

Newsletter: February 2022 Activities

DATE & TIME	ACTIVITY	INFO
<p>Every Wednesday</p> <p>10:30 - 12:30</p>	<p>Portsoken Community Group</p> <p>A social group for residents in the East of the City with lots of fun activities promoting health and well-being. Every Wednesday at the new Portsoken Community Centre (Little Somerset Street).</p>	<p>Contact</p> <p>Ruby@cityconnections.org.uk if you would like to attend.</p> <p>07514 670 270</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>Join Diane to share poems and stories. Choose to join in with discussions or simply enjoy listening with a cup of tea.</p> <p>Please note: There will be no session on the 22nd February as Diane will be joining us at the Memory Group instead! We are planning to move The Reader to an in-person session from March.</p>	<p>Meeting ID: 827 0663 4993</p> <p>Passcode: 239390</p>
<p>3rd February</p> <p>11:00 - 11:30</p> <p>Every first Thursday of each month.</p>	<p>Guided Meditation</p> <p>Meditate to relax your mind, refresh your focus and recharge your energy with tutor, Amisha Bhavsar, from Innerspace.</p>	<p>Meeting ID: 873 1397 4282</p> <p>Passcode: 113883</p>
<p>14th February</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>

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<p>15th February</p> <p>10:30 - 11:30</p> <p>Every third Tuesday of the month.</p>	<p>Virtual Walking Tour</p> <p>Enjoy a walk around Puerto del Carmen, Lanzarote, but virtually!</p>	<p>Meeting ID: 892 4210 5368</p> <p>Passcode: 381101</p>
<p>17th February</p> <p>10:30 - 12:30</p> <p>Every third Thursday of the month.</p>	<p>Barbican Coffee Morning</p> <p>We are looking forward to being back at the Barbican this month. The Communities in Residence programme have kindly arranged for us to have a private screening for Vivaldi's Four Seasons with the Academy of Ancient Music, in the Fountain Room. Hope to see you there!</p>	<p>Contact</p> <p>Ruby@cityconnections.org.uk if you would like to attend.</p> <p>07514 670 270</p>
<p>28th February</p> <p>11:00 - 12:00</p> <p>Every second and fourth Monday of the month.</p>	<p>Carers Coffee Call</p> <p>Jag Shah from Carter Bells law firm in Kingston-upon-Thames has kindly agreed to join our call to talk about Wills. He will cover wills applying to both Carers and Parent Carers with a short PowerPoint presentation, and leave lots of time for Q&A.</p>	<p>Meeting ID: 828 3647 6815</p> <p>Passcode: 030924</p>
<p>Our Golden Lane Coffee Morning will not be running for the time being, although we do have a special workshop booked with the Guildhall for 28th April, 10.30-12.15 at the Golden Lane Community Centre—save the date!</p> <p>Our February Walk and Talk trip to the Museum of London has unfortunately been postponed due to a staffing change. We will let you know as soon as this has been rescheduled.</p> <p>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 7th & 21st February 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

Violence Against Women and Girls (VAWG) Focus Group

Ayesha Fordham is running a VAWG Focus Group aimed at City residents asking for your input/views on the City of London's response to violence against women and girls. Ayesha plans to share the VAWG priorities in the strategy and ask for suggestions as to what the partnership should be doing in these areas. Ayesha is currently reviewing the action plan for the next 2 years so would really value your input. Refreshments will be provided!

17th February, 2-4pm at Golden Lane Community Centre. Anyone over 18 is welcome.

Email Ayesha.Fordham@cityoflondon.gov.uk or call/text 07944634946 to confirm

