



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

## July, August and September 2019

Hello Carers! Welcome to the Summer 2019 Programme. This programme includes some old favourites and new ideas suggested by yourselves. I look forward to seeing you all at some of these events. Contact **Vennetta** on **020 8962 4536** or **mobile on 07437 913 154**. This Summer's coach trips are to Sissinghurst Castle Gardens in Kent and to Bournemouth Seaside.

All activities **must be booked in advance**, including the coach trips to Sissinghurst Castle Gardens and Bournemouth. Exceptions are drop-in classes.

**Please note these activities are for Unpaid Carers, over 50 and living in Kensington and Chelsea.**

### Trips for the Summer

#### Friday 26th July - Sissinghurst Castle Garden.

Meeting at St Charles Centre at 9.00 am or Sloane Street at 9.30 am. **Must book. Please bring a packed lunch for the day.** Coach Trip to this colourful garden refuge that once was a prison and later home to the women's land army.

#### Wednesday 4th September - River Cruise to Richmond.

Meet at Westminster Pier, Victoria Embankment in the morning, time to be confirmed and returning by public transport. **Must book.** Bring a packed lunch and enjoy a leisurely cruise on the River Thames to Richmond, do some shopping if you wish or go for a wander about.

#### Tuesday 24th September - Bournemouth Seaside Day Trip.

Meeting at 9.15 from St Charles Centre or 9.45am from Sloane Street and arriving back around 8.30pm. **Must book to avoid disappointment.** Visit this lovely seaside town, with beach walks, sightseeing. You can book a 2-course lunch for £5 (fish 'n' chips / vegetarian) with tea or coffee, or bring your own lunch.

### Activities for July, August & September

- **Tuesday 16th July - The Porchester Spa - Ladies' Day 10.15am. Must Book!** Enjoy a sauna and steam. Bring your swimsuit and flip flops for use of the 30-metre swimming pool if you wish.
- **Tuesday 16th July - Carers' Group & Social Drop-In 2-4pm.** Meeting at New Horizons Café, Guinness Trust Estate, Cadogan Street, London, SW3 2PF.
- **Tuesday 23rd July - French Boules (Pétanque) in Vauxhall Pleasure Gardens at 2pm.** Learn to play bowls the French way with some friendly competition against each other.
- **Wednesday 24th July - Royal Academy of Arts Summer Exhibition 2019 at 1.30pm.** Largest submission of world art co-ordinated this year by Jock McFadyen RA.

- **Tuesday 30th July - Tower Bridge Tour - 1.30pm.** Visit this amazing London landmark with panoramic views from high level walkways and glass ceilings and see the engine rooms that lift the bridge. Meeting details to be confirmed.
- **Friday 2nd August - New Horizon's Summer BBQ 12 - 4pm! Must book!** Time to celebrate the summer with food and music at the New Horizons Centre, Guinness Trust Estate, SW3 2PF.
- **Sunday 4th August - Regent's Park Music Festival on the Bandstand 12pm.** Bring a packed lunch / picnic to share while listening to the music of big bands playing between 12.30-5.30pm.
- **Wednesday 7th August - Open Age Art Exhibition 12.30-6pm.** Visit to Saatchi Gallery. Alternative date to visit is Thursday 8th August 10am-6pm if you wish.
- **Sunday 11th August - Regent's Park Music Festival on the Bandstand 12pm.** Bring a packed lunch / picnic to share while listening to the music of jazz bands playing between 12.30-5.30pm.
- **Tuesday 13th August - Monthly Carers' Group & Social Drop-In 2-4pm.** Meeting at New Horizons Café, Guinness Trust Estate, Cadogan Street, London, SW3 2PF.
- **Wednesday 14th August - The Porchester Spa Men's Day 10.15am. Must book!** Enjoy a sauna and steam. Bring swimming trunks and flip flops for use of the 30-metre swimming pool if you wish.
- **Tuesday 20th August - Open Age Mile. Starts at 11am at Paddington Recreation Ground. To register call 020 8962 4141 or with Vennetta. It's £2 to enter per person.** Run, jog or walk the Open Age Mile. You can do it with friends or relatives, and help raise money for Open Age if you wish.
- **Tuesday 3rd September - Monthly Carers' Group & Social Drop-In 2-4pm.** Meeting at New Horizons Café.
- **Monday 9th September - Upperdeckers Hub, Westminster Boating Hub 12.30pm.** Have fun on the River Thames learning how to powerboat or kayak.
- **Tuesday 10th September - The Porchester Spa - Ladies' Day 10.15am.** Enjoy a sauna and steam. Bring your swimsuit and flip flops for use of the 30-metre swimming pool if you wish.
- **Tuesday 8th October - Monthly Carers' Group & Social Drop-In 2-4pm.** Meeting at New Horizons Café.
- **Tuesday 8th October - Tina Turner Musical at the Aldwych Theatre. Must book! Meeting at 7pm. Show starts at 7.30pm.** Follow Tina Turner's journey to become the Queen of Rock 'n' Roll.

**\*\*Carers Network** run a calendar of events for unpaid carers in Westminster, please check out their website at [www.carers-network.org.uk](http://www.carers-network.org.uk) or contact on 020 8960 3033 or email [carers@carers-network.org.uk](mailto:carers@carers-network.org.uk) for info & advice.

Please tell other carers you know about **Time for Me South Kensington & Chelsea**. If you have any queries please call **Vennetta** on **020 8962 4536**. This is also the main contact number for **Liz Butters** for **North Kensington** and Vennetta for **Westminster**. Thank you for your time, support and participation in Time for Me. We welcome your suggestions about activities or events you would like to experience.

Open Age is introducing a pricing structure from £1 per hour for most activities from September. Most Time for Me Carer trips & activities are still free.\*

\*Donations welcome (suggested £1 to £2 per activity). There will be a charge for any Time for Me meals.

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