

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 and to meet other locals.

Oct - Nov 2023



Staying Well

Join us for our next Staying Well event

Age UK Islington is running a series of 'Staying Well events'. The next one on Wed 8 November has a focus on 'Finding Skills & Interests'. It's taking place at LIFT Islington, near Angel tube.

We invite you to book for a half day event to help you revive a previous passion or your career, whatever your age or stage of life!

Find out about activities and volunteering opportunities (morning session - Skills & Interests) or find ways to help you prepare for work here in Islington (afternoon - Training & Employment support).

Hear from inspirational speakers and talk to organisations that offer services & support.

Booking essential! Contact Age UK Islington:

020 7281 6018 or gethelp@ageukislington.org.uk

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



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, 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.

Festive Party

Fri 1 Dec, 12 - 4pm

Business Design Centre,
52 Upper St, N1 0QH.

50yrs+ Book your place via Age UK Islington! Traditional Xmas food & drink as well as carol singing and games.

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), 99 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!

Booking essential! Call the 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 October & November activities

Wills and Funeral Planning Workshop

Tuesday 31 October
3 - 5pm

North Library Manor
Gardens, N7 6JX.

Our Future Matters Service will provide guidance about how to put a Will in place. Also info about funeral planning. Planning ahead can help reduce stress for family/friends at such an emotional time.

Weaving Warmth Workshop

Thursday 16 November
2 - 3.30pm

Islington Ecology Centre,
Gillespie Park, N5 1PH.

50yrs+ Join Cubitt's artist Lucy Steggals for a creative session exploring how we weave warmth (Lavender Lines) into our communities. We will be drawing with wire, weaving on our fingers and making zines.

Self-Advocacy Workshop

Wed 29 November
2 to 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.

Monthly

Park Cuppa

Second Tuesday of the
month, 10.30am - 12

Islington Ecology Centre,
Gillespie Park, N5 1PH.

Come and have a chat, a cup of tea and maybe spot a bird or two out the window! There will be a topic to start the conversation flowing. All adults welcome. (Dementia-friendly venue.)

Tech Break

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



Upcoming sessions

Join us for helpful tips and advice from our knowledgeable tutor. Sessions: 12-1pm on Zoom.

Friday 13 October - Accessing local services online

Friday 27 October - Google Maps

Friday 10 November - WhatsApp

Friday 24 November - YouTube

Please note

We also have regular online Get Togethers every month – please see www.ageuk.org.uk/islington/get-togethers for our full programme.



The Carers event gave me an opportunity to meet other carers and I've made new friends...we all left feeling much better than when we arrived! (Islington Carer)

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

First Thursday, 2pm
social and 3pm or
3.15pm matinee

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

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

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



Let's Talk Events

**Booking
essential!**

“Let's Talk events are a co-production that empowers and enables the voice of its peers to gain knowledge, friendships and better our lives.” Islington resident, Rose-Marie McDonald.

All activities below are free.

Upcoming sessions

Let's Talk Peer Event Wednesday 25 October 10.30am - 3.30pm

LIFT Islington, 45 White Lion St,
N1 9PH.

Black History Month & Let's Talk-Greener Life. Talks with guest speakers & information stalls from community and NHS services providing Health and Wellbeing advice.
Free food & refreshments.

Let's Talk Peer Event Thursday 16 November 10.30am - 3.30pm

LIFT Islington, 45 White Lion St,
N1 9PH.

Let's Talk-Income Maximisation with guest speakers & information stalls from organisations specialising in benefits advice and grants/financial support.
Free food & refreshments.

Let's Talk Keeping Safe Wednesday 22 November 10am - 1.30pm

LIFT Islington, 45 White Lion St,
N1 9PH.

London Adults Safeguarding Board Conference 2023 - Hub. Join us to hear experts across London discuss initiatives to improve ways of keeping adults safe in the community.
Free snacks & refreshments.

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

Carers Special 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.



Upcoming sessions

Black History Month: Explore & Read Tues 3 Oct, 10.30am - 12pm

Islington Central Library,
2 Fieldway Crescent, N5 1PF.

Come along to explore the historic building plus the books and events for Black History Month. Enjoy a chat and a hot drink as we read aloud stories and poetry to lift the mood.

Creative Music Workshop Thursdays 12 Oct to 23 Nov, 2-4.45pm (6 sessions)

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

Come along to these fun music sessions creating our own music. We'll play instruments, sing and create our own lyrics and melodies. No previous musical experience required!

Carers Rights Day 'Caring Costs' Thursday 23 November, 10.30am - 2.45pm

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

The 'cost' of caring impacts on much more than carers' finances - it can impact on your wellbeing. Join us for talks, information stalls, free lunch & pampering.

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