

GET TOGETHER



FOR A GOOD LIFE IN ISLINGTON

April-June 2019

Foreword Thinking

As winter makes way for spring, it is a perfect time to get out and about and try some of our activities. The days get longer and London comes alive.

This 2019 Spring Edition of Get Together, is full of things for you to do and places to see. From Art Exhibitions, Theatre Performances, Films, Art Evenings, Community Events, Gardening, free Sightseeing and more. You can also make the most of your weekends and enjoy the vibrant Saturday Socials Weekend Programme (p.6-7).

Fancy getting out more but need a hand to get going? We've peppered this issue with a few top tips for joining groups. Call us about our Activity Partner Service (p.5)

www.ageuk.org.uk/islington

Andy

Andy Murphy,
CEO Age UK Islington

SPECIAL EVENTS

Check out the special events we've got planned out in the community and at our Drovers Centre.

All of our special events and exhibitions are FREE. **BOOKING REQUIRED!** Call 020 7281 6018 or 020 7607 7701. For all exhibitions, please meet at the entrance of the exhibition unless otherwise stated.

OUT IN THE COMMUNITY

CRABTREE AND EVELYN - LOST TRADES PRIVATE VIEW

294 Upper Street N1 2TU

Thursday 4 April

4pm-7pm

Refreshments provided (25 spaces).

CRABTREE AND EVELYN - LOST TRADES EXHIBITION

294 Upper Street N1 2TU

Until 10 April 12noon-7pm

Open to the public, no booking required.



BRITISH MUSEUM - EDVARD MUNCH: LOVE AND ANGST

Great Russell Street, WC1B 3DG

Sunday 7 April

12noon onwards

Join us for this community preview and discover this pioneering, subversive artist - lift the veil on his life and works in the largest show of his prints in the UK for 45 years (12 spaces).

TATE MODERN - PIERRE BONNARD: THE COLOUR OF MEMORY

Bankside, London SE1 9TG

Monday 8 April

11am onwards

Rediscover this master of colour and composition at Tate Modern (15 spaces).

PARK THEATRE - MEET THE ARTIST CHRIS AVIS

Clifton Terrace, N4 3JP

Thursday 11 April

10.30am onwards

Join Chris to discuss her current exhibition 'Voices in the Shadows' (20 spaces).

TATE BRITAIN - DON MCCULLIN EXHIBITION

Millbank, SW1P 4RG

**Thursday 25 April
11am onwards**

A comprehensive retrospective of the photographer (15 spaces).

ENDERBY WHARF - MEET THE ARTIST - BOBBY LLOYD

Greenwich Peninsula, SE10 0TA

**Monday 29 April
11am onwards**

Visit & discuss the inspiration for her 'Lay Lines' sculpture. Meet at North Greenwich tube station at 11am (20 spaces).

TATE MODERN - FRANZ WEST EXHIBITION

Bankside, London SE1 9TG

**Thursday 2 May
11am onwards**

Playful, abstract sculptures, furniture, collages & large-scale works (15 spaces).

KEW GARDENS

Richmond, TW9 3AB

**Wednesday 15 May
1.30pm onwards**

Meeting at Kew's Main entrance to see the summer colour (25 spaces).

V&A EXHIBITION VISITS WITH TRAINED GUIDANCE

Cromwell Rd, SW7 2RL

Discover the permanent galleries at the V&A Museum' Meeting at the Main round entrance hall off Cromwell Road (20 spaces available for both).

Cast Courts

**Monday 20 May
11am onwards**

**Ceramic Galleries
Monday 17 June
11am onwards**

ESTORICK - RAMO COLLECTION

39a Canonbury Square, N1 2AN

Monday 3 June 11am-1pm

60 works on paper (30 spaces).

TATE BRITAIN - VAN GOGH AND BRITAIN EXHIBITION

Millbank, SW1P 4RG

**Monday 10 June
11am onwards
(15 spaces)**

HOUSE OF ILLUSTRATION POSY SIMMONDS: A RETROSPECTIVE

2 Granary Square, N1C 4BH

**Thursday 27 June
11am onwards**

Meet inside, near Waitrose. Kings Cross (20 spaces).

PAINTING APPRECIATION AT THE NATIONAL GALLERY

Trafalgar Square, WC2N 5DN

**Third Thursday of the month
11am onwards - Free
(15 spaces)**

SPECIAL EVENTS AT DROVERS

All at 19 North Road, N7 9EY

THE ROOT OF POPULAR MUSIC

**Fortnightly from Tuesday
2 April for 6 sessions
3.30-4.30pm - Free**

Norman Elvin hosts a discussion group; listen to an array of music & learn where it all came from.

ROYAL COLLEGE OF MUSIC PERFORMANCES

**Fortnightly Mondays
from 1 April 10am -11am- Free**

NATURAL DYEING WORKSHOP

**Thursday 4 April
10am-12.30pm**

Join Artist Zoe Burt to naturally dye silk handkerchiefs. Plant dye seeds & mark postcards.

SPECIAL REMINISCENCE

**Wednesdays 10 April,
15 May and 26 June
11am-12noon**

Monthly presentations with Colin Levy, dipping into his vintage postcard collection of Islington.

MAKING EASTER TREATS

**Thursday 18 April
10am-12noon**

Come join us to make edible birds nests & bunny cookies.

THE PAULINE QUIRKE ACADEMY STUDIOS - VARIETY SHOWS

Talented students perform music.

**Wednesday 22 May
1pm-2pm**

**Thursday 23 May
3.30-4.30pm**

SPECIAL ART EVENING EVENTS

Thursday 30 May 5-7pm
Join local artist Chris Avis.

Thursday 27 June 5.30-7pm
Spanish Evening of music, poetry and food.

INSECT HOUSE MAKING WORKSHOP

Wednesday 5 June 2-4pm
Join ranger Fiona to make an insect house for your own home or our Age UK Islington gardens.

DROVERS ACTIVITIES CENTRE

19 North Road, N7 9EY.
020 7607 7701

Please be mindful this list is not exhaustive but a flavour of what is on offer each week.

MONDAY

SUGAR CRAFT

10am-12noon - Free

BINGO

1-3pm – Free

CARD GAMES

1-3pm – Free

CHAIR PILATES

3.30-4.30pm - £3

TUESDAY

TAI-CHI

10.30am-12noon - £3

PAINTING & ART

11am-1pm - Free

SPANISH

2-3.15pm - Free

“I attend keep fit, boccia, walk and talk, dominoes, bowls and yoga and everything I come to at Drovers I really enjoy!”

FILM NIGHT

3rd Tuesday of the Month

6pm-9pm – Free

North London Cares hosts a different film each month with an array of tasty snacks.

WEDNESDAY

ABSTRACT PAINTING

10.30am-12.30pm - Free

Collaborate and contribute to a large canvas.

BLOOMIN' GARDENERS

2-4pm - Free

CERAMICS

2.30-4.30pm - £2

CARDIO FUN

3-4pm - £3

THURSDAY

HAIRDRESSING DROP IN

9.30am-12.30pm - price depending on treatment

BOCCIA

Fortnightly from the 4 April

3-4pm – Free

Be part of this sociable game and join our Islington Boccia League competing for a trophy monthly around Islington.

WALK AND TALK

Fortnightly from the 11 April

2-4.30pm – Free

Join us for local walks in green spaces topped off with a trip to a nearby cafe. For more details of the next walk please call the Drovers Centre.



FABRIC PRINTING & EMBROIDERY

2.30-4.30pm - Free

ART EVENING

Last Thursday of every month

5.30-7pm - Free

FRIDAY

SHORT MATT BOWLS

10am-12pm - Free

WATERCOLOUR

1pm-3pm - Free

CHAIR BASED YOGA

2pm-3pm - £3

FLAMENCO DANCE CLASS

Until the 7th June (excluding 12 & 19 April)

3.15pm-4.15pm - Free

Join Lucia Caruso to Learn the art of Flamenco. After 7th June there will be a week of rehearsal and performance for those wanting to take part in a performance at Sadler's Wells.

MORE TO EXPLORE!

There's too much to fit on this page, for the full list please pick up the Drovers monthly timetable from Drovers or visit www.ageuk.org.uk/Islington/activities-and-events/

Travel information:

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 Gooding centre.

REGULAR GET TOGETHERS

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

For queries or travel advice call 020 7281 6018 or 020 7607 7701

MONDAY ▼

DUKE OF CAMBRIDGE COFFEE MORNING

30 St Peters Street, N1 8JT
Weekly with monthly guest speaker

12noon-2pm - Free

Enjoy fresh tea and coffee and great company.

8 Apr **Gemma Smith**

John Wesley, a local to Islington, is probably best known for his role in the growth of Methodism. However, he was also interested in healthy living. In this talk we look at who John Wesley was, his interest in health and medicine in 18th century London and explore some of the more quirky cures he recommended.

13 May **Arthur Stirling**

Come along and hear about Arthur's working life in Islington.

10 Jun **Raife Keller-Cooper**

Come and hear how the award winning writer found his writing style, creates his plots and discuss the shift to online books.

"I enjoy getting out of the house and people new people. It makes me feel good because I live alone."

TUESDAY ▼

ALMEIDA THEATRE COFFEE MORNING WITH IT SUPPORT

Almeida Street, N1 1TA
9 Apr, 14 May, 18 Jun
11am-12.30pm - Free

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

SOBEL CENTRE BETTER GET TOGETHER

Horsney Road, N7 7NY
Weekly 10.30am-1pm - £2.

Table tennis, bowls, short tennis, gentle stretch, badminton, dominoes, zumba, refreshments, use of gym and more.

BREAKFAST CLUB ANGEL

31 Camden Passage, N1 8EA
Fortnightly from 9 April
3pm-5pm - Free

Fun and friendly coffee afternoon with great conversation and refreshments.

Please book: 020 7281 6018.

"The Get Togethers have really improved my confidence - I like meeting new people and I always recommend the activities at Drovers to them."

WEDNESDAY ▼

ARC COMMUNITY CENTRE GAMES AND CRAFTS

98B St Paul Street, N1 7DF
Weekly

2pm-4pm - Free

Social games and crafts group with coffee.

THE CORONET LATE LUNCH & SOCIAL

338-346 Holloway Road, N7 6NJ
Weekly 2.30-4.30pm
- 20% food discount

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

UNION CHAPEL CULTURAL CAFE

Compton Terrace, N1 2UN
Third Wednesday of the month

1pm-2pm - Free

Food, art and music for the middle of the week

"I am less stressed that's for sure and all the people I've met have been very welcoming and friendly!"

THURSDAY ▼

LORAIN ESTATE COMMUNITY CENTRE A&C SHINING STAR ENTERPRISE

356 Holloway Road N7 6PA
Third Thursday of the month
1pm-5pm - Free

An afternoon full of fun & games including Bingo, Dominoes, Scrabble, Drawing, Knitting, Sewing, Raffle & Sing-a-longs.

OLDEN GARDENS*Whistler Street N5 1NH***Third Thursday of the month
10am-12noon - Free**

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

**CURIOUS ABOUT
ISLINGTON?****Monthly 10.30am-12noon - Free**

Free sightseeing across the borough and beyond.

18 Apr Two Temple Place
Join Jenny Grant for this guided tour.**16 May Medieval Churchyards**
Join Colin Levy outside Cafe Nero next to St Paul's underground station to visit medieval churchyards in the City of London.**20 Jun The John Wesley Chapel and House**
Guide tour**YVE'S MORNING BOOK CLUB***Brother Marcus, 37-39 Camden Passage, N1 8EA***Second Thursday of the month, 11am-12noon - Free****11 Apr *Fathers and Sons***
by Turgenev**9 May *Fahrenheit 451***
by Ray Bradbury**13 Jun *Candide*** by Voltaire**PARK THEATRE***11-13 Clifton Terrace, N4 3JP***First Thursday of the month
2pm-3pm - pay-what-you-can**

Start with £1 tea and coffee in a reserved area then make your way to the matinée

**ART HOUSE CINEMA***159A Tottenham Lane, N8 9BT***Second Thursday of the month****Times vary - £2 showing, £1 refreshments**

Head down to the Art House Cinema in Crouch End and watch a new film each time.

COSTA COFFEE IT SESSION*382 Holloway Road N7 6PN***Last Thursday of the month
5.15pm-7pm - Free**

Bring your laptop, tablet or smart phone and your questions!

“The Get Togethers have really improved my confidence - I like meeting new people and I always recommend the activities at Drovers to them.”

FRIDAY**IT HELP WITH EXPEDIA***The Angel Building, 407 St John Street EC1V 4EX***5 Apr, 2 May (one off Thurs), 7 Jun****11am-12.30pm - Free**

IT drop in session.

Please book: 020 7281 6018.**ISLINGTON BOCCIA LEAGUE**

A free social precision ball game, played sitting down. No experience is needed and everyone is welcome.

**Lorraine Estate
Community Centre***356 Holloway Road
N7 6PA***Tue 30 Apr 2019 2-5pm****Drovers Centre***19 North Road N7 9EY***Mon 27 May 2019 12-3pm****ST Lukes Community
Centre***90 Central St EC1V 8AJ***Mon 24 Jun 2019
2pm-5pm****GETTING STARTED**

If you are 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!

LISTINGS & EVENTS

SATURDAY SOCIALS

APRIL ▼

CREATIVE TASTER

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

Further info: 020 7278 8226

Saturday 6 April, 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

Holloway Neighbourhood Group, The Old Fire Station, 84 Mayton Street, N7 6QT

Call 020 7118 3838 for any questions or further details

Saturday 13 April, 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 chin wag. All abilities welcome!

Presented by North London Cares

WHEN SATURDAY COMES

Arsenal Hub, Emirates Stadium, 56 Benwell Road, N7 7BA

Call 020 7689 4646 for more details to book your place

Saturday 27 April, 10.30am-12.30pm

Share stories and be creative with poet Francesca Beard and photographer Leticia Valverdes.

Presented by All Change

JAZZ FESTIVAL

Birchmore Hall, Highbury Quadrant, N5 2UA

Call 020 7118 3838 for any questions or further details
Saturday 27 April, 2.30-5pm

To celebrate the start of the New Orleans Jazz & Heritage Festival, we'll be bringing the spirit of Jazz to Highbury. Expect spectacular sounds, room to cut plenty of shapes on the dance floor, and plenty of time to catch up with your neighbours over delicious snacks.

Presented by North London Cares

MAY ▼

CREATIVE TASTER

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

Further info: 020 7278 8226

Saturday 4 May, 10am-12pm

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

Presented by Cubitt

FLOWER FESTIVAL

Birchmore Hall, Highbury Quadrant, N5 2UA

Call 020 718 3838 for any questions or further details

Saturday 11 May, 2.30-5pm

This month marks the world-renowned Chelsea Flower Show and there'll be an extra celebration of all things green happening in Highbury. Whether you're a keen gardener or happier admiring floral displays from afar, everyone's welcome to get involved having a go at planting something for themselves as well as joining

younger neighbours for a traditional high tea.

Presented by North London Cares

WHEN SATURDAY COMES

Arsenal Hub, Emirates Stadium, 56 Benwell Road, N7 7BA

Call 020 7689 4646 for more details to book your place

Saturday 25 May, 10.30am-12.30pm

Share stories and be creative with poet Francesca Beard and photographer Leticia Valverdes.

Presented by All Change

SEATED YOGA

Holloway Neighbourhood Group, The Old Fire Station, 84 Mayton Street, N7 6QT

Call 020 7118 3838 for any questions or further details

Saturday 25 May, 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 chin wag. All abilities welcome!

Presented by North London Cares



Photo by: Em Fitzgerald for All Change



Photo by: North London Cares

JUNE ▼**CREATIVE TASTER**

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

Further info: 020 7278 8226

Saturday 1 June, 10am-12pm

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

WHEN SATURDAY COMES

Arsenal Hub, Emirates Stadium, 56 Benwell Road, N7 7BA

Call 020 7689 4646 for more details to book your place

Saturday 8 June, 10.30am-12.30pm

Share stories and be creative with poet Francesca Beard and photographer Leticia Valverdes.
Presented by All Change

SEATED YOGA

Holloway Neighbourhood Group, The Old Fire Station, 84 Mayton Street, N7 6QT

Call 020 7118 3838 for any questions or further details

Saturday 8 June, 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 chin wag. All abilities welcome!

Presented by North London Cares

SWEDISH MIDSUMMER

Birchmore Hall, Highbury Quadrant, N5 2UA

Call 020 7118 3838 for any questions or further details

Saturday 22 June, 2.30-5pm

Join your neighbours for one of the most famous Swedish traditions – celebrating midsummer! Learn all about the traditions – which date back to as early as the 1500s – as well as embracing some of them for yourself and feasting on traditional foods like pickled herrings with friends.

Presented by North London Cares



Photo by: North London Cares

and ...FRIDAYS**PEEL ART GROUP**

Three Corners Centre, Northampton Road London EC1R 0HU

Further info: 020 7278 8226

Every Friday 1.30-3.30pm

Join our friendly group of creative working with visual artist Hayley Harrison and try working new processes and materials including drawing, painting and photography.

Presented by Cubitt



Photo by: North London Cares



Photo by: Old School Booth for 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:
Age UK Islington
Contact Centre
6-9 Manor Gardens
Islington
N7 6LA

Find out more:
www.ageuk.org.uk/islington

