

Newsletter: January 2022 Activities

DATE & TIME	ACTIVITY	INFO
<p>Every Wednesday</p> <p>10:30 - 12:30</p>	<p>Portsocken Community Group</p> <p>A social group for residents in the East of the City with lots of fun activities promoting health and wellbeing. We will now meet at the new Portsocken Community Centre on Wednesday mornings.</p>	<p>Contact</p> <p>Ruby@CityConnections if you're planning on coming. 07514 670270</p>
<p>Every Wednesday</p> <p>10:00 - 11:00</p>	<p>Playlist for Life</p> <p>Join Richard for a weekly Playlist for Life session.</p>	<p>Meeting ID: 883 6388 2894</p> <p>Password: 305686</p>
<p>Every Wednesday</p> <p>14:00 - 15:00</p>	<p>The Reader</p> <p>Resuming on the 12th January: Join Diane to share poems and stories. Choose to join in with discussions or simply enjoy listening with a cup of tea.</p>	<p>Meeting ID: 827 0663 4993</p> <p>Passcode: 239390</p>
<p>10th January</p> <p>10:00 - 11:00</p> <p>Every second and fourth Monday of the month.</p>	<p>Carers Coffee Call</p> <p>Join fellow carers for a catch up.</p>	<p>Meeting ID: 825 2670 7188</p> <p>Passcode: 036188</p>
<p>13th January</p> <p>11:00 - 12:30</p>	<p>City Connections Carers Forum</p> <p>A quarterly forum to discuss issues that affect carers in the City. The agenda will be sent to all carers ahead of the meeting. Carers Forums for this year will be on 18th March, 9th June, 8th September and 8th December.</p>	<p>Meeting ID: 841 4636 5718</p> <p>Passcode: 438046</p>

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13th January 14:00 - 15:30	Walk and Talk Meet fellow neighbours outside the Shakespeare Pub on Golden Lane for a healthy walk to Lincoln's Inn Fields nearby with Ruby.	Contact Ruby@CityConnections if you're planning on coming. 07514 670270
17th January 16:00 - 17:00	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.	Meeting ID: 854 6421 9264 Passcode: 071990
18th January 10:30 - 11:30 Every third Tuesday of the month.	Virtual Walking Tour Enjoy a walk around Ragusa, Sicily, but virtually!	Meeting ID: 892 4210 5368 Passcode: 381101
24th January 11:00 - 12:00 Every second and fourth Monday of the month.	Carers Coffee Call Join the National Bereavement Service on our call to understand what probate is, how it works and what happens when there is no Will. When is it safe to carry out probate yourself and when should you definitely use a professional to stay on the right side of the law?	Meeting ID: 828 3647 6815 Passcode: 030924
27th January 10:30 - 12:00	Golden Lane Coffee Morning Memory Boxes with Natalie from the Barbican Library team.	Contact Ruby@CityConnections.org.uk 07514 670270
<p align="center">Our Barbican Coffee Morning and activities will be returning from February 2022.</p> <p align="center">To unsubscribe from this newsletter please email info@cityconnections.org.uk</p>		

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.

City Connections Memory Group

The Memory Group is for people who like to keep their mind and memory sharp. Attendees meet weekly, engaging in creative activities and entertainment which all aim to bring back memories and a sense of wellbeing. Meetings are held on **Tuesdays** between **2pm and 4pm** at **Golden Lane Community Centre**. We would love to see you there!

Contact Madhumita for more information or to join the Memory Group on 07815 688 355 or forgetmenotproject17@gmail.com

City Carers Community

**City Carers Community Share and Learn sessions via Zoom or Telephone
Monday 17th & 31st January 11am / 8pm (45 minutes)**

Virtual drop in, listen, ask questions and feel free to share your unpaid caring knowledge. 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.

For the zoom link or telephone number, email: CityCarersCommunity@gmail.com

