

# Get Together

For adults 18+

Find new interests & find others locally!

April - June '25



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



## Act now, age better!

### Spring is a great time of year to get moving again!

Look out for the Age UK TV campaign coming up at the end of April. This is promoting the need for us all to take steps now - to reap the benefits in later life, when it comes to our health, income and wellbeing.

### Meet Islington leisure and activity providers

You're invited to drop-in to a 'Keep Active Day' information event at Central library on Wednesday 7 May, 11am - 1pm. This is a handy opportunity to talk to a number of activity providers at once - from GLL Better who run Islington's leisure centres, to Arsenal in the Community, Healthy Generations and Age UK Islington. There's lots of free and affordable options available. Come along to find out more!

### What can I try?

Whether you'd like to take a guided walk in the local park, try a gardening session or a free fitness class, you can also find a selection of fun, social ways to keep active in the following pages.

**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, 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.



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 sit down for a chat over a tea or coffee. Table tennis, indoor bowls, dominoes, strength and conditioning class.

### Dance Fitness (HGens)

**3pm - 4pm, weekly**

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

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. Table tennis, badminton, short tennis, 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 sit down for a chat over a tea or coffee. Table tennis, indoor bowls, dominoes.

### 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 plus tea & coffee. 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

### Kew Gardens Trip

**Tuesday 29 April, 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.

### Swim, Coffee & Chat

**Tuesday 20 May, 3.30 - 4.30pm**

Ironmonger Row Baths  
1 Norman St, EC1V 3AA

Swimming offers a range of benefits - it is good for heart health, mental health, increased flexibility and enhanced muscle strength, while being gentle on the joints. Better Leisure are offering this free swimming session at Ironmonger Row Baths - booking essential via Age UK Islington. We'll then pop into a local cafe to relax, have a coffee and a chat.

### Songs for Summertime

**Tuesday 10 June, 12-2pm**

Jean Stokes Community Centre,  
Carnoustie Drive, N1 0DX

Treat yourself to some musical classics, favourites and summer sizzlers to celebrate the arrival of the bright, warm, happy "days of wine and roses". Brought to you by the legendary Connaught Opera, there will be costume changes, fun and good old fashioned entertainment reminiscent of times gone by. Tea and biscuits to follow. Booking is essential - see below.

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

### Islington Dementia Fair



**Thurs 22 May, 11am - 12.30pm**

Vibast Community Centre, 167 Old St, EC1V 9NH (near Old St tube)

One-stop-shop to find out about dementia, run by Islington Carers Hub and Islington Council. Booking essential: call Islington Carers Hub helpline 020 7281 3319 (Mon to Fri 9am - 5pm) or please see their website.

### Planning for the Future

#### Age UK Islington Planning for the Future Information Sessions

North Library, Manor Gdns, N7 6JX

Did you know that it is as important to have an LPA in place as it is to have a Will?

The Age UK Islington Planning for the Future team will be running two information sessions in June.

- Wills and Funeral Planning
- Lasting Powers of Attorney & Universal Care Plans

#### Request a place / information

To express an interest in attending one or both of the information sessions please contact: 020 7281 6018 / gethelp@ageukislington.org.uk

### 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.

**30 April - 'Memories of Summer'**

Love or loathe the heat?

Remember heatwaves from the past? Come to share your story.

**28 May - 'Creative Nature Walk'**

Guided wander around Cally Park with stops for creative reflection.

**25 June - 'Butterfly Walk & Talk'**

A talk about butterflies and a stroll around the park to find different species and other wildlife.



# 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 April, 2 May, 6 June**

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, Market Road, 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 April at Duncan Terrace Gardens and Regent's Canal  
Friday 30 May at Elthorne Park  
Friday 27 June at Caledonian Park

## Dog Education & Scruffs

**Saturday 7 June, 12-3pm**

Whittington Park, N19 4RE  
An afternoon of fun with an agility course and the dog with the most-waggiest tail. Bring the family! Meet our team of officers to answer doggy-related questions.

## Intergenerational Event

**Saturday 26 April, 10am - 1pm**

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH  
Join in the intergenerational fun with food, music, talks and activities for all ages! Help us spot wildlife and contribute to the City Nature Challenge by recording as many species as we can! No need to book.

## The Big Buzz Bee Event

**Celebrating World Bee Day**

Wray Crescent Open Space, Thorpedale Road, N4

**Saturday 24 May, 12 - 4pm**

Free event. No booking. Simply turn up to join in the fun.

## Spring Event at Gillespie Park

**Sunday 1 June, 12 to 4pm**

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

The annual spring event from the Friends of Gillespie Park is back, with stalls, musical entertainment, children's activities and more.

## Big Day Out

**Saturday 21 June, 12-5pm**

Whittington Park, Archway, London, N19 4RE

Live music, free workshops and plenty of stalls to browse.

**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: Lunch Clubs & Digital Support

**Thursday 17 April**  
**10.45am-1.30pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
Find out about lunch clubs and one-to-one digital support, available from community centres across Islington. Also see how to set up an online supermarket delivery.

#### Let's Talk Peer Event: Planning for the future

**Thursday 15 May**  
**10.45am-1.30pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
Our Planning for the Future Service will explain why plans such as LPAs and Wills are so important. Islington Council teams will then give an insight into the cost of care and support - in later life.

#### Let's Talk Peer Event: Employment support

**Thursday 19 June**  
**10.45am-1.30pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
Discover the support available to help Islington residents prepare for and secure employment, as well as assistance once they start working.

**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 Meet-ups

**Tuesdays 8 April & 13 May**  
**10.30am-12pm**

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. Run by Islington carers for Islington carers!

#### Self-Advocacy Workshop

**Thursdays 15 May & 22 May\***  
**5.30-7.30pm**

Islington North Library  
Manor Gardens, N7 6JX  
Self-advocacy is the ability to speak up and ask for what matters most. This workshop is especially helpful for those facing challenges dealing with organisations. (\*This is a two-part workshop - you'll be booked for both sessions).

### Carers Week

#### Carers Week Events

**9 to 15 June**

Tues 10 June: Carers Celebration  
Let's celebrate the contribution of Islington carers!  
Tues 10 June: Summertime Songs.  
Thursday 12 June: 'Finding a Balance' Workshop. Striking the balance between self and caring.  
Friday 13 June: 'Carers Summer Walk'. A relaxed walk through Golders Hill Park.

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





## On the Move

### 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.

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

The friendly team visits residents in care homes too, and they're always up for having a chat about books.

You don't need to worry about renewing or returning items – the service is very flexible, and the team can handle everything on your behalf.

**To join or to find out more, email:**

**home.libraryservice@islington.gov.uk or call 020 7527 7980.**

## 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.

## World Book Night

**Wednesday 23 April**



Pop into an Islington library on the day and they will give a free book to adults with a library card or those who join on the day.

The title of the book is "A Boy Called Saul" by Fiona Cummins. It's a detective mystery and a quick read. Mark the date in your diary now so you don't miss out!

## Find free & affordable exercise

### Keep Active Day

**Wednesday 7 May, 11am-1pm**

*Central Library, 2 Fieldway Crescent,  
N5 1PF*

### Discover free and affordable exercise opportunities in Islington.

Drop-in to talk to local activity providers. Find out what's on in leisure centres, parks, libraries and community venues near you:

- Find free and affordable exercise
- Affordable gym sessions

Talk to Arsenal in the Community; Parks, Sports and Physical Activity Team; Healthy Generations; Healthy Minds, Healthy Bods; Better Leisure; Libraries team & Age UK Islington.

## Knowledge at your fingertips

Access the full Encyclopaedia Britannica online with your library card! Enjoy reliable, fact-checked content on a wide range of topics, including articles, images, videos, biographies, atlases, research tools, and more. Simply log in with your library card and PIN at <https://library.eb.co.uk>.



## Information & Advice



Call the Age UK Islington Helpline: 020 7281 6018 or drop-in to see us at a location near you (or for a pre-booked appointment).

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

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

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

**Wednesdays every fortnight, 12-3pm:** The Pilion 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)

**Every Thursday, 9am - 4.30pm:** Access Hub (Central), Islington Council, 222 Upper St, N1 1XR (and alternate Tues/Wednesdays)

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

**Second Friday of the month, 11.30am - 1pm:** Mildmay Community 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

## Digital support

Get help with your smartphones, tablet or pc and build your confidence using them.



### Islington Libraries

#### Beginners Computer Support All Islington libraries

If you'd like help 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.

### Digital Courses

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

### 50+ 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-in with your digital device for an initial consultation or call them on 020 3298 9370 to book a 50 minute one-to-one appointment.

**Caxton House Community Centre - Monday 1pm-2pm**

**Hildrop Community Centre - Tuesday 11am-12pm**

**Andover Community Centre - Tuesday - 12.30-2.30pm**

**Light Project Pro International - Tuesday - 1pm-3pm**

**Elizabeth House Community Centre - Wednesday 11am-2pm**

**Whittington Park Community Association - Wednesday 11am-12pm**

**Highbury Roundhouse - Thursday 11am-12pm**

**Hornsey Lane Community Association - Thursday 12pm - 1pm**

