



SOUTH LONDON CARES

#AloneTogether April 2021: Weekly Activities

Week 1 Far from the 'cruellest month' as T.S Eliot described it, April is actually a month of laughs! Not only does it start off with April Fool's Day, but 16th April also marks the birthday of legendary comic actor Charlie Chaplin, who was supposedly born on our very own East Street in Walworth.

On April Fool's Day 1931, crowds and police gathered at a train station in Genoa, Italy to greet the arrival of Charlie Chaplin, who newspapers had reported would be arriving that day. But he never showed! Apparently the story was an April Fool's hoax planted by a movie manager to promote one of Chaplin's recent films.

Task: If you were going to plan your own April Fool's joke in any time or place in the past, what and when would it be, and who would be made to look the fool? *Submitted by Lauren (Love Your Neighbour Coordinator)*

Week 2 Living in London, you'll surely have had a nice 'cuppa'. There's tea for breakfast, tea during break time, tea when visiting a friend's house, tea to wake up, tea to relax... you get the idea. Tea even gets its very own special day in the UK, on the 21st of April.

On 21 April, tea parties are held across the UK. Many of these events aim to encourage people to try different varieties of tea and to appreciate how drinking it with others can enrich their lives. Some of these events also promote sustainably produced tea and better prices and working conditions for farmers, while others raise funds for different charities from the sales. However people observe this special day, it's about appreciating the opportunity that sharing a cup of tea gives to people to connect with one another.

Task: Connect with a friend on the phone or over a Zoom call, sit down and enjoy a nice cuppa together whilst you have a good catch up. Perhaps you could even push the boat out and try a different type of tea to your usual pick! *Submitted by Jodie (Development Coordinator)*

Week 3 In 1982 the Dance Committee of ITI founded International Dance Day to be celebrated every year on the 29th April, the birthday of Jean-Georges Noverre (1727-1810), who was the creator of modern ballet. The International Dance Day Message is to celebrate dance, to revel in the universality of this art form, across all political, cultural and ethnic barriers, and how it brings people together with a common language – dance.

Task: Think about your fondest memories of dancing: what were they? Put on a song you love and try to recreate your favourite dance moves and moments in your living room. You could even make up a dance move! *Submitted by Matt (Volunteer & Outreach Coordinator)*

Week 4 Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Individually we need to understand what is causing us personal stress and learn what steps we can take to reduce it for ourselves and those around us.

Task: Pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day for this week. You could even add actions for your social and spiritual wellness too. *Submitted by Deepika (Programme Support Officer)*

Here are a few ideas:

- Keep hydrated. Drink plenty of water throughout the day.
- Plan something to look forward to in the future – write a daily note of what you want to do and place it in a jar with other plans you have made.
- Pick up the phone and call an old friend to say “hello”.
- Try a sudoku, crossword or other puzzles, which keep different parts of the brain stimulated.

Green Activity The date of April 22nd is Earth day, the aim of which is to raise awareness of the environmental issues which face the planet Earth. First held in 1970, it has been held each year since then, and events are held worldwide to achieve the aim of environmental awareness.

Task: There are lots of things you can do to become more green and sustainable. Think about the small steps you could take in your daily life to help our planet. *Submitted by Harry (Head of Programmes)*

Here are a few ideas:

- Donate your old clothes and household items instead of throwing them out. When you need something, consider buying used items.
- Try growing your own food. Simply plant a few seeds in a corner of your garden or in a container on your windowsill.
- When you buy something, consider the item's life expectancy. Start investing in reusable products for the items you most often throw away.
- Conserve energy and electricity by turning off appliances and lights when you're not using them.

Submitted by Older Neighbour Reg

FIND THE COUNTRY USING THE
5 VOWELS A E I O U.
EG. RGNTN = ARGENTINA

1	NGL	19	FNLD
2	MRC	20	FRNH GN
3	STRL	21	GYN
4	STR	22	GHN
5	BLGM	23	GRC
6	BLV	24	SRL
7	BTSWN	25	LSTH
8	BRZL	26	MLW
9	BRND	27	MRTS
10	CP. VRD	28	MZMBR
11	CHL	29	NMB
12	CLMB	30	PNM
13	CND	31	PRGY
14	CHN	32	SYCHLLS
15	CB	33	SRNM
16	DNMRK	34	TWN
17	CDR.	35	RGY
18	SWTN	36	VNZL

ANSWERS

1	ANGOLA	19	FINLAND
2	AMERICA	20	FRENCH GUIANA
3	AUSTRALIA	21	GUYANA
4	AUSTRIA	22	GHANA
5	BELGIUM	23	GREECE
6	BOLIVIA	24	ISRAEL
7	BOTSWANA	25	LESOTHO
8	BRAZIL	26	MALAWI
9	BURUNDI	27	MAURITIUS
10	CAPE VERDE	28	MOZAMBIQUE
11	CHILE	29	NAMIBIA
12	COLOMBIA	30	PANAMA
13	CANADA.	31	PARAGUAY
14	CHINA.	32	SEYCHELLES
15	CUBA	33	SURINAME
16	DENMARK	34	TAIWAN
17	ECUADOR	35	URUGUAY
18	ESWATINI	36	VENEZUELA

THAT INSTANT IN TIME

That instant in time the
Moment we met I knew
You would be mine
The stars did shine
How could I forget!

I looked you all over in
The blink of an eye every
Thing I saw I remember,
My life became a living
Stream how could I forget!

If you were closer you'd
Hear my heart beating I
Wanted to touch your face
Trembling aroused desires,
How could I forget!

My love for you is like a river
That feeds from the mountain
Of my romantic heart this
Affection for you is strong
And deep

Sensational emotions electrifies
My head to my feet in that
Capsule of time I was captivated
I still have memories how, how
Could I forget that instant in time.

Submitted by Older Neighbour Winston

A NICE VIRUS

SMILING IS INFECTIOUS
YOU CATCH IT LIKE THE FLU.
WHEN SOMEONE SMILED AT ME TODAY
I STARTED SMILING TOO

I PASSED AROUND THE CORNER AND
SOMEONE SAW ME GRIN,
WHEN HE SMILED I REALIZED
I'D PASSED IT ON TO HIM.

I THOUGHT ABOUT THAT SMILE,
THEN I REALIZED IT'S WORTH
A SINGLE SMILE, JUST LIKE MINE,
COULD TRAVEL ROUND THE EARTH.

SO IF YOU FEEL A SMILE BEGIN,
DON'T LEAVE IT UNDETECTED
LET'S START AN EPIDEMIC QUICK
AND GET THE WORLD INFECTED.

Submitted by Older Neighbour Reg