



EAST LONDON CARES

## NOVEMBER 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.

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.

## COMING UP IN NOVEMBER

### **Monday 8th November, 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 10th November, 2-3pm: Creative writing with Outside Edge Theatre**

#### **Face-to-face social club (Hackney Downs)**

This creative writing taster session will explore the Five Ways to Wellbeing, using fun, fast paced script writing exercises and reflective writing to create an engaging, entertaining environment, led by members of Outside Edge's specially trained drama facilitators. No previous writing experience is needed and all ability levels are welcome. After attending this taster session you are welcome to engage with any of Outside Edge's free weekly groups.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Thursday 4th November , we will confirm if you have a place on Friday 5th November.***

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](http://www.eastlondoncares.org.uk)

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**Thursday 11th November, 12pm-1pm: Quiz club with Bank of America  
Virtual social club (online via Zoom)**

For this month's quiz club, we'll be joined by younger neighbours from Bank of America. They support East London Cares in multiple ways and we want to celebrate this with a chance for them to meet you. Join your east London neighbours and new friends from Bank of America for some quiz fun!

**Friday 12th November, 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.

**Saturday 13th November, 2-3pm: Saturday shimmy dance workshop – Diwali special**

**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 Indian dance club, to get you up and moving and energised. Come along and learn some new moves, play some fun games and celebrate the festival of Diwali with your neighbours.

This class can be taken seated, and is open to all abilities. Come along in some comfy clothes and give it a go!

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**Wednesday 17th November, 6pm-7pm: Art workshop with Mark Riley**  
**Face-to-face social club (Whitechapel)**

Join Mark and your neighbours on a creative, art-based exploration of evocative objects. An evocative object is a personal item that holds a memory or a story of your life. The object might not have much value to anyone else, its value is in what it provokes - memories of childhood, family and friends, happy events and loved ones. Do you have an object like this in your home? Bring it along to this social club and share its story with your neighbours.

During this session Mark will also guide us through capturing the objects through photography, writing and sketches. We would love to eventually create an exhibition with the artwork you create.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Thursday 11th November , we will confirm if you have a place on Friday 12th November.***

**Thursday 18th November, 11.30-1pm: Guided tour of the House Mill**  
**Face-to-face social club (Bromley-by-Bow)**

Built in 1776, the House Mill is the world's largest surviving tidal mill and one of the best kept secrets in London. A riverside gem of the early industrial revolution. Join this club for a guided tour of the House Mill. Please note that the House Mill is a very old building with five floors, some narrow passageways and uneven surfaces – it is therefore not fully accessible. If you would like to discuss this before booking your place, please give Priyanka a call on 0207 118 4949 option 1.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Friday 12th November, we will confirm if you have a place on Monday 15th November.***

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**Saturday 20th November, 12.30-1.30pm: 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.

**Monday 22nd November, 11am-12pm: Autumn walk in the park**

**Face-to-face social club (Victoria Park)**

Join your neighbours for a fresh, autumnal walk in Victoria. A chance to stretch those legs mid-morning, enjoy the views and catch-up with neighbours. Wrap up warm!

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Wednesday 17th November, we will confirm if you have a place on Thursday 18th November.***

**Thursday 25th November, 3-4.30pm: 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 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.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Friday 19th November, we will confirm if you have a place on Monday 22nd November.***

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**Friday 26th November, 5-6pm: Jazz Jam, live music at Oxford House  
Face-to-face social club (Bethnal Green)**

Oxford House is hosting a special live jazz performance curated by emerging young musicians. This ensemble includes William Hobson and Harry Toulson, a unique set of musicians currently in their final years studying at the prestigious Guildhall School of Music and Drama. Together, they have performed at Ronnie Scotts Jazz Club, the Royal Albert Hall, and more. Enjoy some live music on your Friday afternoon with neighbours.

*Places are limited, so we will be operating a lucky dip booking system – **please call to register your interest by 5pm on Monday 22nd November, we will confirm if you have a place on Tuesday 23rd November.***

**Tuesday 30th November, 12-1pm: Wellbeing hour with Tim  
Virtual and phone-in social club (online via Zoom & phone in)**

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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## NOVEMBER CALENDAR

Date	Time	Where	Club
Mon 8th	12-1pm	Online & phone-in	Start your month right
Weds 10th	2-3pm	TBC	Creative writing with Outside Edge theatre group
Thurs 11th	12-1pm	Online	Pointless quiz
Fri 12th	12-1pm	Online	Seated yoga with Abi
Sat 13th	2-3pm	Online	Saturday shimmy dance workshop: Diwali special
Weds 17th	6-7pm	Bethnal Green	Evocative objects: Art workshop with Mark Riley
Thurs 18th	11.30am-1pm	Bromley by Bow	Guided tour of the House Mill
Sat 20th	12.30-1.30pm	Online	QiGong with Darcy
Mon 22nd	11am-12pm	Bethnal Green	Autumnal walk in Victoria Park
Thurs 25th	3-4.30pm	Bethnal Green	Coffee & catch up
Fri 26th	5-6pm	Bethnal Green	Jazz Jam at Oxford House
Tues 30th	12-1pm	Online	Wellbeing hour with Tim

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