

June 2022 Newsletter

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 07432 736495 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: 883 6388 2894 Password: 305686
2nd June 11:00 - 11:30 Every first Thursday of each month.	Guided Meditation Bank Holiday special! Meditate to relax your mind, refresh your focus and recharge your energy with tutor, Amisha Bhavsar, from Innerspace.	Meeting ID: 873 1397 4282 Passcode: 113883
13th & 27th June 11:00 - 12:00 Every second and fourth Monday of the month.	Carers Coffee Call Join fellow Carers for a catch-up, sharing thoughts and ideas around Caring. On the 13th, we will be joined by Hannah from Golden Lane's Fusion Gym to hear more about what is available for carers.	13th June Meeting ID: 825 2670 7188 Passcode: 036188 27th June Meeting ID: 828 3647 6815 Passcode: 030924
15th June 10:30 - 11:30 Every third Tuesday of the month.	Virtual Walking Tour Enjoy a walk around Parikia, Greece but virtually! This walk features the inside of some of the beautiful churches of Parikia.	Meeting ID: 892 4210 5368 Passcode: 381101
16th June 10:30 - 12:30 Every third Thursday of the month.	Barbican Coffee Morning New faces always welcome if you live or work in the City! Meet at the Cinema 2/3 Foyer (across the road).	Contact Ruby@cityconnections.org.uk 07432 736495
17th June 10.30-12.00	Carers Meeting with Ian Jarman A joint meeting with Healthwatch CoL and the City OPRG on the Homecare Tender.	Zoom details to come soon!

To unsubscribe from this newsletter please email info@cityconnections.org.uk

You can join online activities by video call using Zoom on your smartphone, tablet or computer.

If you need a hand getting online, please contact Ruby on 07432 736495.

A Warm Welcome!

Just a little note to give a big welcome to our newest team member, **Gow Nimalan**, our new Community Engagement Officer! Gow will be meeting lots of you soon at our activities and will be in charge of our exciting activities schedules each month. She will also be training as a Reader Leader to bring back our weekly Reader Group very soon. In case you'd like to get in touch with Gow, here are her contact details:

Email: gow@cityconnections.org.uk or **Phone:** 07514 670 270

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 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

City Connections Volunteering Opportunities

We are always on the lookout for new volunteers! Roles include **City Friend**, **City Activities** and **Community Engagement** volunteers. These are some great opportunities to meet new people, learn new skills and support the work we do in the community. Check out the website for more information: cityconnections.org.uk/volunteer-with-us/

City Carers Community

City Carers Community Share and Learn sessions via Zoom or Telephone

Monday 6th and 20th 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

Other Updates

Stay tuned on all other City Connections updates and updates for events, It is a great way to stay up to date with everything. We will also be adding a page soon with a full schedule of events and activities for Carers Week 2022: cityconnections.org.uk/services/news/