

Staying Connected During Lockdown

Isolating ourselves from our friends and families is hard, but there are lots of ways to connect with other people and find new things to learn and do. Barking and Dagenham Community Groups are organizing a range of activities you can participate in from home.



**Barking &
Dagenham**

Connect with Other People Online

The White House

www.whitehouseart.org

A public venue for art and social activity in Dagenham, The White House's "Front Room to Front Room" programme gives you the chance to join in a painting class or have virtual tea.

Every One Every Day

www.weareeveryone.org

Everyone Everyday's Online portal is full of activities and classes to attend online. Meet up virtually with other Barking and Dagenham Residents to crochet, dance, paint, do yoga, or just have a cup of tea.

Feminist Book Club

<https://www.eventbrite.co.uk/e/feminist-book-club-tickets-90324080757>

Barking and Dagenham's Feminist Book Club takes place once a month via video chat. Everyone is welcome.

Studio 3 Arts

www.studio3arts.org.uk

Studio 3 arts are offering all ages singing collectives, dance groups and the chance to sit back and enjoy the theatre with your neighbours. There are also activities especially for children and young people.

The Excel Women's Centre

www.excelwomenscentre.org.uk

The Excel Women's Centre are running weekly sewing sessions for women and girls, every Wednesday 10am to 12 noon. Email info@excelwomenscentre.org.uk to join up.

The World At home

<https://worldathome.net>

World at Home is collaboration with The Hug, a community interest company that supports parents in local communities. Online information and activities for parents, carers and children.

Hub@Castle Point

<https://bit.ly/Hubprog>

Social activities for individuals and families, including Tea and Chat, online games and drawing lessons. Creative English sessions for people who have English as a second language. The hub also provides a befriending service. Contact 0208 914 7905 or susanaward@communityresources.co.uk.

Thames Ward Community Project

<https://www.instagram.com/thameswardcp/>

Art, yoga, dance and cooking classes available via Zoom, as well as English as a Second Language Classes for parents.

Activities for Children and Young People

Future Youth Zone

facebook.com/FutureYZ/

Future Youth Zone are connecting with young people through Facebook, Twitter and Instagram, with lots of challenges to get involved with.

Barking and Dagenham Youth Dance

<https://www.bdyd.uk/>

For young people aged 5 to 19, BDYD are providing fitness and dance sessions over Instagram.

Cocoon Together

Contact earlyyearscoocoon@gmail.com

Interactive sessions including singing, phonics and stories for families via Zoom. Aimed at children under 4 years.

Emotional Support for Older People

Independent Age Reconnections

020 7060 6565

bdh@reconnectionslocal.org

www.independentage.org/reconnections

Reconnections provide companionship, encouragement and ideas for people over 65 to rediscover old interests and make new friends. Currently providing support over the phone.

Silverline

0800 470 8090

<https://www.thesilverline.org.uk/>

Free confidential helpline providing information, friendship and advice to older people. Open 24 hours a day, every day of the year.

Things to Learn and Do

Local Museums Online

<http://valencehousecollections.co.uk/>

<https://www.eastburymanorhouse.org.uk/>

<https://eastendwomensmuseum.org/>

Local Museums have virtual exhibitions to learn more about East London's rich history, as well as activities to do at home.

Pen to Print

pentoprint.org/events

Free online creative writing classes in poetry, fiction writing, playwriting and screenwriting, as well as lots of competitions to get involved with. There is also a monthly virtual book club.

Company Drinks

<https://companydrinks.info>

Company Drinks are posting videos and recipes on growing and cooking as well as tips for improving your wellbeing.

LBBB Home Library Service

020 8724 8532

www.lbbd.gov.uk/home-libraryservice

The home library services can deliver collections of books, audio books or music to anyone restricted because of age or disability.

Adult College

<http://adultcollege.lbbd.gov.uk>

Barking and Dagenham's Adult College are accepting enrolments for their online courses, delivered by instructors over video call.

Green Shoes Arts

www.greenshoesarts.com

Green Shoes Arts have a range of artistic activities to get involved with, with activities for adults and children.

Street Tag App

<https://streettag.co.uk>

The Street Tag app rewards physical activities at home by converting your steps into Street Tag points and rewards outdoor social distancing walking, running, and cycling by earning virtual tag points to climb your community leaderboard. Earning points can win you prizes.

RB Digital App

<https://rbdigital.com/>

Use your library membership to access free audiobooks, eBooks, magazines, newspapers, comics, entertainment, education, health and wellness, and more. There are also online courses available.

If you need practical support, contact BDCAN on 020 8215 3000 or go to <https://www.lbbd.gov.uk/let-us-know-if-you-need-help-or-support>