

Newsletter: September 2021 Activities

| DATE & TIME | ACTIVITY | INFO |
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| Every Wednesday, starting from the 1st September 14:00 - 15:00 | The Reader 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. | Zoom details will be emailed prior to each session. |
| 2nd September 11:00 - 11:30 | Guided Meditation Join Amisha from Inner Space for a relaxing 30 minutes of guided meditation. | Meeting ID: 873 1397 4282 Passcode: 113883 Every first Thursday of the month |
| 9th September 10:30 - 12:00 | Walk and Talk Jane from Six in the City will be taking us on her 'Order and Disorder: From Guildhall to Smithfield' walk to discover tales of crime and punishment, heroes and villains, the great religious houses, notorious Newgate Prison and more! Meeting point: Guildhall Yard. | Please inform Ruby.Farrell@CityConnections if you're planning on coming. 07514 670270 |
| 13th September 11:00 - 12:00 | Carers Coffee Call Ian Jarman from the City of London Corporation will be joining us to talk about the Homecare Tender for the City. We will be offering Time Credits for carers who join this session as it will be discussion-based so that Ian can get feedback for the City's review of Homecare Services for Adults in preparation for a new City Homecare contract from April 2022. | Meeting ID: 825 2670 7188 Passcode: 036188 Every second and fourth Monday of the month |
| 14th September 11:00 - 12:00 | Playlist for Life Connect with other through music. Bring a song or two on the theme of the 'Journeys' | Meeting ID: 849 3679 8540 Password: 581214 Every second Tuesday of the month |

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| 16th September 11:00 - 12:00 | Wallace Collection: Walk Through a Landscape Join Holly and Marie-Therese from the Wallace Collection in this interactive Zoom session, for a walk through one of our most famous landscape paintings. It is an exercise in slow looking. | Meeting ID: 879 7337 6034 Passcode: 976854 |
| 21st September 10:20 - 11:30 | Virtual Walking Tour Enjoy a walk around Edinburgh, but virtually! | Meeting ID: 892 4210 5368 Passcode: 381101 Every third Tuesday of the month. |
| 27th September 11:00 - 12:00 | Carers Coffee Call Join fellow carers for a catch up.. | Meeting ID: 828 3647 6815 Passcode: 030924 Every second and fourth Monday of the month. |
| 28th September 10:30 – 12:30 | Golden Lane Coffee Morning We will meet for refreshments from 10.30-11.30 and then will be joined by Ruth from the City Air team to talk about air quality and pollution in the City and any updates the team has about their projects. | Contact Ruby.Farrell@CityConnections.org.uk 07514 670270 |
| 29th September 11:00 - 13:00 | Barbican Coffee Morning We are waiting to confirm whether our Barbican Coffee Mornings will be continuing as the Communities in Residence programme was due to end in the summer. We will keep you updated! | Contact Ruby.Farrell@CityConnections.org.uk 07514 670270 |
| 30th September 11:00 - 12:00 | City Gents - City Connections Men's Group 'What makes a good life?' Lessons from the longest study on happiness. Join us for a short video and discussion on | Meeting ID: 880 8681 5327 Passcode: 975570 On the last Thursday 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.

NEW CITY CONNECTIONS VOLUNTEER ROLES!

We are looking for volunteers across three different roles, with a commitment of 2 - 4 hours per week for a minimum of six months.

Our **City Engagement Volunteers** will help by supporting the City Connections team to raise awareness of and promote the service to residents and workers.

Our **City Connections Friends** will help City residents to access and participate in activities and events at locations across the Square Mile, and encourage people to build confidence and motivation to be involved within their local community.

And our **City Activities Volunteers** will help by supporting the City Connections team to facilitate a range of regular in person and online activities and events.

What's in it for you?

- Do something that is inspiring and rewarding in your spare time
- Develop new skills and enhance existing knowledge
- Make a difference to the quality of life of the people you are volunteering with and give back to the community
- Take part in opportunities to gain more experience/skills
- Access to in-house training
- Join and participate in peer support groups and meet other volunteers.
- Tempo Time Credits will be awarded for every hour you volunteer, can be redeemed in exchange for access to various venues, activities and events.

To find out more or to express your interest contact:
kevin@cityconnections.org.uk 0743 273 6495

Or go to the volunteer page on our website www.cityconnections.org.uk

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

City Carers Community Share and Learn sessions via Zoom

Monday 30th August, 6th & 20th September 11.15am / 8pm (45 minutes)

You are 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 email: CityCarersCommunity@gmail.com

City Carers Community Art class via Zoom

Come and join in Virtual art class via zoom in September. Limited numbers. For more details or to register your interest email: CityCarersCommunity@gmail.com

