

Get Together

For adults 18+

Find new interests & find others locally!



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

June - August '24



Getting out and about

Discover what's going on in local community venues

How are you feeling today? Coming into summer, it's the perfect opportunity to explore the great outdoors in Islington! There's lots going on in Islington's local parks - from history walks to creative activities to gardening and fitness groups.

If you're socially minded, or want to get to know other people locally, there's Age UK Islington Get Togethers that take place in community venues across Islington. You'll also find lots going on in Islington's Libraries. The libraries have books as you'd expect, but so much more! From reading groups to chess groups, creative writing and drawing groups. There's also digital support if you need a hand getting started to browse the internet or to get an email address - please see below.

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. See page 7 for more information and details of other digital drop-ins and courses.

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!



Recently I have had a lot of ill health. When you have not been well you lose confidence and it can be difficult to get out. But I am very glad I got out again.

(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

1pm - 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

Islington Parks Activities



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



Mid-Summer Event

Saturday 22 June, 12-4pm

Gillespie Park, N5 9HF

Celebrate summer with live local bands, stalls selling local goods, arts and crafts, bee hive visits and lots more! This event is free, but stalls and food are cash only.

Health & History Walks

Islington Guided Walks - gentle paced walks through green spaces, with expert local history guides

Friday 29 June at 11am

At St James's Church Gardens and St John's Garden

St James's Church Gardens, Sans Walk, EC1R 0LT (meet in the garden, left of the St James Church entrance, near the benches)

Friday 26 July at 11am

At Rosemary Gardens

Southgate Road, N1 3UD (meet inside the park gate on Southgate Road that is nearest to Downham Road)

Friday 30 August at 11am

At Elthorne Park and Hillside Park

Elthorne Park, Hazellville Road, N19 (meet outside the boxing club)

Health and Nature Walks

A gentle stroll in a local park using nature to boost our mental health.

Free tea and coffee afterwards.

All Islington adults welcome.

Dementia-friendly.

Third Thursday of the month (20 June, 18 July, 15 August) 10-11am

At Caledonian Park

Meet at the base of the Clock Tower, Caledonian Park, N7 9HF

No need to book, just come along.

For info: 07591348185 or email callypark@islington.gov.uk

First Friday of month 10-11am (7 June, 5 July, 2 August)

At Gillespie Park

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

No need to book, just come along.

For info: 020 7527 4374 / ecologycentre@islington.gov.uk

Green Guardians Gardening Groups

Wednesdays, Thursdays and Fridays in June and July, 10am - 12

(Please note, there are no sessions in August).

Drop-in community gardening in parks with The Garden Classroom. All tools and refreshments provided. Wear sturdy shoes and dress for the weather. No need to book, just turn up!

Wednesdays at Newington Green (N1 4RF)

Thursdays at Hillside Park (N19 3RQ)

Fridays at Market Road Garden (N7 9GT).

www.thegardenclassroom.org.uk



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!

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.

Booking
essential!

Special Activities & Workshops: booking essential - see contact details below

Healthy Minds, Healthy Bodies Workshops

**Thursdays 6 June and
4 July 11am - 1pm**

Jean Stokes Community
Centre, Coatbridge
House, Carnoustie Drive,
N1 0DX

Join a fun interactive
session to discover what
micro-changes we can
make in our lifestyles to
improve our confidence
and wellbeing.

Create Visual Art Workshop (60yrs+) Wednesdays 12 June to 24 July 1.30 - 4pm

Cally Clock Tower Centre,
Caledonian Park, N7 9PL

Led by professional
artist Lucy, the
workshops will enable
you to get creative and
experiment with
different materials and
techniques to create
your own artwork. No
experience required.

iCope Workshop Thursday 13 June 1.30 - 3.30pm

Vibast Centre, 167 Old
Street, EC1V 9NH

This workshop will
introduce you to
techniques around
having more structure
and routine to your days
and ways to help you feel
more motivated. Also,
techniques on
challenging negative and
unhelpful thinking habits.

British Red Cross First Aid Workshop Thursday 11 July 11am-12.30pm

North Library, Manor
Gardens, N7 6JX

Interested in learning
essential, life-saving first
aid skills to help in an
emergency? This
workshop will build your
confidence to help
someone in a first aid
emergency, using
everyday objects.

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

Tech Savvy

Fridays fortnightly 12-1pm On Zoom

Helpful tips & advice on topics chosen by clients!

Age UK Islington Tech Break (Zoom)

June 7th:

What is "the cloud" and
when are you using it?

June 21st:

Useful accessibility
settings on Android and
iOS

July 5th:

Artificial Intelligence (AI)
discussion

July 19th:

Artificial Intelligence (AI)
follow up session

August 9th:

Managing smartphone
notifications.

August 23rd:

Using a mobile voice
assistant (Google
Assistant or Siri)

To get your Zoom link call

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



Digital Courses

For information about
Adult Community
Learning digital courses
call, text or WhatsApp
07734 777 466.

50+ Drop-in

Digital Drop-in for over
50's on Wednesdays
1 - 4pm - Mildmay
Community Centre,
Woodville Rd, Mayville
Estate, N16 8NA.

Park Cuppa

**Third Tuesday of the
month, 10.30am - 12pm**

Islington Ecology Centre,
Gillespie Park, N5 1PH

Drop-in for a cup of tea
and a chat with other
Islington locals. No need
to book. Dementia-
friendly venue.

Intergenerational Event

**Saturday 20 July
10am - 1.30pm**

Islington Ecology Centre.
Try nature craft
activities, listen to a
nature talk and more.
Plus free refreshments.
No need to book.

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.

All activities on this page are free. Booking essential.

Let's Talk

Keep up to date with topics requested by Age UK Islington clients

Let's Talk Peer Event: Crime Prevention

Friday 28 June

10.30am-1.30pm

LIFT Islington, 45 White Lion St,
N1 9PW

Talks from guest speakers and also information stalls providing advice on crime prevention ranging from distraction burglaries to scams.

Let's Talk Peer Event: Welfare Benefits and Grant Support

Friday 26 July

10.30am-1.30pm

LIFT Islington, 45 White Lion St,
N1 9PW

Talks from guest speakers and also information stalls providing advice on key welfare benefits and grant support that is available.

Let's Talk Peer Event: Debt Management

Friday 23 August

10.30am-1.30pm

LIFT Islington, 45 White Lion St,
N1 9PW

Talks from guest speakers and also information stalls providing advice on how to manage debt and access available support.

Booking essential! Call Age UK Islington Helpline on 020 7281 6018 / letstalk@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

June to August event highlights

Islington Carers Strategy Launch

Thursday 13 June, 11am-3pm

Upper Holloway Baptist Church,
11 Tollington Way, N7 6RG

Find out how Islington aims to support carers through to 2030. Presentations, lunch and fun activities – Tai Chi and Laughter Yoga!

Carers Strategy Steering Group

Tuesday 23 July, 1-3pm

Islington Town Hall Upper Street,
N1 2UD

Find out how to organise respite through Adult Social Care. Provide your views as a carer to help shape and guide the implementation of the Islington Carers Strategy and what support is put in place.

'Meet and Greet' Carers Lunch

Friday 9 Aug 12.30-1.30pm

Islington Town Hall Upper Street,
N1 2UD

Not been to an Islington carers event before? Join the Carers Hub team and other carers for a friendly chat over lunch. We look forward to meeting you!

Booking essential! Call Islington Carers Hub on 020 7281 3319 / info@islingtoncarershub.org



Get Digital

Get one-to-one help, get online & get an email

Beginners Computer Support All Islington libraries

If you'd like assistance opening an email account or searching for things online, your local library can help!

Book a free 30 minute appointment with a member of the library staff - you will need to book this in advance.

Free Gadget Support Thursdays, hourly appointments

*First Steps Central Library, 2
Fieldway Crescent, N5 1PF.*

If you need help using your android smartphone, tablet or your digital camera you can get 1-1 support.

**To book, please call: 020 7527
7002 or firststeps@isonline.org**

Book Groups

Reading groups at most Islington libraries. General fiction and special interest reading groups: science fiction, poetry, crime, reading for wellbeing and comics! Find out more at your local library, addresses below:

Cat and Mouse Library

277 Camden Road, N7 0JN

Central Library

2 Fieldway Crescent, N5 1PF

N4 Library

26 Blackstock Road, N4 2DW

South Library

115-117 Essex Rd, N1 2SL

Archway Library

Hamlyn Hse, Highgate Hill, N19 5PH

Finsbury Library

245 St. John Street, EC1V 4NB

Mildmay Library

21-23 Mildmay Park, N1 4NA

North Library

Manor Gdns, N7 6JX

West Library

Bridgeman Road, N1 1BD

Social Groups

Find a social group to fit your interests and meet other locals!

Over 60s

Central Library

**First Wednesday of the month
11am - 12pm**

From online 'know-how' to Victorian London, we have a different theme of discussion each month.

Chess Clubs

Join our weekly chess club. Open to adults of all abilities.
Archway Library: every Monday from 6-7.30pm
N4 Library: every Wednesday from 5-7pm
West Library: every Tuesday from 6-7.30

Creative-Writing

Finsbury Library

**Alternate Wednesdays
10.30am-12pm**

Join our fortnightly writing group. Share what you write with others in a friendly, supportive atmosphere.

Drawing Group

Finsbury Library

**Third Saturday of the Month
2.30-4.30pm**

A gathering for anyone aged 18+ who draws, or is interested in starting. Basic materials are provided and you are welcome to bring your own.

Knit and Natter

Bring your latest project to one of our knitting groups, share your skills and make new friends.

Archway Library:

Third Saturday of the month
2.30-4pm

Mildmay Library:

Knitting and Crochet group - every other Saturday 11.30am-12.30pm

N4 Library:

Second Monday of the month from 6.30-7.30pm.

North Library:

Knit and Stitch group - second Tuesday of the month from 6-7.30pm.

West Library:

First Thursday of the Month from 11am-1pm



ISLINGTON
For a more equal future

You're invited to Islington's
WINDRUSH DAY 2024
BRIDGING
GENERATIONS

Monday 24 June 2024

Want to know more about Islington's Windrush generation, and from those who journeyed from the Caribbean on the Windrush ship to England?

**Brickworks Community Centre,
42 Crouch Hill, London N4 4BY**

**9:30am-1:30pm
Windrush Tales**

Come join us for an intergenerational event filled with stories, entertainment and culture celebrating Islington's Windrush generation. This event will take place with elders from that generation and young secondary school students. There will be hot food!

**2:30pm-7:30pm
Windrush Dominoes,
Quiz and Music**

Do you know your British Black History facts? The Windrush Quiz will test individuals' knowledge of Black History during Windrush and beyond. Enjoy Reggae, Ska and Calypso music with dominoes too! There will be hot food!

**Scan QR code
to book:**



**Scan QR code
to book:**



Or email: Equalities@islington.gov.uk