

GET TOGETHER



FOR A GOOD LIFE IN ISLINGTON

January-March 2019

Foreword Thinking

January can feel a bombardment of 'New Year, New you' messages; resolutions, challenges.. It can all feel a bit overwhelming! It got us thinking what if we take a minute to celebrate something we've already achieved - big or small. Recognising how far we've already come can give us the confidence to keep going further.

Need some inspiration? We've been asking our attendees to share their 'story' where they were 'before' and 'after' attending activities. What we're hearing are stories of personal achievement; we've included a few here that inspired us, you might recognise yours (don't worry you'll see everything completely anonymous). Why not jot down your own if you're feeling inspired.

www.ageuk.org.uk/islington

Andy

Andy Murphy,
CEO Age UK Islington

EVENTS

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

All of our special events and exhibitions are bookable 0207 281 6018 or 0207 607 7701

LOST TRADES OF ISLINGTON

Finsbury Library, 245 St Johns ST. EC1V 4NB.

Until 18th Jan - Mon-Fri
9.30-5pm - Free

Oral History exhibition exploring working lives in Islington

TATE MODERN 'ANNI ALBERS'

Thursday 10th January -
2-4pm - Free.

She combined the ancient craft of weaving with the language of modern art. (15 places)

ROYAL ACADEMY

Tuesday 15th January,
2.30-4.30pm - free.

Creative workshop in response to the Klimt/Schiele exhibition.



Participants will be guided by artists to experiment with different drawing techniques and make their own artworks in response to the works they've seen and discussed. (15 places)

NATIONAL GALLERY COURTAULD IMPRESSIONISTS: FROM MANET TO CEZANNE

Thursday 17th January -
11am - Free

'Courtauld Impressionists: From Manet to Cézanne' traces the development of Impressionist and Post-Impressionist paintings through a selection of over forty masterpieces.

BARBICAN CONSERVATORY

Sunday 27th January
12pm-2pm - Free

Group visit to this hidden gem!

**THAMES ARCHEOLOGY
TALK & ORAL HISTORY -****Wednesday 30th January
11am-12noon – Free**

Talk on Archaeology of the Thames foreshore with artefact's

**TWO TEMPLE PLACE 'JOHN
RUSKIN: THE POWER OF
SEEING'****Thursday 31st Jan – 10:45am
Free**

Artist, art critic, educator, social thinker and true polymath, John Ruskin (1819-1900) devoted his life to the pursuit of knowledge. Ruskin's attitude to aesthetic beauty shaped his radical views on culture and society.

**ESTORICK COLLECTION
OF MODERN ITALIAN
ART FAUSTO MELOTTI:
COUNTERPOINT****39a Canonbury Square
London N1****Monday 11th February 11am**

Informed by the languages of music and mathematics, Melotti's harmonious and delicately poised work is revered in Italy, yet surprisingly little known in the UK.

**HOUSE OF ILLUSTRATION
'JOURNEYS DRAWN:
ILLUSTRATION FROM THE
REFUGEE CRISIS****Thursday 28th February,
11am. Free.**

This first UK exhibition to explore the refugee crisis through illustration features 40 multi-media works by 12 contemporary artists, two of whom are themselves refugees

**V&A VIDEOGAMES: DESIGN /
PLAY / DISRUPT****Monday 4th and 14th Feb.
11.15am**

'This exhibition provides a unique insight into the design process behind a selection of groundbreaking contemporary videogames. Design work, including concept art and prototypes, feature alongside large-scale immersive installations and interactives.

There are only 10 tickets for each date.**BIRD WATCHING AT
WATERWORKS CENTRE****Wednesday 6th March – 2pm
onwards - Free**

Lammas Road (just off Lea Bridge Road) Leyton, London, B10 7QB.

THAMES VISIT**Wednesday 27th March –
11am-12noon – Free****KEW GARDENS****Wednesday 27th March –
1pm onwards – Free**

Come and see spring bulbs in one of the world's largest botanical gardens. Meeting at the Victoria Gate main entrance on Kew road at 1pm. The nearest tube is Kew gardens train station.

**PAINTING APPRECIATION
AT THE NATIONAL GALLERY****Thursdays – 11am onwards -
Free**

Meet in the Sainsbury wing entrance on 24th Jan, 21st Feb, 21st Mar. Visits to look at selected paintings in detail with guided information and discussion.

**EVENTS AT
DROVERS****All 19 North Road, N7 9EY****ROYAL COLLEGE OF MUSIC
PERFORMANCES****Fortnightly Mondays – 9:30-
10:30am - Free****January 7th and 21st,
February 4th and 18th and
March 4th and 18th**

Talented students from the Royal College of Music will be performing/reciting. From solo pianists, soprano singers to violinists.

BIG JANUARY LUNCH**Thursday 10th January –
12noon-1:15pm - £2 donation
or bring a dish**

Dispel New Year Blues – come and share food and conversation.

BRAIN HEALTH WORKSHOP**Monday 21st January – 10:30-
11:30am - Free**

Are you 50-90 years old? Join this session to get a free 1 hour in-person Brain Health Workshop, including an online memory screening and a personalised Brain Health Report. Book: 0207 607 7701

**ART EVENING SPECIAL
EVENT****Burns Night – Thursday 24th
Jan – 5:30-7pm - Free**

Celebration of Robert Burns through live music and performances. If you would like to read a poem or perform a song please call 020 7607 7701

KARAOKE EVENING**Thursday 28th February –
5:30pm-7pm – Free**

ACTIVITY CENTRE

Drovers is our Activity Centre just off Caledonian Road.

MONDAY

SUGAR CRAFT
10am-12noon - Free

BINGO
1pm-3pm - Free

CARD GAMES
1pm-3pm - Free

CHAIR PILATES
3:30-4:30pm - £3

TUESDAY

TAI CHI
10.30-12 noon - £3

PAINTING & ART
11am-1pm Free

KEEP FIT
1.30-2.30pm - £2

“I was just at home. Now I’m looking forward to the future. I’m learning Spanish. I’ve done the right thing!”

SPANISH LANGUAGE CLASS
2.15pm-3pm - Free
Starting Tue 22nd Jan for 6 weeks.

WEDNESDAY

ABSTRACT PAINTING
10:30am-12:30pm - Free
Collaborate and contribute to a large canvas.

NEEDLECRAFT
1pm-2:30pm - Free
Bring along your needles, wool and thread and join this group in crafting wonderful pieces.

CERAMICS
2:30pm-4:30pm - Free

BLOOMIN’ GARDENERS
1pm-3pm - Free
Held at Drovers Centre and Caledonian park with occasional fauna and flora trips and visits.

CARDIO FUN
3pm-4pm - £3

THURSDAY

HAIRDRESSING
Drop in - 9:30am-12:30pm - price depending on treatment

BOCCIA
Fortnightly 3pm-4pm - Free
Come join our Boccia team on January 10th & 24th, February 7th & 21st and March 7th & 21st. Be part of this sociable game and join our Islington Boccia League competing for a trophy monthly around Islington.

WALK AND TALK
Fortnightly 2pm-4:30pm - Free
Join us on January 3rd, 17th &

31st and February 14th & 28th and March 14th & 28th for local walks in green spaces topped off with a trip to a nearby cafe. For more information about the next walk please the Drovers on 0207 607 7701.

ART EVENING
Last Thursday of every month - 5:30pm-7pm - Free

FRIDAY
GARMENT MAKING
10am-12pm - Free

WATERCOLOUR
1pm-3pm - Free

CHAIR BASED YOGA
2pm-3pm - £3

SUNDAY

SHORT MAT BOWLS
Fortnightly from 6th January - Free

MORE TO EXPLORE!

There's too much to fit on this page so here's an extra flavour of what else we have on offer

- * COMPUTER SUPPORT
- * COMMUNITY KITCHEN
- * TABLE TENNIS
- * TAI -CHI

For the full list please pick up the Drovers monthly timetable from Drovers or visit www.ageuk.org.uk/Islington/activities-and-events/

Drovers Centre 19 North Road, N7 9EY. Tube: Caledonian Road (10 minute walk to Drovers Centre). Tel: 0207 607 7701

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.

For queries or travel advice call 0207 281 6018 or 0207 607 7701

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:

14 Jan Arthur Stirling – Life in Aur – A talk about Arthur's experience during the war. Tales of his of his life during the London bombing of the docks and the dropping of a H-bomb.

11 Feb Carolyn Clarke - Come and hear about the history of the Regent's Canal in Islington with a talk by Carolyn Clark with some fascinating old photos, and please bring your own memories to share.

11 March Come and hear about how the charity 'Welcome Cinema & Kitchen' unites people through a shared love of film, food and friendship

"I've become more outgoing and content, it's opened up a whole new life for me"

TUESDAY ▼

ALMEIDA THEATRE COFFEE MORNING WITH IT SUPPORT

Almeida Street, N1 1TA
8th Jan, 12th Feb, 9th March
11am-12.30pm.

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



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.

BREAKFAST CLUB ANGEL

31 Camden Passage, N1 8EA
Fortnightly 15th Jan onwards.
3-5pm

Fun and friendly free coffee afternoon with great conversation and refreshments.
Please book: 020 7281 6018.

WEDNESDAY ▼

UNION CHAPEL CULTURAL CAFE

Compton Terrace, N1 2UN
Monthly 1-2pm
Third Wednesday of the month

ARC GAMES AND CRAFTS

Arc Community Centre, 98B St Paul Street, N1 7DF
Weekly. 2-4pm.

Social games and crafts group with coffee.

THURSDAY ▼

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.

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.

CURIOUS ABOUT ISLINGTON?

We are! Free sightseeing across the borough and beyond.

24 Jan Lincolns Inn Fields This walk will begin where Jimi Hendrix made his first record before visiting Lincoln Inn Fields and will finish at one of the 17th century Inns in Fleet Street.)

Meet at 10:am Holborn station, Kingsway exit, opposite Boots the Chemist

21 Feb Join Colin Levy for a medieval walk from St Pauls to St Brides in Fleet Street. Meet at 10:00 am St Paul's station

21 March Join Karen from the Building Exploratory for a walk through the Queen Elizabeth Olympic Park to uncover the fascinating history of the site. Meet at 10:30 at Hackney Wick station

YVE'S MORNING BOOK CLUB

**Brother Marcus, 37-39
Camden Passage, N1 8EA
Second Thursday of the month.**

11am-12 noon.

10 Jan "Naples 44" by Norman Lewis

14 Feb "If Beale Street could talk" by James Baldwin

14 March "Expo 58" by Jonathan Coe

"I was used to doing activities on my own - and was quite nervous about joining others. I've come outside my comfort zone."

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.



ART HOUSE CINEMA

**Crouch End, N8 9PT
Second Thursday of the month – time varies £2**

Head down to the Art House Cinema in Crouch end watch a new film each time. Refreshments an additional £1.

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!

COSTA COFFEE IT SESSION

**Costa Coffee (next to Argos)
382 Holloway Road N7
Last Thursday of the month.
5.15-7pm.**

Bring your laptop, tablet or smartphone and your questions!

"I was unhappy and bored, life was dull. I've come out of myself and feel more brave. I'm looking forward to exciting times"

FRIDAY

IT HELP WITH EXPEDIA

**The Angel Building, 407 St John Street EC1V 4EX
4th Jan , 1st Feb , 1st March
11-12.30**

IT drop in session
**Booking essential
020 7281 6018.**

JAZZ NIGHTS

**Hargrave Hall, Hargrave Road,
N19 5SP**

**Last Friday of every month
8-10pm. Starting 25th January**
Listen to the brilliant WTW Big Band rehearse for free with complimentary tea, coffee and biscuits.



LISTINGS & EVENTS

SATURDAY SOCIALS

JANUARY ▼

CREATIVE TASTER

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

Further info: 020 7278 8226

**Saturday 5 January,
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 0207 118 3838 for any questions or further details

**Saturday 12 January,
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

SING-ALONG MOVIE MATINEE

Birchmore Hall, Highbury Quadrant, N5 2UA

Call 0207 118 3838 for any questions or further details

Saturday 26 January, 2-5pm

Escape the winter (virtually speaking!) by being transported

to the magical Greek island of Kalokairi and enjoy the latest instalment of the ABBA-based musical with your younger neighbours. Whether you're a singing superstar or struggle to hold a tune, everyone's welcome to sing-along to the classic hits. Expect Greek treats to complete the holiday-at-home experience.

Presented by North London Cares

FEBRUARY ▼

CREATIVE TASTER

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

Further info: 020 7278 8226

**Saturday 2 February,
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 2 February,
10.30am-12.30pm**

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

Presented by All Change

CHINESE NEW YEAR CELEBRATIONS

Finsbury Park Community Hub Andover Estate, 55

Corker Walk, N7 7RY

Call 0207 118 3838 for any questions or further details

**Saturday 9 February,
3-5.30pm**

Join neighbours – both younger

and older – to celebrate Chinese New Year. Discover & enjoy typical traditions, dishes and drinks that are part of this important Chinese holiday as well as finding out all about the significance of the year of the Pig!

Presented by North London Cares

SEATED YOGA

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

Call 0207 118 3838 for any questions or further details

**Saturday 23 February,
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

MARCH ▼

CREATIVE TASTER

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

Further info: 020 7278 8226

Saturday 2 March, 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 2 March, 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 0207 118 3838 for any questions or further details
Saturday 9 March, 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

GADGETS & GIZMOS

Three Discovery Store, 8/9 Upper Street, London, N1 0PQ

Call 0207 118 3838 for any questions or further details
Saturday 30 March, 2-4pm

Would you like to feel more confident with technology? From turning on your mobile, to emails, and getting online – come along and learn while doing! We'll have some laptops and phones on hand, but if you

already have your own please feel free to bring it along. A good chat and nice afternoon guaranteed. This month we have additional support from the team at Three Mobile who will be hosting us for the afternoon.
Presented 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 Charlene Sandy, Cubitt



Photo by Leticia Valverdes, All Change



Photo by North London Cares

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: 0207 281 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

