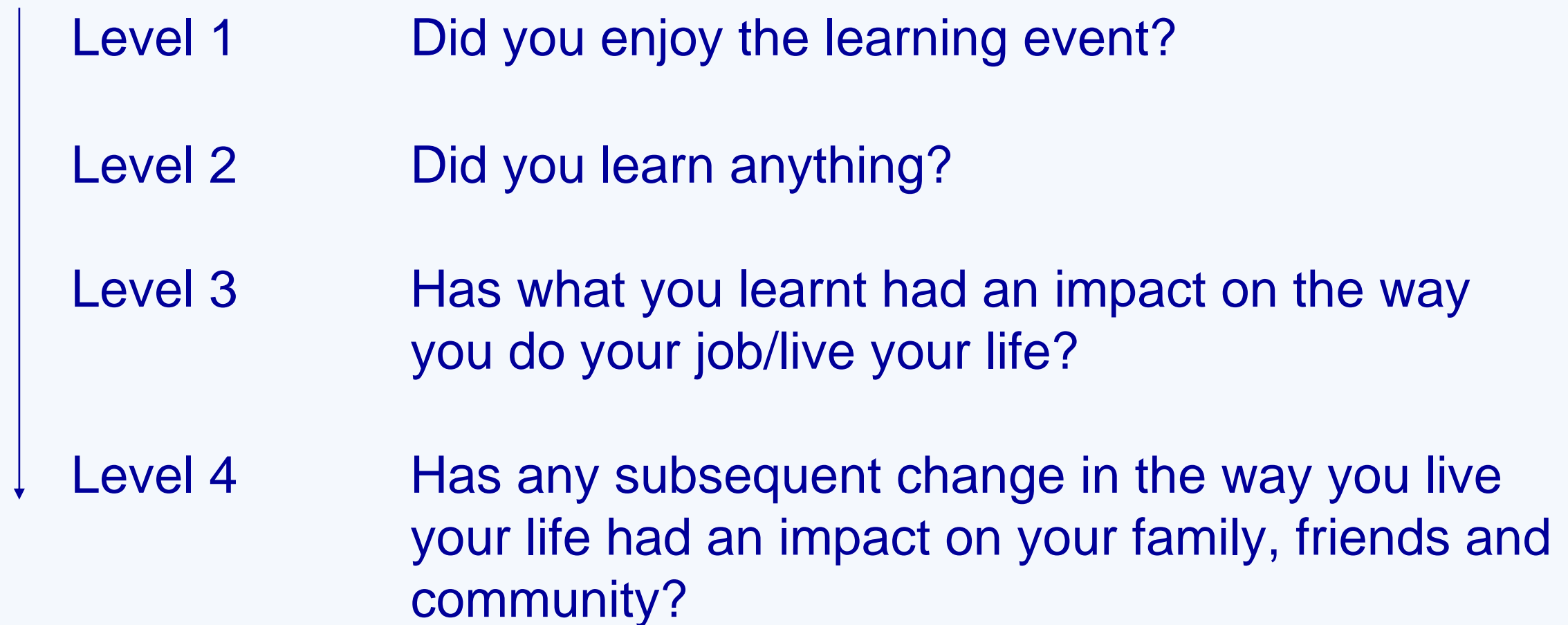


Building a learning community during zoom

With Rob Hunter, Chair & Bharti Mistry, Community Connector,
Leicester Ageing Together
6th July 2023



The Kirkpatrick Hierarchy



Kirkpatrick Level 2 and Level 3

After lockdown with Bhartiben Ageing together I have learned a lot of things like Zoom...on zoom we doing exercises, yoga, dancing, learning different languages, chitchat with other women, knitting and learned how to do sudoku.. lots of help with taking care of our health. and enjoying doing everything., it's really helping with our health and loneliness. Thanks to Ageing together group and Bhartiben 👍👍👍 After lockdown lucky to have this group sessions.. if it wasn't for you I don't know what would be doing ? Thank you so much 😊

20:43

Thanks...

I am really enjoying all the zoom meetings on the voluntary community groups. I have some health condition so I am not able to leave the house, I am shielding.

The yoga and breathing exercises help my mind stay calm and I've been alot happier since joining. And the chit chats, music program are refreshing.

My health has improved
Thank you everyone



Weekly 60mins Chit Chat sessions started

5th May 2020

- Started off with general chit chat
- Kitchen remedies for ailments
- Invited guests to speak e.g. Dementia, Mental Health, Diabetes & more...
- Celebrated festivals, International Yoga, International Womens Day ...
- Domestic Violence
- Funny stories of life



Dementia Awareness 28th June 2023



Knit & Natter Group quote from Mrs C

‘I did not even know how to hold the needles and wool. I started off with 10 stitches and just leant to knit. 2 weeks later I proudly went and gave my first square to add to the blanket. I felt very proud there are probably 100 squares to a blanket but I did one square towards the first blanket, that makes me very proud. Now I am getting better and better and now I am doing the triangle method and getting perfect’.



Crochet & Knitting support



Knit & Natter donated 6 blankets to Action Homeless 17 blankets to Ukraine Appeal



Local Community drive to 'stop one use plastic'



Sisters motivated and made 100 bags from old nets



Sarees, net curtains recycled into bags



Recycled bags given to the community



Navratri Festival Nov 2022



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Thank you

