SOUTH LONDON **CARES**

April 2021
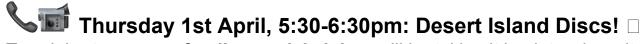
📞📽 **Thursday 1st April, 5:30-6:30pm: Desert Island Discs!** ☐
To celebrate **a year of online social clubs** we'll be taking it back to where it all started and reigniting Desert Island Discs to mark the occasion. Come with a song in mind and an anecdote about why it's meaningful to you. It seemed fitting for the theme to be: '**Throwback Thursday' - a song that reminds you of a Virtual Social Club we did in the past**. Party dress code is encouraged but not required. Or feel free to just sit back and enjoy the tunes! Enoch will be running this club.

JOINING INSTRUCTIONS

If you're using the Zoom App from a computer, laptop, iPad, tablet or smartphone.

Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

If you're dialling in from a landline or mobile, please call at 5:20pm to get you set-up.

1. Call **0800 031 5717** (free of charge)**;**
2. You will first be asked to enter the Meeting ID. Type in **567 385 4631**, followed by the **#** key;
3. You will then be asked to enter your Participant ID. Ignore this and press the **#** key;
4. Finally, you will be asked to enter the meeting

   You must book in advance if you are joining from a landline or mobile.

☎️📹 Tuesday 6th April, 2:30-3:30pm: Virtual Crossword Club

Join your neighbours and release your inner 'puzzle-person', engage your mind and have a pop at a crossword. No need to be a crossword connoisseur: everyone is welcome. **Please call us on 0207 118 0404 to let us know you're coming.** Enoch will be running this club.

JOINING INSTRUCTIONS

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Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

If you're dialling in from a landline or mobile, please call at 2:20pm to get you set-up.

1. Call **0800 031 5717** (free of charge)**;**
2. You will first be asked to enter the Meeting ID. Type in **567 385 4631**, followed by the **#** key;
3. You will then be asked to enter your Participant ID. Ignore this and press the **#** key;
4. Finally, you will be asked to enter the meeting password. Type **436133361**, followed by the **#** key.

   You must book in advance if you are joining from a landline or mobile.

☎📹 Wednesday 7th April, 12-1pm: Virtual Technology Workshop

Want to improve your confidence with your phone, tablet or laptop? Join our Zoom chat with your gadgets and bring your technology-related questions with you. **Please call us on 0207 118 0404 to let us know you're coming.** Enoch will be running this club.

JOINING INSTRUCTIONS

If you're using the Zoom App from a computer, laptop, iPad, tablet or smartphone.

Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

DIALLING INSTRUCTIONS

If you're dialling in from a landline or mobile, please call at 11:50am to get you set-up.

1. Call **0800 031 5717** (free of charge)**;**
2. You will first be asked to enter the Meeting ID. Type in **567 385 4631**, followed by the **#** key;
3. You will then be asked to enter your Participant ID. Ignore this and press the **#** key;
4. Finally, you will be asked to enter the meeting password. Type **436133361**, followed by the **#** key.

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📞 Thursday 8th April, 2:30-3:30pm: Virtual Coffee & Catch Up

Grab a cuppa, and dial in for an hour of chatting and sharing stories with your younger neighbours. This month we will be talking about our favourite stories and fictional icons from childhood. **Please call us on 0207 118 0404 to let us know you're coming.** Harry will be running this club. Spaces are limited for this club and will be prioritised for those without internet access.

DIALLING INSTRUCTIONS

If you're dialling in from a landline or mobile, please call at 2:20pm to get you set-up.

1. Call **0800 031 5717** (free of charge)**;**
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3. You will then be asked to enter your Participant ID. Ignore this and press the **#** key;
4. Finally, you will be asked to enter the meeting password. Type **436133361**, followed by the **#** key.

You must book in advance if you are joining from a landline or mobile

🎥 Sunday 11th April, 2-4:30pm: Virtual Film Club

Join us at Virtual Film Club to watch '**Hop**', a light-hearted feel good Easter story unfold. Fred, who's never taken life seriously, has a collision while he's driving and is shocked to discover he's run over the Easter Bunny. The good news is that only the rabbits leg is broken; the bad news is that he needs someone to take his place while he heals! **Please call us on 0207 118 0404 to let us know you're coming.** Enoch will be running this club.

JOINING INSTRUCTIONS

If you're using the Zoom App from a computer, laptop, iPad, tablet or smartphone.

Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

There is no phone-in option for this club

📞 📹 Monday 12th April, 11:20am-12:30pm: Chair Yoga + Meditation

Uncrank that neck and join your neighbours for some gentle stretching and calming breathing, all from the comfort of your own home. **Please call us on 0207 118 0404 to let us know you're coming.** Harry and Emily will be running this club.

JOINING INSTRUCTIONS

If you're using the Zoom App from a computer, laptop, iPad, tablet or smartphone.

Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

DIALLING INSTRUCTIONS

If you're dialling in from a landline or mobile, please call at 11:10am to get you set-up.

You'll need loudspeaker function

1. Call **0800 031 5717** (free of charge)**;**
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3. You will then be asked to enter your Participant ID. Ignore this and press the **#** key;
4. Finally, you will be asked to enter the meeting password. Type **436133361**, followed by the **#** key.

You must book in advance if you are joining from a landline or mobile.

📹 Friday 16th April, 12-1pm: Virtual Break Dancing Class

Our city has enjoyed a rich break dance culture since the early 80s. From the cobblestones of Covent Garden to Black Sheep bar in Croydon, there are memories and moments in every postcode! Join us as we learn how to connect to the beat of the music with some break dance moves. It's time to make our own memories in our own postcodes! All abilities welcome - no experience necessary. **Please call us on 0207 118 0404 to let us know if you would like to attend**. Enoch will be running this club.

JOINING INSTRUCTIONS

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There is no phone-in option for this club

📞📹 Tuesday 20th April, 5:30-7pm: Virtual Quiz Club

Embrace the healing properties of mindless trivia and join your neighbours for our Virtual Quiz Club. **Please call us on 0207 118 0404 to let us know you're coming.** Enoch will be running this club.

JOINING INSTRUCTIONS

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Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

DIALLING INSTRUCTIONS

If you're dialling in from a landline or mobile, please call at 5:20pm to get you set-up.

1. Call **0800 031 5717** (free of charge)**;**
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3. You will then be asked to enter your Participant ID. Ignore this and press the **#** key;
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   You must book in advance if you are joining from a landline or mobile.

📷 Wednesday 21st April, 5:30-6:45pm: Virtual Script Reading

Join your neighbours and put on a new character to retell the legendary **'Blood Brothers'** story. Written by Willy Russell, this captivating and moving story follows the lives of twins who, separated at birth, grow up on opposite sides of the tracks, only to meet again with fateful consequences. Enoch will be running this club. **Please call us on 0207 118 0404 to let us know you're coming.**

JOINING INSTRUCTIONS

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There is no phone-in option for this club

📷 Friday 23rd April, 12-1pm: Virtual Surfers Against Sewage

Have you ever heard of an ocean activist? Did you know that how we live in the cities can impact how much the seas around our British Isles thrive? Join us as we find out more from the charity Surfers Against Sewage and hear about their campaign for better water quality. Add your voice to the roar of the ocean, to make it heard within the climate crisis! **Please call 0207 118 0404 to let us know you're coming.** Enoch will be running this club.

JOINING INSTRUCTIONS

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Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

There is no phone-in option for this club

📹 Wednesday 28th April, 4:30-5:30pm: Virtual Sofa Singing

Spark some joy and join your neighbours for an evening of sing-song, straight from your sofa. **Please call us on 0207 118 0404 to let us know you're coming.** Enoch will be running this club.

JOINING INSTRUCTIONS

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Sign in to Zoom and join us by using the **Meeting ID:** 567 385 4631, **password:** community

There is no phone-in option for this club

📹 Thursday 29th April, 6:30-7:30pm: The Cares Family Disco

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 sister charities in North London, East London, Manchester and Liverpool for a massive party and a good old boogie together. **Please call us on 0207 118 0404 to let us know you're coming.**

JOINING INSTRUCTIONS

Please note the different meeting ID and password for this club.

If you're using the Zoom App from a computer, laptop, iPad, tablet or smartphone.

Sign in to Zoom and join us by using the **Meeting ID:** 549 218 9495, **password:** 123456

There is no phone-in option for this club