

## Sasbah Digital Inclusion Activities - January

Below is a list of the activities and who is the main lead member of staff. All activities are on Zoom. If you want any help or one to one training on how to use Zoom just contact the relevant member of staff and they will support you.

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### JANUARY

| DATE                   | TIME   | ACTIVITY                    | LEAD STAFF |
|------------------------|--------|-----------------------------|------------|
| WEDS 6 <sup>TH</sup>   | 6PM    | SWOOVE                      | ROM        |
| THURS 7 <sup>TH</sup>  | 5PM    | FAMILY GROUP                | CLAIRE     |
| THURS 7 <sup>TH</sup>  | 6PM    | BINGO                       | LISA       |
| FRI 8 <sup>TH</sup>    | 11AM   | VIRTUAL ADVISERS            | ZOE        |
| SAT 9 <sup>TH</sup>    | 5PM    | BINGO                       | ROM        |
|                        |        |                             |            |
| DATE                   | TIME   | ACTIVITY                    | LEAD STAFF |
| SUN 10 <sup>TH</sup>   | 2PM    | CHILL OUT AND CHAT          | ROM        |
| MON 11 <sup>TH</sup>   | 1PM    | HOBBY GROUP – FUN WITH FOOD | LISA       |
| TUES 12 <sup>TH</sup>  | 2PM    | COFFEE AND CHAT             | ZOE        |
| TUES 12 <sup>TH</sup>  | 5PM    | ART WITH HILARY             | ROM        |
| WEDS 13 <sup>TH</sup>  | MIDDAY | SASBAH SPEAKERS             | LISA       |
| WEDS 13 <sup>TH</sup>  | 6PM    | PHOTO MEMORIES              | ROM        |
| THURS 14 <sup>TH</sup> | 6PM    | QUIZ                        | LISA       |
| FRI 15 <sup>TH</sup>   | 11AM   | VIRTUAL ADVISERS            | ZOE        |
| SAT 16 <sup>TH</sup>   | 5PM    | QUIZ                        | ROM        |

| DATE                  | TIME | ACTIVITY           | LEAD STAFF |
|-----------------------|------|--------------------|------------|
| SUN 17 <sup>TH</sup>  | 2PM  | CHILL OUT AND CHAT | ROM        |
| MON 18 <sup>TH</sup>  | 1PM  | WELLBEING GROUP    | LISA       |
| TUES 19 <sup>TH</sup> | 2PM  | COFFEE & CHAT      | ZOE        |

|                        |      |                    |            |
|------------------------|------|--------------------|------------|
| TUES 19 <sup>TH</sup>  | 5PM  | ART WITH HILARY    | ROM        |
| WEDS 20 <sup>TH</sup>  | 6PM  | SWOOVE             | ROM        |
| THURS 21 <sup>ST</sup> | 6PM  | BINGO              | LISA       |
| FRI 22 <sup>ND</sup>   | 11AM | VIRTUAL ADVISERS   | ZOE        |
| SAT 23 <sup>RD</sup>   | 5PM  | BINGO              | ROM        |
|                        |      |                    |            |
| DATE                   | TIME | ACTIVITY           | LEAD STAFF |
| SUN 24 <sup>TH</sup>   | 2PM  | CHILL OUT AND CHAT | ROM        |
| MON 25 <sup>TH</sup>   | 1PM  | CRAFT GROUP        | LISA       |
| TUES 26 <sup>TH</sup>  | 2PM  | COFFEE & CHAT      | ZOE        |
| TUES 26 <sup>TH</sup>  | 5PM  | ART WITH HILARY    | ROM        |
| WEDS 27 <sup>TH</sup>  | 6PM  | GAMES NIGHT        | ROM        |
| THURS 28 <sup>TH</sup> | 6PM  | QUIZ               | LISA       |
| FRI 29 <sup>TH</sup>   | 11AM | VIRTUAL ADVISERS   | ZOE        |
| SAT 30 <sup>TH</sup>   | 5PM  | QUIZ               | ROM        |
|                        |      |                    |            |

|                       |      |                    |            |
|-----------------------|------|--------------------|------------|
| DATE                  | TIME | ACTIVITY           | LEAD STAFF |
| SUN 31 <sup>ST</sup>  | 2PM  | CHILL OUT AND CHAT | ROM        |
| <b>FEBRUARY</b>       |      |                    |            |
| MON 1 <sup>ST</sup>   | 1PM  | GAMES GROUP        | LISA       |
| TUES 2 <sup>ND</sup>  | 2PM  | COFFEE AND CHAT    | ZOE        |
| TUES 2 <sup>ND</sup>  | 5PM  | ART WITH HILARY    | ROM        |
| WEDS 3 <sup>RD</sup>  | 6PM  | SWOOVE             | ROM        |
| THURS 4 <sup>TH</sup> | 5PM  | FAMILY GROUP       | CLAIRE     |
| THURS 4 <sup>TH</sup> | 6PM  | BINGO              | LISA       |
| FRI 5 <sup>TH</sup>   | 11AM | VIRTUAL ADVISERS   | ZOE        |
| SAT 6 <sup>TH</sup>   | 5PM  | QUIZ               | ROM        |