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City
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City Connections Newsletter

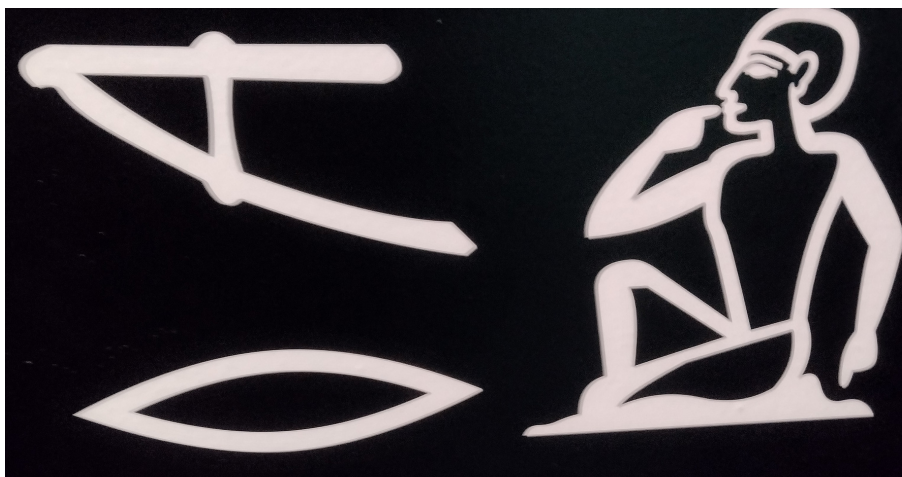
November 2022

Welcome

Welcome to the November edition of the City Connections newsletter. In this edition we will inform you of our: October **highlights**, our brand new **resident spotlight**, **November 2022 activities, updates and notices and services in the City of London.**

Highlights from Last Month

It's hard to believe yet another month has whizzed by so fast! I have really enjoyed October- we had some great trips this month such as The Techy Tea Party with Clifford Chance and our autumnal bat walk with Friends of City Gardens. However, the highlight of the month has to go to The Hieroglyphics Exhibition at the British Museum. It was fantastic to see some new and friendly faces as well as learn about the fascinating culture of the ancient Egyptians through the language they used. Below is an image of the hieroglyph meaning Love displayed at the Exhibition.



IN THE SPOTLIGHT: Madeline Makarab



Madeline works as City Connections' Care Navigator. She works closely with the City's Adult Social Care team to assist with admissions to hospital. She is able to have useful conversations to support clients, their friends and family, to ensure the patient journey is as smooth as possible. Madeline has a knowledgeable background in social prescribing, energy advice and housing support work. She is a huge asset to our little team!

Tell us about yourself!

"I have a good natural energy and am quite optimistic as a person - this helps me get through my day and bounce back from any setbacks! I also love walking and cycling."

What do you like about working at City Connections?

"We all seem to be on the same page, we all want to help and improve people's lives and we show this in what we do individually but more importantly what we do together. Our team meetings really work well I would say - we get the best from our small team and we have time to smile and have fun."

If you could meet anyone in the world who would that be and why?

"Rodolf Nureyev (male dancer). He lived an interesting life, he achieved his goals he worked hard and broke the mould I would say. I remember watching him on TV when I was very young and I was impressed. I would love to have a conversation with him but of course, he is no longer with us."

November 2022 Activities

Date & Time	Activity	Info
<p>Every Wednesday 1030-12.30</p>	<p>Portsoken Community Group Join us for chair exercise, crochet, embroidery and guest speakers every week!</p>	<p>Contact Gow: 07514 670270 gow@cityconnections.org.uk</p> <p>Location: Portsoken Community Centre</p>
<p>Every Wednesday 10.00-11.00</p>	<p>Playlist for Life (Caxton Online) Join Richard for a weekly Playlist for Life session.</p>	<p>Meeting ID: 358 338 1373</p>
<p>Every Thursday 14:00-16:00</p>	<p>Thursday Club Join our new Thursday club for poetry, stories and insightful conversations, always over a cuppa tea!</p>	<p>Contact Gow: 07514 670270 gow@cityconnections.org.uk</p> <p>Location: Golden Lane Community Centre</p>
<p>Thursday 3rd November 11.00-11.45</p>	<p>Guided Meditation Relax your mind and recharge your energy with meditation tutor Amisha Bhavsar from Innerspace.</p>	<p>Meeting ID: 972 9045 7924</p>
<p>Monday 14th November 11.00-12.00</p>	<p>Carers Group (Online) Meet Farzana, our new Carers Connections project manager, as well as other carers in your area.</p>	<p>Meeting ID: 927 8570 1642</p> <p>Farzana: 07380 182 458 farzana@ccth.org.uk</p>
<p>Tuesday 15th November 10.30-11.30</p>	<p>Virtual Walking Tour Enjoy a walk around somewhere exciting, but virtually!</p>	<p>Meeting ID: 965 5999 7995</p>
<p>Date TBC 14.00-16.00</p>	<p>Walk and Talk: Black History Month Join us for a Walk and Talk with the Salvation Army for Black History Month.</p>	<p>Contact Gow: 07514 670270 gow@cityconnections.org.uk</p>
<p>Monday 24th November 11.00-12.00</p>	<p>Carers Group: Dementia Awareness Dementia Awareness session with Tasneem Mukith from the Alzheimer's Society. There will be a presentation with Q&A session to follow. Open to Carers, Volunteers, and anyone else wanting to know more.</p>	<p>Location: Sir Ralph Perring Room on Golden Lane Estate</p> <p>Farzana: 07380 182 458 farzana@ccth.org.uk</p>

UPDATES & NOTICES

Stay Tuned In!



Stay Tuned on all other City Connections updates by going to our website. It is a great way to stay up to date with everything. Our latest news includes information on **support with the cost of living**: cityconnections.org.uk/services/news/

The 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. Meetings are held on **Tuesdays** between **2pm and 4pm** at **Golden Lane Community Centre**. Contact **Madhumita** for more information or to join the Memory group on forgetmenotproject17@gmail.com

City Carers Community



Virtual drop in, listen, ask questions and feel free to share your unpaid caring knowledge. Are you helping to look after a family member, friend or neighbour? Open to anyone, of any age, looking after someone in the City of London. For Zoom link or telephone number, email: CityCarersCommunity@gmail.com

A Comment from Ruby



Due to low attendance since the Wellbeing Group started two months ago, we have decided to cancel this group. We want to make sure our clients feel supported when they are finding things difficult though, so do get in touch if you feel you need to chat to someone.

Ruby: 07432 736 495 - ruby@cityconnections.org.uk

Need a Helping Hand?

Smokefree City & Hackney

Smokefree City & Hackney is the local stop smoking service for adults (18 years plus) who live, work or study in City of London or Hackney. They offer 12 weeks of support to help you quit, with your own dedicated stop smoking advisor and easy access to stop smoking medication on prescription.

Email: smokefree.cityandhackney@nhs.net

Phone: 0800 046 99 46

City Connections Contacts

Ruby Farrell

Role: Wellbeing Coordinator

Phone: **07432 736 495**

Email: ruby@cityconnections.org.uk

Gow Nimalan

Role: Community Engagement Officer

Phone: **07514 670 270**

Email: gow@cityconnections.org.uk

City Advice

Get in touch with your local free advice service, for advice on debt, finances, housing, employment rights, welfare benefits, and more!

Call: 020 7392 2919

Text: 07432 658083

Email: city.advice@toynbeehall.org.uk

EMERGENCY CONTACTS

City and Hackney Adult Social Care **(out of hours):**

020 8356 2300

Victim Support:

0808 689 111

or

<https://www.victimsupport.org.uk/>

Samaritans:

116 123



Linking people to health
and wellbeing services in
the Square Mile.



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