

## Newsletter: Carers Week 8th - 14th June

The theme for Carers Week this year is 'Making Caring Visible'. We're asking you to do so by joining our events to celebrate carers that live or work in the City of London.

DATE & TIME	ACTIVITY	INFO
<p><b>9th JUNE</b> <b>10:00 - 11:30 am</b></p>	<p><b>CARERS TEA &amp; CAKE PARTY</b> Carers, relatives and friends - Bring your own cake and brew... And join us by phone or Zoom. Even better, use the certificate provided to celebrate a carer. Or celebrate yourself!</p>	<p>You can join by phone but you will be charged at your local rate.</p> <p>Call <b>0203 481 5237</b>. Enter <b>851 7055 9200</b>, followed by the # key.</p> <p>You can join by video call using Zoom on your smartphone, tablet or computer.</p> <p>Go to the website <a href="http://www.zoom.us">www.zoom.us</a> Click on 'Join Meeting' at the top of the web page. Enter <b>851 7055 9200</b>.</p>
<p><b>11th JUNE</b></p>	<p><b>CARERS GALLERY</b> Carers, submit your art paintings, poetry, photography etc. for our digital gallery.</p> <p>From 11th June we will be displaying the work on the City Connections website.</p>	<p>Please submit to: <a href="mailto:kevin@cityconnections.org.uk">kevin@cityconnections.org.uk</a></p> <p>Work can be on the theme of 'Making Caring Visible', but doesn't have to be</p>
<p><b>12th JUNE</b></p>	<p><b>NOMINATE A CARER FOR A PRIZE DRAW</b></p>	<p>Use your certificates to nominate a carer. Email or phone Kevin to put a carer forward for a prize draw, with the winner picked at random.</p> <p>Nominations to be put forward by <b>12th June.</b></p>

### Contact Information

[kevin@cityconnections.org.uk](mailto:kevin@cityconnections.org.uk) 0203 957 9844  
[www.cityconnections.org.uk](http://www.cityconnections.org.uk)

### OTHER EVENTS HAPPENING FOR CARERS WEEK

**Wednesday 10th June, 11:30am - Dance for Carers with Rachel Sparks.:**

Wear rainbow, glitter, party outfits to celebrate carers and the NHS.

Email [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk)

**Thursday 4th June 10:00am - Healthwatch City of London coffee morning:**

Healthwatch would like to hear your experiences of being a carer during Covid-19.

Zoom Meeting ID 95099794568 Passcode 250210

**Friday 12th June - Join Penny Wince, author of 'Tender: The Imperfect Art of Caring'**

for a cuppa and reflections on being a carer.

Register at <https://www.carersuk.org/help-and-advice/get-support/online-meetups>

### Connections Digital Events - Other dates for the diary in June.

**11th June - Mansell Street Residents Coffee Call**

**16th June - Golden Lane, Barbican, Tudor Rose Court Residents coffee call**

**23rd June - Carers Group coffee call**

**25th June - Monthly digital activity open to all.**

Details to follow.

**All events run from 10:00 AM.**

Details of how to join will be given by phone and email.

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