



EAST LONDON CARES

AUGUST 2022 SOCIAL CLUBS PROGRAMME

Free social events for over 65s

East London Cares social clubs are a space for older and younger neighbours to get together to share time, laughter, learning and experiences. **All of our social clubs are free and there's something new every month.** Social clubs are hosted online (using Zoom) and in person at various locations across Hackney and Tower Hamlets. If you'd like to know more, or would like us to talk you through this programme and how you can get involved, please call 0207 118 4949 to speak to the East London Cares team.

JOINING FACE-TO-FACE AND VIRTUAL SOCIAL CLUBS

Booking a place for social clubs is essential, as it helps us know who will be coming so that we can prepare and get in touch with you should plans change.

Face-to-face clubs take place in various locations across Hackney and Tower Hamlets, and in line with the latest COVID-19 government guidance. You will need to wear a mask or face shield, but we can provide one for you if needed. Places are usually limited to allow us to follow social distancing rules, so **please call 0207 118 4949 (option 1) to book your place.** Once your place is confirmed we will send you the full address.

Virtual social clubs are hosted online using an app called Zoom. You can join in using a laptop, smartphone or tablet with internet access. To take part **please call 0207 118 4949 (option 1) to book your place,** you'll then receive the Zoom details. Please note that a new meeting code will be created for each social club, so you will receive different Zoom details for each club you'd like to join. If you'd like some help getting setup on Zoom, give us a call to find out about our tech support programme.

East London Cares is an inclusive and welcoming community.

We strive to build community and connection, so discrimination of any kind will not be accepted in our programmes. If you experience or witness racism, homophobia, ableism or any other form of prejudice during our social clubs or other activities, please inform a member of the team.

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COMING UP IN AUGUST

Monday 1st August, 2-3.30pm: Bikeworks taster session

Face-to-face social club (Bethnal Green)

Bikeworks believe everyone should have access to cycling to increase physical activity, wellbeing, and connectivity, regardless of age, ability or experience level. During the session, we will be shown how to use the cycles by Bikeworks' friendly volunteers and staff (otherwise known as pilots). The pilot will adjust the seat so you can get on/off easily and pedal comfortably - pedalling is not compulsory and you can also just sit back, relax and let the pilot (and electric battery) do the work. Come along to try something new and be free to cycle around the park with other neighbours!

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 12pm on Monday 25th July, we will confirm if you have a place on Tuesday 26th July.** You can also text your interest to 07704338589 or email priyanka.chauhan@eastlondoncares.org.uk*

Saturday 6th August, 11-12pm: Yoga with Abi

Virtual social club (online via Zoom)

Abi from Supply Yoga will be leading us in some relaxing seated movements and stretches, using gentle, clear instructions to guide us into a relaxing weekend. All abilities welcome and can be done seated or standing.

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Wednesday 10th August, 12-1.30pm: Cuppa concerts - walk in the park
Face-to-face social club (Bethnal Green)

Cuppa concerts are a lovely group that bring live music right to where you are! We will be having a walk through Victoria Park and be joined mid-way by a duo of musicians to entertain us with their amazing skills. Join your neighbours for some time in the fresh outdoors, music and chit-chat.

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Thursday 11th August, 12-1pm: Desert island discs - Summertime songs
Virtual social club (online via Zoom)

Your music taste can say a lot about you. Get to know our neighbours by sharing your favourite song and learning theirs. We will be listening to each other's tracks, sharing the memories we have attached to them, and you are welcome to sing-a-long! The theme is summer holidays, what is the song that transports you to sun, sea and sand as soon as you hear it?

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Tuesday 16th August, 3-4.30pm: Coffee & catch up

Face-to-face social club (Bethnal Green)

Enjoy a coffee (or tea!) and a chat with your east London neighbours at a local café for our monthly Coffee and catch up club. Come along and make new friends, or catch up with neighbours you've met at clubs before.

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Thursday 18th August, 12am-1.30pm: Visit to Spitalfields City Farm

Face-to-face social club (Shoreditch)

Visit your local pig, goats, and rabbits and see how many wonderful vegetables and plants are growing freely at Spitalfields farm. We will be led on a guided tour of the farm, and may even have a chance to feed the animals!

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***** Summer Carnival Party *****

Saturday 20th August, 2-4pm

Face-to-face social club (Hoxton)

Celebrate summer with neighbours at this Summer carnival. Put on your party clothes and join your neighbours for music, games, dancing, food & a special steelpan performance to get us in the celebratory mood. Please let us know if you have any allergies/dietary needs.

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Monday 22nd August, 12-1.30pm: Bagel brunch

Face-to-face social club (Shoreditch)

A new club at East London Cares! Join your neighbours for a social club filled with bagels, it isn't breakfast, it isn't lunch, but it is your brunch hour! Just bring yourself and we will provide bagels and drinks for you to enjoy as you chat away and catch-up at the start of the week with each other. When booking on to this club, please tell us if you have any allergies, and if you are a vegetarian/ vegan.

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Tuesday 23rd August, 6-7.30pm: Facial massage with Darcy

Face-to-face social club (Bow)

Our wonderful Qigong teacher and neighbour Darcy is back, but this time face-to-face and with something special! Learn how to rejuvenate and re-energise the muscles in your face, neck and head with this soothing social club. Wear something comfortable and warm, and if you have a favourite facial cream or oil you can bring that too. No previous experience needed, come along and try something new and catch up with neighbours along the way.

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Wednesday 24th August, 2-3.30pm: Quiz club

Face-to-face social club (Isle of Dogs)

Finally, an in-person quiz for all our neighbours. This club will be a mix of games to get you thinking, get you moving, get you acting and maybe more. Join in for a laugh and a chat with your neighbours, may the best team win!

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Friday 26th August, 12:30-2pm: Sutton House tour

Face-to-face social club (Hackney)

A guided tour of National Trust Tudor house, an unexpected architectural pleasure in the heart of Hackney. Enjoy marvelling at Sutton House with your neighbours and learning more about this landmark of local history.

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Wednesday 31st August, 2-3.30pm: What the Tech

Face-to-face social club (Hackney)

Do you feel like improving your technology skills? Do you need support feeling more confident using your device to stay in touch with people online or find your way around using the internet? Bring your mobile or tablet and join your neighbours to strengthen your skills, or learn new ones whilst having a laugh and a chat. If you would like to go over anything specific, let Priyanka know!

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