

# Time for Me Westminster

**Health, leisure and learning for unpaid carers over 50  
July 2021 activities on Zoom and phone**

**For further details and to book please**

**Email: [carerstimeforme@openage.org.uk](mailto:carerstimeforme@openage.org.uk) or Call: 020 4516 9976**

**Weds 7<sup>th</sup> July 1.30 – 3.30pm: Creative Writing for Wellbeing** on Zoom and phone

**Fri 9<sup>th</sup> July 11.00am - 1.00pm: Yin Yoga** on Zoom and at 12.15pm **Meditation / Sound Healing** on Zoom and phone

**Tues 13<sup>th</sup> July 11.00-12.00pm: Shared Reading** on Zoom and phone

**Weds 14<sup>th</sup> July 1.30 - 2.30pm: Opera Holland Park** on Zoom and phone

**Fri 16<sup>th</sup> July 11.00am- 1.00pm: Creative Writing for Wellbeing** on Zoom and phone

**Tues 20<sup>th</sup> July 2.30 - 3.30pm: Carers Social: Short Films** on Zoom and phone

**Weds 21<sup>st</sup> July 11.00-1.00pm: Accessible Yoga, Relaxation & Gong** on Zoom

**Fri 23<sup>rd</sup> July 11.00am - 1.00pm: Yin Yoga** on Zoom and at 12.15pm **Meditation / Sound Healing** on Zoom and phone

**Tues 27<sup>th</sup> July 11.00-12.00pm: Shared Reading** on Zoom and phone

**Thurs 29<sup>th</sup> July 2.00 - 4.00pm: Relaxation on Zoom.** Learn techniques to help feel calm

**Fri 30<sup>th</sup> June 11.00am – 1.00pm: Chi Kung** on Zoom

**Tues 3<sup>rd</sup> Aug 2.30-3.30pm: Wellbeing Workshop on Motivation** with CNWL- Practical tips on how to start a task like decluttering, from the first steps to building momentum. Please register your interest for this workshop.