



EAST LONDON CARES

DECEMBER 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 DECEMBER

Monday 6th December, 12-1pm: Start your month right (end the year right!)

Virtual and phone-in social club (freephone dial in or online via Zoom)

Last one of the year! 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 December, 6-7.30pm: What the Tech

Face-to-face social club (Hackney Downs)

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 maps? We will be joined by the lovely people from *Newham New Deal Partnership* who will be leading us all through a technology social club. Bring your mobile or tablet and join your neighbours to strengthen your digital skills, or learn new ones whilst having a laugh and a chat.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Thursday 2nd December**, we will confirm if you have a place on Friday 3rd December.*

Thursday 9th November, 1-2pm: Game show club with T. Rowe Price

Virtual social club (online via Zoom)

For this month's game show club, we'll be joined by T. Rowe Price. They support East London Cares in multiple ways and we want to celebrate this with a chance for them to meet you. We will be hosting our very own game show filled with games, quizzes and the chance to meet new people and get to know your neighbours even more.

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 **eastlondoncares.org.uk**

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Friday 10th December, 4-5.30pm: Makaton with Shivani

Face-to-face social club (Stoke Newington)

Makaton is an international form of sign language, often used by people who struggle to hear or understand verbal communication for a mix of reasons. How lovely would it be if we could make sure that we have some way to communicate with everyone, regardless of language barriers? Join Shivani, a qualified speech & language therapist trained in Makaton, to learn this new communication skill with your neighbours. We will all be learning together so no previous experience is needed, and Shivani will create a fun and chatty environment to learn together in. We'd love to host these sessions regularly if the interest is there, so if you'd like to learn Makaton, please book your place and come along!

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Monday 6th December**, we will confirm if you have a place on Tuesday 7th December.*

Monday 13th December, 4-5.30pm: Festive wreath making

Face-to-face social club (Whitechapel)

Would you like to create your very own decorations during this festive period? Get together with your east London neighbours and have a go at creating a wreath, filled with greenery, dried fruits and more. Materials will be provided, but feel free to bring your own favourite decorations or trinkets to add to it. By the end of this club we'll all have something to display with pride or gift to a loved one!

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Christmas carnival – end of year party!

Tuesday 14th December, 5.30-7.30pm

Face-to-face social club (Bethnal Green)

The end of the year is near, and the festive season is here so let's take some time out to celebrate with each other. With music, dance, games and great company, this social club will be a chance to put on your sparkliest outfit and join in the party. East London Cares neighbour Keri will also be singing some festive tunes to get us in the party mood!

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Thursday 9th December**, we will confirm if you have a place on Friday 10th December.*

Thursday 16th December, 3pm-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 social clubs before.

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Saturday 18th December, 12.30-1.30pm: Qigong with Darcy

Virtual and phone-in social club (freephone dial in or 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.

Monday 20th December, 12pm-1pm: 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.

Wednesday 22nd December, 5.30-6.30pm: Cinema at home - *The Snowman*

Virtual social club (online via Zoom)

A screening of the classic Christmas film, *The Snowman*, in the warmth of your home. Get together with your neighbours before the holidays start and enjoy the film together. The film is 30-minutes long, so there will be time for a chat afterwards – come along for a chance to unwind and relax with your ELC community.

Thursday 23rd December, 6-7pm: The Cares Family big quiz of the year!

Virtual and phone-in social club (freephone dial in or online via Zoom)

End the year in a spectacular way with our Big quiz of the year! Come and put your knowledge to the test and team up with Cares Family neighbours from across the country for some seasonal laughs!

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DECEMBER CALENDAR

| Date | Time | Where | Club |
|----------|--------------|-------------------|--|
| Mon 6th | 12-1pm | Online & phone-in | Start your month right (end the year right!) |
| Wed 8th | 6-7.30pm | Hackney Downs | What the Tech |
| Thu 9th | 1-2pm | Online | Game show club with T. Rowe Price |
| Fri 10th | 4-5.30m | Stoke Newington | Makaton with Shivani |
| Mon 13th | 4-5.30pm | Whitechapel | Festive wreath making |
| Tue 14th | 5.30-7.30pm | Bethnal Green | Christmas carnival - end of year party! |
| Thu 16th | 3-4.30pm | Bethnal Green | Coffee and catch-up |
| Sat 18th | 12.30-1.30pm | Online & phone-in | Qigong with Darcy |
| Mon 20th | 12-1pm | Online & phone-in | Wellbeing hour with Tim |
| Wed 22nd | 5.30-6.30pm | Online | Cinema at home: <i>The Snowman</i> |
| Thu 23rd | 6-7pm | Online & phone-in | The Cares Family big quiz of the year |

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JANUARY PREVIEW

Wednesday 5th January, 12-1pm: Start your month right

Virtual and phone-in social club (freephone dial in or online via Zoom)

Welcoming you all back from the break with our monthly Start your month right club. 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 would we like to do more, or less, of?

Thursday 6th January , 4pm-5.30pm: Board games & biscuits

Face-to-face social club (Dalston)

Join your neighbours at a local bar that has a mix of board games to pick & play. We'll have time to catch up over some games – starting the new year off with some laughs and healthy competition. Bring your best board game skills and we'll bring the biscuits!

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 12pm on Tuesday 4th January, we will confirm if you have a place on Wednesday 5th January.** Please also note that our office will be closed between 24th December - 3rd January, so you may need to leave a message. You can also text your interest to 07704 338 589 or email priyanka.chauhan@eastlondoncares.org.uk.*

Friday 14th January, 1.30pm - 5pm: English National Ballet – *Raymonda*

Face-to-face social club (Charing Cross)

The lovely people at the English National Ballet have offered The Cares Family the opportunity to watch *Raymonda*, an epic journey of love and courage that takes inspiration from the ground-breaking spirit of Florence Nightingale, and tells her story with a cast of amazing dancers and a full orchestra. Join your neighbours from East, North and South London Cares, for an afternoon at the ballet!

To book your place, give us a call on 0207 118 4949 (option 1) before 5pm, on Friday 17th December. Places will be confirmed when we return from the Christmas break. This is a joint social club with North and South London Cares, so please only add yourself to the lottery list of one branch.

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