



Time for Me Programme

July 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.

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>
Time For Me Summer Big Day Out – Number 2				
Wednesday 15th July – 10.30am onwards				
The second Summer Big Day Out is the hotly anticipated trip to the seaside. This year, we're going to Leigh-on-Sea on the south coast, just down the road from Southend. We're going by train, meeting at Fenchurch Street Station at 10.30am for a train at 11am.  <u>Big Day Out no 2:</u> Leigh-on-Sea Join us for a coastal day trip to the charming sea-side town of Leigh-on-Sea - rich in history, unique boutiques, gentle walks and stunning views. <u>Date:</u> Wednesday 15th July 2026 <u>Time:</u> From 10:30am <u>Meeting Point:</u> Fenchurch Street Station (to be confirmed) Must book, places limited and offered via ballot. To book: carerstimeforme@openage.org.uk				

Leigh-on-Sea is a small town on an estuary as opposed to the sea. The train station is more or less on the sea front however...when we arrive the tide will be out so you won't get the seaside view you might be expecting.

Leigh-on-Sea is still a charming little town with galleries and independent shops to explore as well as having lots of restaurants and cafés with gorgeous seafood. There are lovely walks to be done and, Southend is just minutes by train (or 40 minutes by bus, apparently there's an open top one) for those of you that can't wait for the tide to come back in (3.30pm-ish) or that want a bit bustle from your seaside trip.

If you would like to come, please get back to me ASAP. Thank you.

Week Commencing: Monday 6th July

<u>Boating on the Serpentine</u>	Tuesday 7th	10am to 11.30pm	Hyde Park Boathouse, Hyde Park, W2 2UH	We're going boating! Join me for a fun hour on a pedalo or rowing boat larking around The Serpentine. I'm not going to lie, I am NOT a fan of geese and swans so one of you may need to protect me – unless lovely May (who some of you will have met when we went to Duck Island) can do it. We'll follow this up with a cuppa at the Serpentine Café. (8 minute walk) Register your interest asap and I will confirm with you on Monday 6th.
Exhibition: <u>Cecily Browne: Picture Making</u>	Tuesday 7th	12pm to 1.30pm	Serpentine South Gallery, Kensington Gardens, W2 3XA	"Known for her vigorous brushwork, vivid colour and dynamic compositions, Cecily Brown presents paintings inspired by Serpentine's unique location in Kensington Gardens, a site of personal significance to the artist." This exhibition marks a return to the UK for Browne who has been working out of New York for the past 30 years.

South Kensington & Chelsea Mental Health Carers Group	Tuesday 7th	3.30pm to 5pm (ish)	The Mental Health Centre, 1 Nightingale Place SW10 9NG	This support group is only open to RBKC and Westminster carers whose cared for person has mental health needs. This is a monthly group but I will be attending this month. Tea, coffee, and biscuits are provided.
Week Commencing: Monday 13th July				
Crafty Drop-in Session with Susie	Monday 13th	3.30pm to 4.45pm	The Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Road,	Tea, coffee, biscuits, and chat. What more could you want? Nothing, I know. But...you're going to get more. Inspired by the printmaking we did after our Schiaparelli visit to the V&A, we're going to be printing a set of cards which you will get to keep. Use them as Thank You cards, birthday or holiday cards, whatever you want. No drawing skills necessary!
Big Day Out number 2 <u>Leigh-on-Sea</u>	Wednesday 15th	10.15am to whenever you want to go home	Meet at Fenchurch Street Station. Exact spot TBA	See the nifty poster Jane made (at the beginning of this document).

<u>A Midsummer Night's Dream</u> by William Shakespeare	Thursday 16th	7.30pm to 10.15pm	Regent's Park Open Air Theatre, The Regent's Park, Inner Circle, NW1 4NU	We've been lucky enough to nab a few tickets to see William Shakespeare's "A Midsummer Night's Dream" at the Regent's Park Open Air Theatre. The play features magic, mischief, romance and comedy and this production is set to a 1970s-esq folk music score. This performance will also be in British Sign Language. If you've never been to the Open Air Theatre, before it's a must! It's such a charming way to spend an evening. Priority will be given to members from Westminster but this is open to all. And, you can bring a friend BUT they will need to become a member of Open Age in order to attend. Let me know by Monday if you would like to come.
Concert and Cake	Friday 17th	2pm to 2.30pm	Kensington Central Library, 1 Phillimore Walk, W8 7RX	"Join us at the beautiful lecture hall of Kensington Central Library for a relaxing half-hour of live piano music, performed by talented concert pianists. Whether you're a classical music lover or simply looking for a peaceful cultural escape, everyone is warmly welcome." We've not gone to this before – the concert is 30 minutes long, I'm not sure whether the cake bit is during the concert or afterwards. Let's try it and see.
Week Commencing: Monday 20 th July				
Summer Party	Monday 20 th	12pm to 3pm	Second Half Centre, St Charles Centre for Health and Wellbeing,	It's Summer Party season at Open Age and we've got a few tickets put aside for Time For Me members to attend the party at the Second Half Centre.

			Exmoor Road, W10 6DZ	There'll be a Sing Along, a buffet lunch, a raffle and a golden ticket draw! Let me know if you'd like to attend by Monday 13 th July.
Creative Writing with Poonam	Wednesday 22 nd TBC	10am to 12pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.
Concert: <u>RIOT! String Trio</u>	Wednesday 22nd	1.10pm to 2.10pm approx	St James Church, 197 Piccadilly, W1J 9LL	RIOT! Bridging Centuries of Sound Formed in 2025, RIOT! unites three of the UK's most adventurous chamber musicians: violinist Adam Summerhayes, violist Carmen Flores and cellist Toby White. Together they bring a fearless, vivid and deeply communicative approach to the string trio repertoire.
Exhibition: <u>Hurvin Anderson</u>	Thursday 24th	11.45am to 1.45pm	Tate Britain, Millbank SW1P 4RG	"Through colour-drenched landscapes and interiors, Anderson meanders back and forth across the Atlantic, between the UK and the Caribbean. The youngest of eight children, he was the first to be born in the UK after his family left Jamaica for Birmingham in the 1960s. As a result, Anderson's work reflects on his experiences of belonging and diaspora." This is Hurvin Anderson's first major solo exhibition.

Week Commencing: Monday 29th June

Royal Parks “Tea Among the Trees”	Monday 27th	10am to 12pm	The Learning Centre, Hyde Park, W2 2UH	This has fast become a favourite with members. 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.
Film Club: The Ballad of Wallis Island (2025)	Monday 27th	2pm to 4pm	Lexi Cinema, 194b Chamberlayne Road, Kensal Rise, NW10 3JU	The brilliant Lexi Cinema’s monthly Seniors Film Club with free tea and biscuits. The Lexi is run by volunteers and is a beautiful independent cinema in Kensal Rise. This has become a firm favourite for some members – why not come early, grab a cuppa, and chin wag with other members? The Cinema Club Sells out well in advance. This means that I have to book tickets in advance. Let me know if you would like to attend asap BUT please check your diary beforehand.
Creative Writing with Roshni	Wednesday 29th	10am to 12pm	Online	Unleash your inner author with our relaxed creative writing session, open to all levels.

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.

There is currently a free exhibition of Open Age Members' work in the foyer of the Chelsea Theatre. This will culminate in a showcase event on Friday 17th July. Keep an eye out for more info on this soon.

Advance Notice

We'll be going to Opera Holland Park on Sunday 2nd August in the afternoon to see Johann Strauss II's comedy "Die Fledermaus".

This is only open to members aged 60 or over. More information to follow.

Outside Organisations:

Pembridge Hospice - 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.