



life's just begun

Time for Me November 2021 programme

**Health, leisure and learning for unpaid carers over 50
November 2021 activities on Zoom and phone**

For further details and to book please

Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

Tues 2nd Nov 2.00-4.00pm: Carers Creative Social - Decorate old bottles & jars etc.
at New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF

Weds 3rd Nov 1.30-3.30pm: Creative Writing for Wellbeing on Zoom and phone

Fri 5th Nov 11.00-1.00pm: Yin Yoga on Zoom (11am) & **Meditation** Zoom & phone (12.15pm)

Mon 8th Nov 8.30-9.30pm: Yoga Nidra (relaxation to help with sleep) on Zoom

Tues 9th Nov 2.30-3.30pm: Workshop on Assertiveness (CNWL) on Zoom & phone

Weds 10th Nov 1.30-3.30pm: Carers Creative Social - Decorate your old bottles & jars etc.
at Avenues, New Avenues 3-7 Third Avenue, W10 4RS

Fri 12th Nov 11.00-1.00pm: Chi Kung on Zoom

Tues 16th Nov 3.00-5.00pm: Carers Creative Social - Decorate your old bottles & jars etc.
at St Margaret's Centre, 1 Carey Place, SW1V 2RT **(NB. Session to be confirmed. Please call or email Time for Me to check if this is running at St Margaret's.)**

Weds 17th Nov 11.00-1.00pm: Yoga, Relaxation and Gong on Zoom

Fri 19th Nov 11.00-1.00pm: Creative Writing for Wellbeing on Zoom and phone

Thurs 25th Nov 2.00 - 4.00pm: Relaxation on Zoom (techniques to help you feel calm)

Fri 26th Nov 11.00-1.00pm Yoga, Relaxation and Gong on Zoom

Visits: Historical Royal Palaces. **Contact Time for Me to register your interest.**

Carers Rights Day 25th Nov - Carers Network have events (workshops online, stalls and workshops in community). For updates / information see Carers Network website: <https://carers-network.org.uk/> or contact Carers Network by email: info@carers-network.org.uk or call: 020 8960 3033.



Open Age
St Charles Centre for Health & Wellbeing,
Exmoor Street, London W10 6DZ.
Tel: 020 4516 9978. Charitable Incorporated
Organisation Number 1160125.
www.openage.org.uk

