

THE LONDON FRIENDSHIP CENTRE CALENDAR

March- April 2026

Please book by 11.15 a.m. We cannot accept bookings after that time. You may, of course, ask a friend to book (and pay if that's necessary) and take responsibility for this. Where a visit needs tickets to be booked online, speak to the leader of the trip in advance if you need help. If you have booked for an event which you are unable to attend, please tell the event leader or ring 07908 269 809 and leave a message.

Please check https://www.thelondonfriendshipcentre.co.uk/future_events.html for any changes. Individuals accept full responsibility for all actions and decisions whilst participating in any TLFC activity.

<p>4 MAR Host Cheryl BENJAMIN FRANKLIN HOUSE This Grade 1 listed house just off the Strand is the only surviving home of Benjamin Franklin, where he lived for 16 years. Warning: the building has several floors and steep stairs, but no lift. Tickets are for a self-guided tour at 1330 (£8 adults, £6 concessions, £4 Art Pass) which need to be paid for by card. Maximum 15. Leader Jill. Leave MP at 1315 and walk (bus to Trafalgar Square).</p> <p>ALFIE'S ANTIQUES MARKET, NW8 Join us on a visit to this hidden treasure in the heart of London. There are 4 floors and 100 dealers offering vintage fashion and accessories, antique jewellery, works of art, furnishings, ceramics, glass, silverware and much, much more. Also, do visit the rooftop restaurant (seating indoors and outdoors) which offers yummy home-made cakes etc. A lift is available. Maximum 8. Leaders Sheila and Barbara. Leave promptly at 1300. Travel by bus plus 2 short walks.</p>	<p>Book with Jill on the day.</p> <p>Book with Sheila and Barbara on 25.2.26</p>
<p>11 MAR Host Wendy P LUNCH AT THE BOTANIST AT KEW GREEN. We will take a bus to Waterloo, train to Kew Bridge and walk along by Kew Green. Leader Dawn. Leave immediately after notices.</p> <p>ROYAL WATERCOLOUR SOCIETY, BANKSIDE GALLERY. This is one of the largest watercolour exhibitions. Artists at any stage of their careers can submit artwork. Free. Leaders Barbara & Sheila. Leave MP at 1300. Travel by tube to St Paul's then walk over Millennium Bridge to Bankside.</p>	<p>Book with Dawn on the day.</p> <p>Book with Barbara and Sheila on the day.</p>

<p>18 MAR Host Camille NATIONAL COVID MEMORIAL WALL, ALBERT EMBANKMENT We will visit the wall by catching a bus to Parliament Square, and taking a short walk to Westminster Bridge, to walk along the Embankment near St. Thomas's Hospital. The Memorial Wall goes all the way to Lambeth Bridge. Free Leader Dawn. Leave MP at 1230.</p> <p>MALL GALLERIES Today we will visit the Colour Pencil Society Silver Exhibition. The society has grown over the years helping many artists on their creative path. The aim is to show the public that colour pencils can be a wonderful medium. Free. Leaders Barbara and Sheila. Leave MP at 1300. Travel by bus and short walk.</p>	<p>Book on the day with Dawn.</p> <p>Book with Barbara and Sheila on the day.</p>
<p>25 MAR Host Joyce CALENDAR ISSUE MUSEUM OF THE COLLEGE OF OPTOMETRISTS The two subterranean spaces offer an intimate encounter with a cross-section of the extensive historic collection of artefacts relating to optometry, the eye and visual health, antique spectacles and other vision aids, including sunglasses, monocles, spyglasses, opera glasses, telescopes, microscopes and cameras. The museum curator will provide a short, free-of-charge tour and access to three of the four historic meeting rooms for a discounted price of £5, payable on the day. Visit approximately 1.5 hours. Leader Jill. Leave MP at 1300 and travel by bus, or walk.</p> <p>AD HOC – Listen for announcements nearer the time.</p>	<p>Book with Jill by 18th March</p>
<p>1 APR Host Lynda J LUNCH AND WALK AT HAMPTON COURT We will take a train to Hampton Court, eat in the village and either go for a short walk along the river or a slightly longer walk into Bushy Park. Leader Dawn. Leave after notices.</p> <p>2 TEMPLE PLACE – THE WEIGHT OF BEING: VULNERABILITY, RESILIENCE AND MENTAL HEALTH IN ART. This exhibition explores artistic expression and mental health. It aims to spark meaningful conversations about resilience, identity, emotional well-being and the strength found in shared experiences, fostering hope and deepening understanding. Free. Leaders Sheila and Barbara. Leave MP at 1245 and travel by bus.</p>	<p>Book with Dawn on the day.</p> <p>Book with Sheila and Barbara on the day.</p>

<p>8 APR Host Sue D HAMPSTEAD WALK This is the free guided tour which Wendy offered last August, but which was postponed. Hampstead is one of the prettiest (and wealthiest) historic villages of London. It has associations with many famous people e.g. John Keats, Judi Dench, R.L. Stevenson, Handel, John Constable, Peter Cook, 'Bridget Jones' and others, some of whom have commemorative blue plaques. If there's time, we may visit the charming Church of St John-at-Hampstead and see some of its interesting graves. Although not the flattest area in London, we will not be climbing any steep hills. Wendy has kept the register from last August. Leader Wendy. Leave at 1250 and take the Northern line from Tottenham Court Road to Hampstead (the deepest in the network).</p> <p>WEMBLEY HINDU TEMPLE This large and amazing temple is a fascinating place to visit, even if you are not a Hindu. Opened in 2010 with 11 inner temples and 29 smaller sanctums and is open daily for prayers. It is customary to remove shoes, and we are asked to abide by the code of conduct: no photos inside, phones switched off and no eating or drinking. Bags will be left with security before entering. Free. Leader Jill. Leave at 1300 and travel from Tottenham Court Road station on Central Line to Hanger Lane, and then a short bus ride.</p>	<p>Book with Wendy on the day.</p> <p>Book with Jill on the day.</p>
<p>15 APR Host Sue P DERWENT ART PRIZE AT OXO TOWER This is the annual Derwent award for excellence in contemporary pencil art. Free. Leaders Barbara and Sheila. Leave MP at 1300. Travel by tube to Waterloo and then a walk to the gallery.</p> <p>HORIZON 22 Located on the 58th floor of 22 Bishopsgate, the viewing platform offers 300-degree views of London, showcasing its most iconic landmarks. It only takes 41 seconds for one of the two high-speed lifts to take you to the viewing platform - travelling at up to eight metres per second. Maximum 14. Free. Leader Roland Time leaving MP to be confirmed nearer the time.</p>	<p>Book with Barbara and Sheila on the day.</p> <p>Book with Roland by date announced nearer the time.</p>

<p>22 APR Host Sue C HILLIER GARDEN CENTRE, SYON PARK, TW8 We will travel to Syon Park for lunch in the Courtyard Restaurant with terrace (hot food, soup, sandwiches) or you may prefer the Clocktower cafe for tea/coffee and cake. There is a very large garden centre with a superb range of garden plants, shrubs and houseplants etc. Also, do view the shop, it's well worth a visit. At the time of writing, Syon House and Garden are closed on Wednesdays. Leaders Sheila and Barbara. Leave MP promptly after notices and travel by tube, bus and a short walk.</p> <p>AD HOC – Listen for announcements nearer the time.</p>	<p>Book with Sheila and Barbara on 8 or 15 April.</p>
<p>29 APR Host Ena LUNCH AT CHUTNEYS For all vegetarians and lovers of Indian food, we are returning here for the excellent buffet lunch today. The restaurant is unlicensed but offers an excellent range of soft drinks, teas and coffee. The management are happy for customers to take in alcoholic drinks and will supply glasses. The restaurant opens at noon. Price around £18-19 with a soft drink (possibly less). Can pay by cash or card. Leader Sandra Church. Leave MP at 1130 and travel by bus.</p> <p>HUNTERIAN MUSEUM This museum is based at the Lincoln's Inn Fields site of the Royal College of Surgeons. It contains over 2000 items related to anatomy and surgery, and instruments from ancient times to robot assisted surgery. Free to enter and there is a free curator's highlights tour at 1415 (maximum 12 places) allocated on first come, first served. Leader Not yet decided. Leave MP at 1300 and travel by bus or tube</p>	<p>Book with Sandra on the day.</p> <p>Book with the leader on the day.</p>
<p>Social Working Group Barbara Askew, Jill Gregson, Sheila MacLeod, Dawn Zeffertt Other trip leaders Sandra Church, Moss Mustafa, Sue Dickinson, Olive Mercer, Catherine Porras-Anzola, Roland Wilding.</p>	