



# NORTH LONDON CARES

## AUGUST 2022

### SOCIAL CLUBS

Free social events for over 65s

(to meet older & younger people in their local community)

It's August and can you believe it...it's going to be North London Cares' 11th Birthday! Eleven years of connection, fun, friendship, laughter and super social clubs.

Thank you to our community - you are the beating heart of North London Cares and without you we would not exist. So raise a glass to yourself and your community, as we celebrate our birthday the best way we know how - by coming together to try new things and meet new people. Check out the programme for our birthday bash; we would love to see you there!

Each month we run free social clubs in the community, either outdoors or in a local venue, or online and on the phone.

We understand that being involved and connected can look different for everyone and hope there is something coming up this month that you can't wait to get involved with.

All our social clubs are the same at their core: **they are opportunities to meet older and younger neighbours in your community; to connect and share new things with new people.**

Still not certain about joining us for clubs? Check out our website for even more info about what we do : <https://northlondoncares.org.uk/social-clubs>

You can always reach us by calling **0207 118 3838 - option number 1** for Social Clubs. Please always give a name and contact number when leaving a voicemail so we can get back to you.



## AUGUST 2022 SOCIAL CLUBS CALENDAR

Date	Time	Approx Location	Social Club	Facilitator
<b>Thu 4th</b>	2.30 - 3.30pm	On the phone	Phone Club	<b>Andy</b>
<b>Mon 8th</b>	6.30 - 7.30pm	Online	Virtual Creative Writing	<b>Hannah</b>
<b>Tue 9th</b>	1.00-3.00pm	Euston	Wellcome Collection Exhibition	<b>Andy</b>
<b>Wed 10th</b>	2.00 -4.00pm	Central London	WPV : Generation Investment	<b>Hannah</b>
<b>Wed 10th</b>	6.30- 8.00pm	Nr Caledonian Rd	Jreena Jazz club	Jreena & <b>Hannah</b>
<b>Thu 11th</b>	2.00- 3.30pm	Highbury Fields	Poetry In The Park	<b>Andy</b>
<b>Sat 13th</b>	2.00- 4.30pm	Archway	11th Birthday Party!	<b>Hannah &amp; Andy</b>
<b>Mon 15th</b>	11am-1.00pm	Islington Green	'Village Islington' Guided Walk	Hazel & <b>Hannah</b>
<b>Tue 16th</b>	11am-12.30pm	Kings Cross	Visit to Camley Street Nature Park	Fiona & <b>Andy</b>
<b>Wed 17th</b>	11am-12:30pm	Kings Cross	Birthday barge visit, Granary Sq	Laura & <b>Hannah</b>
<b>Thu 18th</b>	6.30-8.00pm	Nr Caledonian Rd	Flamenco with Natalie	Natalie & <b>Andy</b>
<b>Mon 22nd</b>	1.00-3.00pm	Camden Town	Peaky Blinders Walk	Siobhan & Hannah
<b>Mon 22nd</b>	6.30-8.00pm	Clerkenwell	Pub Quiz at The Apple Tree	<b>Andy</b>
<b>Tue 23rd</b>	12.00-2.00pm	Kentish Town	Latin Ballroom and Dance session	Adriana & <b>Hannah</b>
<b>Wed 24th</b>	12.30- 2.00pm	Highgate	Watercolour Wednesday	<b>Hannah</b>
<b>Wed 24th</b>	6.30- 8.00pm	Nr Caledonian Rd	Pasty-making with Stanley & Poppy	Stanley, Poppy & <b>Andy</b>
<b>Thu 25th</b>	2.30- 3.30pm	On the phone	Phone Club	<b>Hannah</b>
<b>Fri 26th</b>	12.00- 2.00pm	Kentish Town	Cultivate Some Calm	<b>Hannah</b>
<b>Sat 27th</b>	2.15 - 3.30pm	Tufnell Park	Yoga	<b>Hannah</b>
<b>Tue 30th</b>	6.30- 7.30pm	Online	Virtual Crossword Club	<b>Andy</b>
<b>Wed 31st</b>	3.15- 4.45pm	Kilburn	Tea Time Technology Club	<b>Andy</b>



## FACE TO FACE AUGUST SOCIAL CLUBS

### Visit to Wellcome Collection Exhibition

*Call 0207 118 3838 (option 1 or 3) to sign up.*

**Tuesday 9th August, 1:00 - 3:00pm**

Join your neighbours to explore the new exhibition, 'Rooted Beings'. 'Embark on a meditative reflection on the world of plants and fungi. The exhibition considers what we might learn from plant behaviour, and the impacts of colonial expeditions on the exploitation of natural resources and indigenous knowledge.' We will enjoy a cup of tea together for a chat, at the end of the club

### Workplace Visit to Generation Investment

In Kings Cross. *Call 0207 118 3838 (option 1 or 3) to sign up.*

**Wednesday 10th August, 2.00pm - 4.00pm**

This workplace visit is a chance to meet the team of both Generation Investment Management & the Generation Foundation. They are investment managers and a charitable foundation that focus on creating a fair economic system, seeking to limit climate change and global warming. To join us for delicious refreshments, a short dance class, a talk on Climate Overview plus a Q&A, don't hesitate to get in contact and put your name down.

### Jreena's Jazz Club

Near Caledonian road. *Call 0207 118 3838 (option 1 or 3) to sign up.*

**Wednesday 10th August, 6.30pm - 8.00pm**

Jreena is a professional dancer, a choreographer, a practical dance historian and original member of the West End Lion King cast. Expect music and dance from 1920s Charleston, Swinging 30s, Rock & Roll 50s, 60s, Ska and 70s Disco.



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Jreena's Jazz Club will send you to a place you might remember, but also to new places where you can explore music. Bring your dancing shoes and prepare for a trip down memory lane!

## Poetry In The Park

In Highbury Fields, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Thursday 11th August 2 - 3.30pm**

Join Andy for some relaxing rhymes in the lovely Highbury Fields. Just bring yourself and some inspiration as we will help each other to create some perfect poetry while we enjoy the sounds of nature and hopefully the sunshine!

## North London Cares 11th Birthday Party!

In Archway, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Saturday 13th August, 2.00 - 4.30pm**

Can you believe North London Cares is nearly a teenager?! Come and join us to celebrate our 11th birthday in Archway. There will be games, snacks and, of course, lots of dancing!

**The more the merrier for this event, but please let us know if you are coming, so we know how many snacks to provide!**

## 'Village Islington' Walk

In Angel, **Call 0207 118 3838 (option 1 or 3) to sign up**

**Monday 15th August, 11.00am - 1.00pm**



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This walk will explore the village and agricultural connections with Islington's past. It is a world far away from the cafes, shops and restaurants we see along its main street today.

## **Visit to Camley Street Natural Park**

**Tuesday 16th August, 11:00am-12:30pm**

In Kings Cross, **Call 0207 118 3838 (option 1 or 3) to sign up.**

Join Fiona at the beautiful Camley Street Natural Park for a lovely morning of mindful activities. Relax and enjoy a stroll around the park and then some nice activities and a cuppa.

## **Birthday Barge Visit**

**Wednesday 17th August, 11:00am-12.30pm**

In Kings Cross, **Call 0207 118 3838 (option 1 or 3) to sign up.**

We have been invited for a fantastic floating tea party, by the water at the 'Floating Garden', Global Generation's newest community garden space - on a boat! What a fab birthday gift. Thanks Global Generation.

## **Dance lesson with younger neighbour Natalie**

**Thursday 18th August, 6:30 - 8:00pm**

Near Caledonian Road, **Call 0207 118 3838 (option 1 or 3) to sign up.**

Join younger neighbour and Flamenco expert Natalie for a lesson in the skills of this wonderful dance form. Strut your funky stuff on the dance floor whilst making new friends!

## **The Real Peaky Blinders Walk with Siobhan**

In Camden town, **Call 0207 118 3838 (option 1 or 3) to sign up**

**Monday 22nd August 1.00pm-3.00pm**



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Join Siobhan for a guided tour around the haunts of Billy Kimber (the man Thomas Shelby from 'BBC The Peaky Blinders' was based on). Siobhan will tell tales of the exploits of these notorious gangsters and explain how they ran their patch. These tales are not to glamourize gangsters but to explain the hidden history of this very interesting area.

## **Pub Quiz at The Apple Tree (Pop Up Pub)**

In Farringdon, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Monday 22nd August: 6.30pm-8.00pm**

Come and join us at The Apple Tree pub, a wonderful LGBTQ+ venue in Clerkenwell for the return of our pub quiz! Come and test your general knowledge and enjoy getting to know the team at this very cool and inclusive venue. **We will have limited numbers for this event so please call us on 0207 118 3838 (option 1) to register your interest.**

## **Welcome to the Kentish Town Sports Centre**

In Kentish Town, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Tuesday 23rd August: 12.00-2.00pm**

Come and join Adriana at the Kentish Town Sports Centre for an introduction session to Latin and Ballroom Dance and the chance to learn more about the Sports Centre and what activities they have on.

## **Watercolour Wednesday in Waterlow Park**

In Waterlow Park, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Wednesday 24th August 12.30 - 2pm**



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Join Hannah for a stroll around one of the most picturesque parks in Camden, where we will stop at peoples favourite spots to do some watercolour studies of the park together.

## **Pasty-making club with Stanley & Poppy**

Near Caledonian road, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Wednesday 24th August, 6.30pm - 8.00pm**

Join older neighbour and pasty-making genius, Stanley, and his friend and younger neighbour, Poppy, as they explain how Stanley makes his famous spicy pasties! Learn the recipe and make a savoury treat whilst getting to know some new pals.

## **Cultivate Some Calm**

In Kentish Town, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Friday 26th August, 12.00pm - 2.00pm**

Come along to cultivate some calm. Hannah will introduce a few mindfulness activities - mandala making, breathing and more. You can bring along your ideas for a 10 minute activity to share that cultivates some calm for you.

## **Yoga**

In Tufnell Park, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Saturday 27th August, 2.15pm - 3.30pm**

Spend Saturday afternoon with your neighbours and our yoga teacher, Emily. She will take you through some revitalising stretches and movements that can be done from standing or a seated position, before we all sit together for a cuppa and chat.

## **Teatime Technology workshop**

In Kilburn, **Call 0207 118 3838 (option 1 or 3) to sign up.**

**Wednesday 31st August, 3.15pm - 4.45pm**



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Come and be creative with your pals and enjoy some watercolour painting at the lovely Abbey Community Centre. Never painted before? No problem, come and give it a go in a warm and supportive environment.



## VIRTUAL AND PHONE SOCIAL CLUBS



Our Virtual Social Clubs are opportunities to meet up **online** or over the phone with a group of younger & older neighbours - just like a normal social club.

You'll find instructions on how to join in below, or you can call **0207 118 3838** (option 1) and we'll help get you set up.

If you have a **landline phone**, we can dial you into the club twice a month, so joining couldn't be easier! Just call us to let us know.

If you have a **mobile phone** please follow the instructions below - it's free and safe to join the call.

## INSTRUCTIONS

### **Virtual Clubs (Online)**

Join clubs with the computer symbol, on a laptop, smartphone or tablet with internet access – you just need to download Zoom to take part.

### **Phone-In Clubs (from your landline or mobile phone)**

Join clubs with the phone symbol by dialling in on your landline or mobile. It's free to call and your number won't be shared with anyone. At the time of the club, just dial the number in the programme below and follow the instructions

**To join our virtual clubs, call 0207 118 3838 (option 1 or 3) to sign up.**





### **Phone Club : Happy Birthday North London Cares!**

On the phone:

**Thursday 4th August, 2.30pm-3.30pm**

North London Cares is 11 this week. Come and join your phone club pals and chat about what you like to do to celebrate your birthday. Have you ever thrown a big party? Do you like to spend the day relaxing? What's your favourite type of cake?!

### **Virtual Club : Creative Writing**

On zoom

**Monday 8th August, 6.30pm-7.30pm**

Come and let your creativity flow and share ideas on writing with your neighbours. We will complete some short exercises and anyone who wants to can share some of their work for us all to enjoy!

### **Phone Club: Beating The Nerves!**

On the phone:

**Thursday 25th August 2.30pm-3.30pm**

Have you ever been really nervous about something that's ended up working out well? Come and share a time when you tried something new and really enjoyed it.

### **Virtual Club : Crossword Club**

On zoom

**Tuesday 30th August, 6.30pm -7.30pm**

Join your neighbours to tackle a crossword or two and share a few laughs from the comfort of your front room. Bring your thinking cap and a cuppa!