

Get ready for Silver Sunday 6 October 2019

A guide to events for older residents taking place in Kensington and Chelsea from 6 to 12 October, including activities for the housebound.



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Get ready for Silver Sunday

Silver Sunday is on 6 October this year and there will be some exciting events happening to mark the day and week 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 introduce you to activities that are on offer throughout the year. Some events are hosted in the borough of Westminster, but are also open to residents of Kensington and Chelsea.

All events are free of charge unless otherwise specified. They are listed in date order together with the booking details. 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 the inside back cover, remember to book in advance if necessary and do invite a family member or carer to accompany you if you prefer.

Welcome

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 350 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 events alone.

With over 6,000 members, Open Age is committed to reducing isolation by supporting and celebrating older people in London. Membership is free! Find out more at www.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**.

What our symbols mean

We have used various symbols inside this brochure, this is what they mean:

-  Location
-  Nearest Tube station(s)
-  Bus route(s)
-  Booking information
-  Contact person
-  Telephone number
-  Email address
-  Website address
-  Number of people per session
-  What to bring or wear
-  Is there disability access?
-  Contingency plans, for example if weather is bad or event is cancelled

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Events on Silver Sunday 6 October












Sunday 6 October

Spa and Fitness Day

6 October, all day
at Kensington Leisure Centre

Take advantage of a great offer at Kensington Leisure Centre with free swimming all day; free drop-in gym sessions, 2pm to 4pm; half price Thermal Spa entrance, 4pm to 6pm; and 40% off Thermal Spa gift cards.

-  Silchester Road, W10 6EX
-  Latimer Road, Ladbroke Grove, Holland Park or Shepherds Bush
-  No need to book
-  Oliver Stacey
-  020 3793 8210
-  kensington@gll.org
-  www.better.org.uk/kensington
-  Please bring swimming or gym attire depending on activity
-  Yes. Adapted for wheelchairs, disabled toilet, accessible parking, poolside hoist, accessible changing, lift

Silver Sunday at Leighton House Museum

6 October, 10am-5.30pm
(last entry 5pm)

Leighton House Museum opens its door to celebrate older people in the community. Enjoy a programme of musical performances and costumed guided tours of Leighton's private palace of art. Access to the museum and programme is **free** – please bring a copy of this brochure or a printed copy of the online listing and present it at the front desk upon arrival.

-  Leighton House Museum, 12 Holland Park Road, W14 8LZ
-  High Street Kensington (10 mins) or Kensington Olympia (5 mins)
-  9, 27, 28, 23, C1
-  Advanced booking necessary for the costumed tours. Book via: www.leightonhouse.co.uk/whatson or call **020 7471 9160**
-  Jana Haragalova
-  020 7471 9160
-  museums@rbkc.gov.uk
-  www.leightonhouse.co.uk
-  Costume tour: maximum 15 people. Music performance in the studio: maximum 50 seated
-  No step-free or wheelchair access to any part of the house



Guards Chapel Sunday Service & Museum Visit

6 October, 11am-3pm
at Guards Chapel and
The Guards' Museum

Join the Guards Chapel Sunday Service from 11am to 12 noon this Silver Sunday followed by tea and coffee. We are delighted to say we will be joined by the Band of the Scots Guard. Visit the Guards' Museum between 12.30pm to 3pm (please collect your complimentary tickets during tea and coffee at the chapel).

📍 Wellington Barracks,
Birdcage Walk, SW1E 6HQ

🚶 St James Park

📝 No need to book

👉 www.theguardsmuseum.com

♿ Yes

Fun Day at James Hill House

6 October, 11am-4.15pm

A variety of fun sessions including beauty pamper time, arts and crafts and chair based exercises. This will be followed by a finger buffet, a grand raffle, a live music performance by Heidi McCaffrey and afternoon tea and cakes.

📍 196-200 Kensal Road, W10 5BS

🚶 Westbourne Park

📝 Please book in advance

👤 Afiya Agard or Vaniche Sweeney

☎ 020 8354 5676/5677

✉ afiya.agard@octavia.org.uk

✉ vaniche.sweeney@octavia.org.uk

👉 www.octavia.org.uk

👥 Maximum 50 people

♿ Yes

☂ In case of cancellation, all attendees will be informed



Winter Planter Workshop

6 October 2019, 11am-1pm
at Sybil Thorndike
Casson House

A practical workshop showing how to plant a small window box with winter flowers and bulbs for early spring. All materials will be provided including a window box to take away.

📍 Kramer Mews, Old Brompton Road,
Earls Court, SW5 9JG

📝 Please book in advance

👤 William Rallison, Community Gardener,
Royal Borough of Kensington and Chelsea

☎ 07739 365 470

✉ william.rallison@rbkc.gov.uk

👜 Please wear practical clothing

👉 www.rbkc.gov.uk

👥 Maximum 15 people

♿ Yes

☂ The workshop is indoors so would still go ahead if wet



Bauhaus weekend at the Royal Institute of British Architects (RIBA) and the Design Museum


6 October, 11am-3.30pm at the Design Museum


The RIBA and Design Museum will host a weekend of free creative and cultural activities all inspired by the Bauhaus school of art, architecture and design, which celebrates its centenary this year.

A tour of the Bauhaus exhibition and a drawing and design workshop at the RIBA on Saturday 5 October will lead on to an architectural model making workshop and a talk on the Bauhaus in Britain at the Design Museum on Sunday 6 October.

The weekend is designed for people to develop their creative skills and knowledge over the two days, but participants are welcome to book to attend just one day or book individual activities.

 224-238 High Street Kensington, W8 6AG

 High Street Kensington (10 mins), Holland Park (15 mins) or Earl's Court (15 mins)


 Booking is essential. The model-making workshop will be run twice for maximum capacity. Workshops and talks are booked separately, and booking onto a workshop does facilitate access to the talk

 Gregory Steckelmacher

 020 3862 5937

 bookings@designmuseum.org

 www.designmuseum.org

 20 spaces on each workshop session. 60 spaces on the *Isokon and the Bauhaus in Britain* talk


 Yes




Embracing Culture and Diversity


6 October, 11.30am-2.30pm at Binbrook House

A free event to celebrate the diverse cultures in Kensington and Chelsea. Foods from different parts of the world accompanied by some special music. Especially for those who love exploring global cuisine and would like to spend Sunday afternoon with likeminded older people in a fun environment. Lots of music and a welcoming party. The venue is easy to get to and there will be signs to direct you from Dalgarno Gardens.


 Sutton Way, Dalgarno Gardens, North Kensington, W10 5HF


 Ladbroke Grove


 7, 70, 316


 Places are limited, book early. The event is by invitation only

 Zara Ghods

 020 7352 1336/07443 647 222

 kensingtonandchelseaforum@outlook.com

 www.kensingtonandchelseaforum.org.uk

 Dress code is fun, casual. National costumes are very welcome

 Maximum 50 people

 Yes


18 Stafford Terrace Free Self Guided Access

6 October, 2-5.30pm at 18 Stafford Terrace (last entry 5pm)


Free entry for over 60s to have a look around 18 Stafford Terrace from 2pm to 5.30pm. Please note you will need to present a copy of this Silver Sunday brochure or a printed copy of the online listing to be granted free entry.

 18 Stafford Terrace, W8 7BH


 High St Kensington

 No need to book. For free entry please present this brochure or a copy of the online listing

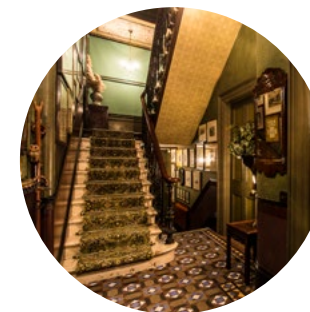
 Tracey Lazarus

 020 7471 9158

 tracey.lazarus@rbkc.gov.uk

 www.rbkc.gov.uk/subsites/museums/18staffordterrace/visitus.aspx








 No



Songhaven Dementia-friendly Concert

6 October, 2-3pm
at St Paul's Knightsbridge

Songhaven's professional musicians will engage and entertain at this relaxed dementia-friendly Silver Sunday event, performing stunning renditions of operatic favourites, tunes from the classic musicals, and popular songs from the past. Booking essential.

-  32a Wilton Place, SW1X 8SH
-  Knightsbridge or Hyde Park Corner
-  Please book in advance
-  020 7201 9999
-  knightsbridge@songhaven.co.uk
-  www.songhaven.co.uk
-  Maximum 150 people
-  Yes



Tsubasa Children's Choir

6 October, 3pm
at Japan House London

On Silver Sunday Japan House London will present a performance from Tsubasa Children's Choir. 12 children aged 6-14 will perform a selection of songs from Japan's Showa Era (1926-1989). Each song will be introduced and briefly explained by Jason Kouchak, the director of the choir. The performance will last 45 minutes.

-  The Hall, Japan House London, 101-111 Kensington High Street, W8 5SA
-  High Street Kensington (2 mins)
-  Please book in advance on the website: www.japanhouselondon.uk/whats-on
-  Hollie Mantle
-  020 3972 7079
-  hollie.mantle@japanhouselondon.uk
-  www.japanhouselondon.uk
-  Maximum 150 people
-  Yes



On page 48 you can jot down the events you would like to attend

Other Silver Sunday events in October













Friday 4 October

Silver Sunday Older Person's Luncheon Club

4 October, 1-4pm
at Al-Hasaniya Moroccan Women's Centre










Bringing older members of the community together with the younger ones and reducing isolation as well as promoting integration while enjoying an authentically cooked Moroccan lunch in the setting of our beautiful Moroccan garden located at the base of the famous Trellick Tower. Everyone welcome.

-  Golborne Road, W10 5PA
-  Westbourne Park or Ladbroke Grove
-  23, 31, 328, 70
-  Registration essential, please call **020 8969 2292**
-  Mrs Zohra Davis
-  020 8969 2292
-  zohra@al-hasaniya.org.uk
-  www.al-hasaniya.org.uk
-  Yes
-  Weather permitting, lunch will be provided within our Moroccan Garden. Alternatively, lunch will be served in the Al-Hasaniya Centre

Afternoon tea party with live music

4 October, 2-4pm
at Burgess Fields

Join us for a fun filled afternoon tea with a live interactive saxophone performance by Jess. Sure to get your feet tapping to the music!

-  57 Wornington Road, W10 5PT
-  Westbourne Park
-  Please book in advance
-  Ursula Barallon
-  020 8960 0273
-  ursula.barallon@octavia.org.uk
-  www.octavia.org.uk
-  Maximum 40 people
-  Yes
-  In case of cancellation, all attendees will be informed




Saturday 5 October

Autumn Leaves Open Day

5 October, 12 noon-4pm
at Holland Park Wildlife Area


Enjoy this opportunity to explore the Wildlife Area on an autumn's afternoon. You can take a stroll around the woodland, discovering more about the trees and signs of autumn. There will also be an opportunity to take part in seasonal craft activities.





 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


 No need to book


 Matthew Rose

 020 7938 8186

 ecology.centre@rbkc.gov.uk

 www.rbkc.gov.uk/ecology

 Wheelchair users and people with restricted mobility can access the site but the ground is uneven

 Event will go ahead whatever the weather except in the case of storm force winds or an electrical storm, in which case it will be cancelled



Silver Sunday weekend at the Royal Institute of British Architects (RIBA) and the Design Museum

5 October, 11am-2.30pm at the RIBA

Using the innovative style and philosophy of Bauhaus as inspiration and focus, the RIBA and Design Museum will co-host a weekend of free activities as part of Silver Sunday. There will be free creative activities at the RIBA on Saturday 5 October and Design Museum on Sunday 6 October.


Timetable for Saturday at the RIBA


11am to 12 noon: Guided tour of the 'Beyond Bauhaus' exhibition. Booking required.


12pm to 12.30pm: Break, during which light refreshments will be provided. No booking required.


12.30pm to 2.30pm: Drawing workshop – design your own building of the future, inspired by Bauhaus. Booking required.




 66 Portland Place, W1B 1AD


 Oxford Circus, Regents Park or Great Portland Street

 C2, 18, 27, 30, 88, 205, 453


 Please book in advance. To book your place for Saturday, contact Wilson Yau and mention which activities you'd like to book

 Wilson Yau


 020 7307 3711 (Monday to Friday)

 wilson.yau@riba.org

 www.architecture.com

 Maximum 30 people

 Yes. Lift access to all floors

 The event is entirely indoors, but to check if the event is going ahead the day before, please call Wilson Yau. On the day, please call the RIBA reception desk: **020 7307 3666**. We will contact anyone who books if the event is cancelled

Monday 7 October

Music and Movement Chair Exercise

7 October, 11.30am-12.30pm
at The Pepper Pot Centre

Maintain mobility, flexibility, posture, stability and circulation.

📍 1a Thorpe Close, W10 5XL

🚶 Ladbroke Grove

✍ Please book in advance

👤 Zenawi Tadesse or Maxine Rattray

☎ 020 8968 6940

✉ zenawi.tadesse@pepperpotcentre.org.uk

✉ maxine.rattray@pepperpotcentre.org.uk

🖱 www.pepperpotcentre.org.uk

👥 Numbers based on a first come first served basis

♿ Yes



Age UK K&C Knitting and Crochet Club

7 October, 1-3pm
at Ormrod Court

Join us to celebrate Silver Sunday with Age UK K&C Knitting Club. No previous experience needed.

📍 71-117 Kensington Park Road, W11 1NP

🚶 Ladbroke Grove

✍ Please book in advance

👤 Ximena Chiesa

☎ 020 8969 9105

✉ event@aukc.org.uk

🖱 www.aukc.org.uk

♿ Yes



Dominos

7 October, 1.30-3pm
at The Pepper Pot Centre

Learn game strategy and how to think quickly individually or in a team.

📍 1a Thorpe Close, W10 5XL

🚶 Ladbroke Grove

✍ Please book in advance

👤 Zenawi Tadesse or Maxine Rattray

☎ 020 8968 6940

✉ zenawi.tadesse@pepperpotcentre.org.uk

✉ maxine.rattray@pepperpotcentre.org.uk

🖱 www.pepperpotcentre.org.uk

👥 Numbers based on a first come first served basis

♿ Yes



Learning together with Council's own IT Team – Silver Surfers

7 October, 2-3pm
at Kensington Central Library

Would you like to improve your computer and internet skills? Having problems with that mobile phone or other gadget? Then pop by and meet professionals from the Council's IT department who are volunteering their time to help with your queries. Come along to this session run by your friendly Council staff and learn with them! Bring your device if you wish.

📍 12 Phillimore Walk, W8 7RX

🚶 High Street Kensington

🚗 9, 10, 23, 49, 452, 52

✍ Please book via Eventbrite:
<https://www.eventbrite.co.uk/e/learning-together-with-councils-own-it-team-silver-surfers-at-kensington-library-tickets-66866797391>

👤 Nina Risoli

☎ 020 7361 3055

✉ nina.risoli@rbkc.gov.uk

🖱 www.rbkc.gov.uk/libraries

👥 Maximum 15 people

♿ Yes

☔ Any cancellations will be via email

Explore the V&A

7 October, 2-3.30pm
at the V&A

Come and explore a wide range of objects and artworks from different collections at the V&A with our expert guides.

📍 V&A, South Kensington

🚶 South Kensington

📝 Booking essential. To book visit www.vam.ac.uk or call **020 7942 2000**

👤 Faunsia Tucker

☎ 020 7942 2309

✉ f.tucker@vam.ac.uk

👉 vam.ac.uk

👥 Maximum 12 people

♿ Yes



CW+ Medicinema Silver Screening

7 October, 2-4pm
at CW+ Medicinema

Screening of a classic film in our hospital cinema.

📍 Third floor,
Chelsea and Westminster Hospital,
369 Fulham Road, SW10 9NH

🚶 Fulham Broadway, Earl's Court,
South Kensington, Gloucester
Road, Imperial Wharf or West
Brompton (all 15-20 mins)

📝 Please book in advance. Contact
Simon Hickson to book a place

👤 Simon Hickson

☎ 020 3315 3826

✉ simon.hickson@medicinema.org.uk

👉 www.cwplus.org.uk

👥 Maximum 20 people

♿ Yes



Sing to Live Workshops

7 October, 2-4pm
at Dalgarno
Community Centre

Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.

📍 1 Webb Close, Dalgarno Way,
W10 5QB

🚶 Ladbroke Grove (20 mins)

📝 Register your interest by calling
020 7361 3844

👤 Miranda MacFarlane

☎ 020 7361 3844

✉ arts@rbkc.gov.uk

👉 www.rbkc.gov.uk/singtolive

👉 www.dalgarnotrust.org.uk

👤 Attend with your carer, if applicable

👥 Typically up to 20 people per group

♿ Yes

Current Affairs Phone Club

7 October, 2.30-3.30pm
from your own home

From the comfort of your own home, this group is a telephone conference for the housebound. Focus on: Current affairs, local and international news, sport, interesting facts and articles, topical talks.

📍 At your own home

☎ 020 3713 8736

✉ edonnachie@openage.org.uk

👉 www.openage.org.uk

👤 Ewa

📝 Please book in advance. Call Ewa for more info on **020 3713 8736**



Tuesday 8 October

All Day Art Breakfast

8 October, 10am-3pm
at Royal Brompton Hospital

An exciting day of activities at Royal Brompton Hospital in Chelsea, including an artist led tour by exhibiting abstract painter Diana Tapping with refreshments, followed by a participatory demonstration of Singing for Breathing and a gardening craft workshop.

Timetable

10-11am: Diana Tapping – artist led exhibition tour and refreshments

12.30-1pm: Singing for Breathing performance and demonstration

12-3pm: Gardening craft workshop

📍 Main reception, Royal Brompton Hospital, Sydney Street, SW3 6NP

🚶 South Kensington

✍ Please book via Eventbrite:
<https://www.eventbrite.com/e/all-day-art-breakfast-tickets-67244246351>

👤 Arts Team

☎ 020 7352 8121 ext 84087

✉ arts@rbht.nhs.uk

♿ Fully accessible

Holistic Therapies at the Royal Marsden

8 October, 10am-12 noon
at Royal Marsden Hospital
Fulham Road

Join us for a two hour workshop to learn about what this wide range of physical therapies can do to maintain a healthy lifestyle. Physiotherapists, Speech and Language Therapists, Dietitians, Occupational Therapists, Lymphoedema Therapists and others will all be present to share their knowledge and practical advice. Refreshments will be provided.

📍 Boardroom, Royal Marsden Hospital, Fulham Road

🚶 South Kensington (7 mins walk through Onslow Square)

🚌 14, 211, 414, 345 pass the hospital; 11, 19, 22, 49, 70, 74, 319, 360, 430, C1 have stops within easy reach

✍ Please book in advance

👤 Kate Ashforth

☎ 020 7808 2815

✉ kate.ashforth@rmh.nhs.uk

🖱 www.royalmarsden.nhs.uk

👜 Please wear comfortable clothes

👤 Maximum 30 people

♿ Yes

The Birth of Jazz: Singing Workshop

8 October, 12 noon-1.30pm at Chelsea Theatre

In recognition of Black History Month, Sing to Live and Chelsea Theatre are teaming up to hold a singing workshop celebrating black culture through the story of Jazz.

On the journey from New Orleans to Britain, Jazz music has remained rooted in Afro-American culture; come, learn and sing some classics! No previous singing experience is necessary.

The workshop is supported by the Community Champions initiative – building on community talents and bringing local people and services together to improve health and wellbeing. Free to attend, and light refreshments provided.

📍 Chelsea Theatre, Studio 10 World's End Place, King's Road, SW10 0HE

🚶 Fulham Broadway (15 mins)

✍ Places are limited, please book in advance. Call **020 7352 1967**

👤 Matt Uberoi

☎ 020 7352 1967

✉ matt@chelseatheatre.org.uk

🖱 www.chelseatheatre.org.uk

🖱 www.rbkc.gov.uk/singtolive

👜 Attend with your carer, if applicable

👤 15 places available

♿ Yes



Health and Wellbeing Day

8 October, 12 noon-3pm
at Al Manaar/Muslim Cultural Heritage Centre

Pilates 12 noon to 1pm; massage; haircut and threading. Refreshments and lunch at 2pm.

📍 244 Acklam Road, W10 5YG

🚗 Westbourne Park

✍️ No need to book

👤 Intlak Al Saiegh

☎️ 020 8964 1496

✉️ intlak@mchc.org.uk

🖱️ www.almanaar.org.uk

👜 Modest dress

👥 Maximum 60 women

♿️ No

☔️ Cancellation via telephone calls



Shared Reading Group

8 October, 1.30-3pm
at The Reed Centre

Try this Shared Reading group which brings people together through great literature to talk, laugh and share. Just drop in and enjoy listening to a story or poem – no pressure to talk or read.

📍 28 Convent Gardens, W11 1NH

🚗 Ladbroke Grove

🚏 70

✍️ No need to book

👤 Erin Carlstrom

☎️ 07483 972 020

✉️ erincarlstrom@thereader.org.uk

🖱️ www.thereader.org.uk

👜 Come as you are! Everything will be provided for this Shared Reading event

👥 Maximum 10 people

♿️ Yes



Bingo

8 October, 1.30-3pm
at The Pepper Pot Centre

Join us for a fun and friendly bingo session. Prizes can be won for each game.

📍 1a Thorpe Close, W10 5XL

🚗 Ladbroke Grove

✍️ Please book in advance

👤 Zenawi Tadesse or Maxine Rattray

☎️ 020 8968 6940

✉️ zenawi.tadesse@pepperpotcentre.org.uk

✉️ maxine.rattray@pepperpotcentre.org.uk

🖱️ www.pepperpotcentre.org.uk

👥 Numbers based on a first come first served basis

♿️ Yes



Read Magazines Online – Silver Surfers

8 October, 2-3pm
at Kensington Central Library

Would you like to read a selection of journals free of charge through your library? Kensington and Chelsea libraries offer members free access to a large number of online journals, from National Geographic to Vogue through RB Digital. Come along to this session run by your friendly library staff and learn how to access a vast library of journals free of charge. You can bring your device if you wish.

📍 12 Phillimore Walk, W8 7RX

🚗 High Street Kensington

🚏 9, 10, 23, 49, 452, 52

✍️ Please book via Eventbrite:
<https://www.eventbrite.co.uk/e/read-magazines-online-silver-surfers-at-kensington-library-tickets-66753873633>

👤 Hiru Amin

☎️ 020 7361 3055

✉️ hiru.amin@rbkc.gov.uk

🖱️ www.rbkc.gov.uk/libraries

👥 Maximum 15 people

♿️ Yes

☔️ Any cancellations will be via email

Sing to Live Workshops

8 October, 2-4pm
at 240 Projects, Latymer
Community Church

Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.

📍 116 Bramley Road, W10 6SU

🚶 Latimer Road (2 mins)

📞 Register your interest by calling
020 7361 3844

👤 Miranda MacFarlane

☎ 020 7361 3844

✉ arts@rbkc.gov.uk

🖱 www.rbkc.gov.uk/singtolive

👜 Attend with your carer, if applicable

👥 Typically up to 20 per group

♿ Not disability accessible for wheelchair users. We apologise for the inconvenience

Sing to Live Workshops

8 October, 6.45-8.45pm
at St Cuthbert's Church

Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.

📍 50 Philbeach Gardens, SW5 9EB

🚶 Earl's Court (4 mins)

📞 Register your interest by calling
020 7361 3844

👤 Miranda MacFarlane

☎ 020 7361 3844

✉ arts@rbkc.gov.uk

🖱 www.rbkc.gov.uk/singtolive

👜 Attend with your carer, if applicable

👥 Typically up to 20 per group

♿ Not disability accessible for wheelchair users. We apologise for the inconvenience

Sing to Live Workshops

8 October, 7-9pm
at Chelsea Theatre, Studio

Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.

📍 10 World's End Place, Kings Road,
SW10 0HE

🚶 Fulham Broadway (15 mins)

📞 Register your interest by calling
020 7361 3844

👤 Miranda MacFarlane

☎ 020 7361 3844

✉ arts@rbkc.gov.uk

🖱 www.rbkc.gov.uk/singtolive

👜 Attend with your carer, if applicable

👥 Typically up to 20 per group

♿ Yes




**Sing
to live
Live
to sing**


Wednesday 9 October

Shared Reading Group

9 October, 10.30am-12 noon
at St. Charles Health & Wellbeing Centre

Try this Shared Reading group which brings people together through great literature to talk, laugh and share. Just drop in and enjoy listening to a story or poem – no pressure to talk or read.


 St. Charles Health & Wellbeing Centre, Take Time to Talk, Exmoor Street, W10 6DZ


 Ladbroke Grove

 70


 No need to book


 Erin Carlstrom

 07483 972 020

 erincarlstrom@thereader.org.uk

 www.thereader.org.uk

 Come as you are! Everything will be provided for this Shared Reading event

 Maximum 10 people

 Yes




Painting and Drawing


9 October, 11am-1pm
at Mary Smith Court


Our painting and drawing session is suitable for all levels. Explore all kinds of techniques.


 17-21 Trebovir Road, SW5 9NF


 Earl's Court

 Please book in advance

 Ximena Chiesa

 020 8969 9105

 event@aukc.org.uk

 www.aukc.org.uk

 Yes




Letters from Palestine


9 October, 11am-12.30pm
at 226 Cromwell Road


Artist Dia Batal leads this painting workshop looking at lettering, and ideas of place. This activity is inspired by an exhibition by artist Praneet Soi about his visit to Israel/Palestine. No experience of art needed, just come along and enjoy a time together making something new. Tea provided.

 226 Cromwell Road

 Earl's Court

 Please book in advance

 The Mosaic Rooms

 020 7370 9990

 rsvp@mosaicrooms.org

 www.mosaicrooms.org

 Maximum 15 people


 Yes – staff operated lift




Sing to Live Workshops

9 October, 12.30-2.30pm
at St Mary's The Boltons


Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.


 St Mary's The Boltons, Kensington, SW10 9TB


 Earl's Court Stop A (10 mins)


 Register your interest by calling
020 7361 3844


 Miranda MacFarlane

 020 7361 3844

 arts@rbkc.gov.uk

 www.rbkc.gov.uk/singtolive

 Attend with your carer, if applicable











 Typically up to 20 per group

 Yes

Sewing

9 October, 1.30-3pm
at The Pepper Pot Centre

Refresh your sewing skills. Learn basic sewing using machines or hand work.

-  1a Thorpe Close, W10 5XL
-  Ladbroke Grove
-  Please book in advance
-  Zenawi Tadesse or Maxine Rattray
-  020 8968 6940
-  zenawi.tadesse@pepperpotcentre.org.uk
-  maxine.rattray@pepperpotcentre.org.uk
-  www.pepperpotcentre.org.uk
-  Numbers based on a first come first served basis
-  Yes



Read newspapers and journals online – Silver Surfers

9 October, 2-3pm
at Kensington Central Library

Join us at Kensington Central library and discover how to use Press Reader, which will let you read over 6,000 newspapers and magazines online!

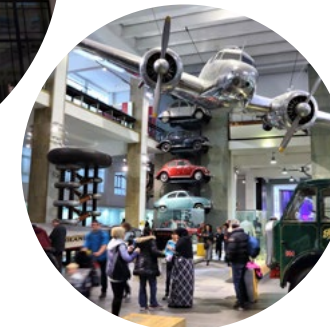
-  12 Phillimore Walk, W8 7RX
-  High Street Kensington
-  9, 10, 23, 49, 452, 52
-  Please book via Eventbrite:
<https://www.eventbrite.co.uk/e/read-newspapers-online-silver-surfers-at-kensington-library-tickets-66753566715>
-  Marcus Michel
-  marcus.michel@rbkc.gov.uk
-  020 7361 4150
-  www.rbkc.gov.uk/libraries
-  Maximum 15 people
-  Yes
-  Any cancellations will be via email









Explore and Discover – Silver Wednesday

9 October, 2.30-4.30pm at the Science Museum

The Science Museum is excited to be teaming up with Open Age to celebrate this year's Silver Sunday. Ignite your curiosity as we explore our new exhibitions and galleries. Discover more about the relationship between science and art and how London was a centre for innovation.

Get hands on with some creative, factual and physical activities, all accompanied by some delicious refreshments.



-  Science Museum, Exhibition Road, SW7 2DD. Meet at the information desk at the main entrance
-  South Kensington
-  Please book in advance. From 2 September you can book by calling 020 7942 4000 between 8.30am and 6.00pm, or online via: www.sciencemuseum.org.uk/see-and-do/explore-and-discover
-  020 7942 4000
-  www.sciencemuseum.org.uk
-  Wear something comfortable
-  Spaces will be limited and tickets should be booked in advance
-  Yes

Thursday 10 October

Yoga

10 October, 11.30am-12.30pm
at The Pepper Pot Centre

Maintain flexibility, core strength,
balance and circulation.

📍 1a Thorpe Close, W10 5XL

🚶 Ladbroke Grove

✍ Please book in advance

👤 Zenawi Tadesse or Maxine Rattray

☎ 020 8968 6940

✉ zenawi.tadesse@pepperpotcentre.org.uk

✉ maxine.rattray@pepperpotcentre.org.uk

🖱 www.pepperpotcentre.org.uk

👥 Numbers based on a first come first served basis

♿ Yes

CW+ Silver Social

10 October, 12.30-2pm
at Chelsea and Westminster Hospital

An interactive afternoon of dance,
music and a trip down memory lane!

📍 Performance Space, Ground Floor,
Chelsea and Westminster Hospital,
369 Fulham Road, SW10 9NH

🚶 Fulham Broadway, Earl's Court,
South Kensington, Gloucester
Road, Imperial Wharf or West
Brompton (all 15-20 mins)

✍ No need to book

👤 Christina Peumalu

☎ 020 3315 6582/07804 541 387

✉ christina.peumalu@cwplus.org.uk

🖱 www.cwplus.org.uk

♿ Yes

Research Your Family History Online – Silver Surfers

10 October, 2-3pm
at Kensington Central Library

Would you like to learn how to use resources at the library to research your family history? Kensington and Chelsea libraries offer members free access to a large number of online resources, among them Who's Who, Who Was Who and Oxford Dictionary of National biography. Also Ancestry online and an archive of over 200 years of The Times to explore! Come along to this session run by friendly library staff and learn how to access your favourite newspapers online. Bring your device if you wish.

📍 12 Phillimore Walk, W8 7RX

🚶 High Street Kensington

✍ Please book via Eventbrite:
<https://www.eventbrite.co.uk/e/research-your-family-history-online-silver-surfers-at-kensington-library-tickets-66753753273?aff=eac2>

👤 Claudia Jessop

☎ 020 7361 3055

✉ claudia.jessop@rbkc.gov.uk

🖱 www.rbkc.gov.uk/libraries

👥 Maximum 15 people

♿ Yes

Sing to Live Workshops

10 October, 6-8pm
at Dalgarno Community Centre

Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.

📍 1 Webb Close, Dalgarno Way,
W10 5QB

🚶 Ladbroke Grove (20 mins)

✍ Register your interest by calling
020 7361 3844

👤 Miranda MacFarlane

☎ 020 7361 3844

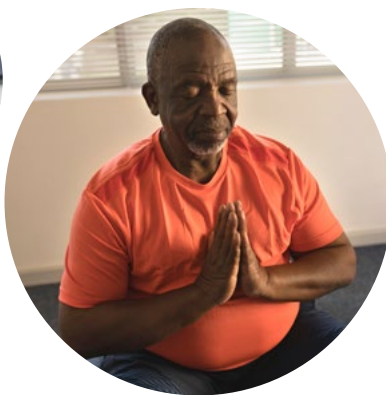
✉ arts@rbkc.gov.uk

🖱 www.rbkc.gov.uk/singtolive

👤 Attend with your carer, if applicable

👥 Typically up to 20 per group

♿ Yes



Friday 11 October

Sing to Live Workshops

11 October, 10am-12 noon
at Chelsea Theatre, Studio

Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.

📍 10 World's End Place,
Kings Road, SW10 0HE

🚶 Fulham Broadway (15 mins)

📞 Register your interest by calling
020 7361 3844

👤 Miranda MacFarlane

☎ 020 7361 3844

✉ arts@rbkc.gov.uk

🖱 www.rbkc.gov.uk/singtolive

👤 Attend with your carer, if applicable

👥 Typically up to 20 per group

♿ Yes

Shared Reading Group

11 October, 11am-12.30pm
at the Dalgarno Trust

Try this Shared Reading group which brings people together through great literature to talk, laugh and share. Just drop in and enjoy listening to a story or poem – no pressure to talk or read.

📍 Dalgarno Way, W10 5LE

🚶 Ladbroke Grove

🚗 7

✍ No need to book

👤 Erin Carlstrom

☎ 07483 972 020

✉ erincarlstrom@thereader.org.uk

🖱 www.thereader.org.uk

👤 Come as you are! Everything
will be provided for this Shared
Reading event

👥 Maximum 10 people

♿ Yes



Computer Class

11 October, 11.30am-12.30pm
at The Pepper Pot Centre

Learn to communicate using Skype,
email and social media.

📍 1a Thorpe Close, W10 5XL

🚶 Ladbroke Grove

✍ Please book in advance

👤 Zenawi Tadesse or Maxine Rattray

☎ 020 8968 6940

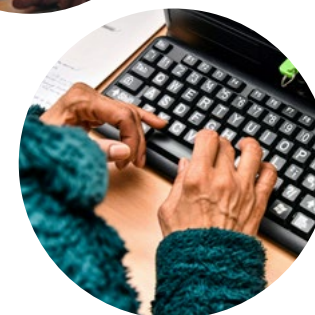
✉ zenawi.tadesse@
pepperpotcentre.org.uk

✉ maxine.rattray@
pepperpotcentre.org.uk

🖱 www.pepperpotcentre.org.uk

👥 Numbers based on a first come
first served basis

♿ Yes



Read newspapers and journals online – Silver Surfers

11 October, 2-3pm
at Chelsea Library

Join us at CHE library and discover how to use RB Digital (for electronic audio books, e-magazines and e-comics) and also find out how to use Press reader which will let you read over 6,000 newspapers and magazines online!

📍 First Floor, Chelsea Old Town Hall, King's Road, SW3 5EZ

🚶 Sloane Square or South Kensington

📝 Please book via Eventbrite:
<https://www.eventbrite.co.uk/e/read-newspapers-and-journals-online-silver-surfers-at-chelsea-library-tickets-66753073239?aff=eac2>

👤 Colette Pineda

☎ 020 7361 4150

✉ colette.pineda@rbkc.gov.uk

🌐 www.rbkc.gov.uk/libraries

👥 Maximum 10 people

♿ Yes

✉ Any cancellations will be via email

Sing to Live Workshops

11 October, 2-4pm
at Venture Community Association

Relaxed group singing workshops, led by professional singing teachers. A wide variety of music is taught, with suggestions from the group taken on board. Each two hour session includes a warm-up, refreshment break and time to meet other group members. Singing together has been shown to reduce stress and anxiety, and improve feelings of belonging and self esteem. Come along and see for yourself! All groups are free to attend, and no previous experience is necessary.

📍 103a Wornington Road, W10 5YB

🚶 Ladbroke Grove (10 mins)

📝 Register your interest by calling
020 7361 3844

👤 Miranda MacFarlane

☎ 020 7361 3844

✉ arts@rbkc.gov.uk

🌐 www.rbkc.gov.uk/singtolive

👤 Attend with your carer, if applicable

👥 Typically up to 20 per group

♿ Yes



Turn to page 40
to read about your
Silver Sunday
event providers

Events later in the year 24 October & 19 December



Thursday 24 October

The Second Half Career Art Exhibition and Sale – Celebrating Living Old Masters 2019

24 October, 10am-12 noon at The Second Half Centre
with breakfast discussion from 10.30am

This event is an exciting and inspirational story of transformation and rediscovery of ten artists who all found the love for their craft over the age of 50. These talented artists are a wonderful example of people who are searching for new ways to develop in the second half of their life.

The Second Half Foundation has for seven years organised this event to support the work of The Second Half Centre, now run by Open Age. All artwork is for sale.

This year we will have a breakfast discussion hosted by Dr Nadia Rosenthal – *When Science Meets Art*. This event is open to everyone – our members, the public and all friends.

📍 St. Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ
To find the Second Half Centre, please go to the main reception on the ground floor at St Charles Centre for Health and Wellbeing – then we are 50 metres down the corridor on the left.
There is Kensington and Chelsea residents' and Pay and Display parking in the surrounding streets

📍 Ladbroke Grove

✍️ No need to book

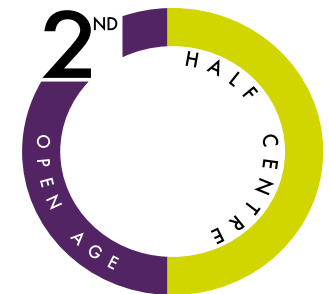
👤 Jenny Marshall

☎️ 020 8962 5500

✉️ jmarshall@openage.org.uk

🖱️ www.thesecondhalffoundation.com

♿️ Yes







Thursday 19 December

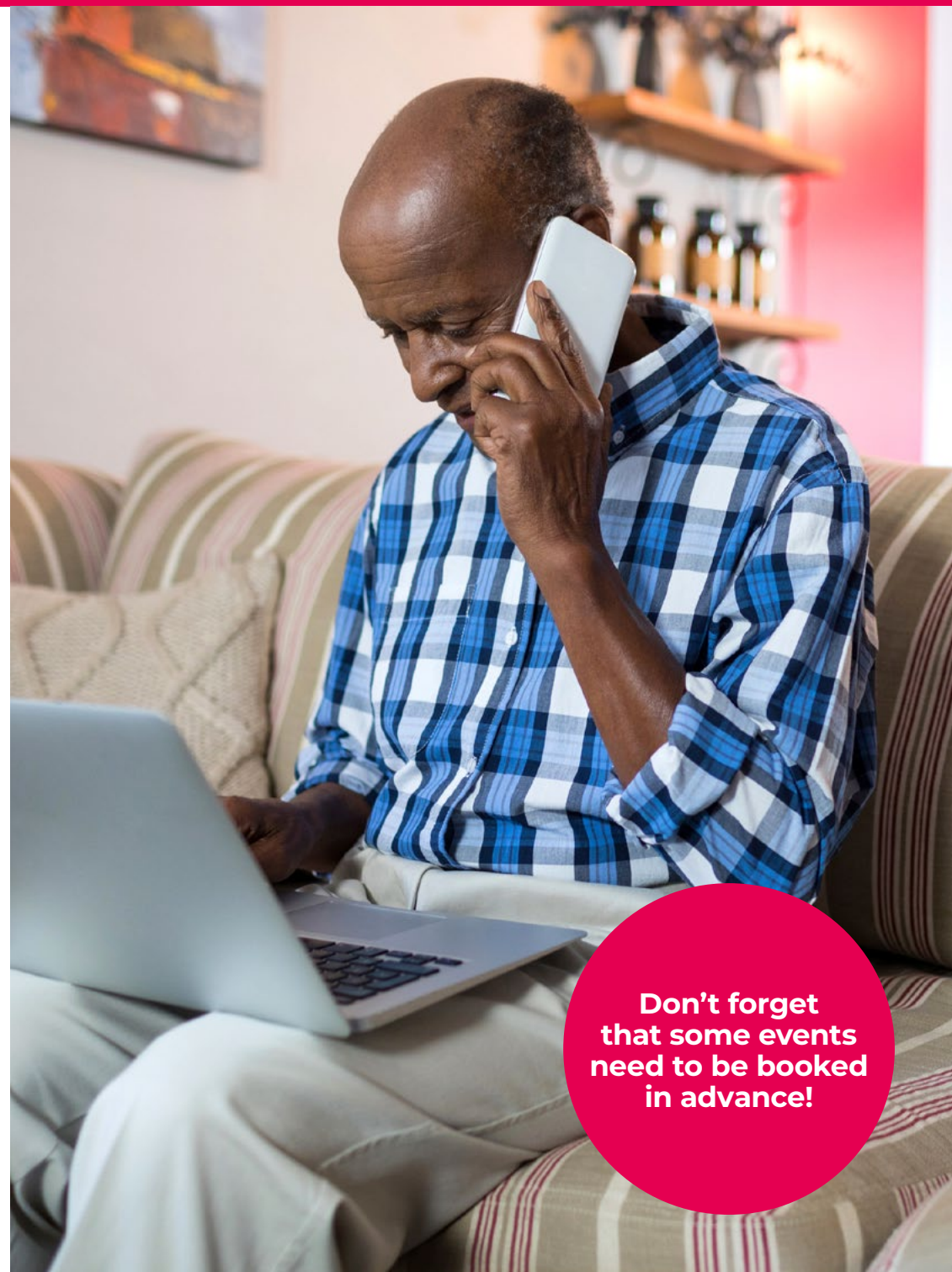
Friendship Matinee at the Royal Albert Hall – Guy Barker's Big Band Christmas

19 December, 3.30pm at Royal Albert Hall

Join us for a Christmas Friendship Matinee. Guy Barker's inimitable mixture of jazz classics, unearthed treasures and Christmas oddities will put a swing in your step as the festive season kicks off.

With Barker's musical mastery and illustrious guests raising the roof, Guy Barker's Big Band Christmas can convert even the grumpiest bah humbugs to the joy of Christmas.

-  Kensington Gore, SW7 2AP
-  Knightsbridge or South Kensington
-  £5 per ticket, please book in advance. Call 020 7589 8212 or visit: www.royalalberthall.com/tickets/events
-  Yes



**Don't forget
that some events
need to be booked
in advance!**

Silver Sunday event providers

A special thank you to the following organisations who will be hosting events for Silver Sunday 2019



Age UK

Age UK Kensington & Chelsea is an independent, local charity working at the heart of the community to ensure older people's voices are heard, their needs are met and their independence is supported. We make a real difference to the lives of thousands of older people in our borough by providing practical and emotional support through our wide range of services.



Al-Hasaniya

The Al-Hasaniya Centre serves the welfare and needs of Arabic speaking women and their families and gentlemen over the age of 55 living in the Royal Borough of Kensington and Chelsea and surrounding areas.



Community Champions

The Community Champions programme builds on the skills and knowledge of local communities. We bring local people and services together to improve health and wellbeing and to reduce inequalities.



Community Gardeners and Anchor Housing

Anchor Housing is England's largest not-for-profit housing association, providing housing, care and support to people over 55 years old. We are hosting a window box planter workshop with K&C community gardeners. The workshop will focus on planting a window box with a mix of bulbs for late winter and early spring interest.



CW+

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.



Public Library Service

The Public Library Service offers access to resources and information for all ages across six library locations in Kensington and Chelsea.



Guards Chapel & Guards Museum

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.

Holland Park Ecology Centre

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.



Japan House

Japan House is the new cultural home of Japan in London. Presenting the very best of Japanese art, design, gastronomy, innovation, and technology, it deepens our appreciation of all that Japan has to offer. Part of a global initiative led by the Japanese Ministry of Foreign Affairs, there are two other Japan Houses in Los Angeles and São Paulo. Located on London's Kensington High Street, the experience is an authentic encounter with Japan, engaging and surprising even the most knowledgeable guests.



The Kensington and Chelsea Over 50s Forum

The Kensington and Chelsea Over 50s Forum (previously Kensington and Chelsea Forum for Older Residents) received the Queen's Award for Voluntary Service in 2017. Their aim is to give older residents an active voice in shaping policies and services for older people living in the Bi-Borough. The forum has a strong record of accomplishment in highlighting prevention and working towards alleviating social isolation and loneliness.

Kensington Leisure Centre

Operated by GLL under the brand 'Better' – a not for profit charitable social enterprise committed to delivering a better quality of fitness and leisure facilities for everyone.



Leighton House

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 sculpture by Leighton and his contemporaries.



18 Stafford Terrace

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.



Octavia

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.



Open Age

Open Age connects people over 50 through a broad range of activities, to enable them to enjoy active and fulfilling lives. From boxing to baking, Open Age has something for everyone. Membership is free!



The Pepper Pot Centre

A unique day centre in the heart of Ladbroke Grove, serving the African, Caribbean and other communities for the over 50s in Kensington and Chelsea (and neighbouring boroughs). We provide a range of services for our members in a warm and friendly atmosphere.



rb&h Arts at Royal Brompton & Harefield NHS Foundation Trust Hospital

rb&hArts runs an innovative arts programme at Royal Brompton & Harefield NHS Foundation Trust, a specialist heart and lung hospital across sites in Chelsea and Uxbridge. The arts programme is designed to improve the clinical environment and patient experience, and enhance the wellbeing of patients, visitors, staff and the local communities surrounding each hospital.



Royal Albert Hall

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 Royal Institute of Architects (RIBA)

The RIBA is a global professional membership body driving excellence in architecture. We serve our members and society in order to deliver better buildings and places, stronger communities and a sustainable environment. Being inclusive, ethical, environmentally aware and collaborative underpins all that we do.



Science Museum

As the home of human ingenuity, the Science Museum's world-class collection forms an enduring record of scientific, technological and medical achievements from across the globe. Welcoming over 3 million visitors a year, the museum aims to make sense of the science that shapes our lives, inspiring visitors with iconic objects, award-winning exhibitions and incredible stories of scientific achievement.



Sing to Live, Live to Sing

Sing to Live, Live to Sing was initiated by the Council's Arts Service in partnership with Public Health in 2014 on the basis of growing evidence supporting the impact of group singing on mental health and wellbeing. Group singing workshops are offered free of charge to anyone aged 18+ living or working in Kensington and Chelsea on a weekly basis at six different locations across the borough.



Songhaven

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

The world's leading museum of design, and European Museum of the Year 2018. The Design Museum is the only place in the UK where the design industry, education and the public can come together to change the way people think about themselves and the future.



The Mosaic Rooms

The Mosaic Rooms is London's free centre for contemporary culture from the Middle East and North Africa.



The Muslim Cultural Heritage Centre

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 and is relevant to every household in West London.



The Reader

The Reader is a national charity that wants to bring about a reading revolution so that everyone can experience and enjoy great literature, which we believe is a tool for helping humans survive and live well. Through our Shared Reading groups we make space to create lively, connected, warm communities by bringing people together and books to life.



The Royal Marsden

The Royal Marsden NHS Foundation Trust (RM) is a leading cancer centre specialising in diagnosis, treatment, research and education. The RM, combined with its academic partner, The Institute of Cancer Research, forms the largest comprehensive cancer centre in Europe with c5000 staff.



The Second Half Foundation

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

The world's leading museum of art and design.



Enquiries about the Silver Sunday programme

Open Age are managing all enquires about the Silver Sunday 2019 programme. You can email Open Age at silversunday@openage.org.uk or call on 020 8962 5500.

If you need support to join a Silver Sunday activity

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.

Support for independent living and health

People First supports independent living and health for residents. The website is easy to use and packed full of useful information. Visit: www.peoplefirstinfo.org.uk

