



Opportunity TV Bigger and better for 2021

Here at Camphill Village Trust we've been running daily interactive Zoom sessions for our community members throughout 2020. When we can't do all the activities we would normally, this is a great way to get together, say hi to friends and make new ones!

Due to its success, we are now opening Opportunity TV to everyone, whether you are part of one of our communities or not.

If you would like a taste of Opportunity TV, head over to our website where you can watch recordings from previous sessions:

<https://www.camphillvillagetrust.org.uk/how-we-work/stories/opportunitytv/>

The virtual interactive sessions run everyday **Monday to Friday at 10am and 3pm – Friday afternoon sessions will be at 2pm.**

All sessions are open to everyone and free!

All you need is a Zoom account and this link to join: <http://bit.ly/cvt-cvtcommons2>



WE AIM FOR OUR SESSIONS TO BE :

- FUN
- CO-PRODUCED
- INFORMATIVE
- INTERACTIVE
- EDUCATIONAL

We've produced a timetable showing what each session covers and when – the first two-week timetable is on the back of this flyer. Keep an eye on our social media channels and website for updates.

If you would be interested in helping by running a session, please email Phil Gibson on philip.gibson@cvt.org.uk

We record all our Opportunity TV sessions, helping people who may not be able to attend to watch them back on our website.

So, to find out where the cool cats are, use this link <http://bit.ly/cvt-cvtcommons2> and join in on the fun!

We cannot wait to welcome you!

January						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Opportunity TV virtual timetable Week January 18th to 29th

Monday

10 AM – FIT AND FUN: join us every week for a different activity to help us all be active and fit (but in a fun way!).

3 PM – FUN FACTS: want to share and learn fun facts? Then this is the place for you. Learn whilst having a good laugh!

Tuesday

10 AM – LIFE OF OPPORTUNITY: we all want a life full of opportunity. Together we will co-produce a usable set of standards to help share what that means for each of us.

3 PM – CREATIVE CRAFTING: join Sarah and friends for a different craft activity every week. Lots of inspiring ideas to keep you busy.

Wednesday

10 AM – WELLBEING DROP IN: grab a cuppa and join Debbie and Alex for a chat and top tips for staying mentally well.

3 PM – SOCIAL CARE FARM & GARDENS: travel around the country (virtually) and spend some time on the farms and gardens around Camphill Village Trust.

Thursday

10 AM – QUIZ TIME: fun quiz with a difference. Do well and you may even end up setting the questions!

3 PM – BUILD A BAND: Grab an instrument or even pots and pans to join the virtual band. Lots of noisy fun!

Friday

10 AM – THINKING OUT LOUD: meet together to turn ideas into actions. Your chance to make a difference.

2 PM – FOOD OF THE WORLD: each week we will explore the traditions, culture and language of a different county and learn a local recipe to make together.

Join in on zoom using <http://bit.ly/cvt-cvtcommons2>

All sessions are open – everyone is welcome, so come and make new friends!

Follow us on social media for regular updates and visit our website:

www.camphillvillagetrust.org.uk