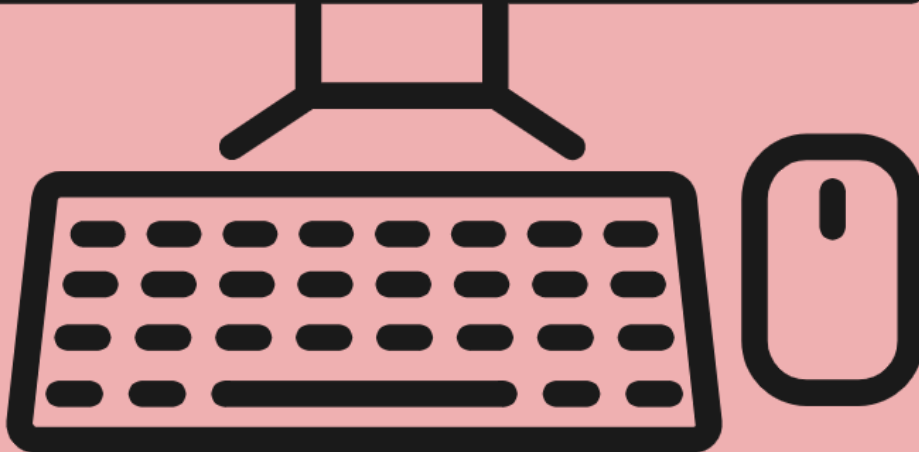


ALLSORTS ONLINE

HEART
N
SOUL



THE NEW
YEAR SEASON

7 January -
28 January 2021

Weekly programme

Sessions



2.15 pm -



2.55 pm

and



3.05 pm -



3.50 pm

Choose between



Radio



Studio Session



Art



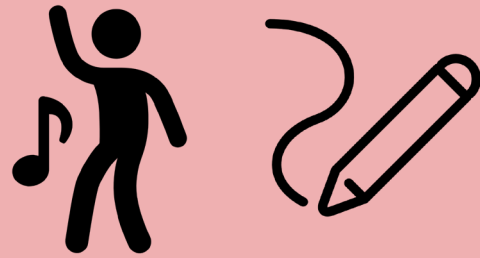
Lucky Dip
(chat to friends,
play games)



Guest Session

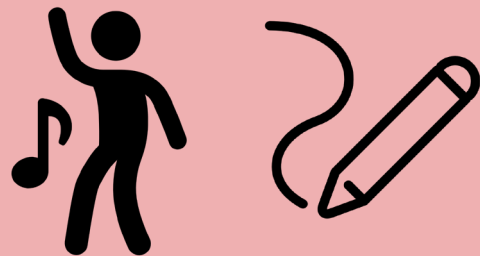
Weekly guest sessions

7 January



**Dance or draw
80's dance**

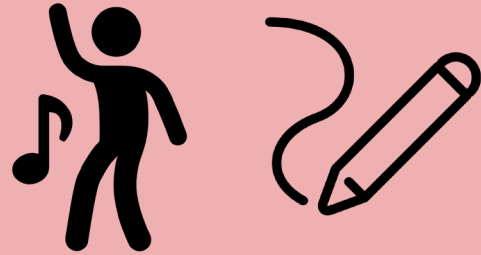
14 January



**Dance or draw
Daft Punk**

Weekly guest sessions

21 January



**Dance or draw
Kraftwerk**

28 January



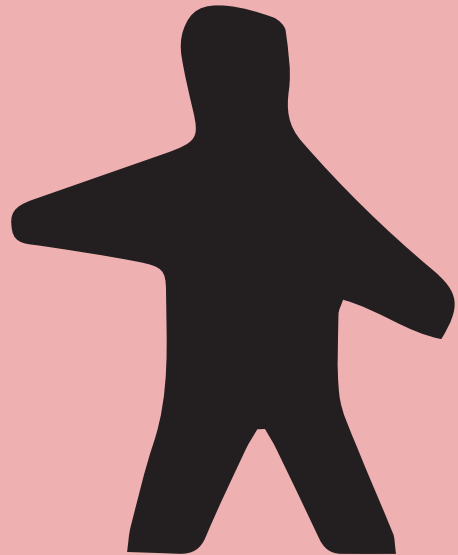
**Dance or draw
Picasso**



How to get on Allsorts online

**We use an app called 'Zoom'
to video chat to each other.
Please download it here:
<https://zoom.us/>**

**The link for this season of
Allsorts is:
<https://zoom.us/j/96794745256>
This will be the same every
week.**



If you are unable to download the app there is an option to use your phone to call in. We will post more details about this here:

www.heartnsoul.co.uk/allsorts



If you have any trouble logging on then we will be available to help on the phone. Call the office on 020 8694 1632, 10am – 4pm.

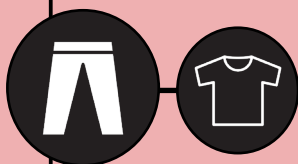
Zoom guidelines



Try to make sure you are somewhere in your home where you have a stable internet connection



Make sure it is ok for you to make noise



Please be dressed appropriately



Be in a suitable space (we don't want to see your bathroom)



If you can, make sure you have someone there to help you with any technical issues

Zoom guidelines



Have your phone/laptop/tablet charged and ready to use



To make sure everybody has the chance to be heard, sometimes the person in charge of the session will mute everyone taking part. If you want to speak, raise your hand or wave at the camera!



Most importantly - have fun!



The Heart n Soul team might record some of the things that happen in the session - they will let everyone know first. If you don't want your picture shared you can let a member of the team know in the session or afterwards.