

Jami Hubs are closed while members help to stop the spread of Coronavirus (COVID-19) by staying at home to protect NHS resources and save lives. During this time, there is a programme of free online activities to keep mind, body and spirit well nourished.

Online activities, known as meetings, are hosted using Zoom. For the best experience, you will need a computer, tablet or smartphone which is connected to the internet. Follow the simple instructions at the bottom of the page to install Zoom on your device before joining your first meeting.

Zoom meetings are either run exclusively for Jami members or, they are run in collaboration with other community organisations and are open to members of the public. These open meetings are identified on the programme with the tag Community Hub.

To make the most of any meeting, please join a few minutes before the advertised start time. You may be required to wait for the host to begin the meeting or admit you to the meeting so please be patient.

Each meeting has a link and an ID to its respective activity. Some have passwords. Joining in is easy.

If you have a computer, click the meeting Link, which will look a bit like this; <https://zoom.us/j/123456789>.

If you have a smartphone or tablet, tap the Zoom app and enter the associated Meeting ID and if required, the Password.

As with many online facilities, a lot depends on the quality of your internet connection, so you may experience time delays when using Zoom. This is normal. Please be patient.

Should you experience technical difficulties immediately before the meeting, here are some **troubleshooting tips**— check that you are connected to the internet; check the link or the meeting ID, and password if used, are correctly entered; try restarting the App or your browser; try restarting your device. If problems persist, call us after the meeting and we will do our best to help.

If you don't have access to the internet, you can join the meeting by telephone. Simply call one of these numbers: 020 3481 5237 or 020 3481 5240 or 020 8080 6591 or 020 8080 6592. Follow the prompts to enter the meeting ID and if required, the password and then press # on your telephone keypad to join in. *(Normal call rates will apply when using this method of joining Zoom meetings.)* Please note that your telephone number will be displayed to all participants so you may wish to ask the facilitator to replace the number with your name.

Please help us to improve this service by sending your feedback and ideas to priscilla.velde@jamiuk.org



You will need Zoom to access the programme activities advertised. Once you have downloaded the app and registered your account, there is no need to do it again.

If you have a **computer**:

1. Register at <https://zoom.us/pricing> by clicking the "Sign up. It's FREE" button for the Basic Personal plan
2. Zoom will confirm your registration by email; follow the instructions to Activate your account
3. Download Zoom from <https://zoom.us/download> choosing the application that is suitable for your device.

If you have a **smartphone** or **tablet**, search your App Store for "Zoom Cloud Meetings" then select the one which is from "zoom.us" and follow the on-screen prompts to install the App.

That's it! You're ready to join us in the Jami Hubs Online!



Weekly Programme

SUNDAY		2 August 2020	12 Av 5780
The Sunday Set 3.00 pm – 5.00 pm	Share a story, tell a joke, play a game, have a chat ... the choice is yours!	Link https://us02web.zoom.us/j/89130424084 Meeting ID 89130424084 (No password needed)	
MONDAY		3 August 2020	13 Av 5780
Weekly Wake Up Community Hub 9.30 am – 10.00 am	Join us for a bit of an energy boost to start the week! Loose, comfy clothing recommended.	Link https://zoom.us/j/93735097615 Meeting ID 93735097615 (No password needed)	
Sing Along Community Hub 2.00 pm – 3.00 pm	Come and sing along as Dean plays your favourite tunes.	Link https://zoom.us/j/99640724159 Meeting ID 99640724159 (No password needed)	
TUESDAY		4 August 2020	14 Av 5780
Fit Club 11.30 am – 12.30 pm	Let Madeleine guide you through a gentle workout. Loose, comfy clothing recommended.	Link https://zoom.us/j/91165864764 Meeting ID 91165864764 (No password needed)	
Quiz 2.00 pm – 3.00 pm	Join Andrew and Jon to get your brain working faster with a fun, interactive quiz.	Link https://zoom.us/j/93642021960 Meeting ID 93642021960 (No password needed)	
WEDNESDAY		5 August 2020	15 Av 5780
Yoga 11.30 am – 12.30 pm	Join Maxine for a meaningful yoga class. Loose, comfy clothing recommended.	Link https://zoom.us/j/92550213470 Meeting ID 92550213470 (No password needed)	
Creative Writing 2.00 pm – 3.30 pm	Grab pen and paper, then join Sharon and Richard for some inspired writing.	Link https://zoom.us/j/95893531016 Meeting ID 95893531016 (No password needed)	
THURSDAY		6 August 2020	16 Av 5780
Music Appreciation Community Hub 11.30 am – 12.30 pm	Join Steve and Tony to discover diverse music genres, musicians, composers and artists.	Link https://zoom.us/j/98546862844 Meeting ID 98546862844 (No password needed)	
In The Spotlight 1.30 pm – 2.30 pm	Ruth is in the spotlight this week discussing her passion for mosaics and kiln craft. Join us for a fascinating look at some her beautiful creations.	Link https://us02web.zoom.us/j/89409762247 Meeting ID 89409762247 (No password needed)	
Guest Speaker Community Hub 3.00 pm – 4.00 pm	Join friends at Selig Court for a conversation with David Sumberg, former MP for Bury South from 1983 to 1997 and Tory MEP for North West England from 1999 to 2009.	Link https://us02web.zoom.us/j/84289333083?pwd=ZW9PbCsxcEhhSnBSSTdQK2NMelFpUT09 Meeting ID 842 8933 3083 Password 753824	
Zumba Gold Community Hub 4.30 pm – 5.00 pm	Join us for some fun with fitness! Loose, comfy clothing recommended.	Link https://zoom.us/j/94334642645 Meeting ID 94334642645 (No password needed)	

Continued on the next page.

Weekly Programme continued.

FRIDAY	7 August 2020	17 Av 5780
Home Creations 10.30 am – 11.30 pm	Gather a few household items together and join Jess to create something amazing. Link https://us02web.zoom.us/j/89043024747 Meeting ID 89043024747 (No password needed)	
Coffee & Conversation 12.30 pm – 1.30 pm	Bring your cuppa along and join Andrew, Lauren, Paul and Priscilla in your own virtual Hub. Link https://us02web.zoom.us/j/81342078427 Meeting ID 81342078427 (No password needed)	
Shabbat Shalom 3.30 pm – 4.30 pm	Join Ben for "Something Jewish" before we light candles to connect with communities everywhere. Link https://us02web.zoom.us/j/87833579355 Meeting ID 87833579355 (No password needed)	

Diary Dates

Tu B'Av

Wednesday 5 August

Shabbat

Light candles at 8.19 pm on Friday 7 August
Shabbat ends on Saturday 8 August at 9.34 pm

Head Room Café Online

Weekly Schedule



MON

**Peer Support Group
11AM-12PM**

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.



TUE

**Kind Co-working
11AM-1PM**

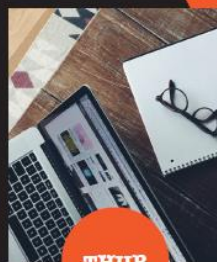
Struggling to work alone? Drop by our meeting with any projects you are working on – an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.



WED

**Creativity4All
2-3PM**

Join us to explore your creativity. Using any art supplies you have, draw, write, paint or make a collage. Everyone is welcome, whatever your experience, however you are feeling.



THUR

**Kind Co-working
11AM-1PM**

Struggling to work alone? Drop by our meeting with any projects you are working on – an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.



FRI

**Peer Support Group
2PM-3PM**

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.

Get social with @headroomcafe on

For more information, Zoom links for each group and additional sessions, visit headroomcafe.org

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