

Open Age Virtual Programme

Monday 11th - Friday 15th January

“Click” to make an
 Activity Donation

PLEASE NOTE

THE NEW ACL COURSES STARTING IN JANUARY ARE IN THIS PROGRAMME. PLEASE LOOK AND BOOK AS SPACES ARE LIMITED – bookings@openage.org.uk

ACL Language Levels:

- Absolute Beginners – no knowledge whatsoever
 - Beginners 1 – minimum of 15 taught hours
 - Beginners 2 – minimum of 30 taught hours
 - Next Step 1 – minimum of 50 taught hours
 - Next Step 2 – minimum of 100 taught hours
- All our classes are held on Zoom unless specified. (*i.e. Phone Group*)
 - When booking a place on the *How to Use Zoom* sessions. Please state the device you will be using to access Zoom.
 - Too many e-mails? Want to unsubscribe? We would encourage to think carefully before doing so. If you click unsubscribe, please understand that we will no longer be able to send you our programmes or any news. If you unsubscribed and want to join in again, please contact mail@openage.org.uk



Standing Exercise




Seated Exercise



Floor Exercise

Monday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Literature & Poetry Appreciation <i>(Back on the 11th January)</i>	bookings@openage.org.uk
10:00 - 11:00am	Ballet Fitness <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Excel for Beginners <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Italian for Beginners 1 <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk

10:00 - 11:30am (ACL)	Art – Watercolour Techniques <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
10:15 - 11:15am	Tai Chi <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:30 - 11:30am	Phone Group: Kensington Activity Group (KAG) <i>(a range of topical discussions and shared stories and quizzes)</i> (WAITING LIST)	bookings@openage.org.uk
10:30 - 11:30am	Steady & Stable on Zoom <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
11:00 - 12:30pm	Shared Reading on Zoom <i>(with Ghada)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Phone Group: Monday Forum <i>(a range of topical discussions and shared stories and quizzes)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Latin Dance <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Italian Beginners 2 <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Getting to Know Your Android Phone <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	What's that App on your Android Smartphone? <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Art – Watercolour Techniques <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
12:15 - 1:15pm	Look & Cook <i>(Fortnightly next class 11th January)</i> Recipes from around the world on Zoom	bookings@openage.org.uk
12:45 - 1:45pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 3:00pm (ACL)	Drama <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	French for Absolute Beginners <i>(Starts 18 January - BOOK NOW)</i>	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom <i>(a falls prevention class for those with concerns about their balance)</i> <i>*Enquire about eligibility</i>	bookings@openage.org.uk 

2:30 - 3:30pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open for Westminster residents only)</i>	bookings@openage.org.uk 
2:00 - 3:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Further Functions on Zoom for Participants <i>(starts February 2021 - BOOK NOW)</i>	bookings@openage.org.uk
3:30 - 5:00pm	Mindfulness & Relaxation <i>Discover your calm with tutor Stephanie</i> <i>(back on 11th January - BOOK NOW)</i>	bookings@openage.org.uk

Tuesday

TIME	CLASS	EMAIL FOR BOOKING
10:00 - 11:30am (ACL)	French Beginners 1 <i>(starts 19 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11:00am	Zumba <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	Creative Writing <i>(starts 19 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to Use Your iPhone <i>(starts 19 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11:00am	Fun with Art <i>(Back on 12th January)</i>	bookings@openage.org.uk
10:00 - 11:00am	Open Space talks <i>(Back on the 12th January)</i> One You – Healthy Aging <i>The workshop will cover information on fats, proteins, salt intake, liquid intake, tips to lower blood pressure, how to improve gut health and importance of sleep and physical activity.</i>	bookings@openage.org.uk
10:30 - 11:30am	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
11:30 - 12:30pm	Kundalini Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:30 - 12:30pm	Fun with Art	bookings@openage.org.uk

	(Back on 12th January)	
11:45 - 1:15pm (ACL)	French Beginners 2 (starts 19 January - BOOK NOW)	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Improve your Internet Skills (starts 19 January - BOOK NOW)	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	Spanish Next Step 2 Group 1 (starts 19 January - BOOK NOW)	bookings@openage.org.uk
12:15 - 1:15pm	Men's Space Active Exercise on Zoom	bookings@openage.org.uk
12:30 - 1:30pm	Lifestories (Creative Writing) (Back on the 12th January)	bookings@openage.org.uk
1:00 - 2:00pm	Singing for Joy (Back on 12th January)	bookings@openage.org.uk
1:15 - 2:15pm	Keep Fit <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 2:30pm	Time for Me Carers: Social Group on Zoom (Tech Support)	carerstimeforme@openage.org.uk
1:30 - 3:00pm (ACL)	Creative Writing (starts 19 January - BOOK NOW)	bookings@openage.org.uk
1:45 - 2:45pm	Stretch and Tone <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:00 - 2:45pm	Steady & Stable Phone Group (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:00 - 3:30pm (ACL)	Spanish Next Step 2 Group 2 (starts 19 January - BOOK NOW)	bookings@openage.org.uk
3:00 - 4:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm	How to use Zoom - Very supportive Introductory session to get you started. Book for January 2021.	bookings@openage.org.uk
3:30 - 4:30	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 


Wednesday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
9:30 - 11:00am (ACL)	Art – Improve Your Drawing Techniques	bookings@openage.org.uk




	(starts 20 January - BOOK NOW)	
10:00 - 11:00am	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:00am	Phone Group: Keep Fit *NEW!*	physicalactivitybookings@openage.org.uk or call 020 4516 9974 
10:00 - 11:00am	Creative Sewing on Zoom (Back on 13th January)	bookings@openage.org.uk
11:30 - 12:30pm	Exercise to Music <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:30 - 2:30pm	Time for Me Carers: Social Group on Zoom (Tech Support)	carerstimeforme@openage.org.uk
10:00 - 11:30am (ACL)	Lip-reading & Managing Hearing Loss (continuing) (starts 20 January - BOOK NOW)	bookings@openage.org.uk
10:00 - 11:30am (ACL)	How to Host (starts 20 January - BOOK NOW)	bookings@openage.org.uk
11:00 - 12:30pm	Greek Mythology on Zoom	bookings@openage.org.uk
11:30 - 12:30pm	Shared Reading on Zoom <i>(with Ewa)</i>	bookings@openage.org.uk
11:30 - 1:00pm (ACL)	Art: Sketching in Sculpture Parks and outdoor spaces (starts 20 January - BOOK NOW)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Lip-reading & Managing Hearing Loss Beginners' Group (starts 20 January - BOOK NOW)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	French Next Step 1 (starts 20 January - BOOK NOW)	bookings@openage.org.uk
1:00 - 2:00pm	Guitar for All on Zoom (Back on 13th January)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Meditation and Mindfulness Beginners (starts 20 January - BOOK NOW)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Exploring 20 th Century Design Exploring the development of modern design both from the point of view of changes in style and taste as well as the changing social contexts that gave rise to these changes. (starts 20 January - BOOK NOW)	bookings@openage.org.uk

1:30 - 3:00pm (ACL)	Italian for Absolute Beginners <i>(starts 20 January - BOOK NOW)</i>	bookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Phone Group: Campden Ward Social Group (WAITING LIST)	bookings@openage.org.uk
2:30 - 3:30pm	Soca dance <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
3:00 - 4:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:00 - 4:00pm	Theatre Discussion Class on Zoom <i>(Back on 13th January)</i>	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Computer Management for Windows 10 <i>(starts 20 January - BOOK NOW)</i>	bookings@openage.org.uk
3:15 - 4:45pm (ACL)	Poetry <i>(starts 20 January - BOOK NOW)</i>	bookings@openage.org.uk
4:00 - 5:30pm (ACL)	Meditation and Mindfulness - continuing <i>(starts 20 January - BOOK NOW)</i>	bookings@openage.org.uk
6:30 - 7:30pm	Time for Me Carers: Social Group on Zoom	carerstimeforme@openage.org.uk





Thursday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
9:45 - 10:45am	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am (ACL)	IT: ON-LINE SAFETY <i>(Starts 14 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11.30am (ACL)	Speaking English with Confidence – ESOL <i>(Starts 14 January - BOOK NOW)</i>	bookings@openage.org.uk
10:30 - 11:30am	Boxing Fitness	physicalactivitybookings@openage.org.uk

	<i>*Bookings open from 9am one week before</i>	
10:45 - 11:45am (ACL)	French Next Step 2 Group 1 (Starts 14 January - BOOK NOW)	bookings@openage.org.uk
11:00 - 12:00pm	Italian Archaeology (Back on 14th January) <i>A brief introduction to archaeology, its goals, techniques and type of information uncovered.</i>	bookings@openage.org.uk
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(for Westminster residents)</i>	bookings@openage.org.uk 
11:30 - 12:30pm	Chair Exercise <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 12:45pm	Osteo Pro Must have completed Osteo Blast	physicalactivitybookings@openage.org.uk 
11:45 - 1.15pm (ACL)	Spanish Next Step 1 (Starts 14 January - BOOK NOW)	bookings@openage.org.uk
11:30 - 12:30pm	Exploring Silent Film (Next session on 7th January)	bookings@openage.org.uk
11:45 - 1:15pm	How to use Zoom- supportive Introductory session to get you started Book for January 2021.	bookings@openage.org.uk
12:00 - 1:00pm (ACL)	French Next Step 2 Group 2 (Starts 14 January - BOOK NOW)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Italian Next Step 1 (Starts 14 January - BOOK NOW)	bookings@openage.org.uk
2:00 - 3:00pm	Spanish Conversation: Intermediate Level (Back on the 14th of January)	bookings@openage.org.uk
2:00 - 3:00pm	Chair Exercise Phone Group	physicalactivitybookings@openage.org.uk or call 07799 369713 
2:00 - 3:00pm	Phone Group: Shared Reading	bookings@openage.org.uk
2:30 - 4:00pm (ACL)	Nature Writing (Starts 14 January - BOOK NOW) Examine key features of nature writing and write your observations and experience of the natural world	bookings@openage.org.uk
3:00 - 4:00pm	History of Art on Zoom (Back on the 14th January)	bookings@openage.org.uk

3:15 - 4:45pm (ACL)	Disco Fever on Zoom – continuing with learning iconic dance steps of the 1970s <i>(Starts 14 January - BOOK NOW)</i>	bookings@openage.org.uk
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
2:45 - 3:45pm	Fit Steps <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Italian Next Step 2 <i>(Starts 14 January - BOOK NOW)</i>	bookings@openage.org.uk
4:00 - 5:00pm	Yoga <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
4:00 - 5:00pm	Phone Group: Topical Hour	bookings@openage.org.uk

Friday

<u>TIME</u>	<u>CLASS</u>	<u>EMAIL FOR BOOKING</u>
10:00 - 11:00am	Pilates <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
10:00 - 11:30am	iPad Art - learning to draw using the Tayasui application <i>(Starts 15 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11:30am (ACL)	Spanish for Absolute Beginners*NEW* <i>(Starts 15 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11:30am (ACL)	IT - Windows 10 Beginners <i>(Starts 15 January - BOOK NOW)</i>	bookings@openage.org.uk
10:00 - 11:00am	Philosophy <i>(Back on 15th January)</i>	bookings@openage.org.uk
10:45 - 11:45am	Healthy Lungs on Zoom <i>(8th January only)</i> <i>(for members who were attending the programme before closure)</i>	bookings@openage.org.uk
10:30 - 11:30am	Members' Social Quiz on Zoom <i>(Back on 8th January)</i>	bookings@openage.org.uk
11:00 - 12:00pm	Osteo Blast: Exercise for Healthy Bones on Zoom <i>(open for Westminster residents only)</i>	bookings@openage.org.uk   

11:00 - 1.00pm	Time for Me Carers: Yin yoga and Meditation / Sound Healing <i>Please have a chair available for session (Time for Me carers only)</i>	carerstimeforme@openage.org.uk 
11:15 - 12:15	Beginner's Drawing on Zoom <i>(with Clare)</i>	bookings@openage.org.uk
11:30 - 12:30pm	Zumba *NEW* <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 12:45pm	Stretch and Tone <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
11:45 - 1:15pm (ACL)	Spanish for Beginners 1 (Starts 15 January - BOOK NOW)	bookings@openage.org.uk
11:45 - 1:15pm (ACL)	Build Your Own Website - Beginners (Starts 15 January - BOOK NOW)	bookings@openage.org.uk
11:45 - 12:45pm	Philosophy (Back on 15th January)	bookings@openage.org.uk
12:00 - 1:30pm (ACL)	iPad for Beginners (Starts 15 January - BOOK NOW)	bookings@openage.org.uk
1:00 - 2:00pm	Chi Gong <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
1:00 - 2:00pm	Singing for Joy (Back on 15th January)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	Spanish for Beginners 2 (Starts 15 January - BOOK NOW)	bookings@openage.org.uk
1:30 - 3:00pm (ACL)	ART - Sketching in Sculpture Parks and outdoor spaces (Starts 15 January - BOOK NOW)	bookings@openage.org.uk
2:30 - 3:30pm	Step up from Steady <i>*Bookings open from 9am one week before</i>	physicalactivitybookings@openage.org.uk 
2:30 - 3:30pm	Steady & Stable on Zoom (a falls prevention class for those with concerns about their balance) <i>*Enquire about eligibility</i>	bookings@openage.org.uk 
3:15 - 4:45pm (ACL)	Disco Fever (NEW) to learn the iconic disco dance steps of the 1970s (Starts 15 January - BOOK NOW)	bookings@openage.org.uk

Other

<u>SERVICE</u>	<u>INFORMATION</u>	<u>EMAIL FOR BOOKING</u>
----------------	--------------------	--------------------------

Falls Prevention	If you have recently had a fall at home and require support and guidance to stay safe at home the Specialist Falls Prevention Team are ready to help.	dbath@openage.org.uk spage@openage.org.uk
Link Up	Would you benefit from a chat about your interests and what we offer to help you explore what might be suitable? Or to find out a bit more about how our activities could benefit you and what they are like? You can get in touch with a member of our LinkUp team (RBKC) on the provided email.	ecohen@openage.org.uk
Men's Space activities	Have a chat with our Men's Space Activity Coordinator Russell to find out more about what we have on offer.	rjohn@openage.org.uk
YouTube	<p>The following classes are now available on YouTube to do in your own time:</p> <ul style="list-style-type: none"> • Pilates • Boxing Fitness • Latin • Chair Exercise • Yoga • Fit Steps • Swing • Aerobics • Chair Exercise • Upper and Lower Body Strengthening • Ballet 	<p>physicalactivitybookings@openage.org.uk</p> <p>Please make it clear in your email which class (es) you would like to try and that you are registering for YouTube.</p>

Online payments to Open Age are processed by CAF - Charities Aid Foundation - which is a charity itself that supports other charities with banking, fundraising and lots more. CAF makes it easier for us to manage our donations, processes any Gift Aid on our behalf which adds 25p to every £1 we receive. We would like to assure you that it is safe. We will also send you an immediate acknowledgement via CAF, so you are assured that we have received your gift.

NHS VACCINE SCAM TEXTS

We've been alerted that people have received scam text messages about the COVID Vaccine. These texts will redirect you (via a link in the text message) to a convincing looking website, however it will then ask you for bank details. You should **never** be asked for these personal details over a text. Please be careful and don't share your information.

IMPORTANT NOTICE REGARDING TRACK AND TRACE

Please be aware of this telephone scam where callers contact residents saying they are from NHS Track & Trace, telling the resident that they have been in contact with someone suffering from Covid-19 and need to have a test sent out to them. This is then followed with a request for the resident's bank details; the caller states that the test and results cost £500.

Please do not fall for this scam. If you need a test sent out to you because you are unable to attend a test site, this is done for free, both delivery and collection, followed up by the result.

Important things to note, The NHS Test and Trace service will **NOT**:

- ask for bank details or payments
- ask for details of any other accounts, such as social media
- ask you to set up a password or PIN number over the phone
- ask you to call a premium rate number, such as those starting 09 or 087

NHS APP

The NHS COVID-19 app, available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community. The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

For more details visit: www.covid19.nhs.uk

(Open to all Kensington and Chelsea residents)

The Grenfell Health and Wellbeing Service is teaming up with the CNWL Recovery & Wellbeing College and Community Champions to offer a programme of free workshops that focus on wellbeing;

All Online Via Zoom

Changing habits in a way that works for me

Thurs 7 Jan, 1pm to 2:15pm

Exploring emotions and coping strategies

Thurs 14 Jan, 1pm to 2:15pm

To book your place

Call the Recovery & Wellbeing College admissions office on 020 3214 5686

Grenfell Health & Wellbeing Service on 02086376279 or email recoverycollege.cnwl@nhs.net

SINGING SESSIONS WITH SHAPESHIFTER PRODUCTIONS

A performing arts charity, Shapeshifter Productions, have created a free, virtual jukebox of video songs that are keeping older and isolated people singing through the pandemic. They hope their Smiling Sessions singalongs will help support wellbeing and mental health during this difficult time.

Each session comes with on-screen lyrics and is accessible to everyone via an easy to use online app: <https://www.smilingsessions.com/> the songs can be streamed or downloaded. in soon.

Find out more about the sessions by visiting: <http://www.shapeshifter-productions.com/smiling-sessions-covid-19/>

If you have any issues accessing these sessions or need help with the technology required, please email: Violaine@shapeshifter-productions.com or by calling 02070 971409

FLU VACCINATION

Now more than ever - get your free flu jab!

Flu can lead to serious complications and hospital visits, especially for those with an underlying condition and at greater risk from Covid-19.

Ask your GP or pharmacist for your free flu jab today.



Flu vaccination is the best defence against flu and is free if you are:

- 65 years or over
- Living in a residential or nursing home
- A frontline or healthcare worker
- Members of a shielding household
- A carer of an older or disabled person
- Living with a long term health condition

**Protect yourself and
those around you.**



This poster is sponsored by Sequiris

Registered charity number 1092198

OPEN AGE'S WRITING COMPETITION

NOW OPEN....

Enter our writing competition: three prizes to be won!

A letter to yourself, one year ago

Complex, strange, unprecedented, the year 2020 has certainly come at us with an unforgettable force. As it finally draws to a close, what has it all meant? As our lives are unique stories, there are many answers to this question as there are people in the world.

Great challenges have brought great lessons and we have changed and experienced things that we could not have imagined only a year ago. In many ways we are now different people.

What, then, would you like to say to yourself a year ago? How would you prepare and encourage yourself to face the deluge of surprises? What have you discovered - about the world and yourself - that you did not know then? What have you found to really matter, and what now seems trivial?

What if you could put all this in a letter and send it, back through time, to yourself at the end of 2019?

Open Age is inviting you to write this letter to yourself in 500 words

Terms & Conditions of Entry:

- One entry per person
- Your entry must not exceed 500 words
- Entries to be sent by **email** to artsandculturebookings@openage.org.uk or by **post** to: Writing Competition, Open Age, Second Half Centre, St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6 DZ.
- **Closing date: all entries must be received by 11.59pm on Friday 8th January 2021.**
- Full Terms and Conditions and conditions apply; see over.



Competition Terms and Conditions of entry:

1. By submitting an entry to the competition, you are agreeing to be bound by these Terms and Conditions. Open Age reserves the right to refuse entry, or refuse to award the prize to anyone in breach of these terms and conditions. If you have any questions, please contact artsandculturebookings@openage.org.uk
2. The competition is being run by Open Age.
3. This competition is free to enter and no purchase is necessary.

Eligibility to enter:

4. The competition is open to Open Age members only.
5. A maximum of one entry per individual is permitted.
6. Your entry must not exceed 500 words.

How to enter:

7. To enter the competition, email a copy of your entry to artsandculturebookings@openage.org.uk or post it to: Writing Competition, Open Age, St Charles Centre for Health & Wellbeing, Exmoor Street, London W10 6DZ.
8. **Entries must be received by 11.59pm on Friday 8th January 2021. Entries received after the stated closing date will not be accepted.**
9. Proof of sending is not proof of receipt; Open Age will not accept responsibility for any late or lost entries.

The prizes:

10. There will be a total of three prizes (first, second and third prizes). First prize will be an Amazon Fire 7; second prize will be a Gales voucher; third prize will be a hamper of goodies. Open Age's use of any brands as prize does not imply any affiliation with or endorsement of such brands.
11. The winner will be selected by Open Age's Trustees.
12. The prizes are non-exchangeable, non-transferable and no cash alternatives will be offered.
13. We reserve the right to substitute prizes with another prize of equal or higher value if circumstances beyond our control make it necessary to do so.
14. The decision of Open Age regarding any aspect of the competition is final and binding and no correspondence will be entered into.

Winner announcement:

15. The winner will be notified after 1 February 2021 via the email provided with the competition entry or by phone (where entries were submitted by post and no email address is available).
16. Open Age will attempt to contact the winner up to two times. If the winner does not respond to the emails or phone calls notifying them of their win within 14 days of the second attempt, they will lose their right to the prize, and Open Age reserves the right to choose and notify a new winner.
17. Please allow up to 14 days for delivery of the prize or alternative collection or delivery arrangements may be made through mutual agreement.

Data protection and publicity:

18. You consent to any personal information you provide in entering the prize draw being used by Open Age for the purposes of administering the prize draw, and for those purposes as defined within our privacy notice.
19. All entrants may apply for details of the winning participant by contacting us at artsandculturebookings@openage.org.uk from 1 March 2021.
20. The winners agree to the release of their first name and borough of residence to any other competition participants if requested via Open Age.
21. An announcement of the winners' first name and borough of residence will be made via Open Age's website and in member communications.
22. All personal information shall be used in accordance with Open Age's Data Protection Notice.

Limitation of Liability:

23. Open Age does not accept any liability for any damage, loss, injury or disappointment suffered by any entrants as a result of either participating in the competition or being selected for a prize, save that Open Age does not exclude its liability for death or personal injury as a result of its own negligence.
24. Open Age does not provide any form of practical or IT support for this prize.
25. On receipt of the prizes, all responsibilities relating to warranty and the product are that of the prize winner.

General:

26. Open Age reserves the right to cancel the competition or amend these terms and conditions at any time, without prior notice.
27. The competition and these terms and conditions will be governed by English law and any disputes will be subject to the exclusive jurisdiction of the courts of England and Wales.

HAMMERSMITH AND FULHAM COVID TESTING

STOP COVID TO PROTECT YOUR FAMILY: GET A TEST AT A SITE NEAR YOU






Please book a test appointment at one of our new local Covid testing centres. They are open until the end of January.

Book your test here:

www.lbhf.gov.uk/gettested

Covid is still spreading across Hammersmith & Fulham. We can all help stop it by getting a test. This helps identify cases and stop the spread in the home and in the community.

Children under the age of 12 will not be tested at these H&F locations.

 DO NOT come if you have:	
	A high temperature
	A new continuous cough
	A loss of (or change) to your sense of taste or smell
Please call 119 or visit: 	
www.nhs.uk/coronavirus	

Testing dates and locations:

Wednesday 30 December 2020, 12.00 noon to 8.00pm

Thursday 31 December 2020, 9.00am to 4.00pm

Saturday 2 January 2021 to Monday 1 February 2021, 9.00am to 8.00pm



Hammersmith & Fulham Council
145 King Street
Hammersmith W6 9JT



Sands End Arts & Community Centre,
South Park
Fulham SW6 3EZ



Mobile testing units
Look out for mobile testing units coming to a neighbourhood near you

We will shortly be adding more testing sites in H&F. Check our website for details.



For more information on Covid-19 and the vaccine roll-out, visit:
www.lbhf.gov.uk/coronavirus

Open Age's TOP PICKS!

ONLINE EVENTS

British Museum - Lectures and Discussions:

- Wednesday 6th January at 5:30pm - The Great Library of Nineveh with Irving Finkel: Join Irving Finkel as he raises the curtain on the ancient library of Assyria, pride and joy of Ashurbanipal, king of the world in the 7th century BC.
Click [here](#) to book
- Thursday 7th January at 3pm - Hatha yoga and its links to Tantra: Professor James Mallinson is considered by many to be the world's leading scholar in the field of Haṭha yoga studies. His pioneering research has radically altered our knowledge of yoga's history.
Click [here](#) to book
- Thursday 7th January at 6pm - A musical celebration of Edmund de Waal's 'library of exile': Join musician, composer and television presenter Soumik Datta for an evening of performances inspired by Edmund de Waal's installation at the British Museum, library of exile.
Click [here](#) to book
- Monday 11th January at 6:30pm - Egyptologists' Notebooks: Delve into the hidden stories of Egyptologists' Notebooks(Opens in new window), with writer and broadcaster Dr Chris Naunton.
Click [here](#) to book

Kew Gardens Online Visitor Learning

Every Monday 4-5pm (LIVE broadcast). Tai Chi Sessions: 11 Jan - 1 Feb inclusive:

Join us for weekly calming and health-promoting Tai Chi sessions which combine deep breathing and relaxation with flowing movements.

Contact: discovery@kew.org to sign up

Pacing: How to Write an Addictive Page-Turner - Editor Anna Bierhaus shows you how to improve your writing's pacing to create compulsively readable stories every time you put pen to paper.
Wednesday 6th January at 8pm.

Click [here](#) to book

Birds of Bair Island - Join POST, SFBBO and FWS for an entertaining and educational webinar about the migrating ducks and birds of Bair Island! Friday 8th January at 8pm.

Click [here](#) to book

Kundalini Yoga and Gong Bath - A free ONLINE evening yoga class designed to inspire and give you the tools to transform your life and those around you. Open to all levels. January 11th January at 7pm

Click [here](#) to book