

Carers Week Schedule 2022: City Connections and City Carers Community Events

DATE & TIME	ACTIVITY	INFO
Monday 6th June 11.00 - 11.45 am	Share and Learn - City Carers Community (Hosted by Residents) A meeting as usual to connect with Carers in your local area, and to kick off Carers Week together! We are hoping to have a guest speaker for this session.	Join Zoom Meeting https://us02web.zoom.us/j/87282862570?pwd=azdlamh4MkNoY0pTT1hjUWJmTGlpUT09 Meeting ID: 872 8286 2570 Passcode: chat
Monday 6th June 8.00 - 8.45 pm	“Help! I need some info, not just any info.” - City Carers Community (Hosted by Residents) Helping family, a friend or neighbour in the City? Curious what support there is in the Square Mile? Who do you ask? No question is too big or too small!	Join Zoom Meeting https://us02web.zoom.us/j/85918386904?pwd=UjdudcnNXaEhzaUhsQ255NnR0NWFMQT09 Meeting ID: 859 1838 6904 Passcode: qanda
Tuesday 7th June 11.00 - 11.30 am	Carers Guided Meditation - City Connections / InnerSpace Amisha is running a special 30-minute meditation on the theme of being visible, valued and supported, just for Carers! A handy half hour slot for the busy week of activities, a chance to relax and reset.	Join Zoom Meeting https://us02web.zoom.us/j/81299326965?pwd=QkFCV1p3MWIZMU5wVFBLb0wxbmR6dz09 Meeting ID: 812 9932 6965 Passcode: 069785
Wednesday 8th June 2.00 - 4.00 pm	Reach Out! Carers Training - City Connections / Not a Care in the World <i>What can we do to better support ourselves to reach out? Who can help you with your caring role? Why is it important to reach out and ask for help?</i> By the end of the 2-hour session, carers will have explored who all the professionals are and could be in their life and created an action plan for actively engaging professionals to share the caring load.	Join Zoom Meeting https://us02web.zoom.us/j/82706634993?pwd=R21KTC9pSmMxT1k3SFpuS1ZyUHZhQT09 Meeting ID: 827 0663 4993 Passcode: 239390

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Thursday 9th June 11.00 - 12.30 pm	June Carers Forum 2022 - City Connections Open to all City Carers. A chance to feed back to the City of London Corporation on matters related to caring for someone. A special edition with a Carers Week twist, focusing on making carers visible, valued and supported. We will be joined by <i>Zoe Dhami, CoL Carers Strategy Lead</i> , and <i>Damian McCann</i> from the <i>City Wellbeing Centre</i> .	Join Zoom Meeting https://us02web.zoom.us/j/81648597759? Meeting ID: 816 4859 7759 Passcode: 751665
Friday 10th June 11.00 - 13:00	Tower Bridge Carers Trip - City Connections Come and join us on our exciting trip to Tower Bridge. Meet and socialize with new and old friends from the area. We will be heading to the Songhaven Concert after the trip!	Spaces for eight Carers or former Carers – contact Ruby to sign up: Ruby@cityconnections.org.uk Or call on: 07432 736 495

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Sunday 12 th June 6.00 - 7.10 pm	Annual City Carers Week Quiz - City Carers Community (Hosted by Residents) Unlike any quiz you may have done before and a chance to win some great prizes! Any score may win a prize. Bigger prizes if you can join in. Or a lucky dip for smaller prizes if unable to join. Open to City Carers and families only.	Zoom. Email CityCarersCommunity@gmail.com To join the quiz or lucky dip
Sunday 12 th June 20.00 - 20.45	"Help! I need some info, not just any info." - City Carers Community (Hosted by Residents) Helping family, a friend or neighbour in the City? Curious what support there is in the Square Mile? Who do you ask? No question is too big or too small!	Join Zoom Meeting https://us02web.zoom.us/j/85918386904?pwd=UjducnNXaEhzaUhsQ255NnR0NWFQM09 Meeting ID: 859 1838 6904 Passcode: qanda

Other Local and National Carers Week Activities (open to City Carers)

DATE & TIME	ACTIVITY	INFO
Monday 6 th June 10.00 - 15.00	Carers Centre Tower Hamlets - Pamper Day and Garden Party! Carers Centre Tower Hamlets have kindly invited City Carers to join their Carers Pamper Day and connect with Carers in a nearby borough! Carers will be able to access a free 30-minute massage (on a first come, first serve basis), delicious strawberries & cream, and a possible Covid vaccination van outside.	Carers Centre Tower Hamlets 21 Brayford Square, Stepney, London, E1 0SG Contact THCC if needed: 020 7790 1765
6 th – 12 th June	Life Coaching for Carers - Fiona Gillies Caring for yourself is essential to caring for others. Find ways to best look after yourself to give the best care	Book now for the one hour workshop at various times during Carers Week, 6-12th June or contact me at coach-ing@fionagillies.co.uk for an individual conversation https://www.fionagillies.co.uk/way-workshop

Other Local and National Carers Week Activities (*open to City Carers*)

DATE & TIME	ACTIVITY	INFO
Wednesday 8 th June 17.30 - 18.30	Share and Learn: Meet Carer and author Matthew McKenzie FRSA - Carers UK Come join us for a conversation with carer and author Matthew Mckenzie FRSA, who will be sharing his insights about minority ethnic carers, mental health, and reading poems from his upcoming poetry book about his caring experiences. Everyone is welcome and we particularly encourage carers from minority ethnic groups to join the session.	Register here: https://us02web.zoom.us/meeting/register/tZUpCu6sqzqgH9HD9kQluJl6wSZUxkrEX5tN
Thursday 9 th June 16.00 - 17.00 pm	Share and Learn: Beginners Latin Dance Session - Carers UK Join our Salsa and Bachata session, delivered by Mauricio Reyes from Latin Motion, who will be introducing Latin American dance footwork and body movement. The session will give beginners a solid base of the most used steps and turns and help uplift both your mental and physical wellbeing, along with providing some much-needed social interaction with live teaching, questions and feedback.	Register here: https://us02web.zoom.us/meeting/register/tZMkdO6hqz4tE9yHU9L-PQaXHgtRE_8RbWkb
Friday 10 th June 13.15 pm	Carers Week Dementia-Friendly Music Concert - Songhaven The event will consist of a 45 min professional music concert with songs from stage & screen (and plenty of singalongs) followed by a social tea. Working for Carers is a London-wide project that supports unpaid carers, aged 25 or over, to move closer to employment. The project is led by Carers Trust and delivered by its network of partners across London. Working for Carers is funded by the European Social Fund and The National Lottery Community Fund. This online workshop will focus on making Carers more visible by helping to use LinkedIn to find work.	FREE - all welcome We do just ask that attendees book in advance via phone: 0207 236 1145 or through our Eventbrite online booking page HERE Holy Sepulchre London, The National Musicians Church, Holborn Viaduct, EC1A 2DQ

How to join City Connections 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 password.

For further information on any of the activities listed, please contact us on the email or phone number below.



6-12 June 2022

**Make caring
Visible, Valued
and Supported**

carersweek.org



Contact Information

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www.cityconnections.org.uk