

## Newsletter: August 2021 Activities

| DATE & TIME  | ACTIVITY  | INFO  |
|--|---|---|
| <p><b>Every Wednesday, starting from the 4th August.</b></p> <p><b>15:00 - 16:00</b></p> | <p><b>The Reader</b></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><b>Zoom details will be emailed prior to each session.</b></p>   |
| <p><b>5th August</b></p> <p><b>11:00 - 11:30</b></p>                                     | <p><b>Guided Meditation</b></p> <p>Join Amisha from Inner Space for a relaxing 30 minutes of guided meditation.</p>   | <p><b>Meeting ID: 873 1397 4282</b></p> <p><b>Passcode: 113883</b></p> <p>Every first Thursday of the month</p>           |
| <p><b>6th August</b></p> <p><b>10:30 - 12:00</b></p>                                     | <p><b>Walk and Talk</b></p> <p>Signe from Friends of City Churches will be taking us on a historical tour of nearby churches, starting at St Mary Abchurch by Cannon Street.</p>  | <p>Please inform Ruby.Farrell@CityConnections if you're planning on coming.<br/>07514 670270</p>                          |
| <p><b>9th August</b></p> <p><b>11:00 - 12:00</b></p>                                     | <p><b>Carers Coffee Call</b></p> <p>Join fellow carers for a catch up.</p>  | <p><b>Meeting ID: 825 2670 7188</b></p> <p><b>Passcode: 036188</b></p> <p>Every second and fourth Monday of the month</p> |
| <p><b>10th August</b></p> <p><b>11:00 - 12:00</b></p>                                    | <p><b>Playlist for Life</b></p> <p>Connect with other through music. Bring a song or two on the theme of the Music Hall.</p>  | <p><b>Meeting ID: 849 3679 8540</b></p> <p><b>Password: 581214</b></p> <p>Every second Tuesday of the month</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](http://www.zoom.us)  
Click on 'Join Meeting' at the top of the web page. Enter the Meeting ID followed by the passcode.

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|--|---|--|
| <b>17th August</b><br><br><b>10:30 - 11:30</b> | <b>Virtual Walking Tour</b><br><br>Explore the sights and sounds of Malaga by foot, but virtually!  | <b>Meeting ID: 892 4210 5368</b><br><br><b>Password: 381101</b><br><br>Every third Tuesday of the month                        |
| <b>19th August</b><br><br><b>11:00 - 12:00</b> | <b>Wallace Collection: Richard Wallace's Treasured Objects</b><br><br>Join Holly and Roxanne from the Wallace Collection in this interactive Zoom session, to find out more about Richard Wallace and his love of collecting with an in-depth exploration of two different treasured objects. | <b>Contact</b><br><a href="mailto:Ruby.Farrell@CityConnections.org.uk">Ruby.Farrell@CityConnections.org.uk</a><br>07514 670270 |
| <b>23rd August</b><br><br><b>11:00 - 12:00</b> | <b>Carers Coffee Call</b><br><br>Join fellow carers for a catch up..  | <b>Meeting ID: 828 3647 6815</b><br><br><b>Passcode: 030924</b><br><br>Every second and fourth Monday of the month.            |
| <b>24th August</b><br><br><b>10:30 - 12:30</b> | <b>Golden Lane Coffee Morning</b><br><br>Come along for a catch-up and refreshments at Golden Lane Community Centre.  | <b>Contact</b><br><a href="mailto:Ruby.Farrell@CityConnections.org.uk">Ruby.Farrell@CityConnections.org.uk</a><br>07514 670270 |
| <b>25th August</b><br><br><b>11:00 - 13:00</b> | <b>Barbican Coffee Morning</b><br><br>We will be meeting at the Barbican to have a tour of the Conservatory this month, after a coffee and a catch-up in the Fountain Room  | <b>Contact</b><br><a href="mailto:Ruby.Farrell@CityConnections.org.uk">Ruby.Farrell@CityConnections.org.uk</a><br>07514 670270 |
| <b>26th August</b><br><br><b>11:00 - 12:00</b> | <b>City Gents - City Connections Men's Group</b><br><br>'How the D-Day landings shaped the world'<br><br>Join us for a short video and discussion.  | <b>Meeting ID: 880 8681 5327</b><br><br><b>Passcode: 975570</b><br><br>On the last Thursday of every month                     |

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### 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](mailto:forgetmenotproject17@gmail.com)

### City Carers Community

Learn and share sessions via Zoom. Monday 16th and 30th August.  
11:15am/8pm (45 mins).

You are welcome to join in.

A friendly group, run by City residents independently and voluntarily.

Ask questions and learn tips from city residents who are looking after a family member, friend or neighbour (other terms are informal/unpaid carers). Topics are determined by residents' questions or help to navigate the NHS/Social care systems for yourself/the person you look after etc. Open to anyone who is looking after someone in the City of London. This is similar to a Peer support group and complimentary to city connections meetings. For the zoom link or Telephone access email: [Citycarerscommunity@gmail.com](mailto:Citycarerscommunity@gmail.com)

