

City Connections Newsletter July 2022

Welcome

Welcome to the July edition of the City Connections newsletter. In this edition we will inform you of our: **June highlights, July 2022 activities, updates and notices, services in the City of London and how to get in contact.**

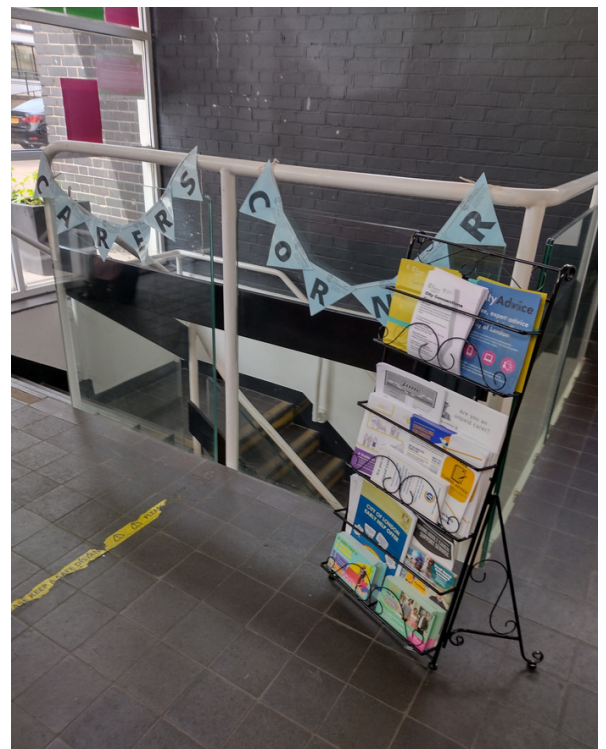
June highlights

We had a fantastic month of June, jam packed with lots of events and activities including a live Songhaven concert for carers week, our Barbican Conservatory trip, and new embroidery sessions at the Portsoken Group! Here is our highlight of the month:

Golden Lane Carers Corner

Come and check out our Carers Corner at Golden Lane Community Centre. It is packed full of information on the help and services carers can access in The Square Mile.

For more information on how we can help carers please contact **Ruby Farrell**: ruby@cityconnections.org.uk



Need a Helping Hand?

Smart Meter for Smart Britain

We're working on a Smart Energy Project to promote understanding of smart meters of those over 65. If you are interested in learning more about the project **contact:** gow@cityconnections.org.uk

City Wellbeing Centre Counselling

The City Wellbeing Centre is a counselling and psychotherapy centre for workers and residents in the City of London and neighbouring boroughs. If your household income is less than 30,000 you can get low/no fee counselling.

Contact:
info@tavistockrelationships.org for more info!

City Homecare

City Homecare is a care agency providing support to clients in their own home environment on a one-to-one basis. They provide care services to both the private and public sectors.

Get in touch: 020 8589 9569

EMERGENCY CONTACTS

City and Hackney Adult Social Care:

020 8356 2300

Victim Support:

0808 689 111

or

<https://www.victimsupport.org.uk/>

Samaritans:

116 123



Linking people to health
and wellbeing services in
the Square Mile.



July 2022 Activities

Date & Time	Activity	Info
Every Wednesday 10:30-12:30	Portsoken Community Group A social group for residents in the East of the City with lots of fun activities promoting health and wellbeing.	Contact: Ruby@cityconnections.org.uk Location Portsoken Community Centre
Every Wednesday 10:00-11:00	Playlist for Life (Caxton Online) Join Richard for a weekly Playlist for Life session.	Meeting ID: 358 338 1373
Every Thursday 14:00-16:00	Thursday Club Join our new Thursday club for poetry, quizzes and insightful conversations, always over a cuppa tea!	Contact: Ruby@cityconnections.org.uk Location: Golden Lane Community Centre
Thursday 7th July 11:00-11:45	Guided Meditation Meditate and relax your mind, refresh your focus and recharge your energy with tutor Amisha Bhavsar from Innerspace.	Meeting ID: 972 9045 7924
11th & 25th July 11:00-12:00 Every second and fourth Monday of the month	Carers Coffee Group Join fellow carers for a catch-up, sharing thoughts and ideas around Caring. On the 11th, we will be joined by Portia from Tempo Time Credits to learn more about what time credits are and how they can be used!	11th July Meeting ID: 927 8570 1642 25th July IN PERSON! Sir Ralph Perring Centre
Tuesday 12th July 10:30-11:30	Virtual Walking Tour Enjoy a walk around Beirut Lebanon but Virtually. The Walk features historical landmarks such as The Grand Serail and Martyrs Square.	Meeting ID: 965 5999 7995
Thursday 14th July 11:00-12:00	Walk and Talk Join our Walk and Talk where we will be joined by Friends of City Gardens.	Contact: Ruby@cityconnections.org.uk



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UPDATES & NOTICES



Stay Tuned In!

Stay Tuned on all other City Connections updates and updates for events. It is a great way to stay up to date with everything. Our latest news includes information on **Dementia Volunteer Training** with Namaste Care:

cityconnections.org.uk/services/news/

The 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. Meetings are held on **Tuesdays** between **2pm and 4pm** at **Golden Lane Community Centre**. Contact **Madhumita** for more information or to join the Memory group on forgetmenotproject17@gmail.com

City Carers Community

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

Important Contacts!

Here are a couple important contacts in case you want to get in touch with us:

Ruby Farrell (Wellbeing Coordinator)

Phone: **074 3273 6495** Email: ruby@cityconnections.org.uk

Gow Nimalan (Community Engagement Officer)

Phone: **075 1467 0270** Email: gow@cityconnections.org.uk