

# Time for Me Westminster



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

## July, August and September 2019

Hello Carers! I hope you are keeping well and looking forward to the summertime sunshine. This July-September programme has a variety of activities over different days of the week so there's more flexibility for you. This Summer's coach trips are to Sissinghurst Castle Gardens in Kent and to the Bournemouth Seaside. Contact **Venetta** on **020 8962 4536** or by mobile on **07437 913 154**.

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

### 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. Returning to London around 7.30pm. Please bring a packed lunch for the day. Coach Trip to this abundantly 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. Please bring Oyster Card / Freedom Pass. 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 to this lovely seaside town, with beach walks and sightseeing. You can

### Activities for July, August & September

- ♦ **Wednesday 3rd, 17th and 31st July - Creative Writing with Jon Sayers. Drop-In class. 1.30pm-3.30pm.** Barbara Brosnan Court, 46 Grove End Road, NW8 9NP.
- ♦ **Thursday 4th July - Relaxation with Liz. Drop-In class. 1.30pm - 3.30pm.** An introduction to relaxation exercises, breathing techniques and recommendations to improve health and well-being. Barbara Brosnan Court, 46 Grove End Road, NW8 9NP.
- ♦ **Tuesday 23rd July - French Boules (Pétanque) in Vauxhall Pleasure Gardens at 2pm.** Come and play boules the French way with some friendly competition against each other in the park.
- ♦ **Wednesday 31st July - Regent's Street Cinema.** Film and times to be confirmed.
- ♦ **Wednesday 31st July - Swing Patrol at Spitalfields 6-8pm.** Do you Lindy Hop or Charleston? Learn the dances of the 1920's-1940's. Evening dance and taster lesson in Spitalfields under the 'sails'. Must book.

- ◆ **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 and 5.30pm in Regent's Park.
- ◆ **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.
- ◆ **Thursday 8th August - Relaxation with Liz. Drop-In class 1.30—3.30pm.** Barbara Brosnan Court,
- ◆ **Thursday 8th, 15th and 22nd August - Pétanque! (French bowls). 2- 4pm.** Come and learn how to play Pétanque at the West London Bowling Club. Free Taster Sessions. **Must book.**
- ◆ **Sunday 11th August - Regent's Park Music Festival on the Bandstand 12pm.** Bring a packed lunch / picnic to share and maybe a blanket while we sit and listen to the music of the jazz bands playing between 12.30 and 5.30pm in Regent's Park.
- ◆ **Wednesday 14th August - The Porchester Spa Men's Day - 10.15am.** Come and enjoy a sauna and steam and let your mind float away. Bring your swimming trunks and flip flops for use of the 30-metre swimming pool if you wish. **Must book!**
- ◆ **Wednesday 14th August - Royal Albert Hall Afternoon Coffee Club. Meet at Royal Albert Hall Door 12 at 1 - 1.15pm.** Booking essential as limited places. Enjoy tea/coffee, cake and live jazz with pianist Arthur Lea.
- ◆ **Tuesday 20th August - Open Age Mile.** Run, jog or walk the Open Age Mile for yourself or help raise money for Open Age. You can also do it with friends or relatives. Please **register by calling Open Age on 020 8962 4141. It's £2 to enter per person. Starts at 11am at Paddington Recreation Ground.**
- ◆ **Wednesday 28th August - Creative Writing. 1.30 - 3.30pm. Drop-In class.** Barbara Brosnan Court.
- ◆ **Tuesday 10th September - The Porchester Spa - Ladies' Day - 10.15am.** Come and enjoy a sauna and steam, and let your mind float away. Bring your swimsuit and flip flops for use of the 30-metre swimming pool if you wish. **Must Book!**
- ◆ **Wednesday 11th September - Social Cycling.** Cycling sessions with a ride leader around the local area and quiet streets of West London. Limited bikes and helmets are available if you don't have your own. **Meeting at Paddington Recreation Ground at 1pm. Must book.**
- ◆ **Wednesday 18th and 25th September - Creative Writing. Drop-In class. 1.30-3.30pm.**  
Barbara Brosnan Court
- ◆ **Thursday 19th September - Relaxation with Liz. Drop-In class. 1.30-3.30pm,** Barbara Brosnan Court.
- ◆ **Wednesday 25th September - Royal Albert Hall Afternoon Coffee Club. Meet at Royal Albert Hall Door 12 at 1-1.15pm.** Booking essential. Enjoy tea/coffee, cake and live opera songs from stage and screen.
- ◆ **Wednesday 9th October - Creative Writing. 1.30-3.30pm. Drop-In class.** Barbara Brosnan Court.

**\*\*Carers Network** run a calendar of events for unpaid carers in Westminster, please check out their website at

Please tell other carers you know about **Time for Me Westminster**. 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** & Vennetta for **South Kensington**. 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 are welcome (suggested £1 to £2 per activity). There will be a charge for any Time for Me meals.

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St Charles Centre for Health and Wellbeing | Exmoor Street | London | W10 6DZ | 020 8962 4141 | [openage.org.uk](http://openage.org.uk)

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