

Sasbah Digital Inclusion Activities - April

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.

Contact details:

General enquiries office@sasbah.org.uk – 01825 873045 Rom Sanglaji rom@sasbah.org.uk
– 07779038542

Claire Bryant claire@sasbah.org.uk – 07920576313 Lisa Keys lisa@sasbah.org.uk
– 07725433136

Zoe Kane zoe@sasbah.org.uk - 01243 551976 or 07789 616458

APRIL

DATE	TIME	ACTIVITY	LEAD STAFF
THURS 1 ST	5PM	FAMILY GROUP	CLAIRE
THURS 1 ST	6PM	QUIZ	LISA
FRI 2 ND	11AM	VIRTUAL ADVISORS	ROM
SAT 3 RD	5PM	BINGO	ROM
SUN 4 TH	2PM	CHILL OUT AND CHAT	ROM
MON 5 TH	1PM	CRAFT GROUP	ROM
MON 5 TH	5PM	SWOOVE	ROM
TUES 6 TH	2PM	COFFEE AND CHAT	ZOE
TUES 6 TH	5PM	ART WITH HILARY	ROM
WEDS 7 TH	MIDDAY	SASBAH SPEAKERS	CLAIRE
WEDS 7 TH	6PM	BOURNE FREE	ROM
THURS 8 TH	6PM	BINGO	LISA
FRI 9 TH	11AM	VIRTUAL ADVISORS	ZOE AND ROM
FRI 9 TH	4PM	EXERCISE GROUP	LISA
SAT 10 TH	5PM	QUIZ	ROM
SUN 11 TH	2PM	CHILL OUT AND CHAT	ROM
MON 12 TH	1PM	GAMES GROUP	LISA
MON 12 TH	5PM	SWOOVE	ROM
TUES 13 TH	2PM	COFFEE & CHAT	ZOE
TUES 13 TH	5PM	ART WITH HILARY	ROM
WEDS 14 TH	6PM	BOURNE FREE	ROM
THURS 15 TH	6PM	QUIZ	LISA

FRI 16 TH	11AM	VIRTUAL ADVISERS	ZOE AND ROM
FRI 16 TH	4PM	EXERCISE GROUP	LISA
SAT 17 TH	5PM	BINGO	ROM
SUN 18 TH	2PM	CHILL OUT AND CHAT	ROM
MON 19 TH	1PM	HOBBY GROUP	LISA
MON 19 TH	5PM	SWOOVE	ROM
TUES 20 TH	2PM	COFFEE & CHAT	ZOE
TUES 20 TH	5PM	ART WITH HILARY	ROM
WEDS 21 ST	6PM	BOURNE FREE	ROM
THURS 22 ND	6PM	BINGO	LISA
FRI 23 RD	11AM	VIRTUAL ADVISERS	ZOE AND ROM
FRI 23 RD	4PM	EXERCISE GROUP	LISA
SAT 24 TH	5PM	QUIZ	ROM
SUN 25 TH	2PM	CHILL OUT AND CHAT	ROM
MON 26 TH	1PM	WELLBEING GROUP	LISA
MON 26 TH	5PM	SWOOVE	ROM
TUES 27 TH	2PM	COFFEE & CHAT	ZOE
TUES 27 TH	5PM	ART WITH HILARY	ROM
WEDS 28 TH	6PM	BOURNE FREE	ROM
THURS 29 TH	6PM	QUIZ	LISA
FRI 30 TH	11AM	VIRTUAL ADVISERS	ZOE & ROM
FRI 30 TH	4PM	EXERCISE GROUP	LISA
MAY			
SAT 1 ST	5PM	BINGO	ROM
SUN 2 ND	2PM	CHILL OUT AND CHAT	ROM
MON 3 RD	1PM	HOBBY GROUP	ROM
MON 3 RD	5PM	SWOOVE	ROM
TUES 4 TH	11AM	COFFEE AND CHAT	ZOE
TUES 4 TH	5PM	ART WITH HILARY	ROM
WEDS 5 TH	MIDDAY	SASBAH SPEAKERS	CLAIRE
WEDS 5 TH	6PM	BOURNE FREE	ROM

THURS 6 TH	5PM	FAMILY GROUP	CLAIRE
THURS 6 TH	6PM	BINGO	LISA
FRI 7 TH	11AM	VIRTUAL ADVISERS	ZOE AND ROM
FRI 7 TH	4PM	EXERCISE GROUP	LISA
SAT 8 TH	5PM	QUIZ	ROM