

Silver Sunday

6 October 2024

A national day for older people

A guide of events for older residents taking place in Kensington and Chelsea and the surrounding area, from 30 September to 11 October.

A guide to
free events
in your area



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



THE ROYAL BOROUGH OF
**KENSINGTON
AND CHELSEA**

Silver Sunday activities
across Kensington and Chelsea
are being coordinated by



We recommend
making bookings in
advance due to
limited spaces
available.

Introduction

6 October is a national day where older people can come together to enjoy fun activities in their local community.

A wide range of free activities for older people will be available across Kensington and Chelsea and the local area on Sunday 6 October and the surrounding days as part of Silver Sunday, a national day to overcome loneliness.

The events provide a packed schedule of activities for residents aged 50+ to try something new and meet new people. Whilst loneliness can strike at any age, older people are at greater risk.

List of activities

Date	Activities
Monday 30 September	<p>1. Social singing – karaoke </p> <p>An event where participants can explore the joy of singing in a relaxed, supportive environment.</p> <p>Time: 11.15am to 12.15pm</p> <p>Venue: St Margaret’s Activity Centre, 1 Carey Place Pimlico, SW1V 2RT</p> <p>Booking: call Hannah on 020 4516 9969 or email her on hmunns@openage.org.uk</p>
	<p>2. Board game afternoon </p> <p>An afternoon of games such as Scrabble, Cluedo and Dominoes, with light refreshments provided.</p> <p>Time: 2pm to 4pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>
	<p>3. Creative writing taster session </p> <p>This engaging and supportive workshop is perfect for both seasoned writers and beginners.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: St Margaret’s Activity Centre, 1 Carey Place Pimlico, SW1V 2RT</p> <p>Booking: call Hannah on 020 4516 9969 or email her on hmunns@openage.org.uk</p>

Date	Activities
<p>Tuesday 1 October</p>	<p>1. Tea, talk & walk </p> <p>An activity of gentle walks around the Chelsea Physic Garden, with light refreshments.</p> <p>Time: 10am to 12pm (noon)</p> <p>Venue: Chelsea Physic Garden, 66 Royal Hospital Road, SW3 4HS</p> <p>Booking: call 0207 349 6474 or email learning@chelseaphysicgarden.co.uk</p> <p>To register online please fill the form: chelseaphysicgarden.co.uk/tea-talk-and-walk</p>
	<p>2. Saatchi Gallery fashion collaging workshop </p> <p>A rewarding chance to practice your art skills and meet others.</p> <p>Time: 1.30pm to 3pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>
	<p>3. Table tennis & board game afternoon </p> <p>A friendly game of table tennis, as well as some tea, coffee, and a variety of board games.</p> <p>Time: 1.30pm to 3.30pm</p> <p>Venue: New Avenues, 3-7 Third Avenue, W10 4RS</p> <p>Booking: call 020 3713 8737 or email bookings@openage.org.uk</p>

Date	Activities
Wednesday 2 October	<p>1. Afternoon bingo at Cadogan Pier  </p> <p>An afternoon of bingo, tea, coffee and cake.</p> <p>Time: 2pm to 4pm</p> <p>Location: Cadogan Pier, Chelsea Embankment, SW3 5RQ</p> <p>Booking: call 020 7439 6400 (ask for Imogen or Sally) or email imogen.bather@cadoganpier.com</p>
	<p>2. Pepper Pot community fun & celebration </p> <p>An event full of music, dance, food and games.</p> <p>Time: 2pm to 5pm</p> <p>Venue: The Pepper Pot Day Centre, 1A Thorpe Close, W10 5XL</p> <p>Booking: email sandrastanbury@gmail.com</p>
	<p>3. Quiz </p> <p>Join a fun social trivia quiz.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>
	<p>4. Singing </p> <p>A tutor led singing class with a real variety of music, accompanied by guitar. All abilities are welcome.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>



Venue not suitable for wheelchair users and those less able.

Date	Activities
<p>Thursday 3 October</p>	<p>1. Dance-a-thon </p> <p>Five fabulous hours of dance classes with the best instructors and fantastic music – attend for as long or as little as you would like.</p> <p>Time: 10am to 4pm Venue: Chelsea Theatre, 7 World’s End Place, SW10 0DR Booking: not required, first come first served basis.</p>
	<p>2. Beginner’s origami workshop </p> <p>Come along to join a fun and social origami activity.</p> <p>Time: 1pm to 2pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Fiolla on 020 4516 9970</p>
	<p>3. Gift card making workshop </p> <p>Join a mixed-media card making workshop and create a variety of unique cards.</p> <p>Time: 1pm to 3pm Venue: New Avenues, 3-7 Third Avenue, W10 4RS Booking: call 020 3713 8737 or email bookings@openage.org.uk</p>
	<p>4. Afternoon quiz at Cadogan Pier  </p> <p>A fun quiz accompanied by tea, coffee and cake.</p> <p>Time: 2pm to 4pm Location: Cadogan Pier, Chelsea Embankment, SW3 5RQ Booking: call 020 7439 6400 (ask for Imogen or Sally) or email imogen.bather@cadoganpier.com Bookings must be registered by Friday 27 September.</p>



Venue not suitable for wheelchair users and those less able.

Date	Activities
Friday 4 October	<p>1. Dance-a-thon </p> <p>Five fabulous hours of dance classes with the best instructors and fantastic music – attend for as long or as little as you would like.</p> <p>Time: 10am to 3.30pm</p> <p>Venue: New Avenues, 3-7 Third Avenue, W10 4RS</p> <p>Booking: call Marinne or Nisat on 020 3713 8737</p>
	<p>2. Guided tour & history of the Coronet Theatre </p> <p>Learn about the rich history of the theatre.</p> <p>Time: first tour at 2pm and second one at 3.30pm</p> <p>Venue: The Coronet Theatre, 103 Notting Hill Gate, W8 7TA</p> <p>Booking: call Andrea or India on 020 4516 9971</p>
	<p>3. Haiku workshop </p> <p>Design a haiku (a Japanese poetic form) that focuses on the theme of nature.</p> <p>Time: 2.30pm to 4.30pm</p> <p>Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>Booking: call Fiolla on 020 4516 9970</p>

Date	Activities
Saturday 5 October	1. Bingo bonanza  Enjoy tea and cake and a social game of bingo, with the chance to win a prize. Tea and coffee will be available. Time: 2pm to 3.30pm Venue: North Kensington Library, 108 Ladbroke Grove, W11 1PZ Booking: no registration required



Date	Activities
<p>Sunday 6 October</p>	<p>1. Life drawing </p> <p>Join artist Marie-Therese Ross to explore the art of life drawing from a nude model. This fun and informal session is open to beginners and confident artists alike.</p> <p>Time: 10.30am to 12.30pm</p> <p>Venue: Hertford House, Manchester Square, W1U 3BN</p> <p>Booking: booking is essential. Call 020 7563 9577 or email community@wallacecollection.org</p>
	<p>2. Introduction to mindfulness </p> <p>Ever wondered what Mindfulness is all about? Here's a golden opportunity to find out what it is and why it is valuable.</p> <p>Time: 3pm to 4pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: to make a reservation please email bookings@openage.org.uk</p>



Registration is now open! Have a look and see what events are happening near you

Date	Activities
<p>Monday 7 October</p>	<p>1. Reflexology & Shiatsu – talk and taster session </p> <p>Rita Taylor will be offering a short Reflexology taster sessions and will be available to answer questions about both Reflexology and Shiatsu.</p> <p>Time: 10am to 1.30pm</p> <p>Venue: The Reed Centre, 28 Convent Gardens, W11 1NH</p> <p>Booking: call Rita on 07865 080969</p>
	<p>2. Local history online </p> <p>Learn about the interesting history of North Kensington and the stories behind the streets.</p> <p>Time: 2pm to 3pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: email bookings@openage.org.uk</p>

Date	Activities
<p>Tuesday 8 October</p>	<p>1. Morley College Classic Films “It’s a Wonderful Life” </p> <p>A movie screening with refreshments.</p> <p>Time: 2pm to 4.30pm</p> <p>Venue: Morley College, North Kensington Centre for Skills, Wornington Rd, W10 5QQ</p> <p>Booking: call Open Age on 020 4516 9971</p>
	<p>2. Make & bake cupcake workshop </p> <p>Perfect for both beginners and baking enthusiasts.</p> <p>Time: 2pm to 4pm</p> <p>Venue: St Margaret’s Activity Centre, 1 Carey Place Pimlico, SW1V 2RT</p> <p>Booking: call Hannah on 020 4516 9969</p>

Date	Activities
<p>Wednesday 9 October</p>	<p>1. Painting and drawing </p> <p>Learn how to paint in various mediums and styles. Suitable for all abilities.</p> <p>Time: 10am to 11.30am</p> <p>Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ</p> <p>Booking: call Andrea or India on 020 4516 9971</p>
	<p>2. Sliver Sunday at Al Manaar Centre </p> <p>This event will provide an opportunity for people to meet with others and have refreshments.</p> <p>Dress code: modest</p> <p>Time: 11am to 2pm</p> <p>Venue: Al Manaar Centre, 244 Acklam Road, W10 5YG</p> <p>Booking: please email intlak@mchc.org.uk or call 020 8964 1496</p>
	<p>3. Royal Parks Tree Walk </p> <p>A 90-minute walk in Kensington Gardens.</p> <p>Time: 2pm to 4pm</p> <p>Meeting: the café kiosk close to the Albert Memorial</p> <p>Booking: email bookings@openage.org.uk</p>

Date	Activities
<p>Thursday 10 October</p>	<p>1. Treasures of the British Library – talk & online workshop </p> <p>Join this fascinating and sociable workshop exploring the ‘Treasures’ of the British Library collections.</p> <p>Time: 10.30am to 12.30pm Venue: online event (Zoom) Booking: Andrea or India on 020 4516 9971 or email bookings@openage.org.uk</p>
	<p>2. Roller block printing workshop </p> <p>A fun and social printing workshop.</p> <p>Time: 1pm to 2pm Venue: New Horizons, Guinness Trust Estate, Cadogan Street, SW3 2PF Booking: call Laura on 020 4516 9970</p>
	<p>3. Morley College & Open Age tea dance </p> <p>Come along to dance, meet new people and mingle with the Morley College students. Buffet is provided by Morley College.</p> <p>Time: 2pm to 4.30pm Venue: Morley College, North Kensington Centre for Skills, Wornington Rd, W10 5QQ Booking: call Open Age on 020 4516 9971</p>

Date	Activities
Friday 11 October	<p>1. History of art </p> <p>Enjoy a talk on a range of creative history, from Renaissance to modern times.</p> <p>Time: 1pm to 2pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: call Andrea or India on 020 4516 9971 or email bookings@openage.org.uk</p>
	<p>2. Philosophy </p> <p>Engage in some key debates in the history of philosophy, as well as contemporary discussions.</p> <p>Time: 10.30am to 11.30am</p> <p>Venue: online event (Zoom)</p> <p>Booking: call Andrea or India on 020 4516 9971 or email bookings@openage.org.uk</p>
	<p>3. Online quiz </p> <p>Join for an online quiz on various topics.</p> <p>Time: 11.45am to 12.45pm</p> <p>Venue: online event (Zoom)</p> <p>Booking: call Marinne on 020 3713 8737 or email bookings@openage.org.uk</p>
	<p>4. Tea bag origami card making workshop </p> <p>Come along to make your own beautiful card, using tea bag and Origami techniques.</p> <p>Time: 2pm to 4.30pm</p> <p>Venue: Second Half Centre, St Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ</p> <p>Booking: call 020 4516 9971 or email bookings@openage.org.uk</p>

Find out more

For more information on what is happening in Kensington and Chelsea scan the QR code or visit:



 <https://silversunday.org.uk/calendar>