Time for Me Programme December 2026

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

You must be a member of Time For Me to attend events.
Unless otherwise specified please book activities either by email: **carerstimeforme@openage.org.uk** or **call**: **020 4516 9976**

Event	Date	Time	Location	
Week beginning Monday 30th November				
Film Club: Billy Liar	30th November	2pm to 4.30pm-ish	Lexi Cinema, 194b Chamberlayne Road, Kensal Rise, NW10 3JU	A 4K restoration of the 1963 classic BILLY LIAR featuring Tom Courtenay and the wonderful Julie Christie. “The film follows a lazy, irresponsible young clerk in provincial Northern England lives in his own fantasy world and makes emotionally immature decisions as he alienates friends and family.”
Opera: Tosca Relaxed Performance	30th November	4.30pm to 7pm	English National Opera, The London Coliseum, St Martin’s Lane, WC2N 4ES	Relaxed performances are designed to encourage people who feel that opera and the opera environment is not for them – this could include people with mental or physical health conditions that make it difficult for them to stay seated for a full performance so you may find you are seated next to someone who needs to get up and move part way through the performance etc. **Please let me know asap if you would like to attend.**

Lunch Club **New Horizons**	Tuesday 1st December	12.30pm to 2pm	New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF	We had a lovely time at New Horizon's lunch club last month. I don't know in advance what the menu will be but last month, we had a beautiful pumpkin soup followed by a jacket potato with tuna and cheese. There was also some cake for those that wanted. TFM will pay £5 towards this lunch. This covers the soup and main. Pudding and hot drinks are up to you.
Men's Spa	Wednesday 2nd	11am to whenever you want to leave	Porchester Spa, Queensway, Bayswater, W2 5HS	A couple of hours of relaxation to bolster you for the month ahead. Entrance to the spa includes entrance to the pool. Please note, the pool may be mixed genders. You need to book a time to enter the pool and you must go at that time, failure to attend at the allocated time will result in a fine!
English National Opera Creative Workshop	Thursday 3rd	9am to 12pm	English National Opera, The London Coliseum, St Martin's Lane, WC2N 4ES	**Waiting List Only** A chance to get up on stage at the London Coliseum and take part in a creative workshop exploring themes from Tosca through singing and song writing.
Exhibition: Rising Voices	Friday 4th	11am to 1pm	Victoria and Albert Museum,	"*Rising Voices* offers an unparalleled view of the Asia Pacific region's dynamic creative landscape. Foregrounding First Nations perspectives and diverse artistic approaches, the exhibition features rare works by over 40 pioneering creatives." If oversubscribed tickets will be allocated by ballot.
Dance: Sir Simon Milton Tea Dance	Sunday 6th	2pm to 6pm	As per ticket	Tickets have been allocated and sent out.
Week Commencing: Monday 7th December				

Tea Among the Trees	Monday 7th	10am to 12pm	The Learning Centre, Hyde Park, W2 2UH	The lovely Tea Among the Trees – a member and staff favourite! Join me, staff from the Royal Parks, and other community groups for a morning of chat at the Royal Parks' "Tea Among the Trees" coffee morning with teas, coffees, and delicious pastries and cakes.
Ceramics Workshop at Kensington Palace	Tuesday 8th	11am to 3pm	The Clore Learning Centre, Kensington Palace, Kensington Gardens, W8 4PX	The Final workshop in the series. **This workshop is only open to participants who attended the previous two workshops.**
Exhibition: The Music is Black: A British Story	Wednesday 9th	12pm or 12.30pm start Finish when you finish	V&A East Museum, 107 Carpenters Road, E20 2AR	Before you say anything…yes, V&A East is a long way BUT, this exhibition is exceptional. I went to it when it first opened and I have been trying to beg/steal/borrow some tickets for you since. "125 years of Black music-making in Britain. Spanning four continents, this is a story of excellence, struggle, resilience and joy." You need to wear headphones for this exhibition to work so don't sign up if you aren't prepared to do this (they provide the headphones). **If oversubscribed places will be allocated by ballot.**
Lunch Club at Brunel Happy Hub	Thursday 10th	12.30pm to 2pm	Brunell Happy Hub, Brunel Estate, Westbourne Park Road, W2 5UZ	This month we've been promised a Moroccan Feast (by special request of the members last month). TFM will pay £5/person towards the lunch and you will need to pay £2 (please bring cash and give to Susie). Finish your lunch with a beautiful fresh mint tea.

Week Commencing: Monday 14th December				
Coffee Morning and Crafting	Monday 14th	10am to 12pm	Café, New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF	By request – a coffee morning at New Horizons. Please join me to chat all things – can be about the weather, pastimes, being a carer, the Time For Me project…whatever we fancy. Of course, there will also be a crafty project available too. This time we'll be potato stamping our very own wrapping paper – honestly, it's all the rage right now.
Chelsea Winter Village	Monday 14th	4.30pm onwards	Royal Hospital Chelsea, Royal Hospital Road, SW3 4SR	Another member request…hanging out at a Christmas Market. "..featuring a Christmas market, mulled wine & festive bars, workshops, bandstand with live performances and traditional fairground rides. Discover a new, cosier alternative to London's Christmas calendar, featuring an even more impressive range of independent traders, food and drinks vendors and boutique shopping experiences."
Exhibition: The 90s: Art and Fashion	Tuesday 15th	10.30am to 12.30pm	Tate Britain, Millbank, SW1P 4RG	If this is anything like last year's 80s exhibition this is going to be EPIC and that is not hyperbole. "Curated by fashion industry game changer Edward Enninful OBE, whose lived experience of the decade informs the exhibition *The 90s: Art and Fashion* examines a defining period in which a groundswell of creativity changed the face of British culture."

Christmas Celebration	Wednesday 16th	1pm to 3pm	Clore Learning Centre, Kensington Palace, Kensington Gardens, W8 4PX	
				
Women's Spa	Thursday 17th	11am to whenever you want to leave.	Porchester Spa, Queensway, Bayswater, W2 5HS	A couple of hours of relaxation to bolster you for the month ahead. Entrance to the spa includes entrance to the pool. Please note, the pool may be mixed genders. You need to book a time to enter the pool and you must go at that time, failure to attend at the allocated time will result in a fine! Priority will be given to members who have not been to the spa recently.

Week Commencing: Monday 21st December				
Christmas Partaaay!!	Monday 21st	3pm to 7pm	Portobello Shack, 272 Portobello Road, W10 5TY	We're still finalising the details but expect: • Gorgeous Caribbean food. • Entertainment. • Perhaps a little dancing (that's up to you). • And the great company of each other. This will be oversubscribed and **places will be allocated by ballot.** If you would like to be in the running please let me know by **Monday 14th December.** Please note – you will be asked to contribute £3 towards the cost of this. Sorry, I just couldn't get it down to free for you.
Film Club: **Film TBC**	Monday 21st	2.15pm to 5pm-ish	Lexi Cinema, 194b Chamberlayne Road, Kensal Rise, NW10 3JU	The film for December hasn't been chosen yet but "It's A Wonderful Life" has been mooted. I know it clashes with the Christmas party but some of you may prefer a trip to the cinema anyway. Arrive early and get yourself a free cup of tea and a biscuit and then settle down to be entertained. Let me know if you would like to attend asap BUT **please check your diary beforehand.**
Crafternoon: Knitting and Crochet and Coffee	Tuesday 22nd	1.15pm to 2.45pm	St Margaret's, 1 Carey Place, SW1V 2RT	More coffee (and tea), biscuits and fruit. More chatter and more crafting and maybe mince pies. You're more than welcome for all or any part of the session – crafting optional.

Open Age

As ever, remember that Open Age has a wide range of classes and activities across its four centres and community hubs all at very low cost meaning, if there's nothing in the TFM

programme that you fancy, you're more than likely to find something in the wider Open Age programme.

If you don't receive the Open Age weekly Bulletin and would like to, please let me know and I will ask the team to add you to the distribution list.

Outside Organisations:

Pembridge Palliative Care Centre - St Charles Centre for Health and Wellbeing, W10 6DZ

- Carers Peer Support Group – for all carers ages 18+ of individuals with life-limiting conditions. Last Thursday of each month from 11am to 12pm.
  For more information call 020 8102 5000 or email clcht.pembridgeunit@nhs.net
- Bereavement Café – First Thursday of the month from 11am to 12pm and third Thursday of the month from 6pm to 7.30pm. No need to book, just turn up.

South Kensington & Chelsea Mental Health Carers Group – The Mental Health Centre, 1 Nightingale Place, SW10 9NG

This support group is open to all RBKC and Westminster carers whose cared for person has mental health needs. It runs on the first Tuesday of the month from 3,30pm. Tea, coffee, and biscuits are provided.