



# Autumn Programme 2023

**Monday 4<sup>th</sup> September - Friday 15<sup>th</sup> December**

**(Half Term: 23<sup>rd</sup> - 27<sup>th</sup> October)**





# Open Age

## Centre & Online Programme

**Monday 4<sup>th</sup> September - Friday 15<sup>th</sup> December 2023**

**(Half Term: 23<sup>rd</sup> - 27<sup>th</sup> October)**

Welcome to our new centre and online programme. You will find enclosed all relevant contact details for each activity.

All classes taking place in New Horizons, St Margaret's, Avenues and Second Half Centre can be booked 7 days in advance. To book an activity or for more information, please call the number provided under 'Booking Details'. **Ensure you speak to a member of the team, as booking requests left on voicemails cannot be accepted.** Clinical exercise classes, (Steady & Stable, Osteo Blast and Healthy Lungs) require advanced booking.

### **Important notice regarding the cost of activities**

For activities running in centres and community venues, we ask that members continue to contribute to Open Age £1 per hour, unless otherwise stated. At the moment Open Age does not have the ability to take payments online, therefore we kindly ask those members who attend online activities to make a donation via our website, [www.openage.org.uk](http://www.openage.org.uk) or pop into one of your nearest centres to contribute.

### **Adult Community Learning (ACL)**



Classes annotated with '**ACL**' next to them means that they are Adult Community Learning courses. ACL offers a number of courses and they need to be booked and require a commitment which ranges between 5 and 10 weeks depending on the course. These classes are different from the standard Open Age drop-in classes. You must be able to complete an enrolment form and provide evidence of ID, i.e. Passport or Driving Licence number, as well as your National Insurance number.

### ACL Costs

Our ACL courses are at a slightly different cost to all the other Open Age classes as we are funded by the government via the Royal Borough of Kensington and Chelsea. Our fees are **£3 per session**. However, the course may be free if you meet the eligibility criteria.

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## Activities at Second Half Centre (North Kensington)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Men's Space: Active Exercise class	Second Half Centre	020 4516 9971

10:00 - 12:00	IT - Computer for Beginners <i>*starts 25th September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:15 - 12:15	Tai Chi	Second Half Centre	020 4516 9971
11:30 - 12:30	Chair Exercise	Pepper Pot	No booking needed
12:15 - 13:45	International Cooking with Manju <i>(last Monday of the month)</i>	Second Half Centre	020 4516 9971
12:30 - 14:30	IT - How to Use WhatsApp <i>*starts 25th September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT - Getting the Most from Microsoft Word <i>*starts 25th September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT Course - <i>to be confirmed</i> <i>*starts 6th November</i> <i>(please contact us nearer the above date to check which course)</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 13:30	Stretch and Tone	Second Half Centre	020 4516 9971
13:45 - 15:15	Singing for All	Second Half Centre	020 4516 9971
14:15 - 15:45	Still Life & Life Drawing	Second Half Centre	020 4516 9971
15:00 - 17:00	IT - Build Your Own Website (Using WordPress) <i>*starts 25th September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Zumba	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Getting Started with Your iPhone/iPad <i>*starts 26th September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

10:30 - 12:30	Italian Beginners Plus ( <i>need approx. 100 hours of prior tuition</i> ) <b>*starts 26th September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 12:00	Community Garden Kitchen Group <i>*for the new or experienced in growing vegetables</i>	Second Half Centre	020 4516 9971
12:15 - 1:15	Outreach Tech Support (own devices) <i>RBKC &amp; WCC residents only</i>	Second Half Centre	020 4516 9977 <a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
13:00 - 14:00	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
13:00 - 15:00	Italian for Absolute Beginners <b>*starts 26th September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:30 - 14:30	Tai Chi	St George's Church	No booking needed
13:30 - 15:30	IT Workshops <b>*starts 7th November</b> ( <i>please contact us nearer the above date to check workshop subjects</i> ) <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	Second Half Centre	020 4516 9975
15:30 - 17:00	Men Space: The Magic of Music	Second Half Centre	07467 952 564

## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Painting and Drawing	Second Half Centre	020 4516 9971
10:00 - 12:00	IT - Using the Cloud <b>*starts 27th September</b> <b>ACL</b> <i>*waiting list only</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Organising Your GMAIL <b>*starts 8th November</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

10:00 - 12:00	IT - Organising Your Hotmail/Outlook <i>*starts 8<sup>th</sup> November</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:30	Creative Threads	Second Half Centre	020 4516 9971
12:00 - 13:00	Chair Exercise	Second Half Centre	020 4516 9971
12:15 - 14:15	Eating Healthily on a Budget (Fortnightly) <i>*starts 27<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:15 - 14:15	Men Space: Lunch & Cookery (Fortnightly)	Second Half Centre	07467 952 564
13:30 - 15:30	IT - Men's Group <i>*starts 27<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	07467 952 564
13:30 - 15:30	IT - Further Skills with Android Devices <i>*starts 8<sup>th</sup> November</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:30 - 15:30	Meditation & Mindfulness for Beginners <i>*starts 27<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 15:30	Dance Exercise	Meeting Room under Kensington Central Library	No booking required
14:30 - 16:30	Poetry <i>*starts 27<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Thursday



TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Second Half Centre	020 4516 9971
10:00 - 12:00	Speaking English with Confidence <i>*starts 28<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Getting to Know Your Android Smartphone <i>*starts 28<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:15 - 12:15	Mosaics <i>*starts 28<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:15 - 12:15	Body Conditioning	Second Half Centre	020 4516 9971
12:30 - 13:30	Chair Exercise	Second Half Centre	020 4516 9971
12:30 - 14:30	Spanish - Next Step 2 <i>(need approx. 140 hours of prior tuition)</i> <i>*starts 28<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - Digital Photography on Your Phone <i>*starts 9<sup>th</sup> November</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:45 - 14:45	Healthy Lungs: Exercise for Lung Health <i>(for Westminster and RBKC residents)</i>	Second Half Centre	020 4516 9973 <a href="mailto:tmayley-james@openage.org.uk">tmayley-james@openage.org.uk</a>
15:00 - 17:00	Spanish Beginners Plus <i>(need approx. 100 hours of prior tuition)</i> <i>*starts 28<sup>th</sup> September</i> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 – 11:00	Pilates	Second Half Centre	020 4516 9971
11:00 - 12:00	Dance to the Stars	Second Half Centre	020 4516 9971
10:00 - 12:00	Spanish - Next Step 1 <i>(need approx. 120 hours of prior tuition)</i> <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 12:30	IT - How to be Safe Using the Internet <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 12:30	Time for Me - IT for Carers <b>*starts 10<sup>th</sup> November</b> <b>ACL</b>	Second Half Centre	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
12:30 - 14:30	Spanish for Absolute Beginners <b>*starts 29<sup>th</sup> September</b> <b>ACL</b> <i>*waiting list only</i>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 14:45	IT - Excel for Beginners <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:00 - 16:00	70's Disco Fever <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:00 - 17:00	Spanish Beginners 2 <i>(need approx. 60 hours of prior tuition)</i> <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
15:15 - 16:45	Mathletics: <i>Strengthening memory through number exercises and games!</i> <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	Second Half Centre	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>



## Activities at New Horizons (Chelsea)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
9:45 - 11:45	Watercolours (All Levels) <b>*starts 25<sup>th</sup> September</b> ACL <i>*waiting list only</i>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	IT - Getting to Know Your Android Smartphone <b>*starts 25<sup>th</sup> September</b> ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 12:00	Jewellery Making (Advanced)	New Horizons	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
12:00 - 13:00	Pilates	New Horizons	020 4516 9970
12:00 - 14:00	Watercolours (All Levels) <b>*starts 25<sup>th</sup> September</b> ACL <i>*waiting list only</i>	Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
12:30 - 14:30	IT - Computer for Beginners <b>*starts 25<sup>th</sup> September</b> ACL <i>*waiting list only</i>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:15 - 14:15	Ballet	New Horizons	020 4516 9970
13:30 - 15:30	Shared Reading	New Horizons	020 4516 9970
14:00 - 16:00	Social – Monday Board Games	New Horizons	020 4516 9970
14:15 - 16:15	Watercolours (All Levels) <b>*starts 25<sup>th</sup> September</b> ACL <i>*waiting list only</i>	Ixworth Place	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 16:30	Pranayama Yoga	New Horizons	020 4516 9970

14:45 - 16:30	Mathletics - <i>strengthening memory through number exercises and games!</i> <i>*starts 25<sup>th</sup> September</i> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
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## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Outreach Tech Support (own devices) <i>RBKC and WCC residents only</i>	New Horizons	020 4516 9977 <a href="mailto:outreachbookings@openage.org.uk">outreachbookings@openage.org.uk</a>
09:45 - 11:45	In the News	New Horizons	020 4516 9970
10:00 - 12:00	Italian Conversation (Advanced)	New Horizons	020 4516 9970
10:00 - 12:00	Creative Writing <i>*starts 26<sup>th</sup> September</i> <b>ACL</b> <i>*waiting list only</i>	Response Community Projects	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 13:00	Speaking English with Confidence <i>*starts 26<sup>th</sup> September</i> <b>ACL</b> <i>*waiting list only</i>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:30 - 12:30	Dance Mix	Mary Smith Court	No booking needed
12:00 - 13:00	Stretch and Tone	New Horizons	020 4516 9970
13:00 - 16:00	Bridge Club – Social (Intermediate)	Ixworth Place	020 4516 9970
13:15 - 14:15	Dance Exercise	New Horizons	020 4516 9970
13:30 - 14:30	Meditation	New Horizons	020 4516 9970
13:30 - 14:30	Dance Exercise	The Community Hub	No booking needed

14:30 - 16:30	Creative Writing <i>*starts 26<sup>th</sup> September</i> <i>*waiting list only</i>	ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 16:30	Drama <i>*starts 26<sup>th</sup> September</i>	ACL	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

### Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 - 10:45	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
10:00 - 16:00	Third Age Counselling	New Horizons	01476 564 515 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
10:50 - 11:50	Steady & Stable: Falls Prevention Exercise	New Horizons	020 4516 9975
11:00 - 13:00	Open Age Members' Newsletter Group	New Horizons	020 4516 9970
11:00 - 13:00	French Conversation (Upper Intermediate/Advanced)	New Horizons	020 4516 9970
12:00 - 13:00	Osteo Blast: Exercise for Bone Health <i>(for Westminster and RBKC residents)</i>	New Horizons	020 4516 9973 <a href="mailto:tmayley-james@openage.org.uk">tmayley-james@openage.org.uk</a>
12:00 - 15:00	RBKC Community Participant Team Drop In (third Wednesday of the month) <i>*20<sup>th</sup> September, 18<sup>th</sup> October, 15<sup>th</sup> November, 20<sup>th</sup> December</i>	New Horizons	<a href="mailto:Zino.khalifaoui@rbkc.gov.uk">Zino.khalifaoui@rbkc.gov.uk</a>
13:15 - 14:15	Chair Exercise	New Horizons	020 4516 9970
14:15 - 16:15	Quiz	New Horizons	020 4516 9970
14:30 - 16:30	Singing	New Horizons	020 4516 9970

### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
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09:45 - 10:45	Chair Yoga	New Horizons	020 4516 9970
10:00 - 12:00	Literature & Poetry	New Horizons	020 4516 9970
10:00 - 12:00	Play Workshops (in partnership with Finborough Theatre)	Response Community Projects	020 4516 9970
10:00 - 12:00	Art Class (Advanced)	Ixworth Place	020 4516 9970
10:00 - 16:00	Third Age Counselling	New Horizons	020 7976 6667 <a href="mailto:enquiries@thirdagecounselling.com">enquiries@thirdagecounselling.com</a>
11:00 - 12:00	Yoga	New Horizons	020 4516 9970
11:00 - 12:30	Men Space: Reminiscence & Social	Chelsea Theatre	07467 952 564
12:00 - 14:00	Supported IT Drop-In <i>*from 19<sup>th</sup> October</i>	New Horizons	020 4516 9970
12:30 - 14:00	Arts & Crafts	New Horizons	020 4516 9970
13:00 - 14:00	Tai Chi	The Community Hub	No booking needed
13:45 – 15:45	TFM Beginners Crochet 6-week Course <i>(weekly &amp; starts 14th Sept must book)</i>	New Horizons	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a> <i>(6 places for unpaid carers &amp; 4 places open to all members)</i>
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975
14:15 - 15:45	NHS: Falls Prevention	New Horizons	0208 102 5494
14:30 - 16:30	One You Clinic: Healthy Lifestyle, Weight Loss & Exercise program	New Horizons	0203 434 2500
14:30 - 16:30	IT - Further Skills with Android Devices <b>*starts 28<sup>th</sup> September</b> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

14:30 - 16:30	IT Workshops (please contact us nearer the above date to check workshop subjects) <b>*starts 9<sup>th</sup> November</b> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:30 - 16:30	Life Stories <b>*starts 28<sup>th</sup> September</b> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

## Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Book Club (once a month) <i>*22<sup>nd</sup> September, 24<sup>th</sup> November</i>	New Horizons	020 4516 9970
10:00 - 12:00	IT - Getting Started with Your iPhone/iPad <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:15 - 12:15	Drawing at the V&A Museum (All Levels) <b>*starts 29<sup>th</sup> September</b> <b>ACL</b> <i>*waiting list only</i>	V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:00 - 12:00	Zumba	New Horizons	020 4516 9970
10:45 - 11:45	Pilates	St. Mary The Boltons	No booking needed
12:00 - 13:00	Chair Exercise	St. Mary The Boltons	No booking needed
12:15 - 13:15	Pilates	New Horizons	020 4516 9970
12:30 - 14:30	Drawing at the V&A Museum (All Levels) <b>*starts 29<sup>th</sup> September</b> <b>ACL</b> <i>*waiting list only</i>	V&A Museum	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - Organising Your GMAIL <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT - Organising Your Hotmail/Outlook <b>*starts 29<sup>th</sup> September</b> <b>ACL</b>	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
13:00 - 15:00	IT Course - <i>to be confirmed</i> <b>*starts 29<sup>th</sup> September</b> <b>ACL</b> (please contact us nearer the above date to check which course)	New Horizons	020 4516 9972 <a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

13:30 - 14:30	Chi Gong	New Horizons	020 4516 9970
15:00 - 16:00	NH Open Space talks <i>*last Friday of the month</i>	New Horizons	020 4516 9970
14:00 - 16:00	Cryptic Crossword (once a month)	New Horizons	020 4516 9970

## Activities at Avenues (North Westminster)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Ballet Fitness	Avenues	020 3713 8737
10:00 - 11:30	Patchwork Making and more	Avenues	020 3713 8737
10:00 - 12:00	Bowls <i>11 Sept, 2 Oct, 6 Nov, 4 Dec</i>	Paddington Sports Club	No booking needed
10:00 - 12:00	Walking Cricket	Lord's Cricket Ground	No booking needed
10:15 - 11:15	Step Up from Steady	Liberal Jewish Synagogue	No booking needed
11:15 - 12:15	Zumba	Avenues	020 3713 8737
11:30 - 12:30	Steady & Stable: Falls Prevention Exercise	Liberal Jewish Synagogue	020 4516 9975
12:00 - 13:00	Social - Brain Training: Challenge & Improve Your Thinking	Avenues	020 3713 8737
12:45 - 13:45	Osteo Pro	Seymour Leisure Centre	No booking needed
13:45 - 15:45	TFM Intermediate 6-week Crochet Course <i>(weekly &amp; starts 11th Sept must register in advance)</i>	Avenues	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a> <i>(6 places for unpaid carers &amp; 4 places open to all members)</i>

14:00 - 15:00	Osteo Blast: Exercise for Healthy Bones <i>(for Westminster and RBKC residents)</i>	Seymour Leisure Centre	020 4516 9973 <a href="mailto:tmayley-james@openage.org.uk">tmayley-james@openage.org.uk</a>
14:00 - 15:30	Film Festival	Avenues	020 3713 8737

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Avenues	020 3713 8737
10:00 - 11:30	Simply Art	Avenues	020 3713 8737
10:30 - 11:30	Dance Exercise	Fitzrovia Community Centre	No booking needed
11:15 - 12:15	Chair Exercise	Avenues	020 3713 8737
14:45-15:45	Chi Gong in the park	Porchester Square Gardens	No booking needed
12:00 - 14:00	Guest Speaker & Social <i>(last Tuesday of each month)</i>	Avenues	020 3713 8737
12:30 - 13:30	Exercise to Music	Avenues	020 3713 8737
13:30 - 15:00	Social - Table Tennis	Avenues	020 3713 8737
14:00 - 15:00	Tai Chi (£3)	Paddington Recreation Ground	Pay and register at reception in the pavilion
14:30 – 16:00	Sketching at Museums <i>(every fortnight)</i>	Various Locations	020 3713 8737

## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Yoga	Avenues	020 3713 8737
10:00 - 11:30	Drama: Play Workshops	Avenues	020 3713 8737
10:00 - 12:00	Social - Games Café	Avenues	020 3713 8737
11:15 - 12:15	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
12:00 - 13:00	Dance Exercise	St Paul's Church	No booking needed

12:00 - 13:00	Drama: Play Reading	Avenues	020 3713 8737
12:30 - 13:30	Steady & Stable: Falls Prevention Exercise	Avenues	020 4516 9975
13:15 - 15:15	Social - Knit & Natter (2nd & 4th Wednesday of the month)	Avenues	020 3713 8737
14:30 - 15:30	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	Avenues	020 4516 9973 <a href="mailto:tmayley-james@openage.org.uk">tmayley-james@openage.org.uk</a>

## Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Tai Chi	Avenues	020 3713 8737
10:15 - 11:45	Singing for All	Avenues	020 3713 8737
13:00 - 14:00	Walking Football	The Hub, Regents Park	No booking needed
11:15 - 12:15	Exercise to Music	Avenues	020 3713 8737
12:00 - 12:45	Zumba Gold - Outside (£3.45)	Academy Sport	No booking needed
12:00 - 13:00	Guitar for All	Avenues	020 3713 8737
12:45 - 13:45	Pilates	Avenues	020 3713 8737
13:30 - 14:30	Steady & Stable: Falls Prevention Exercise	Penfold Community Hub	020 4516 9975
14:00 - 15:00	Chair Yoga	Avenues	020 3713 8737

## Friday

*(Avenues Centre is closed)*

TIME	CLASS	LOCATION	BOOKING DETAILS
10:45 - 12:45	Men Space: Walking Football	Westminster Academy	07467 952 564
12:00 - 13:00	Aqua Aerobics	Moberly Sports Centre	No booking needed



## Saturday

TIME	CLASS	LOCATION	BOOKING DETAILS
13:00 - 15:00	Multi Sports Table Tennis, Short Tennis and Badminton	St Augustine's Sports Centre	Call 07799 369 741 to find out how to book.

## Activities at St Margaret's (South Westminster)

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11.30	Wildlife hour	St Margaret's	No booking needed
11:00 - 12:00	Chair Exercise	Victoria Medical Centre	No booking needed
12:15 - 13:15	Social Singing	St Margaret's	No booking needed
13:30 - 14:30	Zumba	St Stephen's Church	No booking needed
15:00 - 16:00	Pilates	Churchill Gardens Youth Club	No booking needed
14:30 - 16:30	Creative Writing	St Margaret's	020 4516 9969

### Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:30	Morning Coffee and Crafts	St Margaret's	020 4516 9969
11:15 - 12:15	Tai Chi	St Margaret's	020 4516 9969
14:00 - 15:00	Chair Yoga	St Margaret's	020 4516 9969

### Wednesday



TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Keep Fit	St Margaret's	020 4516 9969
12:30 - 13:30	Men's Yoga	St Margaret's	020 4516 9969
14:00 - 16:00	Bridge Club	St Margaret's	020 4516 9969

### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Computer Drop-In	St Margaret's	020 4516 9969
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	Victoria Medical Centre	020 4516 9975
11:00 - 12:30	Food for Thought with Manju (Second Thursday a Month enquire for details)	St Margaret's	020 4516 9969
13:30 - 15:30	Art Class	St Margaret's	020 4516 9969
14:30 - 15:30	Yoga	Churchill Gardens Youth Club	No booking needed

### Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise	Churchill Gardens Youth Club	No booking needed
11:45 - 13:15	Table Tennis	St Margaret's	020 4516 9969
13:30 - 15:30	Games & Crafts Fridays	St Margaret's	020 4516 9969

## Activities in Hammersmith & Fulham

### Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:30 - 11:30	Yoga	Edward Woods	No booking needed

		Community Centre	
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975
11:15 - 12:15	Pilates	Stoll	No Booking Needed
11:45 - 12:45	Steady & Stable: Falls Prevention Exercise	White City Community Centre	020 4516 9975

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975
11:00 - 12:00	Steady & Stable: Falls Prevention Exercise	Bishop Creighton House	020 4516 9975
12:30 - 14:00	Still Life & Life Drawing <i>Starts 12<sup>th</sup> September (no class - 17<sup>th</sup> &amp; 24<sup>th</sup> October)</i>	Edward Woods Community Centre	No booking needed
13:30 – 14:30	Dance Exercise	The Community Hub	No bookings needed
14:00 - 15:00	Chair Based Exercise	Age UK	No booking needed
14:15 - 15:15	Chair Exercise <i>Starts 19 Sept and Ends 28 Nov 2023</i>	All Saints, Pryors Bank Pavilion	No booking needed

## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:30 - 12:30	Chair Exercise	Fulham Broadway Methodist Church	No Booking Needed

13:00 - 14:00	Tai-Chi / Chi-Gong	Fulham Broadway Methodist Church	No Booking Needed
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### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
11:00 - 12:00	Dance Mix <i>Starts 21 Sept and Ends 30 Nov 2023</i>	Fulham Broadway Methodist Church	No Booking Needed
12:30 - 13:30	Pilates <i>Starts 21 Sept and Ends 30 Nov 2023</i>	Sands End Community Centre	No Booking Needed
13:00 - 14:00	Tai Chi	The Community Hub	No booking needed
14:15 - 15:15	Steady & Stable: Falls Prevention Exercise	The Community Hub	020 4516 9975

### Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Dance Exercise (£2)	St Andrew's Church	No booking needed
11:00 - 12:00	Pilates	The Community Hub	No booking needed
12:30 - 13:30	Pilates (£2)	St Andrew's Church	No booking needed
12:30 - 13:30	Chair Exercise	Edward Woods Community Centre	No booking needed

# Online Activities & Phone Groups

## Monday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:45 – 11:15	Intermediate Italian (with Giulio)	Zoom	bookings@openage.org.uk
10:00 - 11:00	Osteo Blast: Exercise for Healthy Bones (for Westminster and RBKC residents)	Zoom	020 4516 9973 <a href="mailto:tmayley-james@openage.org.uk">tmayley-james@openage.org.uk</a>
10:30 - 11:30	Steady & Stable: Falls Prevention Exercise	Zoom	020 4516 9975
11:00 - 12:00	Monday Phone Group	Phone Group	020 3713 8736
11:00 - 12:30	Shared Reading (with Ghada)	Zoom	bookings@openage.org.uk
12:00 - 13:00	Advanced Spanish Chat	Zoom	bookings@openage.org.uk
14:30 - 15:30	Local History (monthly)	Zoom	bookings@openage.org.uk
15:30 - 17:00	Mindfulness & Relaxation (starts 11 <sup>th</sup> September)	Zoom	bookings@openage.org.uk

## Tuesday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Pilates	Zoom	physicalactivitybookings@openage.org.uk
10:30 - 11:30	Healthy Lungs: <i>Exercise for Lung Health</i> (for Westminster and RBKC residents)	Zoom	020 4516 9973 <a href="mailto:tmayley-james@openage.org.uk">tmayley-james@openage.org.uk</a>
10:30 - 11:30	Time for Me for carers weekly Yoga & Stretching (includes breath work) Email for carers programme for confirmed dates.	Zoom	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
11:00 - 12:30	Open Science: <i>Do low traffic neighbourhoods benefit the health of local people?</i> <i>*19<sup>th</sup> September*</i> (In partnership with Imperial College, London)	Zoom	bookings@openage.org.uk

11:00 - 12:30	Open Science: The Alcohol Hangover: the short- & long-term effects of alcohol on health <i>*17th October*</i> <i>(In partnership with Imperial College, London)</i>	Zoom	bookings@openage.org.uk
11:00 - 12:30	Open Science: Towards smarter surgery with hyperspectral imaging <i>*14th November*</i> <i>(In partnership with Imperial College, London)</i>	Zoom	bookings@openage.org.uk
11:00 - 12:30	Open Science: How can data improve public health: a case study <i>*12th December*</i> <i>(In partnership with Imperial College, London)</i>	Zoom	bookings@openage.org.uk
12:30 - 13:30	Chair Exercise	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
13:00 - 15:00	70s Disco Fever <i>*starts 25th September</i> ACL	Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
14:15 - 15:15	Open Space Talks <i>(1<sup>st</sup> Tuesday of the month)</i>	Zoom	bookings@openage.org.uk
15:00 - 16:00	Yoga	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>

## Wednesday

TIME	CLASS	LOCATION	BOOKING DETAILS
09:30 - 11:00	Sketching in Sculpture Parks <i>*starts 27<sup>th</sup> September</i> ACL	Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:00 - 11:00	Yoga	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
10:00 - 12:00	Time for Me Carers: Creative Writing (with Poonam) (Once a month: 13th Sept, 4th Oct, 1st Nov)	Zoom	020 4516 9976 <a href="mailto:carerstimeforme@openage.org.uk">carerstimeforme@openage.org.uk</a>
11:00 - 12:00	Shared Reading (with Ewa)	Zoom	020 3713 8736
11:00 - 12:30	Greek Mythology (with Ghada)	Zoom	bookings@openage.org.uk
11:30 - 13:00	Sketching in Sculpture Parks <i>*starts 27<sup>th</sup> September</i> ACL	Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
11:30 - 13:00	Italian - Next Step 2	Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

	<i>(need approx. 140 hours of prior tuition)</i> <b>*starts 27<sup>th</sup> September</b> <b>ACL</b>		
14:00 - 15:00	Chair Exercise	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:30 - 15:30	Campden Ward Social Group	Phone Group	020 3713 8736
16:00 - 17:45	Meditation & Mindfulness (Non-Beginner) <b>*starts 27<sup>th</sup> September</b> <b>ACL</b>	Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>

### Thursday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 12:00	Italian - Next Step 1 <i>(need approx. 120 hours of prior tuition)</i> <b>*starts 28<sup>th</sup> September</b> <b>ACL</b>	Zoom	<a href="mailto:aclbookings@openage.org.uk">aclbookings@openage.org.uk</a>
10:30 - 11:30	Boxing Fitness (TBC)	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
11:00 - 12:00	The Archaeology of Ancient Greece & Near East <i>*fortnightly from 21<sup>st</sup> September</i>	Zoom	bookings@openage.org.uk
12:00 - 13:00	Pilates	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:00 - 15:00	Chi Gong	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>
14:00 - 15:00	Shared Reading (with Ewa)	Phone Group	020 3713 8736
15:30 - 16:30	Conversational French	Zoom	bookings@openage.org.uk
16:00 - 17:00	Topical Hour	Phone Group	020 3713 8736

### Friday

TIME	CLASS	LOCATION	BOOKING DETAILS
10:00 - 11:00	Stretch and Tone (TBC)	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>

10:30 - 11:30	Monthly Quiz (First Friday of each month)	Zoom	bookings@openage.org.uk
10:30 - 11:30	Philosophy	Zoom	bookings@openage.org.uk
13:30 - 14:30	Friday Social Quiz	Phone Group	07741 656 478
13:00 – 14:00	History of Art (every fortnight)	Zoom	Bookings@openage.org.uk
14:30 - 15:30	Step Up from Steady (TBC)	Zoom	<a href="mailto:physicalactivitybookings@openage.org.uk">physicalactivitybookings@openage.org.uk</a>

## Trips & events

All trips and events will be advertised in our centres and in the member news bulletin, sent weekly to your email address. If you are not receiving this email, please speak to a member of the team.

## Time for Me for Unpaid Carers

Please email [carerstimeforme@openage.org.uk](mailto:carerstimeforme@openage.org.uk) or call 0204 516 9976 to receive the carers full list of activities.

## Activities Outside of Open Age

### THERAPIES:

Shiatsu Massage and Reflexology are available on alternate Fridays between 10.00am and 4.00pm by appointment only at The Reed Centre, 28 Convent Gardens, W11 1NJ. £35 for a 1-hour treatment.

*To book call:*

Rita Taylor, Reflexology – 07865 080969

Paula Kent, Shiatsu Massage – 07715 512703

### BEAUTY TREATMENTS:





Facials, massages, pedicures, manicures, and much more on Thursdays between 10:00am and 4:00pm at Anchor Court, 2 Carey Place.

To book call:

Rima Alsouss – 07944 502950

### Regency seniors: Monday Matinees for the over 55s

**REGENT  
STREET  
CINEMA**

- £5 per ticket
- 307 Regent St, London, W1B 2HW
- You can book the films here:
- <https://www.regentstreetcinema.com/regency-seniors/>
- Or contact the cinema directly between 5.00pm and 10.00pm on 020 7911 5050.

## Locations of Open Age centres



### Open Age - St Charles Centre for Health & Wellbeing

Second Half Centre  
Exmoor Street London  
W10 6DZ  
Borough - Kensington & Chelsea (North)

**Telephone:** 020 4516 9971

**Email:** [acarrington@openage.org.uk](mailto:acarrington@openage.org.uk)

Second Half Centre, left at Main Reception



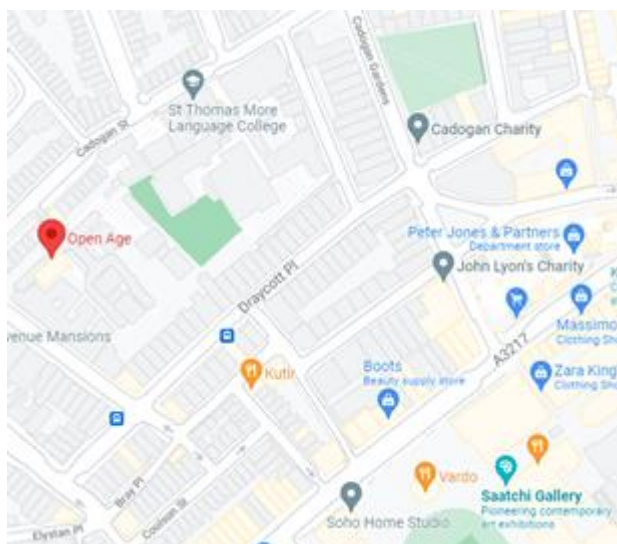
**B** Bus stops  
Buses: 18, 28, 228

**E** Entrance to New Avenues / Open Age QPHR Hub

### Open Age – Avenues

New Avenues  
3-7 Third Avenue  
London W10 4RS  
Borough – Westminister (North)

**Telephone:** 0203 713 8737  
**Email:** [Nehemen@openage.org.uk](mailto:Nehemen@openage.org.uk)

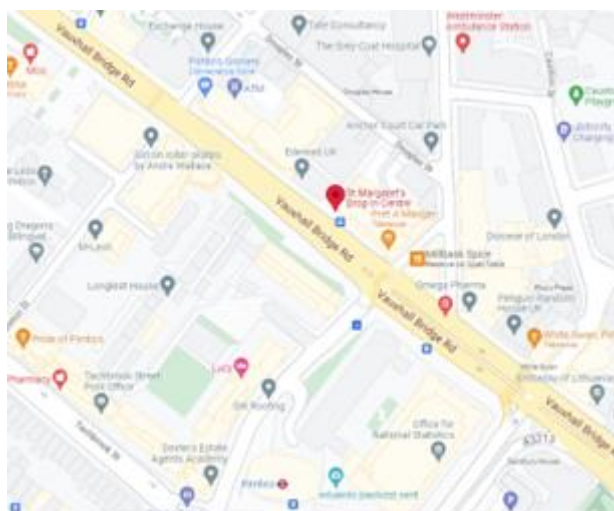


### Open Age - New Horizons

Guinness Trust Estate Cadogan Street  
London SW3 2PF  
Borough - Kensington and Chelsea (South)

**Telephone:** 020 4516 9970  
**Email:** [fkorenica@openage.org.uk](mailto:fkorenica@openage.org.uk)





## Open Age – St Margaret's

St Margaret's  
1 Carey Place  
London  
SW1V 2RT  
Borough – Westminster (South)

Telephone: 020 4516 9969

Email: [hmunns@openage.org.uk](mailto:hmunns@openage.org.uk)

## Locations of Community Venues (in alphabetical order)

COMMUNITY VENUE NAME	ADDRESS	POSTCODE	BOROUGH
Age UK	105 Greyhound Road	W6 8NJ	H&F
Al Manaar, Muslim Cultural Heritage Centre	244 Acklam Road	W10 5YG	North Westminster
All Saints	Pryors Bank Pavilion Bishops Park	SW6 3LA	H&F
Barbara Brosnan Court	46 Grove End Road	NW8 9NN	North Westminster
Bishop Creighton House	374-380 Lillie Road	SW6 7PH	H&F
Chelsea Theatre	7 World's End Place	SW10 0DR	South RBKC
Churchill Gardens Youth Club	Churchill Gardens Road, Pimlico	SW1V 3JA	South Westminster
Edward Woods Community Centre	60 Norland Road	W11 4TX	H&F

<b>Fitzrovia Community Centre</b>	<b>2 Foley Street</b>	<b>W1W 6DL</b>	<b>Westminster</b>
<b>Fulham Broadway Methodist Church</b>	<b>452 Fulham Road</b>	<b>SW6 1BY</b>	<b>H&amp;F</b>
<b>Fulham Palace Gardens</b>	<b>Bishop's Avenue</b>	<b>SW6 6EA</b>	<b>H&amp;F</b>
<b>Holland Park</b>	<b>Ilchester Place</b>	<b>W8 6LU</b>	<b>North RBKC</b>
<b>Ixworth Place Community Centre</b>	<b>2 Kimbolton Row, Samuel Lewis Trust Dwelling</b>	<b>SW3 6RQ</b>	<b>South RBKC</b>
<b>Kensington Central Library</b>	<b>Phillimore Walk Meeting Room Under Library</b>	<b>W8 7RX</b>	<b>North RBKC</b>
<b>Liberal Jewish Synagogue</b>	<b>28 St John's Wood Road</b>	<b>NW8 7HA</b>	<b>North Westminster</b>
<b>Lords Cricket Ground</b>	<b>St John's Wood Road</b>	<b>NW8 8QN</b>	<b>Westminster</b>
<b>Mary Smith Court</b>	<b>17-23 Trebovir Road</b>	<b>SW5 9NF</b>	<b>South RBKC</b>
<b>Marshall Street Leisure Centre</b>	<b>Marshall Street</b>	<b>W1F 7EL</b>	<b>South Westminster</b>
<b>Moberley Sports Centre</b>	<b>25 Chamberlayne Road, Ladbroke Grove</b>	<b>NW10 3NB</b>	<b>North Westminster</b>
<b>Morley College North Kensington Centre</b>	<b>Wornington Road</b>	<b>W10 5QQ</b>	<b>North RBKC</b>
<b>Normand Park</b>	<b>84 Bramber Road</b>	<b>W14 9PB</b>	<b>H&amp;F</b>
<b>Paddington Sports Club</b>	<b>Castellain Road</b>	<b>W9 1HQ</b>	<b>North Westminster</b>
<b>Paddington Recreation Ground</b>	<b>Randolph Avenue</b>	<b>W9 1PD</b>	<b>North Westminster</b>
<b>Penfold Community Hub</b>	<b>60 Penfold Street</b>	<b>NW8 8PJ</b>	<b>Westminster</b>
<b>Pepper Pot</b>	<b>1a Thorpe Close</b>	<b>W10 5XL</b>	<b>North RBKC</b>
<b>Porchester Centre</b>	<b>Queensway</b>	<b>W2 5HS</b>	<b>North Westminster</b>
<b>Porchester Square Gardens</b>	<b>Porchester Square</b>	<b>W2 6AN</b>	<b>North Westminster</b>
<b>Pryor's Bank Pavilion</b>	<b>Bishops Park, London</b>	<b>SW6 3LA</b>	<b>H&amp;F</b>

<b>Queen Mother Sports Centre</b>	<b>23 Vauxhall Bridge Road, Pimlico</b>	<b>SW1V 1EL</b>	<b>South Westminster</b>
<b>Reed Centre, The</b>	<b>28 Convent Gardens</b>	<b>W11 1NJ</b>	<b>North RBKC</b>
<b>Regents Park (The Hub)</b>	<b>Regent's Park Road</b>	<b>NW1 4NU</b>	<b>Westminster</b>
<b>Response Community Projects</b>	<b>300 Old Brompton Road</b>	<b>SW5 9JF</b>	<b>South RBKC</b>
<b>Riverside Studios</b>	<b>101 Queen Caroline Street</b>	<b>W6 9BN</b>	<b>H&amp;F</b>
<b>Sands End Arts &amp; Community Centre</b>	<b>Peterborough Road</b>	<b>SW6 3EZ</b>	<b>H&amp;F</b>
<b>Seymour Leisure Centre</b>	<b>Seymour Place</b>	<b>W1H 5TJ</b>	<b>North Westminster</b>
<b>St Andrew's Church</b>	<b>Greyhound Road</b>	<b>W14 9SA</b>	<b>H&amp;F</b>
<b>St Augustine's</b>	<b>Oxford Street, North Maida Vale</b>	<b>NW6 5AW</b>	<b>North Westminster</b>
<b>St George's Church</b>	<b>Aubrey Walk, Camden Hill</b>	<b>W8 7JG</b>	<b>North RBKC</b>
<b>St Mary's The Boltons</b>	<b>St Mary's Church, The Boltons</b>	<b>SW10 9TB</b>	<b>South RBKC</b>
<b>St Paul's Church</b>	<b>5 Rossmore Road</b>	<b>NW1 6NJ</b>	<b>North Westminster</b>
<b>St Stephen's Church</b>	<b>38-42 Rochester Row</b>	<b>SW1P 1LE</b>	<b>South Westminster</b>
<b>Stoll</b>	<b>Sir Oswald Stoll Mansions, Fulham Road</b>	<b>SW6 1DT</b>	<b>H&amp;F</b>
<b>The Community Hub</b>	<b>1A Aisgill Avenue, West Kensington</b>	<b>W14 9NF</b>	<b>H&amp;F</b>
<b>Victoria &amp; Albert Museum</b>	<b>Exhibition Road</b>	<b>SW7</b>	<b>South RBKC</b>
<b>Victoria Medical Centre</b>	<b>29 Upper Tachbrook Street</b>	<b>SW1V 1SN</b>	<b>South Westminster</b>
<b>West London Bowling Club</b>	<b>112a Highlever Road</b>	<b>W10 6PL</b>	<b>North RBKC</b>
<b>Westminster Academy</b>	<b>255 Harrow Road</b>	<b>W2 5EZ</b>	<b>North Westminster</b>
<b>White City Community Centre</b>	<b>India Way</b>	<b>W12 7QT</b>	<b>H&amp;F</b>

