



Newsletter: December 2021 Activities

DATE & TIME	ACTIVITY	INFO
Every Tuesday 10:30 - 12:30	Portoken Community Group We have a few sessions left for this group before we break up for the holiday season. Come along to experience a card-making workshop, chair yoga with Rashidah, and a little Christmas party where we will plant hyacinth bulbs to bring in the New Year!	Please sign-up by contacting Ruby: ruby@cityconnections.org.uk or 07514 270 670.
Every Wednesday 10:00 - 11:00	Playlist for Life Join Richard from our Age UK team for a weekly Playlist for Life session. Connect with others through music.	Zoom details: Meeting ID: 883 6388 2894 Password: 305686
Every Wednesday 14:00 - 15:00	The Reader Join Diane to share poems and stories. Choose to join in with discussions or simply enjoy listening with a cup of tea. Our last session for the year will be the 22 nd December and Diane will be back from the 12 th January.	Zoom details: Meeting ID: 827 0663 4993 Passcode: 239390
2nd December 11:00 - 11:30	Guided Meditation Join Amisha from Inner Space for a relaxing 30 minutes of guided meditation.	Zoom details: Meeting ID: 873 1397 4282 Passcode: 113883
2nd December 15:00 - 16:30	Emergency Planning for Carers If you care for someone who lives in the City and you feel it would be helpful to have a simple emergency plan in place, then join us for this online session.	Contact kevin@cityconnections.org.uk 0743 273 6495 for a copy of the plan ahead of this session. Zoom details: Meeting ID: 871 2417 6326 Passcode: 963974
9th December 11:00 - 12:30	Walk and Talk Come along for a gentle Riverside Stroll with archeologist Will Rathouse (Thames Discovery Programme, hosted by the Museum of London Archeology) along the South Bank from the Stairs by the Globe Theatre to Gabriel's Wharf, just past the Oxo Tower. We have chosen a safe and gentle path for the wintery walk!	Please sign-up by contacting Ruby: ruby@cityconnections.org.uk or 07514 270 670.



DATE & TIME	ACTIVITY	INFO
13th December 11:00 - 12:00	Carers Coffee Call Hoping to catch up with our Carer clients for one last Zoom before the festive holiday season. Share any useful information you might have on caring responsibilities during this period.	Zoom details: Meeting ID: 825 2670 7188 Passcode: 036188
15th December 10:30 - 12:30	Barbican Coffee Morning Meet us in the Fountain Room for our last coffee morning of the year and a festive activity organised by the lovely Amelia!	
16th December 14:45 - 16:30	Christmas Carols with RenaissanceRe We are looking forward to a festive singalong with RenaissanceRe in person this year. Please let us know if you are planning to come along - there are still spaces left to join!	Please sign-up by contacting Ruby: ruby@cityconnections.org.uk or 07514 270 670.
21st December 10:30 - 11:30	Virtual Walking Tour Transport yourself to Fira, Santorini to warm up for our last walking tour of 2021	Meeting ID: 892 4210 5368 Passcode: 381101 Every third Tuesday of the month.

How to join the online activities:

You can join by video call using Zoom on your smartphone, tablet or computer. Go to the website www.zoom.us

Click on 'Join Meeting' at the top of the web page. Enter the Meeting ID followed by the passcode.



The Reader

The Reader is a national charity that bring thousands of people together each week to share and discuss poems, plays and short stories. There are no wrong ideas or perspectives, and by reading aloud, new insights are always uncovered.

Diane, a volunteer from the Reader, hosts a regular City Connections group by Zoom **every Wednesday from 2-3pm**.

So far, the group has read a short story with a twist, an extract from a Charlotte Brontë novel, and poems by English Romantics from the 19th century, 20th century American writers, and contemporary poets commenting on modern life. New faces are always welcome – no preparation is ever needed, and you can be as involved in the discussion as you want to be. It's all just for fun. If you'd like to try the group next week, please make yourself a cup of tea and **log into Zoom** at 2pm!



London Wall West Site - Public Consultation

London Wall West (150 London Wall – the current home of the Museum of London – and Bastion House) is seeking public input on the future of the site:

'We will shortly be launching the next phase of consultation, offering a chance to view and comment on our early vision as we continue to develop plans for the site. We will be hosting two public consultation events at Level 2, Barbican Centre, EC2Y 8DS, where you can see the proposals and speak to members of the project team. Please enter the Barbican Centre via its Silk Street entrance where staff and signage will direct you to the exhibition itself.

These events will be held on Saturday 4th December 10:30 – 14:00 and Wednesday 8th December 16:00 – 20:00. Please do join us and give us your views.

We will also be launching a new website - www.londonwallwest.co.uk - which will go live with details of the plans on Saturday 4 December. You will also be able to provide your feedback there.'

City Carers Community

City Carers Community Share and Learn - Extra Sessions

**Monday 6th, 20th, 27th December & 3rd January 11am or 8pm (45 minutes)
via Zoom or Telephone**

Virtual Drop in, listen, ask questions and feel free to share your unpaid caring knowledge, if you would like to. Are you helping to look after a family member, friend or neighbour? Open to anyone, of any age, looking after someone in the City of London. Run voluntarily by City residents going through the same as you. You're not alone.

For the zoom link or telephone number to call in email: CityCarersCommunity@gmail.com

Quiz in a box

Thursday 30th December 4pm (1 hour)

Zoom or Telephone

Do quizzes leave you feeling a card short of a deck? Do you roll your eyes at the thought? Or do you relish the chance? Whichever way Everyone is welcome. It can be just you on zoom or in a household. No experience or quiz prowess needed. This is just for laughter and fun. Run voluntarily by City residents.

To join in email: CityCarersCommunity@gmail.com

