

GET TOGETHER



FOR A GOOD LIFE IN ISLINGTON

APRIL-JUNE 2018

Foreword Thinking

Welcome to the 2018 Spring Edition of Get Together. Bursting with things to do and places to see, from International Art Exhibitions to Poetry inspired by local lost trades. With Spring (finally!) here make the most of your borough with free sightseeing (p.5) and enjoy the vibrant Saturday Socials weekend programme (p.6-7). This issue may be smaller than usual but the programme's bigger than ever.

Fancy getting out more but need a hand getting going? Call us about our Activity Partner Service (p.2). We've also peppered this issue with a few of our top tips for joining groups. Perhaps you have your own? We'd love to hear.

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By **Andy Murphy**,
CEO Age UK Islington

EVENTS

Enjoy exploring different places and trying new things? Here's a programme of special trips and events to put a Spring in your step.

HOUSE OF ILLUSTRATION

**2 Granary Square,
N1C 4BH**

*Wednesdays 4, 11, 18,
25 April and 2 May.
10.30am-1pm.*

'Stereo:Type Game Design Project' project to design and create a brand new card game for all ages to enjoy, working with illustrators Pencil & Help and game designers Universal Boardgames. There will be a launch of the professionally designed and printed game as part of Islington Word2018 Festival.
**Booking essential
020 7281 6018.**



DRAW AND TOUR AT THE WALLACE COLLECTION

Hertford House, W1U 3BN

*Friday 13 April.
10.30am-12.30pm.*

A creative workshop in this sumptuous collection led by friendly and experienced artist Norton Asbery.

**Booking essential
020 7281 6018.**

BRITISH MUSEUM COMMUNITY PREVIEW 'RODIN AND THE ART OF ANCIENT GREECE'

Great Russell St, WC1B 3DG

Sunday 22 April. Time tbc.

Discover how ancient Greek sculpture inspired Rodin to set a radical new direction for modern art.

**Booking essential
020 7281 6018.**

#1 TIP: DON'T EXPECT PERFECTION

We all have a tendency to put too much pressure on ourselves when we are introduced to a new group, feeling like we need to show our best side and win everyone over. Just be yourself. You can't be a good match for everyone, so don't be too hard on yourself if things don't click immediately.

POETRY ABOUT THE LOST TRADES OF ISLINGTON

Drovers Centre, 19 North Rd, N7 9EY

Mondays 9, 16, 23, 30 April and 14, 21 May from 2-3pm.

Creative writing course with documentary poet Tom Mallender, inspired by Oral history gathered about the Lost Trades of Islington, working roles that no longer exist.

FRAUD AND SCAMS WORKSHOP

Drovers Centre, 19 North Rd, N7 9EY

Wednesday 25 April. 11am-12pm.

With Richard Morow of Santander Bank.

OCEAN LINERS: SPEED AND STYLE

Victoria and Albert Museum. Cromwell Rd, SW7 2RL

Thursday 3 May. 11.15am-1.15pm.

Discover the romantic and remarkable age of ocean travel through this exciting exhibition which takes you through the design stories of the world's greatest ocean liners, including the Titanic, Normandy, the

Queen Mary and the Canberra. Find out how these impressive vessels helped shape the modern world.

Booking essential 020 7281 6018.

ESTORICK GALLERY 'SPEAK UP' WORKSHOPS

39a Canonbury Square, N1 2AN
8 and 15 May. 11am-1pm.

These 2 workshops will explore the theme of everyday protest through discussion and arts and crafts with recordings being generated to contribute to a final sound piece. Work will be displayed in the Gallery with a private view for participants.

HOUSE OF ILLUSTRATION, 'MADE IN NORTH KOREA: EVERYDAY GRAPHICS FROM THE DPRK'

2 Granary Square, N1C 4BH
Thursday 10 May. 11am.

Exhibition visit with guided tour. The UK's first ever exhibition of graphic design from North Korea, revealing a style honed over decades in a closed society. **Free but booking essential 020 7281 6018.**



CARERS WEEK HEALTH & WELLBEING EVENT

Drovers Centre, 19 North Rd, N7 9EY

12 June. 10am-4pm.

Come along and try out some healthy activities for free. There will be aromatherapy and herbal lotions workshops, massage, meditation, health recipe sharing, choir session, Boccia, iPad photography and more.



URBAN PHOTOGRAPHY WALK

Departing from Drovers Centre, 19 North Road, N7 9EY

Wednesday 6 June. 10am-12pm.

Part of LAHF Creativity and Wellbeing Week. Enjoy a walk and take some photographs in historic and nature-filled Caledonian Park under the experienced guidance of photographer Peter Kyte.

Free, but limited places so booking essential 020 7281 6018.

GETTING STARTED

Feeling a bit unsure or struggling to get started? Our friendly and knowledgeable Activity Partners can help.



Call us on 020 7281 6018 and ask for Activity Partners to take the first steps together - starting with a cuppa!

ACTIVITY CENTRE

Drovers is our Activity Centre just off Caledonian Road – pick 'n mix from a range of activities on offer every day.

MONDAY

CHIROPODY

10am-3pm. Cost: £15.
Give your feet a health check with a chiropody appointment.

SUGAR CRAFT

10am-12noon. Make your cakes the talk of the town with floral decorations.

FUN FITNESS DANCE WORKOUT

11am-12noon. Cost: £3.
Get fit, have fun!

CHAIR PILATES

3.30-4.30pm. Cost: £3.

TUESDAY

TAI CHI

10.30am-12noon. Cost: £3.

PAINTING & ART

11.30am-3pm.
Pick up a brush and let your creative juices flow.

KEEP FIT

1.30pm-2.30pm. Cost: £2.

FILM NIGHT

Last Thursday of the month
6-9pm. Free.

WEDNESDAY

PHOTOGRAPHY

10am-12noon. Free.

REMINISCENCE

11am-12pm
Special British Museum visit on 9 May: 'Objects from around the world - status, identity, ritual and worship'.

NEEDLECRAFT

1-3pm.

IPAD COURSE

2-4pm from 25 April.
Get tech savvy this Spring.

BLOOMIN' GARDENERS

2-4pm.
Grow plants and cultivate new friendships at this lively gardening group.

CERAMICS

3-5pm.

THURSDAY

TABLE TENNIS

10am-12noon.
Pick up a paddle and let's play ping-pong. Beginners welcome!

PAINTING AND ART

10am-2pm.

FABRIC PRINTING

2.30-4.30pm.

THURSDAY WALKS

From fitness walks to picturesque ambles.
Meet at Drovers at 1pm.

FRIDAY

GARMENT MAKING

10am-12noon.

SHORT MAT BOWLS AND DOMINOES

10am-12noon.
A perfect morning of gentle games and competition.

WATERCOLOUR CLASS

1-3pm.

CHAIR-BASED YOGA

2-3pm. Cost: £3
A stress-free way of focusing on breathing and mindfulness.

SUNDAY

SHORT MAT BOWLS

Fortnightly from 8 April. 2-4pm.

MORE TO EXPLORE!

There's too much to fit on this page! Here's a flavour of what else is on offer

TECH & IT SCULPTURE

RECIPE SHARING

BINGO! LINE-DANCING

COMMUNITY LUNCH

NEEDLECRAFT

Just call 020 7607 7701

Drovers Centre 19 North Road, N7 9EY. T: 020 7607 7701 or 020 7607 9726.

Tube: Caledonian Road (10 minute walk to Drovers Centre).

Buses: 17, 91, 259 and 274 all stop at Cally Rd Tube Station. 390 stops on York Way (5 minute walk). 393 stops right outside the nearby Goodinge centre.

OUT AND ABOUT

Taking place all over Islington, you can pop along to one of our Get Togethers hosted in a variety of venues.

MONDAY ▼



A CUPPA AND A CHAT WITH MONTHLY GUEST SPEAKERS

Duke of Cambridge
30 St Peters Street, N1 8JT
Weekly. 12-2pm.

Enjoy fresh tea and coffee, great company and guest speakers:

- 9 Apr **Councils & Councillors**
 A talk on the powers and functions of local councils and their limits by Barry Edwards.
- 14 May **'My life during the war'**
 by Fred Rooke.
- 11 Jun **50th anniversary of the 1968 Race Relations Bill** by Andrew Gardner.

TUESDAY ▼

BETTER GET TOGETHER

Sobell Leisure Centre, Horsey Road, N7 7NY

Weekly. 10.30am-1pm. Cost: £2.
 Table tennis, bowls, short tennis, gentle stretch, badminton, dominoes, zumba, refreshments, use of gym and more.

#2 TIP: A LITTLE GOES A LONG WAY

It can be a great help not to think of throwing yourself into things in 'either/or' terms. Don't feel that you have to be ultra-outgoing or there's no point in trying. Even pushing yourself a little bit more than usual may be all that's needed. Another thing is to find a friendly person or two and try talking to them – not pressure yourself to make the rounds and chat to every last individual.

ALMEIDA THEATRE COFFEE MORNING WITH IT SUPPORT

Almeida Street, N1 1TA
17 April, 8 May, 12 June.
11am-12.30pm
 Come along for a coffee or bring your laptop, tablet or smartphone for some IT help. Refreshments from 50p!

#3 TIP: FIND THE REFRESHMENTS!

Many people make a beeline for a cuppa. If you position yourself a few steps from the refreshments, you can easily strike up a conversation as people turn with drink in hand. Another great ice-breaker is to offer to get someone a cuppa while you're getting one for yourself.

POETRY GROUP

Freightliners City Farm, Sheringham Road, N7 8PF
Last Tuesday of the month.
2-4pm. Free.

Calling all poetry lovers. Bring your own poetic creations or a much loved favourite to share over coffee and cake. A great opportunity to 'workshop your poem' with Daisy Solomons.



GENTLE GARDENING CLUB AT CULPEPER GARDENS

1 Cloudesley Road, N1 OEJ
Weekly. 12-2pm.

Relax in beautiful gardens with tea and sandwiches before undertaking a spot of gentle gardening. They are cultivating a rare herb garden and wildflower area. Your involvement and enthusiasm would be warmly welcomed.

BREAKFAST CLUB ANGEL

31 Camden Passage, N1 8EA
Fortnightly 10 April onwards.
3.30-5pm (new time!)
 Fun and friendly free coffee afternoon with great conversation and refreshments.
Booking essential
020 7281 6018.

INFO & TRAVEL ADVICE

For Get Together information or travel advice call 020 7281 6018 visit www.gtislington.com

WEDNESDAY ▼

OLDEN GARDENS

Whistler Street, N5 1NH

Third Thursday of the month.

Free with refreshments. Social Gardening group with friendly expert Andrew. Not green fingered? Enjoy a cuppa in this tranquil space.

UNION CHAPEL CULTURAL CAFE

Compton Terrace, N1 2UN

Third Wednesday of the month.

11am-1pm.

Meet our host for tea/coffee and enjoy free art workshops and live music from different cultures including organ recitals.

ARC GAMES AND CRAFTS

Arc Community Centre,

98B St Paul Street, N1 7DF

Weekly. 2-4pm.

Social games and crafts group with coffee.



THE CORONET LATE LUNCH & SOCIAL

338-346 Holloway Road, N7 6NJ

Weekly. 2.30-4.30pm

Meet Ella at our Age UK Islington table. Enjoy lunch, snack or just a cuppa and chat. 20% food discount.

THURSDAY ▼

CURIOUS ABOUT ISLINGTON?

We are! Free sightseeing across the borough and beyond.

26 Apr **Temple of Mithras**

Meet at 10am!

Bloomberg, 3 Victoria Street, EC4N 4TQ.

31 May **City Campus Tour of Old Castle St building**

Meet at 10.30am.

London Metropolitan University, 16 Goulston Street entrance, E1 7TP.

28 Jun **Tour of Kings Cross Development**

Meet at 10.30am at the Visitor Centre.

Explore how the area has changed.

YVE'S MORNING BOOK CLUB

Elk in the Woods, 37-39

Camden Passage, N1 8EA

Second Thursday of the month.

11am -12 noon.

12 Apr *Collected Short Stories* by Stephan Zweig.

10 May *A Gentleman in Moscow* by Amor Towles.

14 Jun *The Standing Chandelier* by Lionel Shriver and *Katherine* by Anya Seton.

PARK THEATRE

11-13 Clifton Terrace, N4 3JP

First Thursday of the month. 2-3pm.

Tea and coffee in a reserved area, £1. Then pay-what-you-can matinée.

CORONET - IT HELP

338-346 Holloway Rd, N7 6NJ

Last Thursday of the month.

5.15-7pm.

Bring your laptop, tablet or smartphone and your questions.

FRIDAY ▼

IT HELP WITH EXPEDIA

The Angel Building, 407 St John Street, EC1V 4EX

First Friday of the month from 11am-12.30pm (starts 6 April).

IT drop-in help session.

#4 TIP: DON'T GET DISCOURAGED

On some occasions that first meeting with a group isn't exactly what you'd hoped it would be. Interactions may be a little strained or awkward, or you may have felt a little left on the sidelines despite your best efforts. You may feel tempted to give up but give the gathering at least a few more chances. Ask yourself – how many times in life have you met someone you weren't sure of who ended up becoming a good friend? In the long run, you'll be so glad you persevered.

JAZZ NIGHTS

Hargrave Hall, Hargrave Road, N19 5SP

Second and last Fridays of the month (starting 13 Apr). 8-10pm.

Listen to the brilliant WTW Big Band rehearse for free with complimentary tea, coffee and biscuits.

LISTINGS & EVENTS

SATURDAY SOCIALS

APRIL ▼

CREATIVE TASTER

Cubitt, 8 Angel Mews (just off Pentonville Road) N1 9HH

Further info: 020 7278 8226.

Saturday 7 April. 10am- 12pm.

Join visual artist Lucy Steggals to learn creative skills, experiment with new materials and have fun working together. **Presented by Cubitt.**

SEATED YOGA

Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT

Call 020 7118 3838 for any questions or further details.

Saturday 21 April. 2-3.30pm.

Join your younger neighbours at this gentle seated yoga class and learn moves that improve your flexibility and reduce aches and pains. Followed by tea, coffee and a chinwag. All abilities welcome! **Presented by North London Cares.**

WHEN SATURDAY COMES

Arsenal Hub, Emirates Stadium, 56 Benwell Road Islington N7 7BA

Call 020 7689 4646 for more details to book your place.

Saturday 28 April. 10.30am- 12.30pm.

Share stories and be creative – inspired by the beautiful game and Arsenal Football Club with poet Francesca Beard and photographer Leticia Valverdes. **Presented by All Change.**

SPRING PARTY

The New Hall, Claremont, 24-27 White Lion Street, N1 9PD

Call 020 7118 3838 for any questions or further details.

Saturday 28 April. 2-4pm.

Shake of the winter blues and celebrate spring! Join your younger neighbours for an afternoon of music, dancing and fun! Whether you are a dancer or prefer a natter with friends, we'd love to see you there. There will be drinks and light refreshments provided. **Presented by North London Cares.**

MAY ▼

CREATIVE TASTER

Cubitt, 8 Angel Mews (just off Pentonville Road) N1 9HH

Further info: 020 7278 8226.

Saturday 5 May. 10am- 12pm.

Join visual artist Lucy Steggals to learn creative skills, experiment with new materials and have fun working together. **Presented by Cubitt.**



Photo by Charlene Sandy for Cubitt

SEATED YOGA WITH NORTH LONDON CARES

Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT

Call 020 7118 3838 for any questions or further details.

Saturday 12 May. 2-3.30pm.

Join your younger neighbours at this gentle seated yoga class and learn moves that improve your flexibility and reduce aches and pains. Followed by tea, coffee and a chinwag. All abilities welcome! **Presented by North London Cares.**

WHEN SATURDAY COMES

Arsenal Hub, Emirates Stadium, 56 Benwell Road Islington N7 7BA

Call 020 7689 4646 for more details to book your place.

Saturday 19 May. 10.30am- 12.30pm.

Share stories and be creative – inspired by the beautiful game and Arsenal Football Club with poet Francesca Beard and photographer Leticia Valverdes. **Presented by All Change**

GIZMOS & GADGETS - TECH CLUB

Address: tbc

Call 020 7118 3838 for any questions or further details.

Saturday 26 May. For two hours in the afternoon (tbc).

Would you like to feel more confident with technology?

From turning on your mobile to getting online – come along and learn while doing. Your younger neighbours will be there to share their knowledge and laptops and phones will be on hand, but if you have your own feel free to bring it along. **Presented by North London Cares.**

JUNE ▼**CREATIVE TASTER**

Cubitt, 8 Angel Mews (just off Pentonville Road) N1 9HH

Further info: 020 7278 8226.

Saturday 2 June. 10am- 12pm. Join visual artist Lucy Steggals to learn creative skills, experiment with new materials and have fun working together. **Presented by Cubitt.**

GRANDDADS, DADS & LADS

Emirates Stadium, Hornsey Road, N7 7AJ

Booking essential:

020 7689 4646 for details.

Saturday 9 June. 10.30am- 12.30pm.

All Change and Arsenal invite Granddads, dads and lads (age 4-11) to join us for a behind the scenes tour and poetry workshop for Word2018 festival.

Presented by All Change.

SEATED YOGA

Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT

Call 020 7118 3838 for any questions or further details.

Saturday 9 June. 2-3.30pm.

Join your younger neighbours at this gentle seated yoga class and learn moves that improve your flexibility and reduce aches and pains. Followed by tea, coffee and a chinwag. All abilities welcome!

Presented by North London Cares.

WORDS OF WISDOM

27 Dingley Place, London EC1V 8BR

Further information

call 020 7689 4646.

Monday 18 June. 7-9pm.

A multitude of different local women's voices – young and old, past and present – come together for an evening of poetry, stories and song – to share pearls of wisdom and a wealth of experiences gathered across the decades – for Word2018 Festival.

Presented by All Change.

HOME GROUND

Park Theatre, Clifton Terrace, London N4 3JP

Please call 020 7689 4646 for more details and to book your place.

Saturday 23 June – morning.

Join us for a morning of storytelling and improvised performance from the When Saturday Comes group in the upstairs café at Park Theatre – for Word2018 Festival.

Presented by All Change.

WORLD CUP LIVE SCREENING: ENGLAND VS: PANAMA

St. James' Hall, corner of Packington Street and Prebend Street, N1 8PF

Call 020 7118 3838 for any questions or further details.

Sunday 24 June. 12.30-3.15pm.

Whether you are a football fan, or just fancy a fun afternoon, come along to this social and watch live the England match shown on a big screen. There will be nibbles and drinks, and hopefully a bit of cheering to!

Presented by North London Cares.

SUMMER BALL 2018:**Welcome to the Future**

Islington Assembly Hall, Upper Street, London N1 2UD

Further info: 020 7278 8226.

Tickets from St Luke's Community Centre, Peel Centre and Claremont.

Wednesday 27 June. 2-5pm.

Join Cubitt for their Future-themed annual Summer Ball – a celebration of art, dance, stories and more! – for Word2018 Festival.

Presented by Cubitt.



Photo by North London Cares

Saturday Socials are brought to you by:





WE LISTEN.

Everything we do starts with a conversation and we listen long and hard to ensure we fully understand your issue. We're here to help you make positive steps towards a brighter future.

GET HELP

WE HELP.

Tell us what's on your mind:

Meeting people and doing things

Looking after myself

Looking after my home

Keeping myself safe

Keeping positive

Managing money

Something else?

LET'S TALK.

To start a conversation:

Call: 020 7281 6018

Email:
gethelp@ageukislington.org.uk

Visit:
www.ageuk.org.uk/islington



Islington
ageUK