

# Time for Me Westminster

## Activities for unpaid carers over 50



## JANUARY - MARCH 2017

All activities are **free** and many do not require booking. Trips need to be booked, as stated below.

I hope you are well and are either looking forward to Christmas, or that you had a good festive time, depending on when you read this! As we look forward to 2017, please find below the new activity programme. At the top we have some special computer/smart phone courses for carers; please read on below for the rest of the activities. If you know other carers who might like to join Time for Me, please pass on my details. All the best for 2017, and hopefully see you at one of our activities soon.

For further details please contact **Liz Sowden** on **020 8962 4536** or **lsowden@openage.org.uk**

### Carers Computer Courses

#### Course 1: Digital Life Beginners Course – 3 week course

Friday 13<sup>th</sup> January 10.30am-12.30pm – week 1

Friday 20<sup>th</sup> January 10.30am-12.30pm – week 2

Friday 27<sup>th</sup> January 10.30am-12.30pm – week 3

Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ (nearest tube station Ladbroke Grove)

#### Course 2: Digital Life Intermediate Course – 2 week course

Friday 3<sup>rd</sup> February 10.30am-12.30pm – week 1

Friday 10<sup>th</sup> February 10.30am-12.30pm – week 2

Second Half Centre (address as above)

These 2 Digital Life Courses are with Open Age tutor Lena. For each course you must book in advance and be able to attend all 2 or 3 weeks. The courses will cover a range of topics agreed with the group (e.g. Facebook, Twitter, online shopping, smart phones, iPads, apps). Please bring your smart phone if you want to learn more about it. If you don't have one, phones will be available for the course. Intermediate course is for those with some knowledge. Courses shared with North Kensington; limited places. **Please phone to book.**

### Other activities

#### Wednesday 11<sup>th</sup> January 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP  
Exercise your imagination. New members are always welcome to this fun and friendly class. Lots of pointers and guidance are given to help you get started: no experience necessary!

#### Thursday 19<sup>th</sup> January 1.30-3.30pm: Coffee and cake social afternoon

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP  
Join us to meet other carers, and give your ideas for Time for Me activities. No need to book.

#### Wednesday 25<sup>th</sup> January 1.30-3.30pm: Creative Writing for Beginners

Barbara Brosnan Court (address and details as above)

#### Wednesday 1<sup>st</sup> February: Visit to Kensington Palace (afternoon, time tbc)

Join us for a visit to the historic Kensington Palace, home of many royals including Queen Victoria. Will include coffee/tea together afterwards. **Please phone to book.**

**Wednesday 8<sup>th</sup> February 1.30-3.30pm: Creative Writing for Beginners**

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP

**Tuesday 14<sup>th</sup> February 10am-12pm: Walking Group – London galleries**

Come along to this one-off walking group which will include visiting a central London gallery or exhibition as part of the 2 hour walk. This activity will cost £1 each. **Please phone to book.**

**Wednesday 15<sup>th</sup> February: Buffet lunch, Jimmy's at the O2**

This restaurant at the O2, North Greenwich, does a fabulous all-you-can-eat buffet with foods from all over the world, and we'll enjoy a fun lunch out. **Please phone to book.** You can book any time from now; places are limited and will be allocated in mid-January.

**Thursday 16<sup>th</sup> February 1.30-3.30pm: Relaxation Techniques with Liz Butters**

Barbara Brosnan Court, 46 Grove End Road, St Johns Wood, London, NW8 9NP  
Enjoy some relaxing time for yourself and learn gentle exercises to help manage stress.

**Wednesday 22<sup>nd</sup> February 1.30-3.30pm: Creative Writing for Beginners**

Barbara Brosnan Court (address and details as above)

**Thursday 2<sup>nd</sup> March 11am-2pm: Health Walk and lunch: Paddington Rec**

Meet outside The Park café (in middle of Rec) – Randolph Ave, Maida Vale, W9 1PD  
An hour's walk followed by free lunch in the lovely Park Café. **Please phone to book.**

**Wednesday 8<sup>th</sup> March 1.30-3.30pm: Creative Writing for Beginners**

Barbara Brosnan Court (address and details as above)

**Thursday 9<sup>th</sup> March 1.30-3.30pm: Relaxation Techniques with Liz Butters**

Barbara Brosnan Court (address and details as above)

**Thursday 16<sup>th</sup> March: Visit to the British Museum (afternoon, time tbc)**

Join us for a visit to this famous central London museum of human history, art and culture. Will include coffee/tea together afterwards. **Please phone to book.**

**Wednesday 22<sup>nd</sup> March 1.30-3.30pm: Creative Writing for Beginners**

Barbara Brosnan Court (address and details as above)

**Thursday 30<sup>th</sup> March 2.30pm: Motown the Musical, Shaftesbury Theatre**

This hit musical tells the true American dream story of Motown founder Berry Gordy's journey from boxer to the music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and so many more. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough". **Please phone to book.** You can book any time from now; places are very limited and will be allocated in mid-February.

**For further details please contact Liz Sowden on 020 8962 4536 or [lsowden@openage.org.uk](mailto:lsowden@openage.org.uk)**