SILVER SUNDAY
7 OCTOBER 2018
Celebrating older residents in the community
A guide to events taking place from 2 – 13 October
Silver Sunday is on 7 October this year and there will be some exciting events happening to mark the occasion so please do join in.

A number of organisations and community groups are hosting special events for Silver Sunday this year and all of them are open to residents of Kensington and Chelsea who are aged 65+. It is an ideal opportunity to visit new places, meet new people and try new things. Also included is a Phone Club enabling residents who are housebound to join in from the comfort of their own homes. The programme will also introduce you to activities that are on offer throughout the year. Some events hosted in Westminster are also open to residents of Kensington and Chelsea.

All events are free of charge unless otherwise specified. Events happening on 7 October are listed first followed by the full programme of events in date order together with the booking details. One event is happening just before Christmas to get you in the festive mood. Please note that some events may need to be booked in advance. You are welcome to attend as many events as you wish.

So have a look through the programme, jot down events that catch your eye on the wish list on page 3, remember to book in advance if necessary and do invite a family member or carer to accompany you if you prefer.

“I feel less lonely as everyone is very friendly there.” – Mary
Open Age

Open Age empowers older people by helping them remain mentally and physically active and engaged in their community. Founded in 1993, Open Age now hosts over 380 activities across Kensington and Chelsea, Westminster, and Hammersmith and Fulham, for people aged 50+. From creative classes to IT classes, special events for unpaid carers, and a fantastic range of physical activities, Open Age has something for everyone. In addition, Open Age runs an employment centre to help people aged 50+ find work. To ensure that everyone is able to access our services, Open Age runs special groups for the housebound, while our dedicated Link Up team reaches out to people who have become isolated and lack the confidence to attend classes or events alone.

With over 6000 members, Open Age is committed to reducing isolation by supporting and celebrating older people in London. Membership is free! Find out more at https://openage.org.uk or call 020 8962 4141.

Silver Sunday at Home

If you are not able to go out, due to physical limitations or ill health, and want to join in from the comfort of your own home, there are activities in this brochure that you can take part in. Alternatively, call Open Age about the Link Up programme on: 020 8962 5584.

Events Wish List

Jot down the events that you would like to attend

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SILVER DAY EVENTS ON 7 OCTOBER

These are special events being held for Silver Sunday to recognise and celebrate older people and their contribution to community life. Some of the events are happening in the City of Westminster and RBKC residents are welcome to attend.

Learn about the plants and people of Chelsea Physic Garden

Sunday 7 October

**Time(s) of Event:** 11.30am – 1pm  
**Venue:** Chelsea Physic Garden  
**Directions:** Curators House, 66 Royal Hospital Rd, Chelsea, London SW3 4HS  
📞 Sloane Square  
📞 020 7349 6474  
✉️ jrickell@chelseaphysicgarden.co.uk  
🌐 www.chelseaphysicgarden.co.uk  
**Contact:** Jennie Rickell  
**Registration:** Yes  
**Requirements:** Dress appropriately for weather  
**Maximum spaces:** 15  
**Disabled Access:** Yes  
**Contingency Information:** The café will still be open in the wet weather. Tour will be cancelled.

Silver Sunday Fun Palace

**Sunday 7 October**

An action packed and fun afternoon with an opportunity to try out a range of workshops including singing, dance, virtual reality googles, knitting and crafts

**Time(s) of Event:** 12 – 4pm  
**Venue:** Royal Brompton & Harefield NHS Foundation Trust  
Sydney Wing Main Entrance  
Sydney Street, London, SW3 6NP  
**Directions:** www.rbht.nhs.uk/about/locations/brompton-map/  
🔍 South Kensington  
📞 0330 128 8121 x 84087  
✉️ arts@rbht.nhs.uk  
🌐 www.rbht.nhs.uk/about/arts/  
**Contact:** Conni Rosewarne  
**Registration:** Please book online at: https://bit.ly/2KLYkui  
Alternatively, you can call 0330 128 8121 ext. 84087 or email arts@rbht.nhs.uk  
**Disabled Access:** Fully accessible

Draw and Explore the Architecture of the Design Museum

**Sunday 7 October**

Join an artist-led architectural drawing workshop and learn new creative skills and discover the architecture of the museum

**Time(s) of Event:** 11am – 12pm  
12.30pm – 1.30pm  
2.30pm – 3.30pm  
**Venue:** The Design Museum  
🚌 9, 10, 27, 28, 49, 328, C1  
🔍 High Street Kensington, 8 min walk  
📞 020 3862 5871  
✉️ bernard.hay@designmuseum.org
Dance for Health open workshops with English National Ballet

Sunday 7 October
You will have a chance to discover what goes on behind the scenes and insight into ENB’s Dance for Health programme

Time(s) of Event: 11am – 12 midday and 12.30 – 1.30pm
Venue: English National Ballet, Markova House, 39 Jay Mews, SW7 2ES
Knightsbridge, South Kensington and Gloucester Road
020 7581 1245
engagement@ballet.org.uk
www.ballet.org.uk
Contact: Engagement Team
Registration: Yes, please book in advance via the booking form. For more details, please call 020 7581 1245.
Requirements: Wear something practical
Maximum spaces: 30 per workshop
Disabled Access: Yes

How to make a bath bomb

Sunday 7 October
You can combine this event with planting a window box at the same venue and take home a planter and a bath bomb!

Time(s) of Event: 10.00am – 11.00am
Venue: Sybil Thorndike House, Kramer Mews, SW5 9JG
Directions: Kramer Mews is on the opposite side of the road to the north lodge of Old Brompton Cemetery. Sybil Thorndike House is accessed through gates at the end of Kramer Mews.
Nearest tube Old Brompton Road or Earls Court.
07542 718 133
Lisa.wilkinson@rbkc.gov.uk
www.rbkc.gov.uk
Contact: Lisa Wilkinson
Registration: Yes. To book please email Lisa.wilkinson@rbkc.gov.uk or phone 07542718133.
Maximum spaces: No more the 15
Disabled Access: Yes
Contingency Information: This is an indoor activity.

Planting a Window Box for Early Spring

Sunday 7 October
The workshop will focus on planting a window box with a mix of bulbs for late winter and early spring which you can take home with you. All materials provided

Time(s) of Event: 11.30am – 1.30pm
Venue: Sybil Thorndike House, Kramer Mews, SW5 9JG
Directions: Kramer Mews is on the opposite side of the road to the north lodge of Old Brompton Cemetery. Sybil Thorndike House is accessed through gates at the end of Kramer Mews.
Nearest tube Old Brompton Road or Earls Court.
07739 365 470
william.rallison@rbkc.gov.uk
www.rbkc.gov.uk
Contact: William Rallison – community gardener
Registration: Yes. To book a place email william.rallison@rbkc.gov.uk or call 07739 365 470
Requirements: Wear something practical
Maximum spaces: 14
Disabled Access: Yes
Contingency Information: The workshop will run in doors. Facilitator will contact those booked for workshop if session is cancelled.
**Leighton House**

**Sunday 7 October**

Explore the former home of the Victorian artist Frederic, Lord Leighton (1830-1896)

**Time(s) of Event:** Gain free access to Leighton House museum from 10am – 5.30pm (last entry at 5pm). Just mention Silver Sunday on arrival.

**Venue:** 12 Holland Park Road, London W14 8LZ

**Registration:** No booking required

**Disabled Access:** No

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**Sing to Live and the Tea Dance Through Time**

**Sunday 7 October**

Music and a Tea Dance with a twist are on offer! The Tea Dance will take you on a foot-tapping journey through the decades … with tea and biscuits for the journey!

**Time(s) of Event:** 10am Leighton House opens
11am Songs with Sing to Live, Ground Floor
11.30am – 2pm free access to museum
2 – 4pm Tea Dance Through Time, The Studio, First Floor

**Venue:** Leighton House Museum, 12 Holland Park Road, London W14 8LZ

**Registration:** No booking required

**Disabled Access:** No

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**18 Stafford Terrace**

**Sunday 7 October**

Discover this unique example of a late Victorian townhouse. Home to the Sambourne family, it survives with almost all of its furniture and fittings intact

**Time(s) of Event:** Gain free access to 18 Stafford Terrace from 2 – 5.30pm (last entry at 5pm). Just mention Silver Sunday on arrival.

**Venue:** 18 Stafford Terrace, London W8 7BH

**Registration:** No booking required

**Disabled Access:** No

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**Health and Wellbeing Day**

**Sunday 7 October**

The day will include Zumba and Pilates classes, acupuncture, manicures and body massages

**Time(s) of Event:** 11.00am – 3.00pm

**Venue:** Al Manaar / Muslim Cultural Heritage Centre

**Directions:** 244 Acklam Road, London, W10 5YG

**Registration:** Please book via the Leighton House Museum website www.leightonhouse.co.uk. Alternatively, please call 020 7602 3316, or pop by and book in person.

**Requirements:** Comfortable shoes for the tea dance

**Maximum spaces:** For the tea dance – 40

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**Disabled Access:** Please note that Leighton House Museum does not currently have wheelchair access. The ground floor is accessible via a small flight of stairs, and the studio via a staircase.

**Contingency Information:** Registered attendees will be notified by e-mail of any changes to the event, and details will be posted on social media channels @ RBKCCulture and @LeightonHouse_

If you have any queries about the event please contact the Leighton House Events Team on 020 7602 3316
Spa and Fitness Day

Sunday 7 October
Take advantage of a great offer at Kensington Leisure Centre
• Free swimming all day
• Free drop in gym sessions from 2 – 4pm
• Half price Thermal Spa entrance
• 40% off Thermal Spa gift cards

Time(s) of Event: please see above
Venue: Kensington Leisure Centre
Kensington Leisure Centre
Silchester Road, London, W10 6EX
 Latimer Road, Holland Park
Shepherds Bush, Ladbroke Grove
020 3793 8210
 kensington@GLL.ORG
 www.better.org.uk/kensington

Registration: No
Requirements: Swimming or Gym attire depending on activity
Disabled Access: Adapted for wheelchairs, Disabled toilet, Accessible Parking, Poolside hoist, Accessible Changing, Lift

Silver Sunday celebrations

Sunday 7 October
A free, fun-filled activity day including hand massage and nail treatments, gentle exercise sessions, a raffle, finger buffet and a live band

Time(s) of Event: 11am – 4pm
Venue: James Hill House, 196 – 200, Kensal Road, W10 5BS
Westbourne Park
020 8354 5676

Silver Sunday Activities at New Horizons:

Allan & Ranjit – IT Drop In – 11am – 3pm in the IT Suite
Tina – Jewellery Making – 11am – 3pm in the Multi Activity Room
Ranjanie – Meditation: Investigating the power of thought. (Chair Based) - 11am – 1pm – in the Wellbeing Room. (Max 10 spaces)
The New Horizons café will be serving a Roast Dinner for £5.00.

Sunday 7 October

Time(s) of Event: 11am – 3pm
Venue: New Horizons, Guinness Trust Estate, Cadogan Street, London, SW7 2PF
Directions: We are located opposite number 17 Cadogan Street in the estate car park.

Silver Sunday

Sunday 7 October
A free, fun-filled activity day including hand massage and nail treatments, gentle exercise sessions, a raffle, finger buffet and a live band

Time(s) of Event: 11am – 4pm
Venue: James Hill House, 196 – 200, Kensal Road, W10 5BS
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The New Horizons café will be serving a Roast Dinner for £5.00.

Sunday 7 October

Time(s) of Event: 11am – 3pm
Venue: New Horizons, Guinness Trust Estate, Cadogan Street, London, SW7 2PF
Directions: We are located opposite number 17 Cadogan Street in the estate car park.
Guards’ Chapel and The Guards’ Museum

Sunday 7 October
Join the Guards’ Chapel Sunday Service with the Countess of Wessex’s String Orchestra from 11am – 12 midday, followed by tea and coffee.

**Time(s) of Event:** 11am – 2pm

**Venue:** Wellington Barracks, Birdcage Walk, SW1E 6HQ

Visit the Guards’ Museum between 12.30 – 2pm (please collect your complimentary tickets during tea and coffee).

Green Park
020 7414 2207
info@householddivision.org.uk

**Registration:** No booking required

**Disabled Access:** Yes

Silver Sunday Afternoon Tea at The Reed Centre

Sunday 7 October
Join us for a lovely afternoon tea to celebrate Silver Sunday

**Time(s) of Event:** 12.30pm – 3.30pm

**Venue:** The Reed Centre
28 Convent Gardens, W11 1NJ

Situated on the site of the former Kensington Day Centre in Convent Gardens, W11, The Reed is a short walk from Ladbroke Grove and Portobello Road. Just off of Kensington Park Road (just after the Builders’ Merchants Nuline, which is on the opposite side).

7 and 70 right outside Covent Gardens
0208 962 5500
jmarshall@openage.org.uk
www.openage.org.uk
www.octavia.org.uk

**Registration:** No

**Disabled Access:** Yes

Afternoon Tea and Tour at Lord’s Cricket Ground

Sunday 7 October

**Time(s) of Event:** Two booking slots are available at 11.00am and 1.30pm

**Venue:** Lord’s Cricket Ground
113, 82, 189, 139
St John’s Wood Station
020 7616 8589
Community@mcc.org.uk
Lords.org.uk

**Contact:** Yvonne Muigua

**Registration:** A £5 booking fee is required. It is refundable upon arrival.

Please call 0207 616 8589 or email community@mcc.org.uk to book your place.

Booking will be taken from Sept 3 onwards.

**Maximum spaces:** 125 places available on each tour.

**Disabled Access:** Yes and carers are also welcome.

**Contingency Information:** Tours and afternoon tea will take place. However the match will be cancelled.

NatWest ‘Friends against Scams’ advice at Lords

Sunday 7 October

Fraud awareness advice from NatWest to help you spot a scam and keep yourself safe from all types of fraud. For people attending Silver Sunday at Lord’s Cricket Ground only

**Time(s) of Event:** 11am – 2pm

**Venue:** Lords Cricket Ground, St. John’s Wood Road, NW8 8QN

**Registration:** Unlimited spaces, no booking required
EVENT ON
2 OCTOBER

Tai Chi at Paddington Rec
Tuesday 2 October
Take part in an outdoor group Tai Chi session and discover the health benefits of this gentle martial art. Beginners and all levels welcome. Hosted by Westminster Council, Open Age and Everyone Active

Time(s) of Event: 2 – 3pm
Venue: Paddington Recreation Ground, Randolph Avenue, Maida Vale W9 1PD
PadddingtonActivities@everyoneactive.com
Registration: No booking required
Disabled Access: Yes

EVENT ON
3 OCTOBER

Silver Handling at the V&A
Wednesday 3 October
Join the curator for a unique opportunity to handle pieces from the V&A's silver collection, feel their weight and texture and see the designs up close

Time(s) of Event: 2 – 4pm
Venue: V&A
Directions: Art Studio, Sackler Centre
South Kensington
020 7942 2000
communities@vam.ac.uk
www.vam.ac.uk/whatson
Contact: Faunsia Tucker
Registration: Yes, booking essential
Requirements: n/a
Maximum spaces: 10
Disabled Access: Yes

EVENT ON
4 OCTOBER

Yesterday’s News, Today’s News
Thursday 4 October
Introduction to online news and magazine resources – Times Digital Archive, UK Newstand, Press Reader and RB Digital for online Magazines

Time(s) of Event: 11am – 12.30pm
Venue: Kensington Central Library
Directions: 12, Phillimore Walk
London, W8 7RX
High Street Kensington
020 7361 3054
Hiru.Amin@rbkc.gov.uk
www.rbkc.gov.uk/libraries
Contact: Hiru Amin
Registration: Attendance is free but booking essential, either via the Eventbrite https://www.eventbrite.co.uk/e/yesterdays-news-todays-news-silver-surfers-at-kensington-library-tickets-48024342100
Or at any of our libraries
Maximum spaces: 20
Disabled Access: Yes
Contingency Information: These workshops will be advertised on Eventbrite. In case of a serious disruption, we can let people know about the cancellation or similar.
EVENTS ON 5 OCTOBER

Activity day

Friday 5 October

A day of fun-filled activities including chair based exercises, a raffle, a delicious lunch and a live band

**Time(s) of Event:** 11.30am – 4pm

**Venue:** Burgess Fields, 57 Wornington Road, W10 5PT

Westbourne Park

020 8960 0273

Hirut.mulualem@octavia.org.uk

**Contact:** Hirut or Matilde

**Registration:** Yes

**Requirements:** No dress code

**Maximum spaces:** No maximum

**Disabled Access:** Yes

**Contingency Information:** If you want to cancel your visit, kindly call us and let us known at least 24 hours beforehand.

‘Tour and Create’ (In-gallery Tour and Creative Workshop)

Friday 5 October

A guided tour of the current gallery exhibition, followed by a workshop where you will have the opportunity to create work in response to the exhibition

**Time(s) of Event:** 1 – 2.30pm

(tour: 1pm, workshop: 1.30 – 2.30pm)

**Venue:** Education Room, Saatchi Gallery

Duke of York’s HQ, King’s Road, London

SW3 4RY

Sloane Square

020 7811 3080

nadine@saatchigallery.com

www.saatchigallery.com

**Contact:** Nadine Wright

**Registration:** Yes max capacity for tour and workshop is 30. Please email nadine@saatchigalley.com to register. You can also phone 020 7811 3080 or 020 7811 3087.

**Maximum spaces:** 30

**Disabled Access:** Ramp by main entrance and lift from LG to L2

**Contingency Information:** If the event is cancelled from our end due to changes in the gallery schedule, all participants will be contacted.

If participants cannot attend they should email nadine@saatchigallery.com

“Stimulates the mind.”

— Violet
An exciting afternoon of entertainment and fun
Saturday 6 October
Enjoy an afternoon of exciting entertainment with the unique Twin Swing dancers and a special performance by Opera Holland Park with refreshments provided
**Time(s) of Event:** 2.30 – 4.30pm
**Venue:** Our Lady of Victories Parish Centre, 16 Abingdon Road, London W8 6AF
**Directions:** 16 Abingdon Road is off Kensington High Street
☎ 020 7352 1336
✉ kensingtonandchelseaforum@outlook.com
🌐 www.kensingtonandchelseaforum.org.uk
**Contact:** Zara Ghods
**Registration:** Book your place early. Please email: kensingtonandchelseaforum@outlook.com or tel: 020 7352 1336
**Requirements:** Comfortable
**Maximum spaces:** 80/100
**Disabled Access:** Yes

Introduction to Social Media
Saturday 6 October
Basic overview of the social media platforms like Facebook, Twitter, Instagram and others
**Time(s) of Event:** 3 – 4pm
**Venue:** Kensington Central Library – Community Space
**Directions:** 12, Phillimore Walk
London, W8 7RX
📍 High Street Kensington
☎ 020 7360 3010
✉ libraries@rbkc.gov.uk
🌐 www.rbkc.gov.uk/libraries
**Contact:** Nina Risoli
**Registration:** Yes – they can book via Eventbrite: https://www.eventbrite.co.uk/e/introduction-to-social-media-silver-surfers-at-kensington-library-tickets-48023020146
They can also make a booking at any of our libraries.
**Requirements:** If you need to, please cancel at least 24 hours ahead of the event.
**Maximum spaces:** 20
**Disabled Access:** Available
**Contingency Information:** These workshops will be advertised on Eventbrite. In case of a serious disruption, we can let people know about the cancellation or similar.

Chelsea FC Foundation Pan London Walking Football Tournament
Saturday 6 October
Take part in our friendly walking football tournament as part of our Activate Seniors programme. A great way to make new friends and exercise whilst taking part in this slower version of the beautiful game. All experience levels welcome, including beginners
**Time(s) of Event:** 2 – 5pm
**Venue:** Pimlico Academy, Lupus Street, London SW1V 3AT
Interested in entering a team, booking required, please contact:
Damian Shannon on 07793 771 545 or damian.shannon@chelseafc.com

EVENTS ON 6 OCTOBER
EVENTS ON 8 OCTOBER

Talk: Building a Design Museum

Monday 8 October
The talk will introduce the history and architecture of the former Commonwealth Institute and explore its re-design to house the Design Museum followed by a chance to ask questions over tea and cake.

Time(s) of Event: 2 – 3:30pm
Venue: The Design Museum
Directions: On Kensington High Street, next to Holland Park entrance
High Street Kensington, 8 min walk
020 3862 5871
bernard.hay@designmuseum.org
www.designmuseum.org
Contact: Bernard Hay
Registration: Booking required, please phone 020 3862 5871 or email bernard.hay@designmuseum.org
Maximum spaces: 60 max
Disabled Access: Yes

Phone Club

Monday 8 October
The Open Age Phone club is a telephone conference for the house bound. Join in for the weekly chat including games, creative writing, books and current affairs.

Time(s) of Event: 2.30 – 3.30pm
Venue: From the comfort of your own home, this group is a telephone conference for the housebound.
020 3713 8736
hjones@openage.org.uk
www.openage.org.uk
Contact: Hester Jones
Registration: YES. Please call Hester for more info on: 020 3713 8736

Book Break Shared Reading Group

Monday 8 October
A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up.

Time(s) of Event: 2 – 4pm
Venue: New Horizons
Cadogan Street, SW3 2PF
Sloane Square
07483972020
erincarlstrom@thereader.org.uk
www.thereader.org.uk
Contact: Erin Carlstrom
Registration: No
Maximum spaces: Max 14
Disabled Access: Yes

Computer Session

Monday 8 October
Get advice on how to navigate your way through laptops, tablets and smart phones – bring your own if you have one.

Time(s) of Event: 10am – 1pm
Venue: Evelyn Fox Court
Directions: 2 Kingsbridge Road, W10 6QF
Ladbroke Grove
020 8969 9105
event@aukc.org.uk
www.aukc.org.uk
Contact: Events Team
Registration: Yes
Disabled Access: Yes

“I learned a lot.”
— Nigel
Sing to Live, Live to Sing Workshops

Monday 8 October

Professional singing tutors lead informal, relaxed sessions focusing on singing techniques which benefit health and wellbeing. The groups are free and fun – come and see for yourself!

**Time(s) of Event:** 2 – 4pm Latymer Community Centre, W10 6SU
2 – 4pm Dalgarno Community Centre, W10 5QB

**Venue:** 240 Projects, Latymer Community Centre*
116 Bramley Road, W10 6SU
Dalgarno Community Centre
1 Webb Close, Dalgarno Way, W10 5QB

**Directions:** 240 Projects, Latymer Community Centre*
116 Bramley Road, W10 6SU
Latimer Road Station (Hammersmith and City, and Circle)
Oxford Gardens Stops C and F
7, 316
Dalgarno Community Centre
1 Webb Close, Dalgarno Way, W10 5QB
n/a
Dalgarno Gardens Stops V and K
7 and 70
02073613844
Arts@rbkc.gov.uk
www.rbkc.gov.uk/singtolive

**Contact:** Miranda MacFarlane

**Registration:** Not required, just come along on the day!

**Maximum spaces:** Max 15-20 depending on the venue

**Disabled Access:** *Latymer Community Centre is not Wheelchair accessible

**Contingency Information:** Cancellations to any of the groups will be listed on our web-page: www.rbkc.gov.uk/singtolive. Queries about any of the groups can be directed to Miranda MacFarlane at the email/telephone number above.

“Friendly, lively session.”
— Jane

“Educational and interesting.”
— Margaret
EVENTS ON 9 OCTOBER

Make, Do, Discover

Tuesday 9 October
Two workshops designed to ignite your curiosity
2.30 – 4.00 pm Gadget Drop In
Bring your gadget of choice and put those technological stresses to rest
4.15 – 5.15 pm Brain, Balance and Biology
Find out how the brain affects your balance, reaction times and coordination

Time(s) of Event: 2.30 – 5.30pm
Venue: Science Museum, Exhibition Road, London, SW7 2DD
14, 49, 70, 74, 345, 360, 414, 430 and C1 stop outside South Kensington Underground Station.
9, 10, 52, 452 and 70 stop outside the Royal Albert Hall on Kensington Gore.
South Kensington Tube Station 020 7942 4240
Rebecca.Olajide@ScienceMuseum.ac.uk
www.sciencemuseum.org.uk
Contact: Rebecca Olajide
Registration: Yes please – Must book for the Dementia Friendly activities on 020 7942 4240.
Requirements: Something comfortable
Maximum spaces: Yes there is a max.
Disabled Access: Yes

Film and slide show at Brompton Cemetery

Tuesday 9 October
Time(s) of Event: 2pm
Venue: North Lodge East Brompton Cemetery
Directions: Enter the archway entrance to the cemetery off the Old Brompton Road and turn left immediately
West Brompton Station 020 7351 1689 but not for a few weeks pending telephone installation temporarily try 020 7352 5127
fokgcevents@hotmail.co.uk or aatait12@gmail.com
www.brompton-cemetery.org.uk
Contact: Arthur Tait
Registration: No need to book in advance, but indication of likely numbers can help
Requirements: Casual / informal as suits the weather
Maximum spaces: Maximum 24
Disabled Access: Yes and there is a disabled wc in north lodge east

Book Break Shared Reading Group

Tuesday 9 October
A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up
Time(s) of Event: 10.30am – 12.30pm
Venue: Brompton Library
210 Old Brompton Rd, SW5 0BS
430, 74, 328, C1, C3
Earl’s Court 07483 972 020
erincarlstrom@thereader.org.uk
www.thereader.org.uk
Contact: Erin Carlstrom
Maximum spaces: Max 14
Disabled Access: Yes

Book Break Shared Reading Group

Tuesday 9 October
A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up
Time(s) of Event: 2.30 – 4pm
Venue: Chelsea Library, Chelsea Old Town Hall, King’s Road, SW3 5EZ
11, 19, 22, 221, 319
Sloane Square 07483 972 020
**SING TO LIVE, LIVE TO SING WORKSHOPS**

**Tuesday 9 October**

Professional singing tutors lead informal, relaxed sessions focusing on singing techniques which benefit health and wellbeing. The groups are free and fun – come and see for yourself!

**Time(s) of Event:** 6.45 – 8.45pm

St Cuthbert’s Church, SW5 9EB
7-9pm see website for Location

**Venue:** St Cuthbert’s Church*
50 Philbeach Gardens, SW5 9EB

Earl’s Court Station Stop C
Bus routes: 74, 328, C1, C3

Earl’s Court (District and Piccadilly)

020 7361 3844

Arts@rbkc.gov.uk

www.rbkc.gov.uk/singtolive

**Contact:** Miranda MacFarlane

**Registration:** Not required, just come along on the day!

**Maximum spaces:** Max 15-20 depending on the venue

**Disabled Access:** St Cuthbert’s Church is not Wheelchair accessible

**Contingency Information:** Cancellations to any of the groups will be listed on our web-page: www.rbkc.gov.uk/singtolive.

Queries about any of the groups can be directed to Miranda MacFarlane at the email/telephone number above.

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**BOOK BREAK SHARED READING GROUP**

**Tuesday 9 October**

A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up

**Time(s) of Event:** 2 – 4pm

**Venue:** Kensington Central Library
12 Phillimore Walk, W8 7RX

28, 31, 328

Westbourne Park

07483 972 020

erincarlstrom@thereader.org.uk

www.thereader.org.uk

**Contact:** Erin Carlstrom

**Registration:** No

**Maximum spaces:** Max 14

**Disabled Access:** Yes
Workshop with Dia Batal

Wednesday 10 October

Time(s) of Event: 2 – 4pm

Artist Dia Batal will welcome you to a workshop on painting and Arabic letters. Learn some letters and enjoy making the shapes of Arabic lettering in this relaxing and fun workshop in the surroundings of The Mosaic Rooms gallery.

Contact: Flora Bain
Registration: Yes
Maximum spaces: 15
Disabled Access: Yes

Guided tour of Brompton Cemetery

Wednesday 10 October

Time(s) of Event: 2pm

Venue: North Lodge East Brompton Cemetery

Directions: Enter the archway entrance to the cemetery off the Old Brompton Road and turn left immediately.

Contingency Information: Each person to decide for him/herself
Our guides usually brave the weather. If truly ghastly the guide might give a short lecture in the north lodge east room under cover.

English Conversation Course

Wednesday 10 October

The course has been developed to help improve your English speaking skills and build up your confidence during daily conversations.

Time(s) of Event: 2:30 – 4pm

Venue: Mary Smith Court

Directions: 17 – 21 Trebovir Road, London, SW5 9NF

Contact: Events Team
Registration: Yes
Disabled Access: Yes

Photo Footsteps – A Photo Walk

Wednesday 10 October

A photography and mindfulness walk suitable for complete beginners as well as advanced photography students. By photographing flora and fauna you can develop your technical and creative skills followed by a coffee and photo review in the cafe.

Time(s) of Event: 2.30 – 4pm

Venue: Holland Park

Directions: Meet at Main Entrance to Holland Park on High Street Kensington

Contact: Hester Jones
Registration: YES. Please call Hester for more info on: 020 3713 8736
Requirements: Wear warm and waterproof clothing, sensible shoes and an umbrella
Maximum spaces: 15
Disabled Access: Yes
Contingency Information: In case of torrential rain or stormy weather the trip will be cancelled.

Book Break Shared Reading Group

Wednesday 10 October
A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up

Time(s) of Event: 10.30am – 12pm
Venue: St Charles Health & Wellbeing Community Living Well, Exmoor Street, W10 6DZ

Contingency Information: In case of torrential rain or stormy weather the trip will be cancelled.

Sing to Live, Live to Sing Workshops

Wednesday 10 October
Professional singing tutors lead informal, relaxed sessions focusing on singing techniques which benefit health and wellbeing. The groups are free and fun – come and see for yourself!

Time(s) of Event: 12.15 – 2.15pm
Venue: Response Community Projects, 300 Old Brompton Road, SW5 9JF
Directions: Response Community Projects, 300 Old Brompton Road, SW5 9JF
Earl’s Court (District and Piccadily)
020 7361 3844
Arts@rbkc.gov.uk
www.rbkc.gov.uk/singtolive
Contact: Miranda MacFarlane
Registration: Not required, just come along on the day!
Maximum spaces: Max 15-20 depending on the venue
Disabled Access: Yes
Contingency Information: Cancellations to any of the groups will be listed on our web-page: www.rbkc.gov.uk/singtolive. Queries about any of the groups can be directed to Miranda MacFarlane at the email/telephone number above.
EVENTS ON 11 OCTOBER

CW+ Silver Social
Thursday 11 October
Join in an interactive afternoon of dance, music and a trip down memory lane
Time(s) of Event: 12.30pm – 2pm
Venue: Performance space, ground floor, Chelsea and Westminster Hospital
369 Fulham Road, London, SW10 9NH
Directions: Tube
All stations are a 15 – 20-minute walk:
Fulham Broadway, Earls Court
South Kensington, Gloucester Road
020 3315 6582
christina.peumalu@cwplus.org.uk
www.cwplus.org.uk
Contact: Christina Peumalu
Registration: No
Disabled Access: Yes

The latest advances in Cancer Care – what you need to know
Thursday 11 October
An afternoon tea hosted at the Royal Marsden Hospital’s Chelsea site which will include meeting some key staff and hearing about the hospital’s pioneering work
Time(s) of Event: 2 – 4pm
Venue: The Board Room, The Royal Marsden Hospital, Fulham Road, Chelsea London SW3 6JJ
14, 211, 414 and 345 pass the hospital
South Kensington
020 7808 2121
Beth.Bartlett@rmh.nhs.uk
(Educational Assistant)
Eamonn.Sullivan@rmh.nhs.uk (Chief Nurse)
www.royalmarsden.nhs.uk
Contact: Beth Bartlett
Registration: Yes – please contact:
Beth Bartlett, Executive Assistant to the Chief Nurse. 020 7808 2121
Email: Beth.Bartlett@rmh.nhs.uk
Maximum spaces: 30
Disabled Access: Yes

Book Break Shared Reading Group
Thursday 11 October
A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up
Time(s) of Event: 1.30pm – 3pm
Venue: Latymer Centre
116 Bramley Road, W10 6SU
Latimer Road
07483 972 020
erincarlstrom@thereader.org.uk
www.thereader.org.uk
Contact: Erin Carlstrom
Registration: No
Maximum spaces: 14
Disabled Access: Yes

Book Break Shared Reading Group
Thursday 11 October
A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up
Time(s) of Event: 6 – 8pm
Venue: Paddington Library
45 Porchester Rd, W2 5DU
36
Royal Oak
Book Break Shared Reading Group

Thursday 11 October
A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up.

Time(s) of Event: 3 – 5pm
Venue: North Kensington Library
108 Ladbroke Grove, W11 1PZ
7, 23, 52, 70, 228, 452
Ladbroke Grove Station
07483 972 020
erincarlstrom@thereader.org.uk
www.thereader.org.uk
Contact: Erin Carlstrom
Registration: No
Maximum spaces: 14
Disabled Access: Yes

Sing to Live, Live to Sing Workshops

Thursday 11 October
Professional singing tutors lead informal, relaxed sessions focusing on singing techniques which benefit health and wellbeing. The groups are free and fun – come and see for yourself!

Time(s) of Event: 6 – 8pm
Venue: Dalgarno Community Centre, 1 Webb Close, Dalgarno Way, W10 5QB
Nearest Bus Stop: Dalgarno Gardens Stops V and K. Bus routes: 7 and 70
020 7361 3844
Arts@rbkc.gov.uk
www.rbkc.gov.uk/singtolive
Contact: Miranda MacFarlane
Registration: Not required, just come along on the day!
Maximum spaces: 15-20 depending on the venue
Disabled Access: Yes
Contingency Information: Cancellations to any of the groups will be listed on our web-page: www.rbkc.gov.uk/singtolive. Queries about any of the groups can be directed to Miranda MacFarlane at the email/telephone number above.
EVENTS ON 12 OCTOBER

Older and Happier at Al-Hasaniya. A Women Only Event

Friday 12 October
Join us for a garden party with lunch and musical entertainment

**Time(s) of Event:** 1 – 4pm
**Venue:** Al-Hasaniya Moroccan Garden (weather permitting) otherwise Al-Hasaniya Centre
**Directions:** Located at the base of Trellick Tower. Bays 4&5 Trellick Tower, Golborne Road, London, W10 5PA
**Contact:** Nadia Elbhiri & Souad Talsi MBE
**Registration:** Yes, booking in advance is required for catering purposes
**Requirements:** This event is only open to women. Please dress modestly.
**Disabled Access:** Available
**Contingency Information:** If the weather is bad, the event will be moved from the Moroccan garden in to the Al-Hasaniya Centre.

Sing to Live, Live to Sing Workshops

**Friday 12 October**
Professional singing tutors lead informal, relaxed sessions focusing on singing techniques which benefit health and wellbeing. The groups are free and fun – come and see for yourself!

**Time(s) of Event:** 10am – 12 noon see website for Location
**Venue:** Venture Community Centre, W10 5TB
**Directions:** Venture Community Centre 103a Wornington Road, W10 5TB
**Contact:** Miranda MacFarlane
**Registration:** Not required, just come along on the day!

“I feel a lot bolder.”
— Anne
eBooks and eAudiobooks

Friday 12 October

An introduction to downloading, reading and most importantly enjoying e-books and e-audiobooks available to download through the Royal Borough of Kensington and Chelsea libraries website. Discover new ways of reading!

**Time(s) of Event:** 2 – 3pm

**Venue:** Chelsea Public Library

**Directions:** Located in the historic Chelsea Old Town Hall on the King’s Road, Chelsea.

Chelsea Library, Chelsea Old Town Hall
London, SW3 5EZ

Sloane Square
020 7361 3010
libraries@rbkc.gov.uk
www.rbkc.gov.uk/libraries/libraries

**Contact:** Mr Mike Green

**Registration:** Places can be booked at any Kensington and Chelsea library.

**Maximum spaces:** 10

**Disabled Access:** Yes, lift access to all floors. Level access on all floors.

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**The Second Half Career Art Exhibition and Sale: Celebrating Living Old Masters 2018**

Friday 12 October

An exciting and inspirational story of the transformation and rediscovery of nine artists who were all over 50 years of age when they discovered the love of their craft. All artwork is for sale.

**Time(s) of Event:** 10am – 2pm

**Venue:** The Second Half Centre, St. Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ.

**Directions:** To find the Second Half Centre, please go to the Main Reception on the Ground Floor at St Charles Centre for Health and Wellbeing – we are then 50 metres down the corridor on the left.

Ladbroke Grove
020 8962 5500
jmarshall@openage.org.uk
www.thesecondhalffoundation.com

**Contact:** Jenny Marshall

**Registration:** No Booking required

**Disabled Access:** Yes
Guided Tour about the Trees in the Cemetery led by Greg Packman

Saturday 13 October

Time(s) of Event: 2.30pm
Venue: North Lodge East Brompton Cemetery
Directions: Enter the Archway entrance to the cemetery off the Old Brompton Road and turn left immediately
West Brompton Station
020 7351 1689 but not for a few weeks pending telephone installation
Temporarily try 020 7352 5127
fokgcevents@hotmail.co.uk
or aatait12@gmail.com
www.brompton-cemetery.org.uk

Contact: Arthur Tait
Registration: No need to book in advance, but indication of likely numbers can help
Requirements: Casual / informal as suits the weather
Maximum spaces: 24
Disabled Access: Yes – no problem, unless the tree walk briefly leaves the path
There is a disabled wc in north lodge east for those attending our events.
Contingency Information: Our guides usually brave the weather. If truly ghastly the guide might give a short lecture in the north lodge east room under cover.

Bird Ringing Demonstration
Saturday 13 October

You will see wild birds in the hand and hear about how the national ringing programme works. You will also learn how bird ringing aids conservation and birds’ migratory patterns

Time(s) of Event: 7 – 11am
Venue: Holland Park Wildlife Area
Directions: The Wildlife Area is located in the northern part of Holland Park, off the path between the ‘Suntrap entrance’ and the ‘D Garden entrance’ near the Kyoto Garden.
High Street Kensington
020 7938 8186
Ecology.centre@rbkc.gov.uk
www.rbkc.gov.uk/ecology

Contact: Matthew Rose
Registration: No need to book
Requirements: No special requirements
Disabled Access: Wheelchair users and people with restricted mobility can access but the ground is uneven.
Contingency Information: Event will go ahead whatever the weather unless storm force winds or electrical storm, in which case it will be cancelled.

“A wonderful range of new friends.”
— David
New approaches to drawing
Beginners welcome!

Saturday 13 October

Time(s) of Event: 9 – 10:30am
Venue: Holland Park School Art Department
Directions: Airlie Gardens, Campden Hill Road, London. W8 7AF
Please note that entry to the school is currently via our Campden Hill gate
Nottinghill Gate
020 7908 1000
Oliver.herbert@hollandparkschool.co.uk
www.hollandparkschool.co.uk
Contact: Oliver Herbert
Registration: Yes – booking at least 7 days in advance
Maximum spaces: Max 10 Min 5

Silver Songhaven Concert and Afternoon Tea at St Paul's Knightsbridge

Saturday 13 October

Enjoy a relaxed, dementia-friendly music concert in one of London’s most beautiful Victorian churches and sing along to favourite melodies from the operatic stage, classic musicals, and well-loved songs from the past. Our professional artists will be wearing concert dress with a touch of silver, please feel free to join them!

Time(s) of Event: 3 – 5pm
Venue: St Paul’s Church, Knightsbridge
32a Wilton Place, SW1X 8SH
020 7201 9999
knightsbridge@songhaven.co.uk
www.OctSonghavenStPauls.eventbrite.co.uk
Registration: Booking required
Maximum spaces: 50 spaces
Disabled Access: Yes (toilets not accessible)

Book Break Shared Reading Group

Saturday 13 October

A place to relax, make new friends and share stories with others. There’s no pressure to read aloud and no preparation necessary, just turn up

Time(s) of Event: 10.30am – 12pm
Venue: North Kensington Library
108 Ladbroke Grove, W11 1PZ
7, 23, 52, 70, 228, 452
Ladbroke Grove Station
07483 972 020
erincarlstrom@thereader.org.uk
www.thereader.org.uk
Contact: Erin Carlstrom
Registration: No
Maximum spaces: Max 14
Disabled Access: Yes
Event on 23 December

Friendship Matinee at the Royal Albert Hall: Carols at The Hall

Sunday 23 December

Time(s) of Event: 11am
Venue: Royal Albert Hall Kensington Gore, Kensington, SW7 2AP

Join the massed voices of the Royal Choral Society, National Youth Choir of Great Britain and the Royal Philharmonic Orchestra in song at this special carol concert. Enjoy traditional carols, modern arrangements, and festive favourites performed by some of the finest ensembles in the UK, with plenty of opportunities to join in!

Cost: £5 per ticket

Knightsbridge and South Kensington
020 7589 8212
royalalberthall.com/tickets/events

Registration: Yes
Disabled Access: Yes
Age UK Kensington & Chelsea is a local charity working with older people. They aim to promote independence and well-being in later life by encouraging self-help and peer support.

Al-Hasaniya provides support and advocacy in empowering Arabic speaking women and their families. Projects include: older person’s outreach, mental health, Inspire, domestic violence project (Angelou partnership) and the Grenfell Psychotherapy Project.

The Friends of Brompton Cemetery work to preserve this remarkable site as a model of an historic cemetery with an active role in modern society. We help to restore and maintain the cemetery’s buildings, monuments and landscape, and encourage their full use by those sympathetic to the importance, beauty, heritage and fragility of this significant cemetery.

Royal Brompton’s Arts Programme presents an action-packed afternoon programme of workshops and activities for our older communities along with drop-in activities led by Arts volunteers. This year, our Silver Sunday programme is combined with the Fun Palaces campaign to encourage our hospital communities to celebrate age together.

Formed in 2010, the Chelsea Foundation brings together the Football in the Community and the Education department along with the club’s other charitable and community activities, including our international work and anti-discrimination projects.
Since 1673 Chelsea Physic Garden has occupied four acres of land on the edge of the Thames. First established by the Apothecaries in order to grow medicinal plants, this extraordinary garden in London has had a wide reaching impact around the world.

Kensington Leisure Centre offers a wide range of modern leisure, fitness and sporting activities for local residents and visitors alike.

Anchor Housing is England’s largest not-for-profit housing association, providing housing, care and support to people over 55 years old.

CW+ is the official charity of Chelsea and Westminster Hospital NHS Foundation Trust including its hospitals and clinics. We offer daily participatory arts activities for older patients as part of our Care of Older People programme, to help maintain and stimulate cognitive function, encourage creativity and imagination, and promote positive social engagement.

The Public Library Service offers access to resources and information for all ages at six locations in RBKC:

- Central Library next to Kensington Town Hall
- Kensal
- Ladbroke Grove
- Notting Hill Gate
- Brompton
- Chelsea

English National Ballet brings world-class classical ballet to the widest possible audience – delighting them with the traditional and inspiring them with the new. We honour the tradition of great classical ballet while embracing change, evolving the art form for future generations and encouraging audiences to deepen their appreciation of it.
Holland Park is a highly successful and over-subscribed comprehensive school in the heart of west central London. It is recognised as “an outstanding school” by Ofsted, recorded as one of the country’s top performing specialist Humanities Colleges and praised in the Good Schools’ Guide as a school which “has seen a steep and continuing rise in results.”

The Holland Park Ecology Centre was opened in September 2013 providing a purpose-built base for the Royal Borough of Kensington and Chelsea Ecology Service. The Centre is a fantastic environmental education resource for schools and residents to enjoy and learn about the natural environment.

Holland Park is a highly successful and over-subscribed comprehensive school in the heart of west central London. It is recognised as “an outstanding school” by Ofsted, recorded as one of the country’s top performing specialist Humanities Colleges and praised in the Good Schools’ Guide as a school which “has seen a steep and continuing rise in results.”

Kensington and Chelsea Forum for Older Residents creates an environment in which the older residents of the Royal Borough can be part of the decision-making process, influencing policies that affect their lives.

Leighton House Museum is the former home of the Victorian artist Frederic, Lord Leighton (1830-1896). The only purpose-built studio-house open to the public in the United Kingdom, it is one of the most remarkable buildings of the nineteenth century, containing a fascinating collection of paintings and sculptures by Leighton and his contemporaries.

From 1875, 18 Stafford Terrace was the home of Punch cartoonist Edward Linley Sambourne, his wife Marion, their two children and their live-in servants. The house gives an insight into the personal lives of the Sambourne family, and also provides a rare example of what was known as an ‘Aesthetic interior’ or ‘House Beautiful’ style.

The Royal Military Chapel, or the Guards’ Chapel as it is more generally known, stands in Birdcage Walk on the south side of St James’s Park and is the spiritual home of the Household Division. The Guards’ Museum contains a wealth of information and artefacts relating to the five regiments of Foot Guards namely Grenadier, Coldstream, Scots, Irish and Welsh Guards.
A cricket ground in St John’s Wood with a long and venerable history. Lord’s celebrated its bicentenary in 2014

The MCC Foundation came into being in 1993 as a result of a legacy left by the legendary cricketer Sir Gubby Allen. The objectives of the Foundation are broad: we aim to make a real difference in London, in the UK, and overseas.

We believe that good homes make for better lives. Inspired by our founder, the social reformer Octavia Hill, we are a not-for-profit organisation that provides thousands of people with affordable homes in inner London.

The Open Age New Horizons Activity Centre is a modern lively convivial centre for all those aged 50 and over. At New Horizons we celebrate age, stage and experience. Our aim is to provide active lifestyles and independence. The Centre is run by Open Age, in partnership with Age UK and the K&C Guinness Trust.

The Open Age Second Half Centre, located in the NHS St Charles Centre for Health and Wellbeing on Exmoor Street W10 is open every Monday to Friday 9:30am to 5:00pm. The mission is to get our ageing population together doing things they enjoy in a dedicated space: bridging the digital divide, learning new skills to get back to work, rediscovering the pleasures of old hobbies and finding new ones, exercising and feeling involved through volunteering, mentoring and teaching. The Centre was created and founded by The Second Half Foundation.

The Royal Albert Hall delivers innovative education programmes and outreach projects for thousands of adults and children each year. Whether it is providing a child with their very first opportunity to pick up an instrument, or improving the quality of life in a care home through the power of music, the Hall’s work has a positive and lasting effect on everyone involved.
The Education Department at the Saatchi Gallery offers a range of activities for schools, groups and individuals.

The Science Museum’s world-class collection forms an enduring record of scientific, technological and medical advancement from across the globe.

Sing to Live, Live to Sing is a singing for health programme in Kensington and Chelsea. Initiated by the Council’s Art Service in partnership with Public Health. Singing can help to improve breathing, relieve stress, develop core muscles and improve posture as well as boosting confidence, encourage a feeling of belonging and improve your overall mood.

Songhaven is a professional concert series that welcomes people living with dementia or memory loss as well as their families, friends and carers.

The Design Museum is the world’s leading museum devoted to contemporary design in every form, from architecture and fashion to graphics, product and industrial design. There is a rolling programme of exhibitions and events throughout the year as well as the permanent Designer Maker User which is free to visit.
The Mosaic Rooms is London’s free centre for contemporary culture from the Middle East and North Africa.

The Muslim Cultural Heritage Centre is a vibrant and welcoming community hub and resource that encourages and promotes a sense of belonging, unity and pride for both Muslims and the wider community in West London.

The Reader is a weekly shared reading group that meets across RBKC. Join them and listen to books and poems read aloud, have a turn at reading, join in the conversation or just sit back and listen.

The Royal Marsden Hospital ranks third globally for its research impact into cancer and has some of the best outcomes for cancer in Europe.

The Second Half Foundation was created in May 2011 with the mission of tackling loneliness and isolation for anyone affected from any background.

The V&A is the world’s leading museum of art and design, housing a permanent collection of over 2.3 million objects that span over 5,000 years of human creativity. The Museum holds many of the UK’s national collections and houses some of the greatest resources for the study of architecture, furniture, fashion, textiles, photography, sculpture, painting, jewellery, glass, ceramics, book arts, Asian art and design, theatre and performance.
Open Age are managing all enquiries about the Silver Sunday 2018 programme silversunday@openage.org.uk or 020 8962 5500

If you are an older resident and are interested in joining a Silver Sunday activity, but need a bit of support in getting out and meeting new people, please contact the Open Age Link Up team on 020 8962 5584.

People First supports independent living and health for residents of the Royal Borough of Kensington and Chelsea, Hammersmith and Fulham and Westminster City Council.

The website is easy to use and packed full of useful information. Visit: www.peoplefirstinfo.org.uk