

## Newsletter: April 2021 Activities

DATE & TIME	ACTIVITY	INFO
<p><b>12th April</b></p> <p><b>11:00 - 12:00</b></p> <p>Every second and fourth Monday of the month.</p>	<p><b>Carers Coffee Call</b></p> <p>Join fellow carers for a catch up.</p>	<p><b>Meeting ID: 825 2670 7188</b></p> <p><b>Passcode: 036188</b></p>
<p><b>13th April</b></p> <p><b>11:00 - 12:00</b></p> <p>Every second Tuesday of the month</p>	<p><b>Playlist for Life.</b></p> <p>Connect through music during isolation. Bring a song or two in mind on the theme of 'Songs with happy memories'.</p>	<p><b>Meeting ID: 849 3679 8540</b></p> <p><b>Password: 581214</b></p>
<p><b>20th April</b></p> <p><b>11:00 - 12:00</b></p> <p>Every third Tuesday of the month</p>	<p><b>Virtual Walking Tour</b></p> <p>Explore the sights and sounds of Lisbon by foot, but virtually!</p>	<p><b>Meeting ID: 892 4210 5368</b></p> <p><b>Password: 381101</b></p>
<p><b>26th April</b></p> <p><b>11:00 - 12:00</b></p> <p>Every second and fourth Monday of the month.</p>	<p><b>Carers' Coffee Call</b></p> <p>Do you have any questions about <b>Carers Assessments?</b></p> <p>On today's call Adult Social Care will provide information on the Carers Assessment process,.</p>	<p><b>Meeting ID: 828 3647 6815</b></p> <p><b>Passcode: 030924</b></p>
<p><b>29th April</b></p> <p><b>11:00 - 11:30</b></p> <p>The last Thursday of every month.</p>	<p><b>Guided Meditation with InnerSpace</b></p> <p>20 minutes of guided meditation to relax, refresh and recharge.</p>	<p><b>Meeting ID: 833 0574 9358</b></p> <p><b>Passcode: 563127</b></p>

### How to join the activities:

You can join by video call using Zoom on your smartphone, tablet or computer. Go to the website [www.zoom.us](http://www.zoom.us) Click on 'Join Meeting' at the top of the web page. Enter the Meeting ID followed by the password.

## Empower You Too Project (Bromley-By-Bow Centre)

**Become an Energy Champion** and help people in your community to be more energy efficient at home! If you are interested in joining **Empower You Too** for a free 6-week accredited course on energy awareness, the chance to build valuable career skills and interact with likeminded people, then contact Ruby on the details below for more information.

[ruby.farrell@ageukeastlondon.org.uk](mailto:ruby.farrell@ageukeastlondon.org.uk)

Landline: 020 3957 9847

Mobile: 07514 670270

## Public Health Updates

**Book your COVID-19 vaccination appointment online if you are:**

- Aged 50+
- Are a carer for an at risk person
- Are a frontline health or care worker
- Have a condition that puts you at higher risk
- Have a learning disability

You can book online at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

**Or alternatively call 119**

### Vaccinations at Barts Hospital

Barts is happy to hear from anyone (any age or priority group) who has had their first vaccination with them to book in their second dose.

Please email [bartshealth.vaccinationssbh@nhs.net](mailto:bartshealth.vaccinationssbh@nhs.net) and let them know that you wish to book in your second vaccination. They would appreciate if you could provide the following information:

Full name, contact number, date of birth, email address, date of your first vaccine, the date 11 weeks from your first vaccine, preferred day of vaccination (Tuesday, Wednesday or Thursday), preferred time (morning or afternoon).

## Contact Information

[kevin@cityconnections.org.uk](mailto:kevin@cityconnections.org.uk) 0203 957 9844

[www.cityconnections.org.uk](http://www.cityconnections.org.uk)

