





EAST LONDON CARES

May 2020 Social Clubs programme

Below is a list of East London Cares' social clubs which we are now running both virtually, online, and over the phone. Where you see a computer symbol () , that's an online club where you'll need an internet connection to join. Where you see a phone symbol () , you can call up and join from a landline or mobile phone. Where you see both symbols, you can join either way!

We'd love it if you could let us know which clubs you're coming to, so we can plan accordingly! Spaces are limited so give us a call on 0207 118 4949 or 07936 915 514 to book your place or to ask any questions.

For our online clubs we use a platform called Zoom. **If you would like to attend either the online clubs or the phone-in clubs give us a call on the numbers above** so we can talk you through how it works and how you dial in (it's not too difficult, we promise, and we're here to help you).

Saturday 2nd, 12:30pm-1:30pm: Seated Yoga

Breathe your way into the weekend with a bit of relaxation and a good stretch at our virtual Seated Yoga Club. The lovely Abi from Supply Yoga will be showing us a few easy to do positions, all from the comfort of your own home! A lovely and fun way to get relaxed!

Tuesday 5th, 2pm-3pm: Chatterbox

This is our newest form of social club: we'd love to have you come along to help us finesse it! If you are unable to connect through our virtual clubs online, then join us using the phoneline (see "joining instructions" above) to take part and find out what everyone's been getting up to in the past week. A great way to gather TV watching tips, book reading inspiration and anything else you would like to chat about! We would love to hear your suggestions of topics you would most like to discuss in the coming weeks!

Wednesday 6th, 5pm-6pm: Desert Island Discs

Like the radio show of its namesake, come along with a song in mind and why it's meaningful to you – or just come along to listen to everyone else's songs and stories. This Wednesday, the theme is a 'Song which comforts your soul'. Listen, exchange stories and share the songs which make you feel positively high in these strange days, and discover new music to add to your playlists!

Thursday 7th, 3:30pm-4:30pm: Wellbeing Hour 📞 🖥️

Wellbeing is all about feeling comfortable, healthy and happy. This means not only physically but mentally too. For this workshop, wonderful younger neighbour and Wellbeing and Life Coach, Tim, will be kindly teaching us some relaxation techniques to help us focus our minds through these strange times (and beyond!).

Tuesday 12th 2pm-3pm: Chatterbox 📞 🖥️

Grab a cuppa and get stuck into some conversation questions with your neighbours. You'll get to know one another, have a laugh and maybe you'll even come away with some nuggets of wisdom. No need to prepare anything in advance. This club is all about the natter!

Wednesday 13th, 5pm-6pm: Book and Film Club 📞 🖥️

Come join your older and younger neighbours in our virtual Book and Film club where we'll be sharing our favourite reading materials or films we've seen. Be it the best ever book you've read or your most memorable film. A great way to stockpile your home entertainment for the coming weeks!

Thursday 14th 5pm-6pm: Now that's a fact! 📞 🖥️

Join us for an hour of fun fact discovery in this quiz style club. Have you got any facts which seem too good to be true or hard to believe? Feel free to add them to the game, as we play true or false!

Friday 15th, 7pm – 8pm: Happy Hour 📞 🖥️

The pubs and café's may be closed but that doesn't mean we can't get together for a pub-style drink in our glad rags! Make yourself a cocktail, a mocktail or a nice big cuppa and get yourself down to our virtual bar for some laughs and good old-fashioned gossip with our younger and older neighbours! As we are all housebound at the minute and possibly living in our PJs, let's get dressed up and make an occasion of it. A perfect time to share stories and jokes to see us into the weekend filled with cheer!

Saturday 16th, 12:30pm - 1:30pm: Seated Yoga 📞 🖥️

Breathe your way into the weekend with a bit of relaxation and a good stretch at our virtual Seated Yoga Club. The lovely Abi from Supply Yoga will be showing us a few easy to do positions, all from the comfort of your own home! A lovely and fun way to get relaxed!

Tuesday 19th 2pm – 3pm: Chatterbox: 📞 🖥️

Grab a cuppa and get stuck into some conversation questions with your neighbours. You'll get to know one another, have a laugh and maybe you'll even come away with some nuggets of wisdom. No need to prepare anything in advance. This club is all about the natter!

Thursday 21st 3:30pm – 4:30pm Wellbeing Hour: 📞 🖥️

The notion of wellbeing is all about feeling comfortable, healthy and happy. This means not only physically but mentally too. For this workshop, wonderful younger neighbour and Wellbeing and Life Coach, Tim, will be kindly teaching us some relaxation techniques to help us focus our minds through these strange times (and beyond!).

Friday 22nd 4:30pm - 5:30pm #AloneTogether - Activity Sharing 📞 🖥️

In today's club we'll be talking through some of the #AloneTogether activities!

- In celebration of National Biscuit Day on the 14th May, do you have a recipe you could share?
- 20th May is the Amelia Earhart task, if you could fly anywhere right now, where would you go?
- 27th May is the Practicing Gratitude task. Let's share three things we are grateful for.

Or, as always, just come along and listen! We will also be joined by our lovely volunteer and artist Liz who will be sharing some fun ways to bring your drawing to life using simple and easy to learn 3D drawing techniques!

Tuesday 26th 2pm - 3pm Chatterbox: 📞 🖥️

Grab a cuppa and get stuck into some conversation questions with your neighbours. You'll get to know one another, have a laugh and maybe you'll even come away with some nuggets of wisdom. No need to prepare anything in advance. This club is all about the natter!

Thursday 27th 5pm – 6pm: Drawful! 🖥️

Think Pictionary for those who say they can't draw at all. If your hand refuses to communicate with your brain and all that appears on the paper is the opposite of what you wanted to put there, then that's how to play Drawful! The worse the picture is, the more points you get! This is not a game of skill, it's a laughter inducing comedy hour!

Friday 29th, The Cares Family Disco 6:30pm -7:30pm 📞 🖥️

Get on your party outfit and those dancing shoes and join your neighbours from across the UK at The Cares Family disco! Once a month, we'll be joining forces with our sibling charities in south London, north London, Manchester and Liverpool for a massive party and a good old boogie together.

Saturday 30th 12:30-1:30pm Seated Yoga 📞 🖥️

Breathe your way into the weekend with a bit of relaxation and a good stretch at our virtual Seated Yoga Club. The lovely Abi from Supply Yoga will be showing us a few easy to do positions, all from the comfort of your own home! A lovely and fun way to get relaxed!