



EAST LONDON CARES

SEPTEMBER 2021 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 over the phone, online (using Zoom) and in person at various locations across Tower Hamlets and Hackney. 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, VIRTUAL AND PHONE-IN 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.

Phone-in clubs can be joined by dialling in on your landline or mobile, so you don't need an internet connection to take part. It's free to call and your number won't be shared with anyone. We can also call you at the time of the club if this is your first time or you're worried about dialling in. **To book your place or to find out more, please call 0207 118 4949 (option 1) and we'll talk you through it.**

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 SEPTEMBER

Saturday 4th September, 11am-12pm: Saturday Shimmy dance workshop

Virtual social club (online via Zoom)

If you need a pick-me-up or a kick-start to the weekend, this is the place to be. Priyanka will lead this online dance club, to get you up and moving and energised. Come along and learn some new moves, play some fun games and make sure to share your favourite songs with Priyanka too – who knows, maybe together we can create a dance routine to it! All abilities welcome, just join with an open mind and some comfy clothes on.

Monday 6th September, 12-1pm: Start your month right

Virtual and Phone-in Social Club (freephone dial in or 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?

Wednesday 8th September, 6-7pm: Drama with Theatre Exchange

Virtual social club (online via Zoom)

Missing the theatre or want to try something new? Theatre Exchange, a Hackney based group for anyone over 50, has been meeting weekly online since the pandemic and have kept morale up by creating characters and short plays throughout. They even recorded seven short pieces for broadcast on Hackney Social radio. During this club you'll get a taste of the amazing drama sessions they run for over 50s locally, we'll also discover how theatrically creative we can all be on Zoom!

If you'd like more information about East London Cares or would like to receive our free social clubs programme every month, call 0207 118 4949 or visit www.eastlondoncares.org.uk

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Thursday 9th September, 12-1pm: Quiz club with Pendo

Virtual Social Club (online via Zoom)

Join our friends from Pendo for an afternoon quiz! We will be hosting a Pointless quiz, based on the hit TV show, and team up to score the least points to win. There will be opportunities to chat, put your quiz skills to the test and have a laugh.

Friday 10th September, 12-1pm: Seated yoga with Abi

Virtual and Phone-in Social Club (freephone dial in or 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. This club is accessible over the phone too, as Abi verbally describes each movement for you to follow.

**Monday 13th September, 2-3pm: Skill share with Sinead – let's learn
breathwork**

Face-to-face social club (Clissold Park/ or cafe nearby - weather dependent)

Sinead is our Love Your Neighbour Coordinator, and is the newest member of the East London Cares team! What a better way to welcome her than to learn about the new skill she gained during lockdowns. Sinead will be sharing breathwork, different ways of using our breath on a daily basis that help calm, ground and focus our minds.

Skill share clubs are a space for us to all learn something new together. If you have any skills you would like to share just let Priyanka know – maybe you can lead the next one!

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Wednesday 8th September , we will confirm if you have a place on Friday 10th September.***

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Wednesday 15th September, 12-1pm: Phone-in club, back to school stories!

Phone-in Social Club (freephone dial in or online via Zoom)

September is the month filled with nerves and excitement, as many head back to school after the summer-break. Let's share our stories of returning back to school – what life-lessons have we kept from those transformative moments? What advice would you give people going back to school or university now? Call in for free to this phone club and have a chat with some friendly new east London neighbours.

Saturday 18th September, 12-1pm: Qigong with Darcy

Virtual Social Club (online via Zoom)

East London Cares' younger 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.

Monday 27th September, 3-4pm: Wellbeing hour with Tim

Virtual and Phone-in Social Club (freephone dial in or 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.

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Tuesday 28th September, 12-1.30pm: Oxford House Tour

Face-to-face social club (Bethnal Green)

Oxford House's Victorian building was designed by Arthur Blomfield, (architect of the Royal College of Music) in 1891, though its origins date back to 1884 when a group of students and graduates began a small settlement in Bethnal Green. As one of the earliest settlement houses, Oxford House has played an important role in the East End for over 140 years. On this tour you'll learn more about the social history of the building, their changing visitors over the years and take a peek into their special Victorian archives.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Monday 20th September, we will confirm if you have a place on Tuesday 21st September.***

Wednesday 29th September, 6-7pm: Ghost Signs talk with Sam Roberts

Virtual Social Club (online via Zoom)

Have you ever noticed the faint remains of an advert painted on the side of a building? They're called ghost signs and Hackney has a lot of them! Join East London Cares and ghost signs expert Sam Roberts, for a virtual tour of vintage advertising in the area and the history behind it.

Thursday 30th September, 2-3.30pm: Coffee and 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. We will have space reserved in the garden and will be following social distancing guidelines. A mask or face shield can also be provided if you don't have one.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Friday 24th September, we will confirm if you have a place on Monday 27th September.***

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SEPTEMBER CALENDAR

Date	Time	Where	Club
Sat 4th	11am-12pm	Online	Saturday shimmy dance workshop
Mon 6th	12-1pm	Online	Start your month right
Wed 8th	6-7pm	Online	Drama with “Theatre Exchange”
Thurs 9th	12-1pm	Online	Quiz club with Pendo
Fri 10th	12-1pm	Online & phone-in	Seated yoga with Abi
Mon 13th	2-3pm	Stoke Newington	Skill share – let’s learn Breathwork
Weds 15th	12-1pm	Phone-in club	Back to school stories
Sat 18th	12pm-1pm	Online	Qigong with Darcy
Mon 27th	3-4pm	Online & phone-in	Wellbeing hour with Tim
Tue 28th	12-1.30pm	Bethnal Green	Oxford House tour
Weds 29th	6-7pm	Online	Ghost signs talk with Sam Roberts
Thurs 30th	2-3.30pm	Bethnal Green	Coffee and catch up

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