

Newsletter: November 2021 Activities

DATE & TIME	ACTIVITY	INFO
<p>Every Tuesday</p> <p>10:30 - 12:30</p>	<p>Portsocken Community Group</p> <p>An inclusive group for residents living in the East of the City, welcoming people from all backgrounds, especially those who have been hit hard during the pandemic.</p>	<p>Please sign-up by contacting Ruby: ruby@cityconnections.org.uk or 07514 270 670.</p>
<p>Every Wednesday</p> <p>10:00 - 11:00</p>	<p>Playlist for Life</p> <p>Join Richard from our Age UK team for a weekly Playlist for Life session. Connect with others through music.</p>	<p>Meeting ID: 883 6388 2894 Password: 305686</p>
<p>Every Wednesday</p> <p>14:00 - 15:00</p>	<p>The Reader</p> <p>Diane, our friendly new volunteer from The Reader, will be leading our weekly get-togethers 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 Passcode: 239390</p>
<p>3rd November</p> <p>10:30 - 12:30</p>	<p>Walk and Talk</p> <p>We're visiting the Museum of the Order of St John for a guided tour of their historical rooms. There are some steps but there are railings to hold onto and seating available if you prefer to skip a room.</p>	<p>Please sign-up by contacting Ruby: ruby@cityconnections.org.uk or 07514 270 670.</p>
<p>4th November</p> <p>11:00 - 11:30</p>	<p>Guided Meditation</p> <p>Join Amisha from Inner Space for a relaxing 30 minutes of guided meditation.</p>	<p>Meeting ID: 873 1397 4282 Passcode: 113883</p>
<p>8th November</p> <p>11:00 - 12:00</p>	<p>Carers Coffee Call</p> <p>Join fellow carers for a catch up.</p>	<p>Meeting ID: 825 2670 7188 Passcode: 036188</p> <p>Every second and fourth Monday of the month</p>

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16th November 10:30 - 11:30	Virtual Walking Tour Take in a walk and cycle of Singapore, but virtually.	Meeting ID: 892 4210 5368 Passcode: 381101 Every third Tuesday of the month.
17th November	Barbican Coffee Morning	Further details to be confirmed.
22nd November 11:00 - 12:00	Carers Coffee Morning Join fellow carers for a catch up.	Meeting ID: 828 3647 6815 Passcode: 030924 Every second and fourth Monday of the month.
25th November 10:30 - 12:00	Golden Lane Coffee Morning Police Constables Christine Phillips and Mark Murphy will be joining today's coffee morning to give an informal update from the City of London Police. Come and meet the people keeping your area safe!	Contact Ruby for more information: ruby@cityconnections.org.uk The last Thursday of each month.
26th November 11:00 - 13:00	Carers Rights Day Come along to our special Carers Rights Day event for 2021 held at Golden Lane Community Centre.	See enclosed flyer for more information!
29th November 11:00 - 12:00	City Gents - City Connections Men's Group 'Art and Architecture - Le Corbusier' Join us for a short video and discussion.	Meeting ID: 880 8681 5327 Passcode: 975570

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.

Carers Rights Day 2021

City Connections warmly invites all unpaid Carers living in and/or caring for someone in the City of London to join us in celebrating Carers Rights Day 2021!

Place: Golden Lane Community Centre

Day: Friday 26th November

Time: 11.00 - 13.00

What to expect:

- A stall with City Advice (Toynbee Hall)
- A stall with City and Hackney Carers
- A mental health stall (not yet confirmed)
- Communication training workshop from Not a Care in the World (12.00-13.00)

Contact Ruby if you have any questions:

Email: ruby@cityconnections.org.uk

Phone: 07514 670 270

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

Share and Learn Sessions on the 1st, 15th and 29th November- 11:15 and 20:00 (45 minutes)

Welcome to join in. A friendly group, run by residents voluntarily. Ask any questions and learn tips from city residents who are looking after a family member, friend or neighbour. Questions are varied on how to navigate the NHS/Social/Private care systems to holistic therapies. Open to anyone who is looking after someone in the City of London.

For the zoom link or telephone number to call in email: CityCarersCommunity@gmail.com

The Reader

The Reader is a national charity that bring thousands of people together each week to share and discuss poems, plays and short stories. There are no wrong ideas or perspectives, and by reading aloud, new insights are always uncovered. Diane, a volunteer from the Reader, hosts a regular City Connections group by Zoom **every Wednesday from 2-3pm**. So far, the group has read a short story with a twist, an extract from a Charlotte Brontë novel, and poems by English Romantics from the 19th century, 20th century American writers, and contemporary poets commenting on modern life. New faces are always welcome – no preparation is ever needed, and you can be as involved in the discussion as you want to be. It's all just for fun. If you'd like to try the group next week, please make yourself a cup of tea and **log into Zoom** at 2pm!

