

## Newsletter: February 2021 Activities

DATE & TIME	ACTIVITY	INFO
8th February 11:00 - 12:00	<b>Carers' Coffee Call</b>  Join fellow carers for a catch up.	<b>Meeting ID: 825 2670 7188</b> <b>Passcode: 036188</b>
9th February 11:00 - 12:00	<b>Playlist for Life.</b>  Connect through music during isolation. Bring a song or two in mind on the theme of 'Music and Politics (open to interpretation!)'.	<b>Meeting ID: 849 3679 8540</b> <b>Password: 581214</b>
16th February 11:00 - 12:00	<b>Virtual Walking Tours</b>  Summer sun in St Ives, Cornwall.	<b>Meeting ID: 892 4210 5368</b> <b>Password: 381101</b>
22nd February 11:00 - 12:00	<b>Carers' Coffee Call</b>  <b>Guest Speaker from POhWER</b>  Deprivation of Liberty Safeguards, Mental Capacity, Power of Attorney - what do they mean for carers?	<b>Meeting ID: 828 3647 6815</b> <b>Passcode: 030924</b>
25th February 11:00 - 12:00	<b>Virtual Walking Tours</b>  Dubrovnik, Croatia	<b>Meeting ID: 864 0872 4674</b> <b>Passcode: 915008</b>

### How to join the activities:

You can join by phone but you will be charged at your local rate. Call 0203 481 5237. and enter the Meeting ID followed by the # key.

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.

## Public Health Updates

### NEW UPDATE ON COVID 19 VACCINES FOR THE OVER 80'S

Guidance has now changed, if you know of a resident who is over the age of 80 and has not been contacted about attending a Covid-19 vaccine appointment, please ask them to contact their GP and they will be able to help.

For all other age or priority groups - please continue to wait for the NHS to contact you

### UNPAID CARERS ARE A PRIORITY FOR THE VACCINE

Unpaid carers are people of any age who look after a friend or relative who needs support because of a physical or learning disability, mental illness or impaired health due to sickness or old age.

Unpaid carers are in a priority group for the COVID-19 vaccine. It's really important that unpaid carers are registered with their GPs as a carer, so that they can receive the vaccine once they're eligible.

The NHS have not given a timescale about when the vaccination will be given to carers, but we know that you **must wait** to hear from the NHS. Unlike normal flu vaccinations, carers **will not** be offered their vaccination at the same time as the person they care for at this time. However, the advice is that the vaccine will be offered more widely, as soon as possible.

### CityCarersCommunity Events (not run by City Connections)

A free Introduction to Monoprinting workshop for City Carers, taught by a seasoned instructor. Learn to create stylish handmade one-off prints from photographs or sketches. 11am on Sunday 14th, 21st & 28th February. All art materials will be provided. You might even create your own Mona Lisa! Spaces are limited to **12** Carers. To sign up, email [CityCarersCommunity@gmail.com](mailto:CityCarersCommunity@gmail.com).

These events are organised by City carers voluntarily, via the Imagine Fund grant. For March, get in touch, what you would like carers to learn. We have a budget for materials and an instructor.

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

Empower is a new volunteer opportunity. Become an Energy Champion and help people in your community to become more energy efficient at home. If you are interested in becoming an Energy Champion, contact Ruby on the details below for more information.

### Contact Information

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