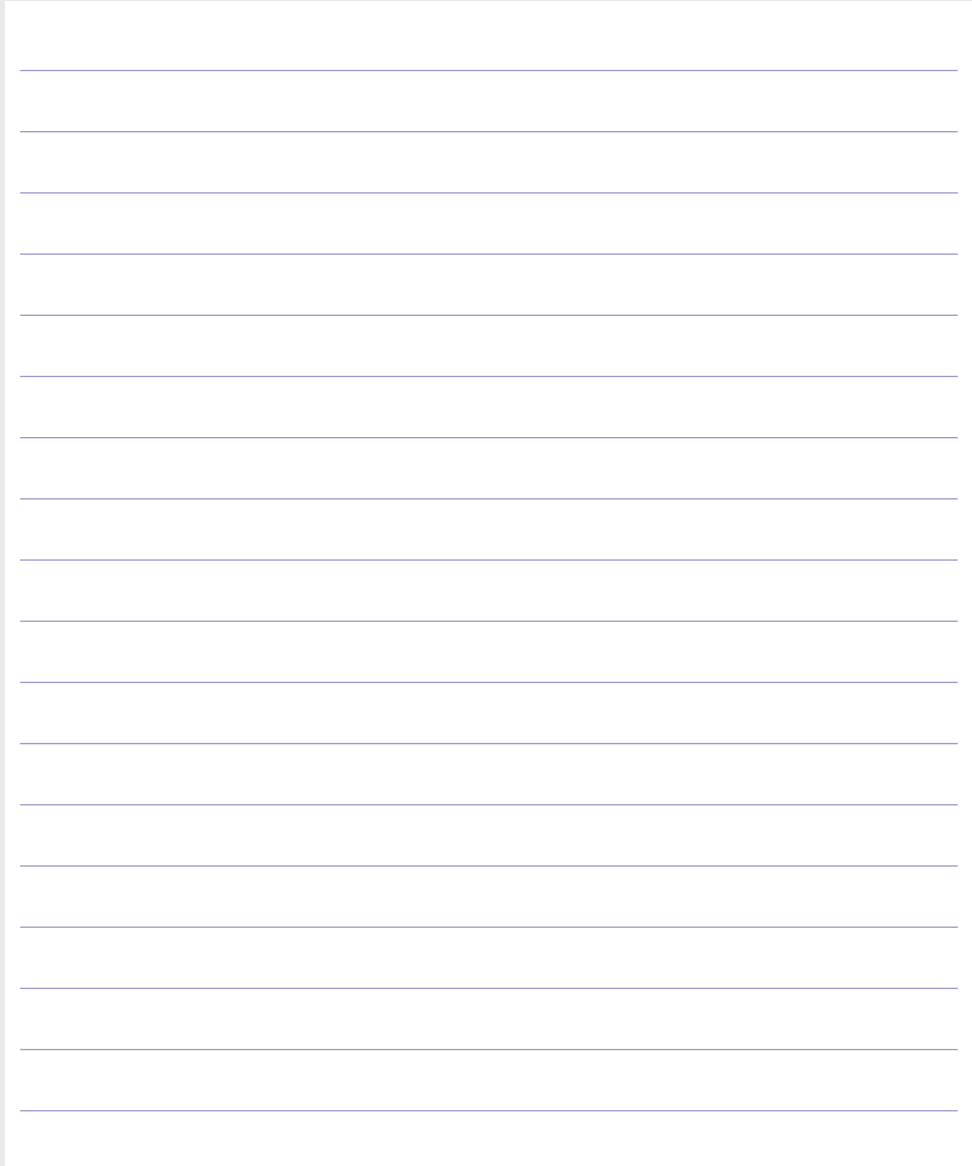
Open Age are managing all enquiries about the Silver Sunday 2022 Programme. Please email silversunday@openage.org.uk or alternatively call the main number on 0204 516 9978 and ask to speak to a member of staff regarding Silver Sunday in Kensington and Chelsea.

If you are not able to go out, due to physical limitations or ill health, and want to join in from the comfort of your own home, Open Age also offers Phone Groups for those less able to get out and about. For more details contact Ewa on: 020 3713 8736.

Alternatively there are a few activities that are available online that you can enjoy from the comfort of your own home.

Events wish list

Jot down the events you would like to attend.
Remember some of them need to be pre-booked.



A large white rectangular area with horizontal blue lines for writing, intended for listing events to attend.

Notes

A large white rectangular area containing 20 horizontal blue lines for writing notes.





Enquiries about the Silver Sunday programme

If you are an older resident and are interested in joining a Silver Sunday activity, but need a bit of support in getting out and meeting new people you can email Open Age at silversunday@openage.org.uk or call on **020 4 516 9978** and ask to speak to a member of staff regarding Silver Sunday in Kensington and Chelsea.

Useful information

People First website supports independent living and health for residents. The website is easy to use and packed full of useful information. www.peoplefirstinfo.org.uk



Age UK Kensington & Chelsea is an independent, local charity working at the heart of the community to ensure older people's voices are heard, their needs are met, and the independence is supported. They provide practical and emotional support through a wide range of services.



www.ageuk.org/kensingtonchelsea

Tel: **020 8969 9105**

Octavia offer a befriending service to isolated and vulnerable adults aged 50+. Individuals are matched with a volunteer befriender who visits once a week for a minimum of six months. A befriender can visit in the person's own home or provide the support needed to venture out.



www.octaviafoundation.org.uk

Tel: **020 8354 5532**

For any other matters relating to Kensington and Chelsea Council, please call the switchboard on **020 7361 3000**

