






Digital Social Clubs Programme: May 2020

Digital 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!

Video Clubs

Clubs with the  symbol require you to have a **laptop, smartphone or tablet with internet access** to join. If you have internet at home, we can get help you set up to take part using Zoom! Please call 0207 118 3838 & we'll walk you through it.

Phone In Clubs

Clubs with the  symbol require you to have a **landline or mobile phone** to join. If you would like to attend any of the clubs with a  symbol, you will need to **book a place in advance**. Please call Andy and Hannah on 0207 118 3838 to let us know if you'd like to join a Phone In Club, as spaces are limited.

Friday 1st May, 2.30 - 3.30pm: Beltane Celebration

Beltane, the 'Springtime festival of optimism', derives from the Iron Age Celtic ritual of celebrating within the Community. Join us for some music and simple crafts! Please bring positive energy, a pen, paper, & scissors if you have them.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 864-5252-6435
- **Password:** 727953

Saturday 2nd May, 1.00 - 2.00pm: North London Stories

Get together virtually for an afternoon of story-sharing led by volunteer Emma! We'll be talking about tales of surviving lockdown or other times you have been stuck somewhere.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 842-8612-3908
- **Password:** 675303

Monday 4th May, 2.30 - 3.30pm: #AloneTogether Club

Some people collect stamps, other people collect gig tickets. Come along for a chat about your collection. Letters? Books? Toy trains? If you don't collect anything, what would you like to collect?

JOINING INSTRUCTIONS

This is a Phone In Club, and can be joined by calling from a landline or mobile. Spaces at these clubs are limited, so please call 0207 118 3838, to book your place in advance, and we'll give you the details of how to join in.

Tuesday 5th May, 6.30 - 7.30pm: Recipe Sharing

Is there a better feeling than tucking into a delicious meal you've made?! Whether you're a whizz at spag bol, bake the best cakes or make the most cracking cheese toastie in London, let's share our tips for neighbours to try!

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 810-8231-7926
- **Password:** 033336

Wednesday 6th May, 6.30 - 7.30pm: Pub Quiz with Chloe

Bring your brain cells and enjoy some fun competition with your friends. Music rounds, picture puzzles and general knowledge teasers mean that there is something for everyone! Younger neighbour Chloe will host the quiz this week.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 819-9474-3372
- **Password:** 285454

Thursday 7th May, 2.30 - 3.30pm: French lesson with Katie

Say bonjour to your neighbours at a French for beginners class! Join your tutor, younger neighbour Katie, for an afternoon of learning a new language. Gain new skills and pals along the way. Fantastique!

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 870-6011-3806
- **Password:** 403145

Thursday 7th May, 6.30 - 7.30pm: Dance Class

Join neighbours and professional dance teacher Lizzie for an evening of foot-stomping fun. Whether you're as graceful as a ballerina or feel like you've got two left feet – everyone's welcome to join.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 819-9406-2005
- **Password:** 526956

Monday 11th May, 2.30 - 3.30pm: #AloneTogether Club

Music has the power to unite us and move us, groove us, light us and ignite us! Come along to tell us the first record/CD you ever bought, and the last.

JOINING INSTRUCTIONS

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Tuesday 12th May, 1.30 - 2.30pm: Lunchtime Chair Yoga

Take a deep breath in and relax at our seated yoga club. Learn some calming moves, improve your flexibility, and unwind. This club will be led by Jenna.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 832-9780-1627
- **Password:** 552253

Tuesday 12th May, 6.30 - 7.30pm: International Nurses Day

It's International Nurses Day today, and we want to celebrate together to share messages we have for our NHS. We can record them, create a video message and share it far and wide, so that they all know how grateful we are to them!

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 839-7591-1023
- **Password:** 452950

Wednesday 13th May, 2.30 - 3.30pm: Read & Reflect

What book have you been buried in recently? Make a quick brew and settle in for a chat about the stories you love, led by younger neighbour Aimee.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 810-3128-6394
- **Password:** 463963

Thursday 14th May, 2.30 - 3.30pm: A Novel Idea

On May 14th 2013, Chimamanda Ngozi Adichie's novel "Americanah" was published. Grab a pen and get comfy - all you'll need to do is listen whilst Hannah reads to you, and you doodle along.

JOINING INSTRUCTIONS

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Thursday 14th May, 6.30 - 7.30pm: NLC KARAOKE

There's nothing better than having a sing-along with your friends and there's no better way to do it than karaoke! Bring along your loudest singing voice and apologise to your neighbours in advance.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 846-8266-6760
- **Password:** 745118

Friday 15th May, 2.00 - 3.00pm: The Little Angel Theatre

What's more perfect than a puppet show?! We will screen 'I Want my Hat back' for neighbours to watch together. Bring along a puppet you have, or items you have around the house to create one - everyone's got a sock!

This is an opportunity to meet some much younger neighbours too, as we invite local new parents and children from the 3G project to join the fun.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 981-0741-7382
- **Password:** 074693

Monday 18th May, 2.30 - 3.30pm: #AloneTogether Club

Time capsules are historic collections of items that communicate with the future about the present era. If we were going to bury one, what would you contribute? Choose a book, album, or one news story from your lifetime to put in

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Tuesday 19th May, 2.30 - 3.30pm: Virtual Visits

We're all at home right now but we can still explore special places all over the globe. Log in and let the tour begin as we virtually visit galleries, museums or beautiful nature spots.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 884-2323-8185
- **Password:** 568937

Wednesday 20th May, 6.30 - 7.30pm: Pub Quiz

Bring your brain cells and prepare to enjoy some fun competition with your friends as part of our quiz. Music rounds, picture puzzles and general knowledge teasers mean that there is something for everyone!

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 818-0982-0210
- **Password:** 243370

Thursday 21st May, 2.30 - 3.30pm: French lesson with Katie

Say bonjour to your neighbours at a French for beginners class! Join your tutor, younger neighbour Katie, for an afternoon of learning a new language. Gain new skills and new pals along the way.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 886-0171-3281
- **Password:** 018520

Thursday 21st May, 6.30 - 7.30pm: Dance Class

Join neighbours and professional dance teacher Lizzie for an evening of foot-stomping fun. Whether you're as graceful as a ballerina or feel like you've got two left feet – everyone's welcome to join.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 884-2882-0767
- **Password:** 239517

Tuesday 26th May, 1.30 - 2.30pm: Lunchtime Chair Yoga

Take a deep breath in and relax at our seated yoga club. Learn some calming moves, improve your flexibility, and unwind. This club will be led by Jenna.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 878-1706-0057
- **Password:** 286695

Tuesday 26th May, 4.30 - 5.30pm: Game Changers

Snakes and ladders, Scrabble or Chess; games are just great! Come along to this club with some creative imagination as we think outside the box to play games together remotely.

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 854-8961-1588
- **Password:** 158883

Wednesday 27th May, 6.30 - 7.30pm: Nothing but Norway!

Join your neighbours for a club celebrating all things Norwegian. Younger neighbour Amy and Norwegian native Camilla will share with us a mixture of funny words, history, culture and some personal stories from growing up in Norway!

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 874-9886-6018
- **Password:** 967136

Thursday 28th May, 6.30 - 7.30pm: Night at the NLC Museum

If NLC were to open a museum, what object from your home would you put on display and why? Something you've made that you are particularly proud of or an old jacket that will go down in history as the most stylish? Younger neighbour Becca will lead this club so bring something along for the show and tell - see you there!

JOINING INSTRUCTIONS

Using the Zoom App from a computer, laptop, iPad, tablet or smartphone

- **Meeting ID:** 826-9684-5260
- **Password:** 415914

Friday 29th May, 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 South London, East London, Manchester and Liverpool for a massive party and a good old boogie together.

JOINING INSTRUCTIONS

(Using the Zoom App from a computer, laptop, iPad, tablet or smartphone)

- **Meeting ID:** 987-6020-3610
- **Password:** 052713