

Time for Me Programme October 2024

**Health, leisure and learning for unpaid carers over 50
in Westminster and Kensington and Chelsea**

For further details and to book please
Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Details</u>
Week Commencing: Monday 4th November				
ACL: IT for Carers (Week 1/5)	Tuesday 5 th November	10:00am – 12:00pm	Second Half Centre	Join our 5-week course to learn essential digital skills, step-by-step in a friendly and welcoming environment. Beginners welcome.
Community Coffee Club	Tuesday 5 th November	1:30 – 3:00pm	Royal Albert Hall	A delightful morning of music, singing, dancing and socialising at the Royal Albert Hall. There'll be tea and cake to enjoy.
Week Commencing: Monday 11th November				
ACL: IT for Carers (Week 2/5)	Tuesday 12 th November	10:00am – 12:00pm	Second Half Centre	The second week of our essential digital skills course.
Bowling & Social	Tuesday 12 th November	3:00 – 5:30pm	TBC	Want to try a new hobby, pick up an old one or just fancy a fun afternoon activity? Join our monthly bowling club, followed by a relaxed coffee social.
Creative Writing with Roshni	Wednesday 13 th November	10:00am – 12:00pm	Online	Explore and connect with your inner author in our creative writing sessions. Open to all levels.
The Revellers Club	Thursday 14 th November	10:30 – 1:00pm	Royal Albert Hall	Mischief and merriment are encouraged in this penultimate session as we prepare for the December showing. The Revellers Club is a multi-arts club for people living with

				dementia and their carers.
Week Commencing: Monday 18th November				
Men's Spa	Monday 18 th November 11:00am – 1:00pm <small>(date and time flexible, please enquire)</small>		Porchester Spa	Unwind, destress and rejuvenate at the Porchester Spa's facilities. £5 fee.
ACL: IT for Carers <small>(Week 3/5)</small>	Tuesday 19 th November	10:00am – 12:00pm	Second Half Centre	The third week of our essential digital skills course.
Westminster Abbey Tour	Tuesday 19 th November	1:30 – 4:30pm (Tour approx. 1:30hr, followed by a coffee social)	Westminster Abbey	Tour one of Britain's most magnificent historic treasures; from medieval architecture, the Coronation Chair, royal tombs, hidden cloisters, beautiful gardens, and resting place of literary icons. This breath-taking Gothic church boasts over 1,000 years of British history.
Wellbeing Day	Wednesday 20 th November	Time TBC	TBC	Come back to centre through mindfulness; yoga, sound bath, meditation and a healthy nutritious lunch on our wellbeing day. You will also leave the session with your own mini wellbeing hamper.
Women's Spa	Friday 22 nd November 11:00am – 1:00pm <small>(date and time flexible, please enquire)</small>		Porchester Spa	Unwind, destress and rejuvenate at the Porchester Spa's facilities. £5 fee.
Week Commencing: Monday 25th November				
ACL: IT for Carers <small>(Week 4/5)</small>	Tuesday 26 th November	10:00am – 12:00pm	Second Half Centre	The fourth week of our essential digital skills course.
Creative Writing with Poonam	Wednesday 27 th November	10:00am – 12:00pm	Online	Explore and connect with your inner author in our creative writing sessions. Open to all levels.
Film Club	Wednesday 27 th November	TBC	TBC	Enjoy the month's film offering via member's poll. Details TBC closer to the time. Family and friends welcome!

Open Age

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