



OPEN STAGES - ADA COURT

Taster session for the Royal Albert Hall's Open Stages project exploring storytelling, dance, music and poetry

Friday 13th March 2.30pm - 4pm

Ada Court, 10-16 Maida Vale W9

CHILDREN AT VIVIAN COURT

Meet and get to know local primary school children and join in creative activities about life in the recent past

Wednesday 4th March 1.30 - 3pm

Wednesday 25th March 1.30 - 3pm

Vivian Court, 128-134 Maida Vale

KEW GARDENS KNITATHON

Fancy some finger knitting? Help knit the plant family tree of life and learn more about Kew's scientific work in this mass community crafting session

Wednesday 11th March 10am - 3pm

Kew Gardens, Richmond TW9 3AB

RESIDENTS CONFERENCE

Meet C&C staff and residents and have your say on the way our future services are developed - put it in the diary!

Wednesday 1st April, 10.30am - 4pm

Coin Street Neighbourhood Centre,
108 Stamford St, Lambeth, SE1 9NH

SPRING MUSIC FESTIVAL

Live music from Franz Black, All Together Singing, musician friends of Compton, free BBQ, art therapy & garden activities

Friday 3rd April 2pm - 6pm

Compton Lodge, 7 Harley Road NW3

HALL SCHOOL VISIT

Reception class children from Hall School visit Compton Lodge for a singsong and other fun activities

Thursday 19th March 1.45pm - 2.30pm

Compton Lodge, 7 Harley Road NW3

DEMENTIA FRIENDS & TEA

Dementia Friends info session with cream teas, virtual reality demo and resident guests from Cecil Court

Monday 23rd March, 2.30pm - 4pm

The Avenue Club, Kew, TW9 2AJ

CLAY WORKSHOP & LUNCH

Free clay workshop for over 60s and a tasty £1 hot lunch afterwards!

Wednesdays 11am - 1pm

Rathmore House trip to clay workshop
4th March, 10am - 2.30pm

London School of Mosaic, 181
Mansfield Road, Camden NW3 2HP

MORE INFORMATION:

C&C Arts & Events

Sofi Mogensen - 07436 589 358

Jessica Corlett - 07436 836 145

CREATIVE / MUSIC

Creative Writing

Tuesday 3rd, 10th, 17th, 24th, 31st March
Colville Court - 2.15pm - 4.15pm

Choirs

Fridays - 10.30am - 12.30pm
Ada Court (8th floor)

Thursdays - fortnightly - 1.30pm - 3.30pm
Alexandra Place

Tuesday 10th, 17th*, 24th March 1.30 - 3pm
Oldfield Estate (*Workshop with a librettist)

C&C HOUSING SCHEMES

Ada Court, 10-16 Maida Vale, W9 1TD

Alexandra Place, Southlake Crescent,
Woodley, Reading, RG5 3DW

Blackham House, 2a Raymond Road
SW19 4AT

The Chestnuts, Honeycroft Hill, UB10 9NH

Chesteron Court, 77 Eaton Rise, W5 2HJ

Colville Court, 30 Park Road, TW11 0AQ

Edna House, Norfolk Square, W2 1RY

Oldfield Estate, 52 Fitzroy Road, NW1 8UA

Philip House, Mortimer Place, NW6 5PB

Vivian Court, 128-134 Maida Vale, W9 1PZ

Rackstraw House, 40 Primrose Hill, NW3

SOCIAL

Bingo - Every Thursday

Ada Court, 3pm - 5pm

Philip House, 7pm - 8.45pm (£6)

Quiz Afternoon - Thursday 26th March

Oldfield Estate, 3.45pm - 5.45pm

Ladies Social Club - Every Wednesday

Run by the Middle Eastern Women &
Society Organisation (MEWSO)
Ada Court library, 11am - 1pm

Tea Club - Every Wednesday

Vivian Court, 3pm - 4.30pm

Afternoon Tea - Every Monday

Philip House, 2.30pm - 3.30pm

Coffee Shop - Tuesdays & Thursdays

Oldfield Estate, 10.00am - 12.30pm

Lunch Club - Mondays & Wednesdays

Oldfield Estate, 12pm - 1.30pm

SCHOOLREADERS

Got spare time? Help a child to read and make a real difference to their life.

Schoolreaders will match you to a suitable primary school in your area.

To find out more, call 01234 924111 or register via www.schoolreaders.org

ARTS & CRAFTS

Painting

Wednesday 11th & 25th March

Blackham House, 10.30am - 12.30pm

Sewing Classes

Friday 6th March 11am - 1pm

Edna House - Norfolk Square, W2 1RY

Craft Workshops

Thursday 5th March, 10.45am - 12.45pm

Alexandra Place, South Lake Crescent,
Woodley, Berkshire RG5 3DW

REMINISCENCE SESSIONS

Dementia/Reminiscence sessions

Tuesday 10th March - 1.30pm - 3.30pm

Monthly event with afternoon tea

Lord's Cricket Ground - enter via Grace Gate
on St John's Wood Road

To book, please call 020 7616 8589
or email community@mcc.org.uk

NEED MORE INFO?

Sofi Mogensen

07436 589 358

Sofi.Mogensen@ccht.org.uk

CREATIVE

Art Therapy with Hermione

Rathmore House - check dates with staff
Compton Lodge - 2pm - 4pm (Tuesdays)

Art with Christine

Mondays - 10.30am - 11.30am
Cecil Court

Art Therapy with Natsumi

Mondays & Thursdays - 10.00am - 3.30pm
Compton Lodge

Read Aloud with Nichola

Homemead - check dates with staff

Creative Mojo with Paloma

Monthly
Rathmore House - check dates with staff

Arts with Linda

Monthly
Homemead - check dates with staff

C&C CARE HOMES

Rathmore House, 31 Eton Avenue
NW3 3EL

Compton Lodge, 7 Harley Road, NW3 3BX

Cecil Court, 2/4 Priory Road, TW9 3DG

Homemead, 28 Park Road, TW11 0AQ

HEALTH

Occupational Therapy

Mondays - Thursdays
Cecil Court

Aromatherapy - All Care homes

Check this month's Aromatherapy
dates with your Care Home staff.

TEA PARTY

Tea Party and Parlour Games

Thursday 12th March
Cecil Court
2pm - 3.30pm

MUSIC THERAPY

Every other Tuesday - 2pm - 5pm
Rathmore House

Every other Thursday - 2.30pm
Homemead

Every other Tuesday - 2pm - 3.30pm
Cecil Court

Every other Wednesday - 2pm - 3pm
Compton Lodge

SOCIAL/NEW

Film Club

Thursdays - 2pm - 3.30pm
Compton Lodge

Pam's Club

Tuesdays - 11am - 12pm
Cecil Court

Men's Club

Mondays - 2pm - 3pm
Cecil Court

Church Service

Wednesday 4th & 18th March
Compton Lodge

Kew College - Nursery (term time only)

Wednesdays - 10am - 11am & 2pm - 3pm
Cecil Court

Memory Cafe Teddington

First Tuesday of every month - 1.30pm - 3pm
Homemead

The events listed here are a sample of those taking place across our care homes. For details on more activities, please speak to staff at your home.

NEED MORE INFO?

Jessica Corlett - 07568 359717 /
jessica.corlett@ccht.org.uk



FIT CLUB - HOUSING

STRIKE! Fitness

Monday 2nd, 9th March
Ada Court (8th floor) 3pm - 4pm

Wednesday - 4th, 11th, 18th, 25th March
Chesterton Court - 12pm - 1pm

Thursday 5th, 12th March
Edna House 1pm - 2pm

Table Tennis

Thursdays - 4pm - 6pm
Oldfield Estate

SWIMMING

Over 60? Buy an annual Pay & Play Membership Card for £5.50 and swim for free Monday - Friday until 12pm at any Better Centre in Camden (Swiss Cottage, Kentish Town, St Pancras). Take ID & Address proof.

WALKING CRICKET

Choice of walking cricket, bowls or adapted indoor bowls, followed by refreshments

Monday 9th March 10am - 12pm

MCC Academy, Lord's Cricket Ground, NW8 8QN. Enter via North Gate, Wellington Place. Call 020 7616 8589 to book or email community@mcc.org.uk

WELLBEING - HOUSING

Dance

Monday 9th, 16th & 23rd March
Philip House - 1.30pm - 2.30pm

Monday 9th, 16th & 23rd March
Vivian Court - 2.45pm - 3.45pm

Tuesday 3rd & 10th March
Edna House - 12pm - 1pm

Tuesday 3rd & 10th March
Ada Court - 1.30pm - 2.30pm

Wednesday 4th & 11th March
Rackstraw House - 2pm - 3pm

Zumba Gold

Wednesday 4th, 11th, 18th March
Philip House - 2pm - 2.45pm

Thursday 5th, 12th, 19th March
Oldfield Estate - 2.30pm - 3.15pm

Chair-based Yoga & Meditation

Mondays - 11am - 12pm
Oldfield Estate

Aromatherapy & Massage

3rd March 10.15am - 12.15pm Chestnuts

11th March 10.30pm - 12.30pm Colville Ct

16th March 10.30am - 12.30pm Ada Court

16th March 1.30pm - 3.30pm Oldfield

FIT CLUB - CARE

Chair Exercise

Mondays - Homemead
3pm - 4pm

Caring Yoga

Cecil Court

Fitness Games

Compton & Rathmore

G-Fitness

Thursdays - Cecil Court
2pm - 3pm

Wednesdays - Homemead
2.30pm - 3.30pm

Fridays - Compton Lodge
2pm-3pm

Dance Trials

Wednesday 4th March - Rathmore House
3.30pm - 4.30pm
with Justyna Janiszewska

Thursday 19th March - Rathmore House
3pm - 4pm
Chair-based dance trial with Daniel James

NEED MORE INFO?

Sofi Mogensen

07436 589 358

Sofi.Mogensen@ccht.org.uk