

# April 2020 Chat Central News



Hi Chat Central members, volunteers and friends

We are living in strange and challenging times and for a lot of us we are more isolated than ever before.

It's so important at this time that we really make an effort to **stay connected** and I would urge you all to try hard to get involved in some of the many things that are happening on-line – if you have the Wifi or data capacity to do so.

If not, then we are always happy to call you for a chat.

If you can't make the zoom meetings that are happening every week but would like to dial in from your phone and be on speaker phone then that can work well - let me know and we can set that up.

We can also telephone conference call (more than two people on the telephone at the same time) – if you would be interested in being involved in that then let me know.

If you are working but would like to stay in touch – let me know – there are new opportunities to do things in the evenings and weekends if people want that

If you know anyone else that is lonely or isolated (and who doesn't at the moment) then please do refer them to us and we can see how we can help people to stay connected.

## Upcoming events – for your diary

This month we are going to have these regular sessions on zoom – this will be the zoom link <https://zoom.us/j/409371595>

**Monday 11am-12** – general drop-in, organisations joining sometimes, info about what's going on - catch up – **NOT on Easter Monday**

**Tuesday 11-12** – parents with children at home drop-in – catch up and some simple activities

**Thursday 11-12** – drop-in - with activities – e.g craft, yoga, games – but still chance to chat so come along even if you don't want to participate in the activity



This is a youtube video about how to join a zoom meeting for the first time

<https://www.youtube.com/watch?v=9isp3qPeQ0E> but please do ask if you are having a problem and we can help you



## Drumming workshops



Mahendra continues to do a really nice relaxing and fun drumming workshop every weekday afternoon at 2pm – this is on a similar to zoom platform and is easy to connect to. Like zoom, you need to download the app on a phone to join but not on a laptop. You don't need a drum - your knees, a table top or pots and pans will do just as well, and don't worry, you don't need to go everyday – just turn up when you can.

The link for that is:

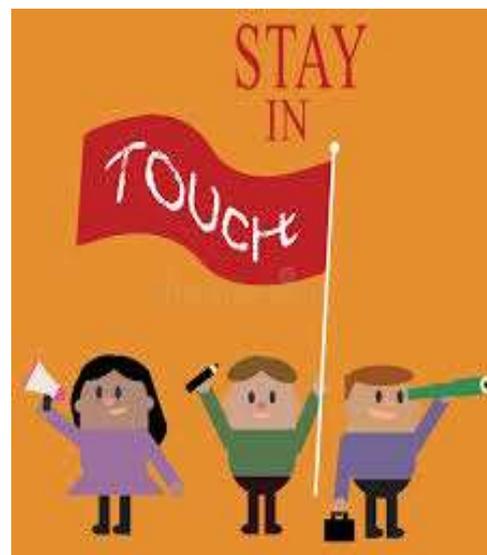
<https://meetingsemea4.webex.com/meet/mahendra.patel>



There are loads of neighbourhood support systems being set up and no-one needs to cope on their own – we can help you link up with local people who can help with practical things and who will also keep in touch - so just let us know what you need and we will do our best to help.

There are also loads of things happening on-line that people can tap into so again stay in touch and we can point you in the right direction.

We also often have spontaneous activities happening that members organise and I will keep people informed of things happening – if you would like to be kept in the loop – please let me know your contact details and look out for them on social media [@ChatCentral2](#) Instagram: chatcentralcoventry



If you need any more information just contact me

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NEW from Voluntary Action Coventry...



# chat central

enjoy more activities...

chat, connect & do something new

explore similar interests...



Voluntary Action Coventry

FIND US ON SOCIAL MEDIA

 @ChatCentral  vacoventry

Contact us on [chatcentral@vacoventry.org.uk](mailto:chatcentral@vacoventry.org.uk)



### What is it?

Chat Central is a new service that aims to help people tackle loneliness and social isolation in Coventry by finding others with similar interests, taking up a hobby, having fun and getting involved with the community.

### How do I get involved?

Contact us through email or phone and make an appointment to chat to one of our advisors - we will find out what you would like to do and how we can help you to do it – we can come with you to groups, suggest activities and match you up with people with similar interests for a coffee and a chat. Or attend a drop in session.



### Drop-in Session

There is a regular drop-in session every Monday morning (not Bank Holidays) 10.30am – 12.30pm – come and meet an advisor at Voluntary Action Coventry, 27-29 Trinity Street, Coventry, CV1 1FJ



### Volunteering

If you would like to be one of our Chat Central volunteers – there are various roles and we welcome everyone – to find out more contact as below



chat

connect

do

**call 024 7622 0381 or 07840 550 801**