



Activities and Events Programme



October and November 2025

Dear all

Hope you're well and have enjoyed the start of the autumn term with us!

September was a busy month for us with non-stop dancing at our 70s Disco and September Fiesta. Thank you to everyone who came out to celebrate with us!

This autumn we are excited to be starting up Spanish and English classes in partnership with Vicente Cañada Blanch Spanish School. Classes will be taught by dedicated student tutors who can provide individual support tailored to your specific needs. Classes are suitable for all levels and more information can be found inside the programme.

We look forward to seeing you soon!

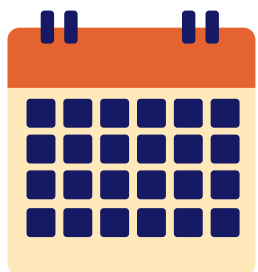
Ximena and Mimi
Activities & Events Team



**Booking for outings and events will open on Thursday 16th October at 10am.
We will not accept bookings before that date.**

Bookings can be made by email: event@aukc.org.uk or by phone: **020 8969 9105 ext. 3**

Please note that Kensington and Chelsea residents will have priority for all outings and events.



Term dates

Autumn term ends: Friday 5th December

Winter break: Monday 8th December to Friday 9th January

Activities and Events Team Update - Farewell Danielle!

We wanted to let Age UK members know that our amazing colleague Danielle has now left Age UK Kensington and Chelsea. Danielle worked in the Activities and Events team for three years as well as leading other projects with our Information and Advice team.

We have so many wonderful memories with Danielle from our outings and events from across the years and she was a dedicated, kind and compassionate member of our team. We will very much miss her but are sure she will flourish in her new role at a creative studio. We hope you will join us in wishing Danielle all the best for the future!



We want our activities and events to be a safe, respectful and inclusive space for our members.
Please treat each other, volunteers and staff with kindness.
Discriminatory or abusive behaviour of any kind will not be tolerated.

Age UK Registration

New members: Please make sure you complete the Age UK registration form before attending activities. This can be sent by email or by post - please contact the team for a copy.

Existing members: We want to make sure that we have up-to-date information for Age UK members. Please keep us updated of any medical conditions and allergies and provide an emergency contact - this information helps us to keep you safe in the event of an emergency.

Code of Conduct: We are asking that new and existing members sign our code of conduct which will be provided at activities and events. For now please familiarise yourself with the document on the following page that sets out the code for our service users and helps us to make Age UK K&C a welcoming place for all. Thank you for your cooperation.

Code of Conduct for Age UK Members

At Age UK Kensington and Chelsea, we want everyone to feel safe, welcomed, and valued. We are a diverse community and being kind and respectful to each other helps us all enjoy our time together.

We are committed to providing an environment free from abuse, discrimination and harassment, and ensuring that all clients, staff and volunteers are treated, and treat others, with dignity and respect.

Whether you are visiting Age UK K&C in person, attending an event online or interacting with us in any way, we ask that you:

1. Behave in a mutually respectful and thoughtful way being kind and courteous to everyone
2. Please treat others how you would like to be treated
3. Speak and behave positively with and about others
4. Be respectful of personal boundaries
5. Listen carefully to other people and please be considerate to all

There is no place for:

- Discriminatory behaviour, harassment, bullying, hate speech or defamatory comments
- Repeatedly interrupting, rudeness, swearing, shouting or aggressive behaviour
- Intimidating or gossiping about others
- Encouraging any of the above behaviour

Abuse, Discrimination and Harassment

Anyone asked to stop any abusive, discriminatory or harassing behaviour is expected to comply immediately. If anyone does not comply or the situation is serious you will be asked to leave the session, call or visit.

Anyone who acts in breach of this Code of Conduct may be excluded from participation in Age UK K&C's services.

If there's a problem

If you ever feel uncomfortable or feel that you have been abused or discriminated against in anyway or need support, please speak to a member of our team. We're here to help.

You can contact us at:

Age UK Kensington & Chelsea, 1 Thorpe Close, W10 5XL
020 8969 9105
event@aukc.org.uk

Thank you for being part of our community and helping to make Age UK Kensington and Chelsea a welcoming place for all!

Activities and Events Programme

For residents aged 55+ in Kensington and Chelsea



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Term dates

Autumn term ends: Friday 5th December

Winter break: Monday 8th December to Friday 9th January

Important: To take part in any of our activities, you must first register with Age UK K&C. Unfortunately, if you are not registered with us you won't be able to join them.

Face to Face Activities



Activity	Day	Time	Location	Cost
Lunch Club	Mondays	12pm - 2pm	Bay20 Community Centre	Free
Walking Football	Tuesdays	10.30am - 11.30am 11.30am - 12.30pm	Westway Sport & Fitness Centre	Free
Chair Exercise	Wednesdays	10am - 11am 11am - 12pm	Chelsea Theatre	Free
Knitting Club	Wednesdays	10am - 12pm	Big Local	Free
Walking Group	Wednesdays	10am	See schedule	Free
Lunch Club	Wednesdays	Doors open: 12pm	St Cuthbert's Centre	Free
Walking Tennis	Wednesdays	2pm - 3pm	Westway Sports Centre	Free
Chair Exercise	Thursdays	10.30am - 11.30am	Mary Smith Court	Free

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Activity	Day	Time	Location	Cost
Italian Beginners	Thursdays	11am - 12.30pm	Brompton Library	Free
Chair Exercise	Thursdays	2pm - 3pm	North Kensington Library	Free
Line Dancing	Thursdays	2pm - 3pm	CW+ Studio	Free
Creative Writing	Thursdays	2pm - 3pm	Brompton Library	Free
Philosophy	Thursdays	3pm - 4pm	Brompton Library	Free
1-1 Spanish Class (All levels) Starting on 23rd October	Thursdays	3pm - 4pm	Vicente Cañada Blanch Spanish School	Free
1-1 English Class (All levels) Starting on 23rd October	Thursdays	3pm - 4pm	Vicente Cañada Blanch Spanish School	Free
Lunch Club No lunch on 24th and 31st October	Fridays	12.50pm - 1.30pm	Queen's Gate School	Free
Digital Sessions No sessions on 24th and 31st October	Fridays	2pm - 3.30pm	Queen's Gate School	Free
Stretching	Fridays	2pm-3pm	CW+ Studio	Free



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AGE UK K&C FREE LUNCH CLUBS



Bay20 Community Centre - Mondays

71 St Marks Road, W10 6JG

12pm - 2pm **Doors open: 12pm**

On Mondays enjoy a nutritious hot lunch and dessert cooked for you by Age UK K&C volunteers. This is a great way to meet members of the local community and make new friends while enjoying a delicious meal together.

Please note this lunch is operated on a first come first served basis.

St Cuthbert's Centre - Wednesdays

Starting Wednesday 1st October

St Cuthbert's Centre, 51 Philbeach Gardens, SW5 9EB

Arrival: 11.45am Doors open: 12pm Lunch served: 12.30pm

Please note: When you arrive at the centre please join the queue for Age UK KC members. There are 20 places available for this lunch which will be allocated on the day on a first come first served basis. When the 20 places have been allocated, any additional members will need to join the main queue.

Queen's Gate School - Fridays

Starting Friday 12th September

133 Queen's Gate, South Kensington, SW7 5LE

Arrival: 12.50pm Lunch begins: 1pm

Every Friday during term time, get to know fellow Age UK KC members and students from Queen's Gate School over a tasty three course lunch.

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Languages Classes

1-1 Spanish Classes

Every Thursday - 3pm to 4pm

Vicente Cañada Blanch Spanish School, 317 Portobello Road, W10 5SZ

Age UK Kensington & Chelsea is thrilled to announce a fantastic new initiative as part of our Activities and Events Programme: weekly Spanish lessons!

This is a wonderful and unique opportunity to learn Spanish directly from native-speaking students at the Instituto Español Vicente Cañada Blanch— Individualized 1-to-1 tuition provided by native-speaking students, taking place in a group setting at the school.

Lessons will cover all key language skills: Conversation, Reading, Listening and Writing. Crucially, as part of the course, you will also be exploring Spanish culture and traditions to give you a deeper understanding of the language and its context.

Please note we will not have sessions on 30th October due to school half term.

Improve Your English: 1-to-1 Support for Daily Life

Every Thursday - 3pm to 4pm

Vicente Cañada Blanch Spanish School, 317 Portobello Road, W10 5SZ

Do you want to feel more confident using English for everyday tasks? Age UK KC is launching a new, supportive 1-to-1 English Class to help you improve your skill.

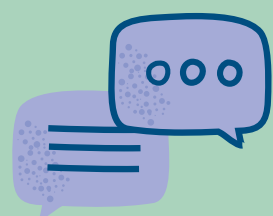
This programme is designed to connect over 55s adult with dedicated student tutors who can provide individual support tailored to your specific needs.

Our focus is on the language needed for shopping, attending appointments, using public transport, and gain the skills and confidence to communicate more effectively in your local community.

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1-1 Weekly Digital Sessions at Queen's Gate School



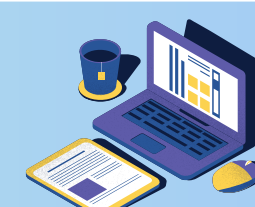
Every Friday - 2pm to 3.30pm

134 Queen's Gate, South Kensington, SW7 5LE

Join students at Queen's Gate School for weekly digital classes to help improve your phone, tablet or laptop skills. Members will be paired with a student who can provide you with 1 to 1 support on a variety of topics including Whatsapp, Instagram and other social media, online shopping, phone fundamentals, entertainment such as BBC Iplayer and Youtube, Zoom and video calling and much more!

Please note we will not have sessions on 24th and 31st October due to school half term.

Digital Clinics



Are you having difficulty using your digital device? Come along to an Age UK K&C Digital Clinic! These are the drop-in sessions where volunteers provide one-to-one assistance with your mobiles, laptops and tablets. You do not need to book for this activity, simply come down with your device, paper and a pen for taking notes. See below for key dates.

Kensington Library

Phillimore Walk,
W8 7RX

2pm - 4pm

Thursday 16th October
Thursday 20th November

Chelsea Library

(Upstairs meeting room)
King's Road, SW3 5EZ

10am - 12pm

Thursday 30th October
Thursday 27th November

North Kensington Library

108 Ladbroke Grove
W11 1PZ

2pm - 4pm

Thursday 30th October
Thursday 27th November

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Venues

Bay20 Community Centre

71 St Marks Road, W10 6JG
(Next to Maxilla Green)

Bus: 295, 316, 52, 452, 70, 7
Tube: Ladbroke Grove

Big Local

Unit 8 World's End Place, Worlds End Estate,
SW10 0HE

Bus: 11, 22, 328, C3
Tube: Earl's Court

Brompton Library

210 Old Brompton Road, SW5 0BS
(Upstairs meeting room)

Bus: 328, C1, C3
Tube: Earl's Court

Chelsea Library

Chelsea Old Town Hall, King's Rd, SW3 5EZ
(Upstairs meeting room)

Bus: 11, 22, 49, 211, 319
Tube: South Kensington or Sloane Square

Chelsea Theatre

7 World's End Place, SW10 0DR

Bus: 11, 22, 328, C3
Tube: Earl's Court or Sloane Square

CW+ Studio

2nd floor of Chelsea and Westminster Hospital
Fulham Road, SW10 9NH

Bus: 328, C3
Tube: South Kensington or Earl's Court

Kensington Library

Phillimore Walk, London, W8 7RX

Bus: 9, 27, 28, 49, 328
Tube: High Street Kensington

Mary Smith Court

17-21 Trebovir Rd, Earl's Court, SW5 9NF

Bus: 74, 328, C1, C3
Tube: Earl's Court

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Venues

North Kensington Library

108 Ladbroke Grove, W11 1PZ

Bus: 7, 23, 52, 70, 228, 295, 452

Tube: Ladbroke Grove

Queen's Gate School

134 Queen's Gate School, South Kensington,
SW7 5LE

Bus: 49, 70, 74, 345

Tube: Gloucester road or South Kensington

St Cuthbert's Centre

51 Philbeach Gardens, SW5 9EB

Bus: 74, 328, C1, C3

Tube: Earls Court

Vicente Cañada Blanch Spanish School

317 - 318 Portobello Road, W10 5SZ

Bus: 23, 23, 52, 70, 228, 295, 452

Tube: Westbourne Park or Ladbroke Grove

Westway Sports & Fitness Centre

1 Crowthorne Rd, W10 6RP

Bus: 295, 316

Tube: Latimer Road

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Walking Group



About the group:

Our walking group meets every Wednesday and are guided by our experienced volunteer, Oktay. Each week the group explore a different park or area in London. This is usually followed by a visit to a café for a well deserved hot drink or you are welcome to bring your own snacks and drinks if you prefer.

Important: To take part in this activity, you must first register with Age UK KC. Unfortunately, if you are not registered, you won't be able to join the walk.

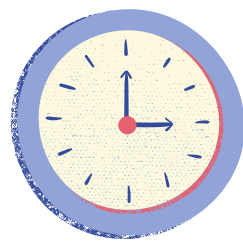
Please check the weather before you leave and wear appropriate walking shoes, water bottle, warm and/or waterproof clothing.

Inform Oktay if you have any medical conditions or concerns that might affect your ability to walk, or if you need to leave the group early.



Travel:

Please arrive at the meeting point by 10am ready for prompt start. From the meeting point the group usually travel by tube and/or by bus to reach the destination and begin the walk.



Finish time:

Please be mindful that the finish time for walks will vary depending on the destination. Walkers are welcome to leave early if needed. Please speak to Oktay who can help advise you on the best route home.



Feel the benefit:

Joining a walking group is a great way to improve your physical and mental health in a fun and sociable setting. Walking can help to reduce stress, improve your mood and increase your energy levels as well as keeping your muscles and bones healthy and improving cardiovascular fitness.

Autumn Schedule

Location	Date	Time	Meeting Point
Fulham Palace Garden and Football Stadium	Wednesday 15 th October	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance
Thames Barrier Park and Royal Albert Docks	Wednesday 22 nd October	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance

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Location	Date	Time	Meeting Point
Victoria Park	Wednesday 29 th October	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance
Chiswick House and Garden	Wednesday 5 th November	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance
Archibishop's Garden - Tibetan Peace Garden - Imperial War museum	Wednesday 12 th November	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance
Burgess Park	Wednesday 19 th November	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance
Green Park - St James Park - National Gallery	Wednesday 26 th November	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance
River Thames (Embankment to Tower of London)	Wednesday 3 rd December	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance
Battersea Park	Wednesday 10 th December	10am	Earl's Court Station (Earl's Court Road side) Inside station entrance



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Please read the information below before making your bookings:



How to book:

Booking for outings and events will open on **Thursday 16th October at 10am**. We will not accept bookings before that date.

Bookings can be made by email: event@aukc.org.uk or by phone: **020 8969 9105 ext. 3**
Please note that Kensington and Chelsea residents will have priority for all outings and events.



Waiting lists:

Spaces can be limited for certain visits and popular outings book up very quickly. If an event is fully booked it is always worth adding your name to the waiting list in case of a cancellation.
If a place becomes available we will contact you as soon as possible.



Making payments:

Please note that for events or outings that require payment, you will need to pay in advance to secure your place. Refunds will only be given if spaces can be re-sold or they are cancelled a month before the outing.



Cancellations:

If you are no longer able to attend an outing or event please let us know as soon as possible, ideally **at least 24 hours before** the event. This is crucial as we often have a waiting list, and your timely cancellation allows someone else to benefit from the opportunity. **Failure to cancel your place and not attend may result in future booking restrictions.** To cancel, please email event@aukc.org.uk or **020 8969 9105 ext. 3**

On the rare occasion we have to reschedule/cancel an event a member of the team will be in contact.



Outings and Events



Digital Clinic at Kensington Central Library



Date: Thursday 16th October
Time: 2pm - 4pm
Address: Kensington Central Library, Phillimore Walk, W8 7RX

Need help using your laptop, mobile phone, digital camera or tablet? Our Digital Clinics offer one-to-one support from skilled volunteers.

FREE - No need to book, just drop in

Age UK K&C Strategy Consultation



Date: Wednesday 29th October
Time: 2.30pm - 4.30pm
2:30-3:30: In Depth Focus Group discussion
3:30-4:30: Drop-in session

Address: Age UK Downstairs Conference Room, 1 Thorpe Close, W10 5XL

We're currently in the process of developing our organisation's strategy for the next three years and we would like to hear from you. So come join us at our offices for an afternoon tea to meet with some of our staff and discuss some of the things you'd like to see us achieve over the next few years!

FREE - No need to book, just drop in

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Digital Clinic at Chelsea Library



Date: Thursday 30th October
Time: 10am - 12pm
Address: Chelsea Library, Chelsea Old Town Hall, King's Road, SW3 5EZ

Need help using your laptop, mobile phone, digital camera or tablet? Our Digital Clinics offer one-to-one support from skilled volunteers.

FREE - No need to book, just drop in

Digital Clinic at North Kensington Library



Date: Thursday 30th October
Time: 2pm - 4pm
Address: North Kensington Library, 108 Ladbroke Grove, W11 1PZ

Need help using your laptop, mobile phone, digital camera or tablet? Our Digital Clinics offer one-to-one support from skilled volunteers.

FREE - No need to book, just drop in

Bingo



Date: Wednesday 5th November
Time: 2pm - 4pm **Game starts:** 2.30pm
Address: Mary Smith Court, 17-21 Trebovir Rd, Earl's Court, SW5 9NF

Ready for an afternoon of pure enjoyment? Join us for our lively Bingo and Afternoon Tea! This is your chance to mingle, enjoy delicious refreshments, and win fantastic prizes across 5 exciting games.

Play 5 games for £1 — Advance booking essential

Digital Clinic at Kensington Central Library



Date: Thursday 20th November
Time: 2pm - 4pm
Address: Kensington Central Library, Phillimore Walk, W8 7RX

Need help using your laptop, mobile phone, digital camera or tablet? Our Digital Clinics offer one-to-one support from skilled volunteers.

FREE - No need to book, just drop in

Earl's Court International Film Festival - Gala Evening



Date: Friday 21st November
Time: 6.30pm - 9.30pm
Address: St Cuthbert's Church, 50 Philbeach Gardens London SW5 9EB

Celebrate the grand finale of ECIFF 2025 with a glittering Gala at St Cuthbert's in Earl's Court. This special evening brings together filmmakers, festival supporters, and the local community in one of Kensington's most atmospheric venues. Enjoy an evening of film, community, and celebration.

FREE — Advance booking essential

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For residents aged 55+ in Kensington and Chelsea

Festive Bingo



Date: Wednesday 3rd December
Time: 2pm - 4pm **Game starts:** 2.30pm
Address: Mary Smith Court, 17-21 Trebovir Rd, Earl's Court, SW5 9NF

Ready for an afternoon of pure enjoyment? Join us for our lively Bingo and Afternoon Tea! This is your chance to mingle, enjoy delicious refreshments, and win fantastic prizes across 5 exciting games.

Play 5 games for £1 — Advance booking essential

Christmas Tea Dance



Date: Friday 5th December
Time: 4pm -6pm
Address: The Cardinal Vaughan Memorial School, 89 Addison Road, London W14 8BZ

tep into the festive spirit at our heart warming Intergenerational Christmas Tea Dance! Join us for an afternoon of music, delicious treats, and joyous dancing where all ages connect and share holiday cheer. It's the perfect chance to chat and make new friends across the generations.

FREE — Advance booking essential - Spaces are limited. We will give priority to those who have not attended a tea dance before.

Christmas Lunch



Date: Monday 8th December
Time: 12pm -2pm
Address: Bay20 Community Centre, 71 St Marks Road, W10 6JG

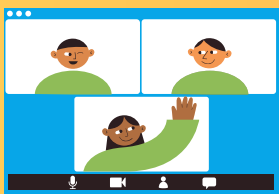
Join us to kick off the holiday season with our Christmas Lunch! Come together for a delicious, hearty, home-cooked Christmas meal, complete with all the trimmings. It's the perfect way to soak up the early holiday atmosphere, enjoy great company, and celebrate the start of December. We encourage you to wear your favourite festive outfit—whether it's a jolly jumper or a touch of seasonal sparkle!

FREE — We will be registering interest and bookings will be confirmed at the end of November. Priority will be given to North Kensington residents who did not attend last year's lunch.

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Online Activities



	Monday	Tuesday	Wednesday	Thursday	Friday
10am - 11am				Chair Exercise with Chelsea FC	Chair yoga and meditation with Marianthi
11am - 12pm				Yoga with Lois	Greece and Rome: People, Places and Society
12pm - 1pm					History of Art with Marina
1pm - 2pm					
2pm - 3pm					
3pm - 4pm	Italian Lessons Intermediate		Poetry		
4pm - 5pm	French Lessons Intermediate				



To take part in online activities you will need an email address, a reliable internet connection and a digital device that can support the Zoom application.

Links to Zoom classes are sent out the day before via email. If you would like to subscribe to our Zoom emails please contact the team.

To join a class simply click the link on the day and your device will load the meeting for you.

We are happy to support you with Zoom over the phone 020 8969 9105 ext. 3 or at one of our monthly Digital Clinics.