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Corporation



City
Connections

East London
ageUK

City Connections Newsletter

September 2022

Welcome


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

Highlights from Last Month

Summer is nearly over and what a month its been! We went slowly into August with some relaxing guided meditation by Amisha; had a couple of creative embroidery and crochet sessions at the Portsoken; and got the wheels churning in our brain with a bit of poetry at the Thursday Club. However, our highlight this month goes to the in-person Carers Group. After a long time meeting online our new in person group has been a great way to come together and shut out the world for a little while, whilst we share stories, drink tea and meet new people!



IN THE SPOTLIGHT: SIMON



For our September edition of 'In the Spotlight', we have Simon Shum. Simon works for Age UK East London as the 'Community' Service Manager - a pivotal person in making City Connections the service it is today!

'I have worked in the charity and education sector for over 16 years. I have previously worked for a user led older people's charity for 8 years which delivered services across Kensington and Chelsea, Westminster and Hammersmith and Fulham. I have also previously worked as an employment advisor, IT tutor/facilitator and in a variety of bookshops.'

A fun fact about Simon is that he once climbed a live volcano in Guatemala! His favourite hobbies are travelling, music and food. We asked him who he would spend time with if he could choose anyone in the world and he said, 'My wife because she would kill me if I didn't say her.' His favourite things about the City of London is the historical areas and the architecture. He enjoys working at Age UK East London because he gets satisfaction from helping people across so many boroughs in their communities with the projects we deliver.

September 2022 Activities

Date & Time	Activity	Info
<p>Every Wednesday 10:00-11:00</p>	<p>Portoken Community Group</p> <p>A social group for residents in the East of the City with lots of fun activities promoting health and wellbeing.</p>	<p>Contact: gow@cityconnections.org.uk</p> <p>Location Portoken Community Centre</p>
<p>Every Wednesday 10:30-12:30</p>	<p>Playlist for Life (Caxton Online)</p> <p>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</p> <p>Join our new Thursday club for poetry, stories and insightful conversations, always over a cuppa tea!</p>	<p>Contact: gow@cityconnections.org.uk</p> <p>Location: Golden Lane Community Centre</p>
<p>Thursday 1st September 11:00-11:45</p>	<p>Guided Meditation</p> <p>Relax your mind and recharge your energy with meditation tutor Amisha Bhavsar from Innerspace.</p>	<p>Meeting ID: 972 9045 7924</p>
<p>Thursday 8th September 10:30-11:30</p>	<p>Emotional Wellbeing Group with Ruby</p>	<p>Contact: ruby@cityconnections.org.uk</p> <p>Location: Sir Ralph Perring Centre</p>
<p>12th & 26th September 11:00-12:00</p>	<p>Carers Coffee Group</p> <p>Join fellow carers for a catch-up, sharing thoughts and ideas around Caring. Every second and fourth Monday of the month</p>	<p>12th September Meeting ID: 927 8570 1642</p> <p>26th September Sir Ralph Perring Centre</p>
<p>Tuesday 20th September 10:30-11:30</p>	<p>Virtual Walking Tour</p> <p>Enjoy a walk around New York City but virtually!</p>	<p>Meeting ID: 965 5999 7995</p>
<p>Friday 23rd September 12:30-14:00</p>	<p>Walk and Talk</p> <p>We will be heading to the Museum of London Docklands together. Meeting point: the Shakespeare Pub on Golden Lane Estate.</p>	<p>Contact: gow@cityconnections.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 Residents



Here is a little note on wearing masks from Alison, a City resident:

I think some older people are unsure and don't want to look different there are a lot of younger people and tourists wearing masks. Do what you feel is comfortable and makes you feel safe and respectful to others. Some people just need a bit of encouragement to give them the confidence to do what makes them feel happy and safe!

NEW Emotional Wellbeing Group

From September onwards, Ruby is going to be running a new monthly Emotional Wellbeing Group. This is a group that aims to provide better support, information, and guidance on how best to maintain and improve wellbeing for the present and longer term. Please note that Ruby is not a qualified counsellor, and this group is not intended to provide specific counselling.

The first monthly meeting will be on **Thursday 8th September** from **10.30-11.30** at the Sir Ralph Perring Centre. Spaces will be limited to ten people so that everyone in the group gets a good amount of time to share. There will be some light homework/activities each month and the group will be partnered up with a buddy each to motivate progress in implementing healthy habits.

This is a group aimed at people who are finding things a bit difficult at the moment for whatever reason - it is not aimed at anyone who has moderate to severe mental health difficulties, except for those who are also receiving appropriate professional help. Activities will include peer support and monthly tasks, such as writing three positive things a day.



Get in touch with Ruby to sign up now!

07432 736495

ruby@cityconnections.org.uk

Need a Helping Hand?

Free courses and activities in the Peter Bedford Housing Association Make & Meet Hub

These are open to adults 50+ living in the City of London area, and include:

- Monthly: employable skills workshops, mindfulness and wellbeing workshops
- Weekly: acting, creative arts, DIY (woodwork), digital skills, resilience coaching

Email: learn@peterbedford.org.uk

Phone: **02038154100**

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

Safe Connections

Safe Connections Community Hub aims to support people who are experiencing suicidal thoughts and struggling with their mental health. They offer a safe space for people to talk about their feelings and concerns and explore the underlying reasons as to why someone may feel suicidal.

Email: Safeconnections@mithn.org.uk

Phone: **0300 561 0115**

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.

