



EAST LONDON CARES

MAY 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.

To book your place or find out more about any of our social clubs, **please call 0207 118 4949 and select option 1** to speak to the team.

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COMING UP IN MAY

Wednesday 4th May, 12-1pm: Start your month right

Virtual social club (online via Zoom)

Before we all get stuck in the busy day-to-day activities of the month ahead, let's take a moment to pause, reflect and re-strengthen so we can be our best selves. Join your east London neighbours to put some time aside for yourself. In this hour we'll look back at the month gone, and then look at the month ahead and how we want to experience it. What have we learnt? What can we celebrate? What would we like to do more, or less, of?

Thursday 5th May, 12-1pm: Qigong with Darcy

Virtual social club (online via Zoom)

East London Cares' neighbour, Darcy, is back again to guide us through some gentle exercises through the ancient Chinese art of Qigong. Join your East London Cares neighbours as we coordinate body and mind through gentle movements which are easy to follow from either a standing or seated position.

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Saturday 7th May, 2.30-4pm: Saturday shimmy - Indian dance with Priyanka
Face-to-face social club (Bethnal Green)

Social clubs coordinator Priyanka will be taking you through this Indian dance class, sharing her skills and knowledge with you and your neighbours. No previous experience needed, just come along and enjoy a Saturday afternoon dance and catch up whilst trying something new.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 12pm on Tuesday 3rd May, we will confirm if you have a place on Wednesday 4th May.** You can also text your interest to 07704338589 or email priyanka.chauhan@eastlondoncares.org.uk.*

Monday 9th May, 2-3.30pm: Walk in the park
Face-to-face social club (Hackney Downs)

Join your neighbours for a chance to stretch those legs, and have a refreshing walk around one of east London's parks. A great chance to get out of the house for catch-up, get some light exercise and enjoy the crisp Spring air.

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Wednesday 11th May, 6-7pm: Singing with IROKO

Virtual social club (online via Zoom)

Come and sing along to old time familiar tunes supported by Juwon Ogungbe, an all-round musician, singer, composer and instrumentalist. No singing experience needed, just your enthusiasm! It will be a chance to share good cheer and camaraderie through singing in a group.

Thursday 12th May, 11am-12.30pm: Coffee and catch up (morning)

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. We may be sat outside, so bring layers.

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Wednesday 18th May, 3-4.30pm: Quiz club at Island House

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

Quiz fans this one is for you! This club will be a mix of games and questions to get you thinking, moving, acting and more. Join in for a laugh and a chat with your neighbours, may the best team win!

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Friday 20th May, 3-4.30pm: Help shape East London Cares

Face-to-face social club (Bow, Roman Road)

East London Cares is a wonderful community because of you, our neighbours, and this club is your chance to tell us what you'd like to see from Social Clubs. We'll be asking some prompt questions, so come along and share feedback, ideas, tell us about your hobbies and help us build a programme of events that we can all be proud of. And don't worry if this is your first Social Club, we'd still love to hear from you!

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Saturday 21st May, 2-3pm: Wellbeing hour with Tim

Virtual social club (online via Zoom)

We welcome back lifestyle and wellbeing coach, Tim, to lead us through some meditation and relaxation. This club is the perfect opportunity to take some much needed timeout for mindfulness and connection with your East London Cares friends.

Monday 23rd May, 2.30-4pm: History walk at Tower Hamlets Cemetery

Face-to-face social club (Mile End)

Join Claire, Heritage Officer for the Friends of Tower Hamlets Cemetery Park for a guided walk exploring the history of Tower Hamlets Cemetery Park: now a historic closed cemetery, nature reserve and urban woodland. We'll meet some of the East End's more famous characters, find out more about Victorian death and burial and explore the changing nature of Tower Hamlets.

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**Wednesday 25th May, 2-3.30pm: What the Tech
Face-to-face social club (Hackney Downs)**

Would you like to improve your technology skills? Do you need support feeling more confident using your mobile or tablet to stay in touch with people online, or to find your way around using online zoom, maps and more? Then this technology social club is for you. Bring your mobile or tablet to strengthen your digital skills or learn new ones, while having a cuppa and a chat with new neighbours.

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**Friday 27th May, 4-5.30pm: Board games & biscuits
Face-to-face social club (Dalston)**

Join your neighbours at a local bar with a mix of board games to pick and play. Choose the games you would like to play from their selection and enjoy some laughs, some chat and some healthy competition. Bring your best (or worst!) board game skills and join us for an evening of gaming fun.

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Monday 30th May, 3-4.30pm: Coffee & catch up (afternoon)

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. We may be sat outside, so bring layers in case you need them.

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MAY CALENDAR

| Date | Time | Where | Club |
|------------|------------|-----------------|--|
| Weds 4th | 12-1pm | Online | Start your month right |
| Thurs 5th | 12-1pm | Online | Qigong with Darcy |
| Sat 7th | 2.30pm-4pm | Bethnal Green | Saturday Shimmy - Indian dance with Priyanka |
| Mon 9th | 2-3.30pm | Hackney Downs | Walk in the park |
| Weds 11th | 6-7pm | Online | Singing with IROKO |
| Thurs 12th | 11-12.30pm | Bethnal Green | Coffee & catch up (morning) |
| Weds 18th | 3-4.30pm | Isle of Dogs | Quiz club at Island House |
| Fri 20th | 3-4.30pm | Bow, Roman Road | Help shape East London Cares |
| Sat 21st | 2pm-3pm | Online | Wellbeing hour with Tim |
| Mon 23rd | 2.30-4pm | Mile End | History walk at Tower Hamlets Cemetery |
| Fri 27th | 4-5.30pm | Dalston | Board games & biscuits |
| Mon 30th | 3-4.30 | Bethnal Green | Coffee & catch up (afternoon) |

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