# APRIL STAY AT HOME EVENTS CALENDAR

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<th>THU</th>
<th>FRI</th>
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<tr>
<td>6 Coffee Morning (East Berks)</td>
<td>7 Fitness Sessions Quiz</td>
<td>8 Coffee Morning (West Berks) House Party</td>
<td>9 Coffee Morning (Mid Berks) Netflix Party</td>
<td>10 Good Friday</td>
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<td>13 Easter Monday</td>
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<td>15 Coffee Morning (West Berks) Games Night</td>
<td>16 Coffee Morning (Mid Berks) Netflix Party</td>
<td>17 Seated/Gentle Exercise Dragon Boat</td>
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Hello,

Following the launch of our new Remote Activities Programme, we are continuing to provide regular Remote Activities while we cannot run our usual social activities programme.

Enclosed, you will find a calendar of all events and specific details on how to join each session.

You don’t need to have an internet connection or computer and can simply dial in from any phone.

If you are using a computer there will be a video as well as audio.

If you have been unable to join our sessions, please leave a message on our office number 0118 987 2803 and we will assist you in getting connected.

Looking forward to hearing you soon!

The Berkshire Vision Team
Social Events

Coffee Mornings – Monday, Wednesday & Thursday at 11am
We will be holding a remote coffee morning for a general chit-chat amongst friends, whilst you enjoy your own refreshments from the comfort of your own home.

Join by phone:
Call the following number 020 3821 1622
When asked, dial the ID number 350 896 024# (including the hash #)

To join via pc or tablet - please see our website:
www.berkshirevision.org.uk

Book Club - Last Tuesday of Month at 11:30am
Each month our members will chose a book for the group to read. This book must be available in the RNIB audiobook library or large print. Every other week, there will also be a more casual meet up for anyone who wishes to chat about any of the literature they have found interesting.

Joining our book clubs by phone
Call the following number 020 3821 1622
When asked, dial the ID number 233 032 730# (including the hash #)

To join via pc or tablet - please see our website:
www.berkshirevision.org.uk
Quiz Nights - Tuesday nights at 4pm
We will be hosting live quizzes of different themes with different quiz masters each week. Join us for some fun and BYOB!

Please register for these events by the Friday before, so we can put you into teams depending on numbers. You can even register your own team with your friends.

To join via phone
Call the following number 020 3821 1622
You will be given your code prior to the event, once teams have been finalised.

To join via pc or tablet
Please see our website, and select the link for your team.
www.berkshirevision.org.uk

House Party/Games Night - Wednesdays at 4pm
This is a meet up for anyone who likes meeting up with their mates for some general fun and games. Some nights we will have a planned game or social activity and others will just be a general chat amongst friends. Come and join us at any point and BYOB!

Joining by phone
Call the following number 020 3821 1622
When asked, dial the ID number 845 355 118# (including the hash #)

To join via pc or tablet - please see our website:
www.berkshirevision.org.uk
Netflix Party – Thursdays at 6pm

Netflix Party allows groups to stream the same film at the same time and provides a window for group discussions throughout. So, don your PJ’s, grab your popcorn and join us each week for different films and genres.

Please pre-register for this event, at least 2 days before. A link to this event will be sent via email and/or WhatsApp.

To take part in these sessions you must have a Netflix account (30-day free trial is available to new customers only). You will also need to download Netflix party extension to your chrome browser at www.netflixparty.com
*ONLY available on Chrome browsers on desktop or laptop computers.

We can talk you through this process and help you as much as possible. A member of staff will be online at 5:30pm should you need help setting up.

Exercise Sessions

Fitness Sessions - Tuesdays at 11am

Join us for remote training sessions in order to get our heart rates and spirits up. These will be simple exercise that you can put as much or as little effort in as you can. They will be upbeat with music to help keep us fit and healthy whilst indoors.

You will need water, comfy clothes & towel

Gentle/Seated Exercises - Fridays at 11am

Jade will give you some simple exercises you can do at home. These exercises can be done from the comfort of your own chair and are designed for those with limited mobility. The sessions aim to help keep your body working and will have a positive impact on your mental health.
Joining our exercise sessions by phone
Call the following number 020 3821 1622
When asked, dial the ID number 266 788 63# (including the hash #)

To join via pc or tablet - please see our website:
www.berkshirevision.org.uk

**Dragon Boating Skills Workshop – Every other Friday at 2:30pm**

This is mainly to get the team together to keep team morale up and reduce isolation. We may throw in some paddling technique practice if possible. If you need a paddle, please contact us and we will do our best to deliver them (with tighter restrictions in place this may not be possible, and we may have to improvise).

Please pre-register for this event. A link to this event will be sent via email and/or WhatsApp.

**Joining our virtual activities by phone**
Call the following number 020 3821 1622
When asked, dial the ID number from the calendar (including the #)
You will now be asked to record your name.
An announcement will now be made to those in the activity saying “Jo Smith, has joined the meeting”
You are now able to communicate with everyone in the activity.
To leave the activity, just hang up.

**Joining our virtual activates via the internet**
Please see our website www.berkshirevision.org.uk/general/our-virtual-events for information about all events including links to get connected.