

# Get Together

For adults 18+

Find new interests & find others locally!

Islington ageUK

Discover regular weekly and monthly activities to help you to keep active, try out new interests & to meet other locals -18yrs+

Jan - Feb 2024



## Keep active & connected!

### Thinking about trying something new for 2024?

The new year is always a great time to start thinking about trying something new. If you'd like to discover a new interest, start some gentle exercise, or meet others that live locally, this Get Together magazine is a great place to start!

Going along to something new can sometimes feel difficult, but there's lots of benefits if you do. Social connection can help boost how we feel; keeping active and taking part in social activities may also help us stay sharp as we age.

Come to our Staying Well event on Thurs 25 January at Vibast Community Centre to try out some activities! There will also be the opportunity to talk to a variety of Islington activity providers. See page 5 for more information & how to book your place.

## Have you got an email?

If you haven't already got an email address, you are likely to be missing out on useful information, resources and invites to local activities. Your local Islington library has computers you can access for free and can help you to set up an email address. Age UK Islington can also link you to one-to-one digital support and groups.

**Get in touch with Age UK Islington: 020 7281 6018**  
**/ gethelp@ageukislington.org.uk**



Age UK Islington is here to help adults 16yrs+.

Call our helpline: 020 7281 6018 (Mon - Fri 9am - 5pm)

Get free, confidential information & guidance e.g. about money worries, housing issues, keeping independent at home, help to find social groups.

Keep informed: receive digital mailings with info about local activities, opportunities & support direct to your email inbox!

# Weekly Get Together Activities

All activities below are free unless a price is shown.

Call our Helpline on 020 7281 6018 for help to find an activity that's right for you, or to work out how to get to a group. Booking is essential!



You are doing amazing work. Nobody can be lonely or helpless or out of a social circle in Islington... I only get out occasionally as I can't walk much but I do read every newsletter! (Islington resident)

## Mondays

There are currently no face-to-face activities on Mondays.

## Tuesdays

### Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre,  
Hornsey Rd, N7 7NY.  
£2.45 (debit or credit card).

50yrs+ Sports social in the north of Islington. Table tennis, indoor bowls, dominoes & dance class. Plus sit-down and chat with tea & coffee. NB. Due to flooding, the lift is currently out of order.

### Dance Fitness

#### 3pm - 4pm, weekly

Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, N1 0DX.

Try our dance class with a mix of latin, disco and pop music with strength, balance, and functional exercises. Take part seated or standing.

## Wednesdays

### Finsbury Get Together 10.30am - 12.30pm, weekly

Finsbury Leisure Centre,  
Norman Street, EC1V 3PU. £2.50 (debit or credit card).

50yrs+ Sports social in the south of Islington. Table tennis, badminton, short tennis & tea. Fully accessible.

### Park Cuppa

#### 11am - 12pm, weekly

Cally Clock Tower Centre,  
Caledonian Park, N7 9PL.

Join our small group for a chat and to share memories over a cuppa, in this lovely location.

### Don't miss out on the latest events!

Contact us to sign-up for our monthly Age UK Islington newsletter and regular mailings sent by email.

See our online Get Togethers listed on our website

## Thursdays

### Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre,  
Hornsey Rd, N7 7NY.  
£2.45 (debit or credit card).

50yrs+ Sports social in the north of Islington. Table tennis, indoor bowls, dominoes & dance class. Plus sit-down and chat with tea & coffee. NB. Due to flooding, the lift is currently out of order.

### Lego Get Together 1.30pm - 3.30pm, weekly

The Playroom (by The Toy Project), 93 Junction Road, N19 5QX.

50yrs+ Relaxed, friendly and creative social with Lego building plus tea & coffee.

## Fridays

There are currently no face-to-face activities on Fridays.

**Booking essential!**

Need help finding an activity that's right for you? Contact us!

Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk

# Keeping Active in Islington



For Islington residents 18yrs+ All activities below are free unless a price is shown.



## Strength & Balance

Strength and balance for bone health, fall and osteoporosis prevention (£3/£4)

**Tuesdays 2-3pm (beginners)**

**Weds 10-11am (intermediate)**

Claremont Project, 24-27 White Lion Street, N1 9PD.

For Claremont Project members. Membership is free and for residents aged 55yrs+.

To book: Martha 020 7837 3402 / martha@claremont-project.org

## Tai Chi for Wellbeing

Sit, Stand, Walk, Talk programme for older adults with chronic and debilitating health conditions

**Mondays 5-6pm and**

**Thursdays 2-3pm**

20 Blackstock Road, N4 2DW

Weekly classes using gentle exercise and meditation.

To book: Wu Shi Taiji Quan & Qi Gong Association, Awais 07931 733716 / awais@wustyle.uk.com

## Pilates

Pilates for improving posture and core strength (optional £3 donation)

**Mondays 2-3pm**

**Thursdays 1.30-2.30pm**

**Last Thursday of month 2.30pm**

Walter Sickert Community Centre, Canonbury Crescent, N1 2FB

Gentle movement; Thursday session uses small weights.

No need to book, drop-in!

For info: Healthy Generations, Sam 0798 114 2376 / sam@healthygenerations.org.uk

## Joint Pain Programme

For adults with long-term joint pain

**Sessions twice a week for first 3 months**

Nuffield Gym, 27 Essex Road, N1 2SD

6-month programme to help self-manage chronic joint pain.

To book: Nuffield Health, Michael 07500 226006 / michael.rowe@nuffieldhealth.com

## Weight management

Programme for people who are obese or overweight with specific health conditions

**Monday to Friday daytime & evenings**

At community venues

12-week programme;

90 minute sessions.

Different topic each week.

To book: MoreLife, 0333 2221333 / morelife.camdenandislington@nhs.net

## Weight loss for men

12 week weight-loss course to help reach a healthier weight

**One evening a week**

Arsenal in the Community Hub, 56 Benwell Rd, London N7 7BY

Food education and enjoyable exercise.

To book: Arsenal in the Community,

Rhys 07548 107576 /

rratcliffe@arsenal.co.uk

**"It has made me feel more agile and it has been rather good for my self esteem!"**

**Need help finding an activity that's right for you? Contact us!**

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# Islington Parks Activities



For Islington residents 18yrs+ All activities below are free unless a price is shown.



## Health & History Walk

Islington Guided Walks - gentle guided walks

**Friday 26 January at 11am**

Meet by the Boer War statue, Highbury Fields, N5 1RD (Corner of Highbury Place and Highbury Cresc)

**Friday 23 February at 11am**

Meet just inside the Dartmouth Park Hill entrance to Dartmouth Park, N19 5HU

No need to book, drop-in!

## Health and Nature Walk

**First Friday of month 10-11am (5 Jan, 2 Feb and 1 March)**

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

A gentle stroll around the park, using nature to boost our mental health. Free tea and coffee afterwards. Dementia-friendly.

No need to book, drop-in!  
For info: 020 7527 4374 / ecologycentre@islington.gov.uk

## Qi Gong

**Thursdays, 10.30am - 12pm**

From 1 Feb Islington Ecology Centre, Gillespie Park (£10, 3 free slots each week for low / no wage).

Qigong & Mindfulness can help restore a sense of balance and connectedness. Beginners welcome! Indoors & outdoors. For more info & to book: 020 7527 4374 / ecologycentre@islington.gov.uk

## Total Body Workout

**Fridays, 9.45-10.45am**

Highbury Fields, Highbury Crescent, N5 1AR (Optional £3 donation)

Open-air workout. Instructor Sarah-Jane is cheerful, enthusiastic and knowledgeable.

To book: Healthy Generations, Sam 0798 114 2376 / sam@healthygenerations.org.uk

## Deep Mid Winter Event

**Friday 16 February, 4 - 6pm**

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

An event bringing together all the generations. We'll have nature crafts, singing, live music, a guided walk of the park and free food and drink. The event is inside and outside so dress for the weather. No need to book, just turn up!

## Capturing Voices 'Islington's Black Gardeners & Growers'

**Wednesday 14 February, 2.30 - 3.30pm**

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

Come and tell us your story and why you love growing and gardening. This is an on-going project between Islington's Nature Conservation Team, Brickworks Community Centre & Octopus Communities. No need to book, just turn up!



**Need help finding an activity that's right for you? Contact us!**

**Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk**

# Special and monthly Get Together Activities

All activities below are free.

**Booking  
essential!**

## Special January & February activities

### Visit to Saatchi Gallery's Exhibition

**Friday 19 January**  
**2.30 - 4.30pm**

Saatchi Gallery, Duke of  
York's HQ, King's Rd, SW3.

As part of Saatchi  
Gallery's Season of  
Sculpture, their Winter  
exhibition, 'If Not Now,  
When?' will feature 29  
remarkable female  
sculptors, celebrating  
their contributions to the  
world of art from the  
1960s to now.

### Self-Advocacy Workshop

**Wednesday 17 January**  
**2 - 5pm**

Jean Stokes Community  
Centre, N1 0DX.

Learn about Self-  
advocacy, the barriers  
to achieving it and try  
out skills to get results  
important for you. This  
workshop is particularly  
useful for those who are  
facing issues dealing  
with organisations.

### Clay Workshop hosted by Saatchi

**Wednesday 7 February**  
**2 - 3pm**

Cally Clock Tower Centre,  
Caledonian Park, N7 9PL.

Try your hand at clay  
modelling! We'll be  
creating otherworldly  
beings, representations  
of people, animals, or  
anything that inspires  
you. Mould the clay and  
see what happens and  
learn some techniques.

## Monthly

### Park Cuppa

**Third Tuesday of the  
month, 10.30am - 12**  
Islington Ecology Centre,  
Gillespie Park, N5 1PH.

Drop-in for a cup of tea  
and a chat with other  
Islington locals in the  
sanctuary of the ecology  
centre. The centre is  
situated in Gillespie  
Park, Islington's largest  
nature reserve, home to  
a wealth of wildlife.  
*No need to book.*  
*Dementia-friendly venue.*

### Breakfast Club

**Last Tuesday of the  
month, 2pm - 4pm**  
The Breakfast Club, 31  
Camden Passage, N1 8EA.

50yrs+ Join for a chat  
and cuppa in this much-  
loved Islington café not  
far from Angel tube.

### Park Theatre

**Thursday 11 Jan & 1 Feb**  
**2pm social & 3pm**  
**matinee**  
Park Theatre, Clifton  
Terrace, Finsbury Park,  
N4 3JP.

Suggested donation of  
£3, tea and coffee is £1.

## Staying Well Event

**Find fun ways to keep active and connected  
in this special event**



### Future Matters Cafe

**Friday 26 January**  
**11am - 1pm**

Almeida Café & Bar,  
Almeida Street, N1 1TA

Find a warm welcome &  
interesting discussion  
about anything to do  
with 'end of life'. People  
are often surprised by  
the touching, useful and  
quite often light-hearted  
conversations. Drinks &  
snacks can be purchased.

## Keep active & connected

**Thursday 25 January, 11am or 2.30pm**

Vibast Community Centre, 167 Old St, EC1V 9NH

### Find your activity! 11am - 2pm

Try gentle exercise  
sessions and a special  
craft workshop. No  
experience is needed to  
enjoy the tasters!

There will be a light  
lunch, refreshments and  
an opportunity to find  
out more about  
activities in Islington.

### Musical entertainment 2.30 - 4.15pm

Sit back, relax and enjoy  
a 'Moonlight & Roses'  
concert from Connaught  
Opera followed by  
afternoon tea.



**Booking essential! Call Age UK Islington on 020 7281 6018 / [activities@ageukislington.org.uk](mailto:activities@ageukislington.org.uk)**

**Booking essential!**



## Let's Talk

Join us for our monthly Let's Talk event. It's relaxed, friendly & social with lots of discussion and guest speakers.

### January & February sessions

#### Let's Talk Peer Event

**Monday 22 January**

**10.30am-1.30pm**

LIFT Islington, 45 White Lion St, N1 9PH & Zoom

As part of January's session, find out how to set up a Lasting Powers of Attorney, Funeral Planning & Wills. We'll be joined by the Future Matters service.

Free food & refreshments.

**Booking essential! Call Age UK Islington Helpline on 020 7281 6018 / letstalk@ageukislington.org.uk**

#### Let's Talk Peer Event

**Thursday 29 February**

**10.30am-1.30pm**

LIFT Islington, 45 White Lion St, N1 9PH & Zoom

As part of February's session, find out what you can do if you've concerns about money lending or gambling. We'll be joined by guest speakers Stop Loan Sharks & BetNoMoreUK. Free food & refreshments.

## Tech Break

Get more from your smartphone or tablet with our fortnightly online Tech Break sessions.

*All activities on this page are free.*

### Upcoming sessions

**Fridays fortnightly 12-1pm**

**On Zoom Join us for helpful tips & advice on topics chosen by clients!**

- 12 January** - How to improve battery life & health on your devices
- 26 January** - What software/app/feature made a big difference in '23
- 9 February** - Making the best of your mobile camera
- 23 February** - Tips to extend the life of your mobile vs. signs it's time to get a new one

**To get your Zoom link: [activities@ageukislington.org.uk](mailto:activities@ageukislington.org.uk)**

## Carers Only Events

Do you look after a partner, friend or family member 18yrs+? Islington Carers Hub provides support for both you and the person you are caring for. Contact us for guidance, to keep informed and to meet other Islington carers.



ISLINGTON  
CARERS HUB

### January & February sessions

#### Carers Strategy Steering Group

**Friday 19 January - 11-12pm**

Islington Council Town Hall, Upper St, London N1 2UD

Last year, carers contributed to the development of the Islington Carers Strategy. Find out what's been put in place and provide your perspective as a carer to help guide decisions - implementing new initiatives.

#### Carers Talk: 2024 Get Togethers

**Tues 30 January, 10.30am-12pm**

Islington Council Town Hall, Upper St, N1 2UD

Join us for a discussion about what you'd like to see coming up in 2024! What would you like to see or do with other carers? Who would you like to hear from and what about? Come and share your thoughts and views!

#### Carers Talk: Welfare Reforms & Disability

**Tues 20 February - 10.30-12pm**

*Venue to be confirmed.*

The Islington Council Income Maximisation team will talk about benefits for carers, and for the people that they're looking after, with a particular focus on disability benefits in light of recent headlines.

**Booking essential! Call Islington Carers Hub on 020 7281 3319 / [info@islingtoncarershub.org](mailto:info@islingtoncarershub.org)**