

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 30th September				
Now You See Us: Women Artists in Britain 1520 - 1920	Tuesday 1 st October	12:30 – 2:30pm	Tate Britain	Celebrating over 100 women artists who have been frequently erased from art history; works narrate the women's place in society and how it has evolved.
Week Commencing: Monday 7th October				
Bowling & Social	Tuesday 8 th October	2:00 – 5:00pm	All Star Lanes White City	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.
The Revellers Club	Thursday 10 th October	10:30am – 12:00pm	The Royal Albert Hall	A morning of mischief and fun, join us at The Revellers Club; a creative and social hub for people living with dementia and their carers.
World Mental Health Day Seasonal Affective Disorder Toolkit	Friday 11 th October	3:00 – 4:30pm	Online	We would like to invite you to a mental health wellbeing afternoon, geared to help you safeguard yourself emotionally and mentally from life's challenges. We will also focus on giving you a toolkit to combat Seasonal Affective Disorder (SAD) as the days become colder and gloomier.
Week Commencing: Monday 14th October				

Creative Writing with Poonam	Wednesday 16 th October	10:00am – 12:00pm	Open Age Online	Explore and connect with your inner author in our creative writing sessions. Open to all levels.
Men's Spa	Wednesday 16 th October	11:30am – 1:30pm	Porchester Spa	It's back! The ultimate midweek retreat and time to rejuvenate at the Porchester Spa's facilities. Must book; £5pp.
Women's Spa	Thursday 17 th October	11:00am – 1:00pm	Porchester Spa	It's back! The ultimate midweek retreat and time to rejuvenate at the Porchester Spa's facilities. Must book; £5pp.
Black History Month Social	Friday 18 th October	1:30 – 5:00pm	Second Half Centre	Join us for an afternoon in celebration of Black History Month. There will be a talk on self-care, mindfulness, a painting workshop and lunch. Open to all.
Week Commencing: Monday 21st October				
Diwali: Festival of Lights	Friday 25 th October	1:30 – 5:00pm	Second Half Centre	To celebrate the Festival of Lights; we will be making our own scented candles, card drafts, and enjoy light refreshments. Open to all.
Kensington Palace: Untold Lives	Saturday 26 th October	10:30am – 12:00pm	Kensington Palace	The exhibition highlights the forgotten stories of the people who served, protected and promoted the monarchy; from wet-nurses to seamstresses.
Ghostbusters Live in Concert	Saturday 26 th October	1:30 – 4:00pm	Royal Albert Hall	Watch the 1980's classic film along the Philharmonic Concert Orchestra's rendition of the original film score.
Week Commencing: Monday 28th October				
Creative Writing with Roshni	Wednesday 30 th October	10:00am – 12:00pm	Online	Explore and connect with your inner author in our creative writing sessions. Open to all levels.
Film Club	Thursday 31 st October	Time TBC	TBC	Enjoy the month's film offering via member's poll. Details TBC closer to the time. Family and friends welcome!

Open Age
 St Charles Centre for Health & Wellbeing,
 Exmoor Street, London W10 6DZ.
 Tel: 020 4516 9978.
 Charitable Incorporated Organisation Number 1160125.
www.openage.org.uk