

# Get Together

July - Sept '25

For adults 18+

Find new interests & find others locally!

Islington  
ageUK

Discover regular activities to help you to keep active, try out new interests and meet other locals - for adults of all ages (16yrs+).



## Summer in Islington

With longer days and warmer weather, summer is the perfect time to connect with others and keep active.

We're delighted that the Sobell Better Leisure Get Together has moved back down downstairs in time for summer with its full range of activities. Hoping you can join us for the **Relaunch Celebration on Tuesday 15 July!**

But the fun doesn't stop there! This summer features a lineup of festivals brimming with Islington's best local music, movement & food.

The iconic **Cally Festival (6 July)** transforms Caledonian Road with STEM discovery zones, dance floors, music, and workshops - all free!

The **Whitecross Street Party (12-13 July)** celebrates its 15th year with live mural painting, parades, and a brand-new wellness zone.

And to close the season, the **Angel Canal Festival (7 September)** offers free boat trips, live music, craft stalls, and entertainment.

Registering with Age UK Islington is a great way to keep informed about what's going on locally. There are some wonderful free activities and events - find a selection of them in the pages to follow!

Want to find an activity that's right for you, or not feeling comfortable about trying something for the first time? Give us a call on our helpline - we'd love to support you to make this a summer to remember!

**Age UK Islington: 020 7281 6018**  
**gethelp@ageukislington.org.uk**



**Get in touch!**

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, keeping independent at home, getting out and about, 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

Free unless a price is shown. No need to book in advance.



Sarah-Jane, Dance Fitness



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

### Social Pickleball

**10am-12pm, weekly**

Islington Tennis Centre, Market Rd, N7 9PL

£2.70 (debit or credit card) 50yrs+. Tea and coffee included.

## Tuesdays

### Sobell Get Together

**10.30am - 1pm, weekly**

Sobell Leisure Centre, Hornsey Rd, N7 7NY.

£2.70 (debit or credit card) 50yrs+.

Better Leisure Sports social. Try a range of activities and have a chat over a hot drink! Badminton, table tennis, indoor bowls, dominoes, strength & conditioning class.

### Dance Fitness (HGens)

**3pm - 4pm, weekly**

Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, N1 ODX

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

## Wednesdays

### Finsbury Get Together

**10.30am - 12.30pm, weekly**

Finsbury Leisure Centre, Norman Street, EC1V 3PU. £2.70 (debit or credit card) 50yrs+.

Better Leisure Sports social in the south of Islington. Try table tennis, badminton, short tennis. Sit down for a tea and coffee!

### Park Cuppa

**11am - 12pm, weekly**

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

Join this small group for a chat over a cuppa, in this lovely location. Regular guest speakers!

### 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 also Healthy Generations (HGens) & Better Leisure websites.

## Thursdays

### Sobell Get Together

**10.30am - 1pm, weekly**

Sobell Leisure Centre, Hornsey Rd, N7 7NY.

£2.70 (debit or credit card) 50yrs+.

Better Leisure Sports social. Try a range of activities and have a chat over a hot drink! Badminton, table tennis, indoor bowls, dominoes, strength & conditioning class.

### Lego Get Together

**12.30 - 3.30pm, weekly**

The Playroom (by The Toy Project), 93 Junction Road, N19 5QX. 50yrs+.

Relaxed, friendly and creative social with Lego building & a cuppa. Run by The Toy Project.

## Fridays

### Pilates for all (HGens)

**10.30-11.30am, weekly**

King Square Community Centre, King Square Estate, EC1V 8DY

Improve muscle strength, flexibility, balance and tone. All ages and levels of fitness.

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

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

### Sobell Get Together Relaunch

**Tuesday 15 July, 10.30am - 1pm**

Sobell Leisure Centre, Hornsey Rd, N7 7NY. £2.70 (credit card) 50yrs+

The weekly Sobell Get Together is back downstairs - and better than ever! Enjoy a relaxed, social game with others in the newly refurbished space - including badminton, indoor bowls or dominoes. Have a chat over a tea or coffee and to celebrate the relaunch, we'll be serving refreshments and party snacks from midday! Book your place via Age UK Islington - see below.

### Kew Gardens Trip

**Thursday 14 August, 11.30am**

Kew Gardens, Victoria Gate, Kew Road, TW9 3JR

Join us at Kew Gardens to welcome summer in this free visit organised by Age UK Islington. Two volunteers will be there to greet you at the main gate, and you're welcome to stay with them throughout the visit. NB. this is not a guided tour. Maps will be provided if you prefer to explore at your own pace. Remember to wear comfortable shoes! Booking is essential - see below.

### Sleep and Anxiety Workshop

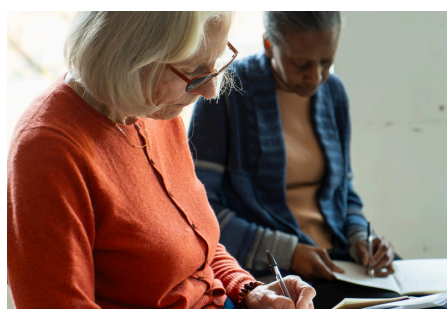
**Tuesday 30 September, 9.45am - 11.30am**

Islington Ecology Centre, 191 Drayton Park, N5 1PH

Do you find it hard to fall asleep, wake up several times in the night, or wake up too early? Then you may be interested in booking a place on our Sleep Anxiety Workshop hosted by Recovery College! Come learn some tips to help you fall asleep and stay asleep, as well as ways to improve your sleep quality. Book as below.

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

### Event for Dementia Carers



#### Kick off with a Verse

**Wednesday mornings, 90 mins  
Weekly from Sept 2025**

Park Theatre, Clifton Terrace, N4 3JP  
Sessions to support those caring for - loved ones with dementia. Explore creative expression, relaxation techniques, and reflective writing in a welcoming space. Find out more: [engagement@parktheatre.co.uk](mailto:engagement@parktheatre.co.uk)

### Volunteering Day

#### Helping your local community

**Tuesday 9 September, 3-4pm**

Clock Tower Centre, Caledonian Park, N7 9HF

- Would you like to get to know new people whilst helping others?
- Have you ever wondered how your skills and knowledge can benefit your local community?

Join us for our Volunteering information session to discover local opportunities with Age UK Islington and other organisations. Drop-in to:

- Have a chat to find out how you can get involved
- Learn how to apply for roles!

### Park Cuppa Special editions

Clock Tower Centre, Caledonian Park, N7 9HF

**Last Wednesday of month, 11am-12pm**

Booking essential via Age UK Islington: 020 7281 6018 / [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk).

**30 July - 'Undercurrent'**

Explore the history of London's now-lost waterways with the Islington Museum.

**27 August - 'Musical Instruments'**

Handle instruments from around the world with the British Museum.

**24 September - 'Textiles and Adornment'**

Handle textiles from around the world with the British Museum.

# Islington Parks Activities



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



## Health & Nature Walk

**First Friday of month 10 - 11am  
4 July, 1 August, 5 September**

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

A gentle stroll around the reserve, noticing plants, birds and nature as we go.  
Free tea and coffee afterwards.  
All Islington adults welcome.  
Dementia-friendly.  
No need to book, just turn up!  
For info: 020 7527 4374 / [ecologycentre@islington.gov.uk](mailto:ecologycentre@islington.gov.uk)

## Green Guardians Gardening Groups

**Tuesdays and Wednesdays, 10am - 12pm**

Join us for casual community gardening in an Islington green space. No need to book - just turn up (\*meet at the hut). We provide gloves, tools, guidance, and refreshments. Choose from various tasks, or simply enjoy nature, chat, and have tea. School term-times only.  
Tuesdays: Market Road Gardens, N7 9GR  
Wednesdays: Grenville Road Gardens, Finsbury Park, N19 4ER  
Wednesdays: Newington Green Gardens, Newington Green\*, N16 9PX

## Health & History Walks

Led by Islington Guided Walks, these are gentle paced walks through green spaces, with expert local history guides. For more information about each walk including meeting points: <https://islingtonlife.london/things-to-do/free-health-and-history-walks/>

**Last Friday of the month 11am**

No need to book, just turn up!  
Friday 25 July at Whittington Park  
Friday 29 August at Thornhill Square  
Friday 26 September at Wray Crescent

## Tree Walks

**25 June, 30 July, 27 Aug  
3pm - 4.30pm**

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH  
Join one of Islington's Tree Officers on this beautiful 90-minute guided walk around Gillespie Park.  
Book free tickets on Eventbrite!

## Cally Clocktower Festival

**Sunday 3 August, 12pm - 6pm**

Caledonian Park, N7 9PL  
Free community event with music, stalls and entertainment.

## Wellbeing Walks

**Every Friday in July 1.30pm**

Gentle walks in nature by The Garden Classroom aimed at anyone 50 plus.  
No need to book, just turn up!

**Friday 4 July**

The Clocktower, Caledonian Park N7

**Friday 11 July, Friday 18 July**

Newington Green N16

**Friday 25 July**

Thornhill Square Gardens N1

For info:

[viv@thegardenclassroom.org.uk](mailto:viv@thegardenclassroom.org.uk)

## Community Gardens Sessions

**Every Thursday in July and August, 10am**

St Jude Street Community Garden, N16 8JT

Come and help The Garden Classroom create a community garden in the new raised beds.

## Green Movie Afternoon

**Wednesday 30 July and Wednesday 27 August 2pm - 4pm**

Islington Ecology Centre, N5 1PH  
Enjoy a selection of short films highlighting the beauty of the natural world. Everyone welcome.

**Find more activities: [www.islington.gov.uk/active](http://www.islington.gov.uk/active)**

**Need help finding an activity right for you? Call Age UK Islington 020 7281 6018**

# 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).

**Beginners: Wednesdays**

**10-11am; £3.**

**Intermediate: Tuesdays**

**2-3pm; £4.**

Claremont Project

24-27 White Lion Street, N1 9PD

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

To book: Martha 020 7837 3402 / [martha@claremont-project.org](mailto:martha@claremont-project.org)

## Tai Chi for Wellbeing

Sit, Stand, Walk, Talk programme for older adults with chronic and debilitating health conditions. Weekly classes using gentle exercise and meditation.

Wu Shi Taiji Quan & Qi Gong Association, 20 Blackstock Road, N4 2DW

To book: Awais 07931 733716 / [awais@wustyle.uk.com](mailto:awais@wustyle.uk.com)



## Arsenal in the Community

Walking Football sessions for people with Parkinson's disease and for men with prostate cancer. Arsenal Hub, Benwell Road, N7 7BA

To book: Rhys 07548 107576 / [rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk)

## Swimming for over 60s

Free swimming is on offer for Islington residents aged 60+ at Better Leisure swimming pools.

A Better Adult Senior pay as you go membership is required, costing £7.60 per year.

To find out more, see the Better Islington webpages or drop in to a Better Leisure swimming centre.

## Joint Pain Programme

Nuffield Gym, 27 Essex Road, N1 2SD

For adults with long-term joint pain, 6-month programme to help self-manage chronic joint pain.

Enquiries: 020 7288 8200.

## Weight management

**Shape Up - separate programmes for Men and Women**

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

**One evening a week**

Arsenal in the Community Hub  
Food education and enjoyable exercise. To book: Arsenal in Community, Rhys 07548 107576 / [rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk)

## Healthwise

**Healthwise Programme**

This free 12-week programme offers personalised physical activity plans and group-based classes - to help reduce the risk of ill-health and manage existing health conditions.

Find out more:

[www.better.org.uk/leisure-centre/london/islington/sobell/healthwise-islington](http://www.better.org.uk/leisure-centre/london/islington/sobell/healthwise-islington)

**Try the online Islington Activity Finder!**

Search for and book sports and physical activities including free and low-cost activities in Islington.  
[islington.gov.uk/active](http://islington.gov.uk/active)

**Find more activities: [www.islington.gov.uk/active](http://www.islington.gov.uk/active)**

**Need help finding an activity right for you? Call Age UK Islington 020 7281 6018**



**Booking  
essential!**



## Let's Talk

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

*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: Community Safety & Scams**

**Thursday 17 July  
10.30am-1.45pm**

Islington Council (Community Space)  
222 Upper Street, N1 1XR

Islington Council's Community Safety team will share practical tips to help keep you and your belongings safe when you're out and about. We'll also provide advice on how to spot and avoid in person and online scams.

#### **Let's Talk Peer Event: Health**

**Thursday 21 August  
10.30am-1.45pm**

Islington Council (Community Space)  
222 Upper Street, N1 1XR

Take control of your health at this Islington event - learn how to better manage, or reduce the risk of Asthma, COPD, and Diabetes - with expert guidance and practical steps you can start using right away.

#### **Let's Talk Peer Event: Saving on Energy Bills**

**Thursday 18 September  
10.30am-1.45pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR

Learn how to cut costs on utility bills using simple, effective energy-saving tips with SHINE Energy and Islington Adult Community Learning. Explore how to stay warm, reduce waste, and save money all year-round.

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

## Carers Only Events

**Do you look after a partner, friend or family member who can't cope without your support? Islington Carers Hub provides emotional, financial and practical advice and guidance to unpaid carers aged 18 years and over.**

See [www.islingtoncarershub.org](http://www.islingtoncarershub.org) for how to register and for full event listings.



ISLINGTON  
CARERS HUB

### Event highlights

#### **Carers For Carers Meetup**

**Second Tuesday of Every Month  
10.30am-12pm**

**8 July, 12 August, 9 September**

Duke of Cambridge

30 St Peter's Street, N1 8JT

Join us for our monthly get-together - a supportive space to catch up with other carers. Share the highs and lows of caring, ideas and solutions over a coffee. Guest speakers. Run by Islington carers!

#### **Park Theatre**

**Third Thursday of Every Month  
2pm refreshments, 3pm matinee**

**17 July, 21 August, 18 September**

Park Theatre, Finsbury Park, Clifton Terrace, London, N4 3JP

Treat yourself to a Pay-what-you-can matinee performance with other Islington carers! Enjoy a social tea or coffee before the show. Booking essential in advance via Islington Carers Hub - see below.

#### **Create Workshop**

**Starting Wed 3 September  
6 weekly sessions**

**1.30 - 4.30pm**

Caledonian Park, Market Rd, London N7 9PL

Tap into your creative side while learning the art of mobile phone photography - in this six-week course run by the creative experts, Create. Their courses are always very popular!

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



## Digital Support

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, book a free 30 minute appointment with a member of the library staff (in advance). You can also book for an hour's 1-1 support to use your android smartphone or tablet at Central Library on Thursdays: call 020 7527 7002.

### Free online resources All Islington libraries

Book a session with a library staff member / see the libraries website to use resources such as theory test pro, Go Citizen (preparing for Life in UK test), Which? magazine and COBRA, useful if you're starting a business. You can also read daily newspapers and magazines online and all amazingly for free!

## Get Creative

Find a new hobby at a library near you!

### Creative writing Alternate Wednesdays, 10.30am - 12pm

Finsbury Library

Share what you write with others in a friendly, supportive atmosphere.

### Drawing Third Saturday of the month, 2.30 - 4pm

Finsbury Library

For anyone over 18 who draws, or is interested in starting.

### Mindful colouring Every Thursday, 5-7pm

Central Library

Colouring can calm the brain and help your body relax.

### Over 60s First Wednesday of the month, 11am-12pm

Central Library

Join us for a monthly meet-up, with a different theme each time.

### Poetry Writing

Cat and Mouse Library

Come and learn simple poem forms and poetry building blocks hosted by Angelia (Lia) Linton. Contact library for info / to book.

### Reading Groups

Reading groups at most Islington libraries. General fiction and special interest e.g. science fiction, poetry, comics etc.

### Knitting Groups

Archway / Central Library / Mildmay / N4 Library / North Library / West Library  
Contact library for more info.

### Islington Home Library Service

Islington's Home Library Service delivers items to people in the borough who find it difficult to access a library building due to a disability or mobility issue. The team visits residents in care homes too.

Choose from a wide range of books in small or large print, audiobooks, dementia-friendly books, DVDs & music CDs.

The service is very flexible, and the friendly team can handle everything on your behalf, including returning and renewing items.

To join or to find out more, email: [home.libraryservice@islington.gov.uk](mailto:home.libraryservice@islington.gov.uk) or call 020 7527 7980.

### Healthy Generations Classes

#### West Library

Thornhill Square, 107 Bridgeman Road, N1 1BD

#### Exercise to music

Tuesdays 10-11am

Thursdays 11am-12pm

#### Dance fitness

Fridays, 10.30-11.30am

#### Chair yoga

Fridays 2-3pm

#### North Library

Manor Gardens, N7 6JX

#### Exercise to music

Tuesdays 1.15-2.15pm

#### Pilates for everyone

Fridays 9.30-10.30am

#### Cat and Mouse Library

277 Camden Rd, N7 0JN

#### Remedial Osteoporosis

Women only. Wednesday, 10am

#### Pilates

Thursdays 11.30am-12.30pm

#### Mildmay Library

21-23 Mildmay Park, N1 4NA

#### Chair Yoga

Thursdays 10 - 11am



## Information & Advice

### Age UK Islington at a community venue near you

**Tuesdays every fortnight, 11am-4.30pm:** ARC Community Centre, 98b St Paul Street, N1 7DF

**Tuesdays every fortnight, 1.30-4.30pm:** St Luke's Community Centre, 90 Central St, London EC1V 8AJ

**Wednesdays every fortnight, 1-3pm:** Brickworks Community Centre, 42 Crouch Hill, N4 4BY

**Wednesdays every fortnight, 12-3pm:** The Pillion Trust, Ringcross Community Centre, 60 Lough Rd, N7 8RH

**Wednesdays twice a month, 12-2pm:** Elizabeth House Community Centre, 2 Hurlock St, London, N5 1ED (from 23rd April)

**Second Friday of the month, 11 - 12.30pm:** Mildmay Community Centre Woodville Rd, Mayville Estate, N16 8NA

**Age UK Islington, Mon to Fri 9.30am - 4pm; 6 Manor Gdns, N7 6LA**

Money & debt

Coping at home

Housing issues

Mobility Issues

Getting out

Emotional support

## Stay Cool!

Get out of the heat!

### Islington's Cool Spaces

Hot weather can make you feel unwell, especially if you can't keep your home cool. Did you know there were 'cool spaces' in Islington? These are public or community-run venues which offer a break from the heat!

#### North Islington

**Brickworks Community Centre  
Cat and Mouse Library**

#### Central Islington

**Andover Community Centre  
Light Project Pro International**

#### South Islington

**St Luke's Community Centre  
Jean Stokes Community Centre**

Pop in to a library or call Age UK Islington for more info & venues.

## Digital Support (continued)

Get help with your digital devices and build your confidence.

### Digital Courses

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

### 50+ Digital Drop-in

**Mildmay Community Centre, N16 8NA**

Digital Drop-in for over 50's on Wednesdays 1-4pm.

### Tech, Tea & Biscuits

'Tech, tea and biscuits' are delivered by the organisation PPCP. Drop-ins are possible, but the team prefer it if you could call them on 020 3298 9370 to book a one hour one-to-one appointment.

**Caxton House Community Centre - Monday 1pm-3pm**

**Hilldrop Community Centre - Tuesday 11am-1pm**

**Highbury Roundhouse - Tuesday 11am-1pm**

**Andover Community Centre - Tuesday - 12.-2pm**

**Elizabeth House Community Centre - Wednesday 11am-1pm**

**Whittington Park Community Association - Wednesday 11am-1pm**

**Light Project Pro International - Thursday - 10am - 4pm**

