

GET TOGETHER



FOR A GOOD LIFE IN ISLINGTON

July-September 2018

Foreword Thinking

This edition's full of things to make this summer a bit special - come rain or shine. London really comes alive in the summer & Get Together is really here to help you make the most of it. Maybe you fancy seeing the latest exhibitions (p.1-2), exploring Islington (p.5) or filling your weekends with Yoga to Bollywood dancing (p.6-7). Or perhaps you'd rather sit back, relax and watch the world go by with one of our summer boat trips (p.1-2).

Fancy trying something but feel a bit unsure? - you're not alone. We've included some participants thoughts and experiences of joining activities, read more real stories at www.gtislington.com.

And remember you don't have to go it alone. Call us about our Activity Partner Service (p.2) - here to help you get going.

@GTIslington
Facebook.com/GTIslington
By Andy Murphy,
CEO Age UK Islington

EVENTS

Do you like exploring different things? Check out the special events we've got planned this summer.

ISLINGTON BOAT CLUB: FREE NARROW BOAT TRIPS

*Tuesday 3 & 10 July
1.30pm-4pm.*

Journey along the Regents Canal to St Pancras and to Hackney

**Booking essential
0207 281 6018**

PAINTING APPRECIATION AT THE NATIONAL GALLERY

National Gallery (meet in the Sainsbury Wing Entrance)

19 July, 23 August, 20 September 11am.

Visits to look at selected paintings in detail with guided information and discussion. **Booking essential 0207 281 6018**



ESTORICK COLLECTION OF MODERN ITALIAN ART

39a Canonbury Square, London, N1 2AN

Monday 16 July 11am-1pm

Art of Campari Exhibition: Rationalism on Set: Glamour and Modernity in 1930's Italian Cinema exhibition

Tuesday 10 July 1-4pm 'Speak UP' Celebration event on the power of protest. Exhibition, discussion, tea and cake.

Booking essential 0207 281 6018

FRIDA KAHLO MAKING HERSELF UP: EXHIBITION AT

Victoria and Albert Museum, Cromwell Road, SW7 2RL

Thursday 2 August, 6 September 11.15am.

Experience a fresh perspective on Kahlo's compelling life story through her most intimate personal belongings. Meet in round entrance hall on Cromwell Road entrance. 2 visits **Booking essential 0207 281 6018**

“When I finally decided to come along, I waited outside for 10 minutes before actually plucking up the courage to come in. I thought ‘I’ve made it this far, so I’d better go in.’ I’m glad I did!”
Jean 73

KEW GARDENS TRIP

Kew Gardens, TW9 3AB

Wednesday 15 August, meet 1pm

(By public transport) Join Drovers gardening group for a free admission trip to Kew Gardens, to see the newly reopened Palm House and enjoy the seasonal planting at Kew entrance. Participants must be able to travel independently on public transport to Kew Gardens.

Booking essential (20 tickets)
0207 281 6018

ANGEL CANAL BOAT TRIP

City Road Lock

*Monday 3 Sept & Wed 5 Sept
10am- 4pm*

Enjoy a leisurely boat trip along the canal. Travel down 3 locks, pass city road Basin, through Islington Hackney and Hagerston to Old Ford and Victoria Park.

Trips start just above City Road Lock, (nearest access Danbury Street). £5 per person - pay on the day. **Booking essential**
0207 281 6018

HOUSE OF ILLUSTRATION EXHIBITION

Granary Square, N1C 4BH

Thursday 13 Sept 11am-1pm.
Enid Marx, best known for her industrial textile designs for the London Transport Board and the Utility Furniture Scheme.

GETTING STARTED

Feeling a bit unsure or struggling to get started? Our friendly and knowledgeable Activity Partners can help.



Call us on 020 7281 6018 and ask for Activity Partners to take the first steps together - starting with a cuppa!

EVENTS AT DROVERS: PUPPET & MASK MAKING

Drovers Centre, N79EY

Weds 4 & 11 July 1.30-3pm

SPECIAL REMINISCENCE

Drovers Centre, N79EY

*Wednesday 18 & 25 July
11am to 12pm*

18 July Natural History Objects
25 July Mid Hants Migrant Railway Museum Train Journey.

OPERA ‘A LIGHTER TOUCH’ ON ENERGY

Drovers Centre, N7 9EY

22 Aug 1.30pm.

Music Performance & Energy workshop with the well loved Connaught Opera.

IMPROVE YOUR HEALTH IN JUST 6 WEEKS - WITH WHITTINGTON HEALTH

Learn tips, tools and techniques to help keep symptoms at bay. With weekly sessions delivered by experienced lay tutors who know what living with health problems can be like. In just 2.5 hours a week the course will help you gain more confidence and give you the skills to manage any long term health conditions. Join one of our friendly and supportive sessions delivered across Islington.

“The Expert Patient Programme helped me go from thinking ‘I can’t’ to asking ‘how can I?’ ”

For more information call Linda on 0207527 1189 or Email: whh-tr.self-management@nhs.net

ACTIVITY CENTRE

Drovers is our Activity Centre just off Caledonian Road. With a range of activities on offer every day the choice is yours!

MONDAY

SUGAR CRAFT

10am-12noon. Make your cakes the talk of the town with floral decorations.

FUN FITNESS DANCE WORKOUT

11am-12noon. Cost: £3. Get fit, have fun! (call to check summer times&dates).

CHAIR PILATES

3.30-4.30pm. Cost: £3.

TUESDAY

TAI CHI

10.30am-12noon. Cost: £3.

PAINTING & ART

11.30am-3pm.

Pick up a brush and let your creative juices flow.

KEEP FIT

1.30pm-2.30pm. Cost: £2.

IPAD COURSE

Drovers Centre N79EY

Tuesday 3 & 10, 17 July 2.30pm to 4.30pm.

FILM NIGHT

Last Thursday of the month 6-9pm. Free.

WEDNESDAY

PHOTOGRAPHY

10am-12noon. Free.

ABSTRACT PAINTING

10.30am-12.30pm. Free.

REMINISCENCE

11am-12pm. Free.

SING-A-LONG

First Wednesday of the month 11am-12pm

BLOOMIN' GARDENERS

2-4pm.

Grow plants and cultivate new friendships at this lively gardening group.

THURSDAY

TABLE TENNIS AND DOMINOES

10am-12noon. Free.

Pick up a paddle and let's play ping-pong. Beginners welcome!

PAINTING AND ART

10am-2pm. Free.

ART AND DESIGN BASICS

12.30pm-2pm. Free.

FABRIC PRINTING & EMBROIDERY

2.30-4.30pm.

WALK AND TALK

Fortnightly from 12 July 2pm. (call to enquire)

BOCCIA

Fortnightly from 5th July 3.30-4.30pm.

FILM APPRECIATION GROUP

Second Thursday of the month 3.30pm.

FRIDAY

GARMENT MAKING

10am-12noon.

SHORT MAT BOWLS

10am-12noon.

WATERCOLOUR CLASS

1-3pm.

ORAL HISTORY CLUB

Last Friday of the month from 31st August 3-4.30pm.

CHAIR-BASED YOGA

2-3pm. Cost: £3.

SUNDAY

SHORT MAT BOWLS

Fortnightly from 1st July. 2-4pm.

MORE TO EXPLORE!

There's too much to fit on this page! Here's a flavour of what else is on offer
 CHIROPODY
 RECIPE SHARING
 BINGO!
 LINE-DANCING
 COMMUNITY LUNCH
 NEEDLECRAFT

Just call 020 7607 7701

Drovers Centre 19 North Road, N7 9EY. T: 020 7607 7701 or 020 7607 9726.

Tube: Caledonian Road (10 minute walk to Drovers Centre).

Buses: 17, 91, 259 and 274 all stop at Cally Rd Tube Station. 390 stops on York Way (5 minute walk). 393 stops right outside the nearby Goodinge centre.

OUT AND ABOUT

Taking place all over Islington, you can pop along to one of our Get Togethers hosted in a variety of venues.

MONDAY ▼

A CUPPA AND A CHAT WITH MONTHLY GUEST SPEAKERS

Duke of Cambridge

30 St Peters Street, N1 8JT
Weekly. 12-2pm.

Enjoy fresh tea and coffee, great company and guest speakers:

- 9 July Islington's Lost Cinemas - an illuminating journey into local cinema history with Artist Sam Nightingale
- 13 Aug Theatre/performance with Andy Naylor; Talking about his experiences of writing and performing stand up and how it has helped him with periods of anxiety
- 10 Sept Reminisce with former Mayor of Islington Barry Edwards

TUESDAY ▼

BETTER GET TOGETHER

Sobell Leisure Centre, Horsey Road, N7 7NY

Weekly. 10.30am-1pm. Cost: £2. Table tennis, bowls, short tennis, gentle stretch, badminton, dominoes, zumba, refreshments, use of gym and more.

“We’re a friendly group. If someone’s lost a partner and don’t know what to do, or are down in the doldrums, I say come bowling” Joan, 81 (pictured below right)

ALMEIDA THEATRE COFFEE MORNING WITH IT SUPPORT

Almeida Street, N1 1TA

10 July , 14 August , 11 September. 11am-12.30pm.

Come along for a coffee or bring your laptop, tablet or smartphone for some IT help. Refreshments from 50p!

POETRY GROUP

Freightliners City Farm, Sheringham Road, N7 8PF

Last Tuesday of the month. 2-4pm. Free.

Calling all poetry lovers. Bring your own poetic creations or a much loved favourite to share over coffee and cake. A great opportunity to ‘workshop your poem’ with Daisy Solomons.

BREAKFAST CLUB ANGEL

31 Camden Passage, N1 8EA

Fortnightly 3 July onwards. 3.30-5pm

Fun and friendly free coffee afternoon with great conversation and refreshments.

Booking essential
0207 281 6018



WEDNESDAY ▼

UNION CHAPEL CULTURAL CAFE

Compton Terrace, N1 2UN

Third Wednesday of the month. 11am-1pm.

Meet our host in the Cultural Cafe for tea /coffee and enjoy free art workshops and live music from different cultures including Organ recitals

ARC GAMES AND CRAFTS

Arc Community Centre, 98B St Paul Street, N1 7DF

Weekly. 2-4pm.

Social games and crafts group with coffee.

THE CORONET LATE LUNCH & SOCIAL

338-346 Holloway Road, N7 6NJ

Weekly. 2.30-4.30pm.

Meet Ella at our Age UK Islington table. Enjoy lunch, snack or just a cuppa and chat. 20% food discount.



THURSDAY ▼

OLDEN GARDENS

Whistler Street N5 1NH

Third Thursday of the month 10am-12pm

Free with refreshments. Social gardening group with friendly expert Andrew. Not green fingered? Enjoy a cuppa in this tranquil space.

“On a Wednesday when I host the Coronet I walk in large as life, but before Age UK there was no way I could have even walked into the pub on my own.” Ella, 79 (pictured below)



CURIOUS ABOUT ISLINGTON?

We are! Free sightseeing across the borough and beyond.

- 26 July History tour of St Pancras and Somers Town, including the newly built Living centre. with Joned Khan.
- 30 Aug History tour of Arsenal Stadium – Samir Sigh. Local History walk: 11am – 12.30pm. Followed by stadium tour 1-2pm. Meet outside Highbury and Islington station at 10.55 am.
- 27 Sept A walking tour with Karen from the Building Exploratory to discover the stories of people who have lived, worked and played in King’s Cross. Meeting point: 10.30 by the fountains at Granary Square.

YVE’S MORNING BOOK CLUB

Elk in the Woods, 37-39 Camden Passage, N1 8EA
Second Thursday of the month.
 11am -12 noon.
 12 July Madeline Miller’s “Circe”
 9 August Claire Tomlin’s “The Unequal Self - a biography of Samuel Pepys”,
 13th September, Patrick Suskind’s “Perfume”.

PARK THEATRE

11-13 Clifton Terrace, N4 3JP
First Thursday of the month. 2-3pm.
 Tea and coffee in a reserved area, £1. Then pay-what-you-can matinée.

MONTHLY FILM GROUP

ArtHouse Cinema, N8 9PT Crouch End
First Thursday of the month
 3.30pm.
 Showing the latest films for £2 followed by £1 refreshments.

AGE UK - IT HELP

Coronet, Holloway Rd N7 6PN
Last Thursday of the month.
 5.15-7pm.
 Bring your laptop, tablet or smartphone and your questions!



FRIDAY JAZZ NIGHTS

Hargrave Hall, Hargrave Road, N19 5SP

Second and last Fridays of the month 8-10pm.
 Listen to the brilliant WTW Big Band rehearse for free with complimentary tea, coffee and biscuits.



IT HELP WITH EXPEDIA

The Angel Building, 407 St John Street EC1V 4EX
First Friday of every month
 11am-12.30pm.
 IT help session
Book 0207 281 6018



INFO & TRAVEL ADVICE

For Get Together information or travel advice call 020 7281 6018 visit www.gtislington.com

LISTINGS & EVENTS

SATURDAY SOCIALS

JULY ▼

RUB-A-DUB CARIBBEAN SOCIAL

Islington Assembly Hall,
Upper Street N1 2UD

Wednesday 4 July, 2-4pm

Join us for Rub-a-Dub – a Caribbean inspired summer celebration for older people aged 55+, brought to you by Sadler's Wells and All Change working in partnership. Enjoy a magical afternoon of music and dancing with friends and neighbours. With Ska, Calypso, Rock'n'Roll and Reggae music; a Ska dance workshop with David Hamilton; poetry performances; and refreshments for everyone. Booking essential – please contact 020 7863 8141 or email creativelearning@sadlerswells.com by Friday 1 July.

Presented by All Change and Sadler's Wells

CREATIVE TASTER

Cubitt, 8 Angel Mews (just off Pentonville Road) N1 9HH

Further info: 020 7278 8226

Saturday 7 July, 10am-12pm

Join visual artist Lucy Steggals to learn creative skills, experiment with new materials and have fun working together.

Presented by Cubitt

SEATED YOGA WITH NORTH LONDON CARES

Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT

Call 0207 118 3838 for any questions or further details.

Saturday 14 July, 2-3.30pm

Join your younger neighbours at this gentle seated yoga class and learn moves that improve your flexibility and reduce aches and pains. Followed by tea, coffee and a chinwag. All abilities welcome!

Presented by North London Cares.

GIZMOS & GADGETS

Elizabeth House Community Centre, 2 Hurlock Street, N5 1ED

Call 0207 118 3838 for any questions or further details.

Saturday 28 July, 2-4pm

Would you like to feel more confident with technology? From turning on your mobile to getting online - come along and learn while doing. Your younger neighbours will be there to share their knowledge and laptops and phones will be on hand, but if you have your own feel free to bring it along.

Presented by North London Cares

AUGUST ▼

CREATIVE TASTER

Cubitt, 8 Angel Mews (just off Pentonville Road) N1 9HH

Further info: 020 7278 8226

Saturday 4 August, 10am-12pm

Join visual artist Lucy Steggals to learn creative skills, experiment with new materials and have fun working together.

Presented by Cubitt

SEATED YOGA WITH NORTH LONDON CARES

Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT

Call 0207 118 3838 for any questions or further details.

Saturday 11 August, 2-3.30pm

Join your younger neighbours at this gentle seated yoga class and learn moves that improve your flexibility and reduce aches and pains. Followed by tea, coffee and a chinwag. All abilities welcome!

Presented by North London Cares.

Photo by Marta Corada for Cubitt



CUBITT ARTS PICNIC

Islington Green N1 2XN

Further info: 020 7278 8226

Saturday 18 August, 2pm- 5pm

Join our friendly artists Ania Bas, Lucy Steggals and invited guests to try out drawing, making, and story-telling outdoors on Islington Green. Light refreshments available but bring a picnic!

Presented by Cubitt

NORTH LONDON CARES BIRTHDAY PARTY SPECTACULAR

Address TBC

Call 0207 118 3838 for any questions or further details.

Saturday 25 August, (afternoon)

North London Cares is turning 7 and we are celebrating with a party and you're invited! Expect music, dancing, games and summer festivities. There will be food to enjoy and people to meet.

Presented by North London Cares.

SEPTEMBER ▼

CREATIVE TASTER

Cubitt, 8 Angel Mews (just off Pentonville Road) N1 9HH

Further info: 020 7278 8226

Saturday 1 September, 10am-12pm

Join visual artist Lucy Steggals to learn creative skills, experiment with new materials and have fun working together.

Presented by Cubitt

SEATED YOGA WITH NORTH LONDON CARES

Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT

Call 0207 118 3838 for any questions or further details.

Saturday 8 September, 2-3.30pm

Join your younger neighbours at this gentle seated yoga class and learn moves that improve your flexibility and reduce aches and pains. Followed by tea, coffee and a chinwag. All abilities welcome!

Presented by North London Cares.



Photo by North London Cares

BOLLYWOOD DANCE PARTY

St. James' Hall, corner of Packington Street and Prebend Street, N1 8PF

Call 0207 118 3838 for any questions or further details.

Saturday 22 September, 2-4pm

At North London Cares we are always up for trying new things, having a laugh and spending time with others in our community. If you fancy learning some new moves, making some friends or simply watching a professional dancer get a room grooving then come along to this dance workshop. We would love to see you there!

Presented by North London Cares.



Photo by Marta Corada for Cubitt



Photo by North London Cares



Photo by All Change

Saturday Socials are brought to you by:





WE LISTEN.

Everything we do starts with a conversation and we listen long and hard to ensure we fully understand your issue. We're here to help you make positive steps towards a brighter future.

GET HELP

WE HELP.

Tell us what's on your mind:

Meeting people and doing things

Looking after myself

Looking after my home

Keeping myself safe

Keeping positive

Managing money

Something else?

LET'S TALK.

To start a conversation:

Call: 020 7281 6018

Email:
gethelp@ageukislington.org.uk

Visit:
www.ageuk.org.uk/islington

