

# Positively Connected

A new online meet-up group



Positively Connected is an online meet-up group set up by the Thalidomide Trust.

It helps you to meet up with other people who are part of the Trust.



It is run by volunteers.



It helps you join in events and activities.



Everyone who is part of the Trust is welcome.



At the online coffee events you can meet old friends and make new ones.



You can share what you have been doing at home and in the garden during lockdown.



You can talk to people about your hobbies and the things you like.



One of our volunteers will support each session.

# Some of the Positively Connected events



## Creative Sessions

People talk about the things they are creating and get ideas from others.



You can talk about how your project is going and any problems you are having.



You can inspire others to try out new projects.

## Indian Cookery



A member of the Trust is sharing tasty Indian cookery recipes.

You can cook along with us, as we show you how to cook tasty dishes.



Or you can simply watch so you can cook later.



Our volunteer talks to you about the ingredients and how to do it while her personal assistant does the cooking.



## Gentle exercise sessions

These gentle exercise sessions focus on stretching.



They are led by a volunteer who is part of the Trust and who knows about living with Thalidomide damage.



Live sessions will take place once a month in 2021.



## Football focus

This lively group talks about football for half an hour every 2 weeks.



## Weight loss support group

This is a group that supports each other to lose weight. We share advice and tips.



## Health Forums

The online health forums are run by a member of the Trust with one of the Trust's medical advisors.

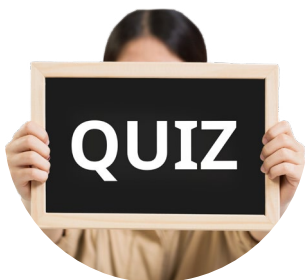


We talk about issues like:

- Men's health
- Smoking
- Healthy eating



Each session gives you up to date advice and help.



## Monthly Quiz

This is lots of fun.

It is a chance to get together for a quiz on all sorts of different topics.



## Bingo

This session has fun Bingo cards as well as the more traditional 1-90 game.



Download your card at home and print it.



Mark it up online or we can send you a playing card.

# Getting started



All Positively Connected meet-up events are online.



We are using **Zoom**. This is a way of meeting up with people using video online.



Contact Annabelle Blackham. She will help you join the group.

She will help you to use Zoom.



We can set up a test, so you can see what it is like, while you think about whether you want to join the group.

# Need more information?



If you have any questions please contact Annabelle Blackham, the Trust's Volunteer Coordinator on:



Email:

[annabelle.blackham@thalidomidetrust.org](mailto:annabelle.blackham@thalidomidetrust.org)

Phone:

**01480 474074**