

Newsletter: October 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 other 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>11th October</p> <p>11:00 - 12:00</p>	<p>Carers Coffee Call</p> <p>Sam from the East London NHS Foundation Trust is joining us to tell us about what support they have available for carers who care for someone with a mental health diagnosis.</p>	<p>Meeting ID: 825 2670 7188 Passcode: 036188</p> <p>Every second and fourth Monday of the month</p>
<p>14th October</p> <p>11:00 - 12:30</p>	<p>Carers Forum</p> <p>An open forum to discuss issues that affect carers in the City.</p>	<p>Meeting ID: 830 7258 1175 Passcode: 811589</p>

DATE & TIME	ACTIVITY	INFO
19th October 10:30 - 11:30	Virtual Walking Tour Prolong the summer, and enjoy a walk around Amalfi, Italy, but virtually!	Meeting ID: 892 4210 5368 Passcode: 381101 Every third Tuesday of the month.
20th October 10:30 - 12:30	Barbican Coffee Morning Amelia has organised for us to see the new Nuguchi exhibition. Come to the Fountain Room for a coffee and a catch up at 10.30 beforehand!	Contact Ruby for more information: ruby@cityconnections.org.uk
21st October 11:00 - 12:30	Guided Meditation Join Amisha from Inner Space for a relaxing 30 minutes of guided meditation.	Meeting ID: 873 1397 4282 Passcode: 113883 Rescheduled for this month.
25th October 11:00 - 12:00	Carers Coffee Morning Ian Jarman, Director of Health & Social Care Commissioning, is attending today to give updates on how your feedback has been used for the new City of London Homecare contract.	Meeting ID: 828 3647 6815 Passcode: 030924 Every second and fourth Monday of the month.
28th October 10:30 - 12:00	Golden Lane Coffee Morning We will now be meeting on the last Thursday morning of each month to avoid clashes. Will Rathouse from the Thames Discovery Programme will be joining us to give an a talk on the archaeology of Thames foreshore , of course with refreshments as always. Come along to hear about something a little different!	Contact Ruby for more information: ruby@cityconnections.org.uk The last Thursday of each month.
29th October 11:00 - 12:00	City Gents - City Connections Men's Group Why we are all attracted to conspiracy theories! Join us for a short video and discussion. Come along with ideas for gents only events in person - to be coming soon.	Meeting ID: 880 8681 5327 Passcode: 975570 On the last Friday of every month

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.

Public Health Updates

Booster COVID-19 vaccines

Vulnerable adults are now being offered a COVID-19 booster vaccine. People aged 50 years and over, care home residents, frontline health and social care workers, and those aged 16 to 49 years with specific underlying health conditions will be offered a booster vaccine dose. Booster jabs can be booked online by those who are eligible by visiting the National Booking Service. Or call 119 to book your appointment if you have no access to the internet or need some help.

People will also be contacted by the NHS or their GP directly and invited to book.

Keeping Safe

The government has shared its COVID 19 'Winter Plan'. This includes guidance on safer behaviours and actions that reduce the spread of COVID-19.

Safer Behaviours and Actions



Let fresh air in if you meet indoors. Meeting outdoors is safer



Wear a face covering in crowded and enclosed settings where you come into contact with people you do not normally meet



Get tested, and self isolate if required



Try to stay at home if you are feeling unwell



Wash your hands



Download and use the NHS COVID-19 app

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 - 18th October - 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

Discounted Fish'n'Chips !!!

City Connections have teamed up with Kennedy's Fish and Chips shop on Whitecross Street to give our clients a special discount card.

Please contact Ruby if you would like your personal card on 07514 670 270 or ruby@cityconnections.org.uk

