

# STAYING CONNECTED - ISOLATING NOT ISOLATED



## SOCIAL CALENDAR

|                              | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|------------------------------|--|--|---|--|---|--|--|
| <b>ACTIVE PARTICIPATION</b>  | <p><b>WEEKLY ACTIVITY PACK</b> - Containing quizzes, recipes, colouring activities, brain teasers, etc. (by email or letterbox drop)</p> <p><b>BENEFIT PT FITNESS PROGRAMME DESIGNED SPECIFICALLY FOR THE OVER 60s</b> (by email or WhatsApp)</p> <p><b>KID'S TIME CAPSULE ACTIVITY PACK</b> - Fun activities to help kids document their experiences during COVID-19 (by email or letterbox drop)</p> |  |   |  |   |  |  |
| <b>VIRTUAL PARTICIPATION</b> | <p>9:00<br/>FAMILY FRIENDLY P.E.<br/>with Joe Wicks<br/>(via YouTube)</p> <p>10:00<br/>THE DAILY SERVICE<br/>Revd Dr. Steve Bates<br/>(via Zoom)</p>   | <p>9:00<br/>FAMILY FRIENDLY P.E.<br/>with Joe Wicks<br/>(via YouTube)</p> <p>10:00<br/>THE DAILY SERVICE<br/>Revd Dr. Steve Bates<br/>(via Zoom)</p> | <p>9:00<br/>FAMILY FRIENDLY P.E.<br/>with Joe Wicks<br/>(via YouTube)</p> <p>10:00<br/>THE DAILY SERVICE<br/>Revd Dr. Steve Bates<br/>(via Zoom)</p> <p>15:00<br/>VIRTUAL CUPPA<br/>with Various Hosts<br/>(via Zoom)</p> | <p>9:00<br/>FAMILY FRIENDLY P.E.<br/>with Joe Wicks<br/>(via YouTube)</p> <p>10:00<br/>THE DAILY SERVICE<br/>Revd Dr. Steve Bates<br/>(via Zoom)</p> | <p>9:00<br/>FAMILY FRIENDLY P.E.<br/>with Joe Wicks<br/>(via YouTube)</p> <p>10:00<br/>THE DAILY SERVICE<br/>(Revd Dr. Steve Bates<br/>(via Zoom)</p> <p>11:30<br/>CHAIR YOGA<br/>with Jo Gomez - B Yoga<br/>(via Zoom)</p> <p>18:00<br/>BARRE BALLET<br/>By Hannah<br/>(via Zoom - £3pp)</p> <p>19:00<br/>THE SHOWS MUST GO ON<br/>(via YouTube, available<br/>for 48 hours)</p> | <p>10:00<br/>THE DAILY SERVICE<br/>Revd Dr. Steve Bates<br/>(via Zoom)</p> <p>11:30<br/>COOKERY DEMO<br/>with Various Hosts<br/>(via Zoom)</p> | <p>10:00<br/>THE DAILY SERVICE<br/>Revd Dr. Steve Bates<br/>(via Zoom)</p> <p>11:00<br/>RC SUNDAY MASS<br/>From Bishop's Stortford<br/>(via Church TV Website)</p> <p>18:00<br/>RC SUNDAY MASS<br/>From Bishop's Stortford<br/>(via Church TV Website)</p> |
| <b>OTHER RESOURCES</b>       | <p>We have a full list of on-line resources for health and wellbeing, arts and culture, financial help, religious, etc.<br/>Please get in touch for more information.</p>  |  |   |  |   |  |  |

If you would like to participate in any of the activities or can spare some time to run these or other activities, please get in touch with:  
**Claire Uwins: [claire.uwins@mac.com](mailto:claire.uwins@mac.com) or 07595 674241**    **Ashrafa Sutton: [ashrafasutton@gmail.com](mailto:ashrafasutton@gmail.com) or 07979 500064**  
**Jan Williamson: [chairvillagehall@littlehadham.org.uk](mailto:chairvillagehall@littlehadham.org.uk) or 01279 771272**

These social activities are a part of the wider social support offered by the Village Network to residents during the Covid-19 outbreak.  
**If you need assistance with daily errands or telephone support, please call 07593876279 to register your details.**

**The Hadhams' COVID-19 Diary - Collated by Sandra McAdam**

Help us to document these extraordinary times by sending a short account of your experiences, artwork and/or photos to: [post@sandramcadam.co.uk](mailto:post@sandramcadam.co.uk)