

Get

For
adults
18+

Find new
interests & find
others locally!

Islington
ageUK

Together

Oct - Dec '26

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



Autumn in Islington

Welcome to the autumn edition of Get Together

As the days grow cooler, discover ways to get out, meet people and enjoy your local community.

This November, our **Men's Health** campaign highlights ways to stay active, connect and find support. Join us for an Emirates Stadium tour or our November Let's Talk session.

Fancy learning something new? Islington's Adult Learning and Skills offers free courses for eligible residents, from English and sewing to skills for work.

As winter approaches, find ways to stay warm, active and connected, and protect yourself with winter vaccinations.

Worried about bills, housing or getting out and about? Our friendly helpline team is here to listen and help you find support.

Look out for isolated neighbours – perhaps you could share a copy of Get Together or the Age UK Islington helpline number with them?

As a charity, we support thousands of Islington residents each year and **rely on donations to meet local needs**. If you're able to help, please see the back page for ways to **support our work**.



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

Don't miss out on the latest events!

Contact Age UK Islington to sign-up for our monthly newsletter and email updates.

“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

Indoor Bowls 55yrs+ 12-2pm weekly

Brickworks Community Centre, 42 Crouch Hill, Finsbury Park, N4 4BY
Join Mark from Arsenal for a relaxed game!

Wu Style Tai Chi 5-6pm, weekly

Wu Shi Studio, 20 Blackstock Rd, N4 2DW
Improve balance and energy (also on Zoom).

Tuesdays

Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre, Hornsey Rd, N7 7NY. £2.80 (debit or credit card) 50yrs+.
Better Leisure Sports social. Try activities including badminton, table tennis and indoor bowls. Chat over a hot drink!

Women Only Zumba 6.15 - 7.10pm, weekly

Elizabeth Community Centre, 2 Hurlock Street, N5 1ED
A lively class with the option to join in to your own ability!

Tuesdays (cont.)

Dance Fitness

(Healthy Generations)
3pm - 4pm, weekly
Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, N1 0DX
Try a dance fitness class with a mix of cardio, strength and balance exercises. Move to 70's-90's pop, dance and disco music!

Wednesdays

Finsbury Get Together 10.30am - 12.30pm, weekly

Finsbury Leisure Centre, Norman Street, EC1V 3PU. £2.80 (debit or credit card) 50yrs+.
Better Leisure Sports social in the south of Islington. Try table tennis, badminton and short tennis. Sit down for a tea and coffee!

Park Cuppa

11am - 12pm, weekly
Cally Clock Tower Centre, Caledonian Park, N7 9HF.
Join this small group for a chat over a cuppa, in this lovely location. Regular guest speakers!

Thursdays

Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre, Hornsey Rd, N7 7NY. £2.80 (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 and dominoes.

Sadler's Wells Dance 11-12.30pm, weekly

Brickworks Community Centre, 42 Crouch Hill, Finsbury Park, N4 4BY (starts again 5 Nov).
Join a friendly weekly dance class. A fun way to improve fitness and balance, plus lunch.

Fridays

Chair Yoga

(Healthy Generations)
11am-12pm, weekly
St. Luke's Community Centre, 90 Central St, EC1V 8AJ
With Peter Ibruegger. Free for members of St Luke's who live in the area of benefit or £5.

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

Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk

Community Centre Events

Celebrating Islington's Community Centres



Islington residents 18yrs+. Free and affordable activities. Check with the centre for more information.

Lunch & Social Clubs

St Luke's Community Centre
90 Central Road, EC1V

Monday-Friday 12-2pm

Over 55s low cost lunch club.

Hilldrop Community Centre
Hilldrop Road, N7

Tuesdays 12-2pm

Tuesday Social Club. A range of activities and lunch.

Whittington Park Community Centre, Yerbury Road, N19

Tuesdays to Thursdays 1-3.45pm

Over 55s Social Club with activities including low cost lunch.

Elizabeth House Community Centre, 2 Hurlock Street, N5

Wednesdays 11am

Blue House Club for over 55s. Chair based yoga and lunch.

Holloway Neighbourhood Group, Old Fire Station, N7

Wednesdays 12.30-3.30pm

Soup and social for over 55s.

Mildmay Community Centre, Woodville Road, N16

Thursdays 11am-12.30pm

Cook and share soup together with Grandma's Soup.

Brickworks Community Centre, 42 Crouch Hill, N4

Fridays 10.45am-2pm

Over 50s lunch club. Chair based yoga followed by an affordable 3 course lunch.



Over 60s Social Clubs

Light Project Pro International
Tuesday & Thursday 2-4pm

Over 65s social group.

The Peel, Northampton Road, EC1R

Monday-Friday 10am-2.30pm

Over 60s social group with a range of activities including dance fit, bingo, book club, embroidery, line dancing and more.

Dance & Music

Mildmay Community Centre, Woodville Road, N16

Mondays 1-2pm

Dancefit with Winston The Geezer.

Hilldrop Community Centre, Hilldrop Road, N7

Fridays 12-2pm

Hilldrop Ukulele Group. Singing and ukulele playing of classic and contemporary songs leading to group performances. Singers and other instrumentalists welcome.

Creative Activities

Holloway Neighbourhood Group, Old Fire Station, N7

Wednesdays 11.30am-1.30pm

Art for Wellbeing

Thursdays 11am-1pm

Knit Together

Mildmay Community Centre, Woodville Road, N16

Wednesdays 10.30am-12.30pm

Knit & Natter.

St Luke's Community Centre, 90 Central Road, EC1V

Wednesdays 10.30am-12.30pm

Sewing for all. No experience needed. Have a cuppa and learn a new skill.

Free for members, £5 for non-members.

Whittington Park Community Centre, Yerbury Road, N19

Second & fourth Tuesday of the month 2-3.45pm

Arts & Crafts for over 55s

Thursdays 2-3.45pm

Poetry club for over 55s

Hilldrop Community Centre, Hilldrop Road, N7

Wednesdays 10am-12.30pm

Walking art workshops. Free to Camden & Islington residents.



Find more activities: www.islington.gov.uk/active

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

What's on with The Stuart Low Trust



STUART LOW TRUST

Events and Activities are Free and Open to All.

Friday Evening Events

Fridays 6.30-8.45pm
FORTNIGHTLY

Jean Stokes Community Centre,
Caledonian Road, N1 0DX
Drop-in events, no booking
required. Connect with the
community through music,
illustrated talks, quizzes, and bingo!

**9th October - Spooky Quiz Night
with Bill**

Join our Halloween-themed quiz
night with prizes up for grabs.

23rd October - Glenn Bassett

Enjoy foot-tapping singalong songs
from every era and maybe some
original songs too.

**6th November - Music Game Night
with Katy**

Enjoy an evening of music-themed
games with Katy, inspired by the
60s, 70s, and 80s.

**20th November - Have Your Say
Event**

Have your say at how SLT could do
things differently. There will also be
a music quiz and prizes.

**4th December - SLT Choir Carols
Sing Along**

Enjoy this special performance of
Christmas songs sung by the super
talented SLT choir.

**18th December - Metropolitan
Brass Band**

Sing and dance to traditional
Christmas songs with the
Metropolitan Brass Band.



Art Visits

The Armourers' Hall, EC2R

15th October, 10am-12.30pm

Enjoy a trip to Armourer's Hall,
exploring the historic
surroundings and learn about its
history as a grade 2 listed
building around since the 1300s.

**Sadler's Wells Theatre, EC1R
(Cinderella)**

9th December, 7.30-9.45pm

Experience New Adventures'
spectacular 30th Anniversary
production of Matthew Bourne's
Cinderella. Set in wartime
London, this thrilling love story
interpretation of the classic
fairytale.

The Stuart Low Trust
brings people together
through a supportive
community based in
Islington to reduce
isolation and enhance
mental wellbeing.
www.slt.org.uk

Philosophy Forum

**Old Diorama Arts Centre,
Euston, NW1**

4th, 25th Oct; 8th, 22nd, 29th Nov

Book for the full term

Sundays, 3.30-6pm

Join our Philosophy discussion
group and ponder the greater
questions in life.

Nature Walks

All walks led by our trained
nature leaders.

Gentle Walks (suitable for those
with some mobility challenges):

Regents Canal: 7th Oct 11-1pm

**Mudchute City Farm: 21st Oct
11-1pm**

Kyoto Gardens: 4th Nov 11-1pm

Clissold Park: 18th Nov 11-1pm

Moderate Walks (best for those
who are fairly active):

**Regent's Park Frieze Sculpture:
14th Oct 12-4pm**



Booking or more info:

To book your place on any of the
events, please contact us via
email or phone call:

Email: info@slt.org.uk

Call: 020 7713 9304

**Places are limited, booking
essential.**

Find more activities: www.islington.gov.uk/active

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

Age UK Islington monthly Get Togethers

All activities below are free. Booking essential.

Discover new activities and events in the local area every month!

Kew Gardens Walk

Saturday 17 Oct, 11.30am

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

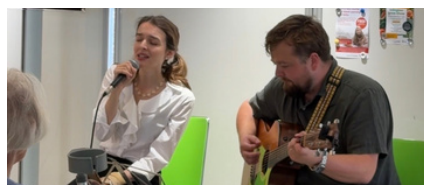
Join us at Kew Gardens to say hello to autumn in this free visit organised by Age UK Islington. A volunteer will be there to greet you at the main gate and you're welcome to stay with them throughout the visit. NB. this is not a guided tour. Maps will be provided if you prefer to explore at your own pace. Remember to wear comfortable shoes!

Songs by Lily & Dan

Tuesday 8 December, 11.30am-12.30pm

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

Don't miss a fantastic live performance by the talented Lily & Dan! Enjoy a mix of your favourite festive covers and original songs as you dance, sing along and celebrate the season!



Park Cuppa Special Editions

Last Wednesday of the month, 11am-12pm

Cally Clock Tower Centre Caledonian Park, N7 9HF

28 October - Courier Fraud Talk

Join us for a discussion with the Met Police about courier fraud and what to look out for.

25 November - Thanksgiving

Join us for a fun morning introducing the history and traditions of Thanksgiving.

16 December - Wreath Making

Create your own beautiful festive wreath to take home, guided by Islington Parks team.

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

November - Men's Health Month



This November, make men's health a **priority!** Regular movement and social connection can boost physical and mental wellbeing, helping you feel healthier, happier and more connected. Why not take the first step? Try a **Sadler's Wells** dance workshop, enjoy an **Arsenal stadium tour** and discover gentle exercise options with Arsenal in the Community.

Booking essential!

Request a place! Call Age UK Islington on 020 7281 6018/ gethelp@ageukislington.org.uk



Men's Health Events

Sadler's Wells

Dance Workshop

Wednesday 11 November, 2-3pm

Clock Tower View, Market Estate, London N7 9HF

Try something new! Step into a Sadler's Wells dance workshop – accessible to everyone, whatever your experience or fitness level.



Arsenal Emirates Stadium Tour

Tuesday 17 November, 2pm

Arsenal Community Hub, 56 Benwell Road, N7 7BA

Explore Arsenal's iconic stadium and hear about the free Arsenal in the Community programmes - from walking football to strength and balance classes.

Keeping Active in Islington

For Islington residents 18yrs+. Activities are free unless stated otherwise.



Fitness Classes

Healthy Generations offer fitness classes mainly for people aged over 50. Activities include aqua aerobics, gentle exercise, line dancing, Pilates, Qi gong, strength and balance, tai chi, yoga, and classes for women with remedial osteoporosis or going through the menopause.

These are in community centres, parks, libraries, leisure centres and online. Classes are free or there is a £3-5 optional donation.

For more information, visit > healthygenerations.org.uk/ or call 0798 114 2376.

5k for People with Cancer

Highbury Fields 5k parkrun is every Saturday, 9am; register for free, online. On the last Saturday of the month starting 28 November, walk, jog, or run and connect with other people affected by cancer. Meet outside Highbury Leisure Centre.

Weight Loss for Men

Weight loss course for men through food education and exercise - one evening per week for 12-weeks. Book: Rhys 07548 107576 / rratcliffe@arsenal.co.uk

Water Activities

Aqua Aerobics

Archway Leisure Centre, N7

Wednesday 7-7.45pm

Cally Pool & Gym, N1

Monday & Wednesday 12-12.45pm

Swimming

Free for Islington residents aged over 60 at *Archway Leisure Centre N19, Cally Pool N1, Highbury Leisure Centre N5 and Ironmonger Row Baths EC1V.*

Monday-Friday 9am-4pm and weekends after 1pm.

A Better Adult Senior pay-as-you-go membership is required, costing £7.80 per year.

Free Swim Lessons

Archway Leisure Centre

Beginners: Wednesday 9.30-10am and 10-10.30am.

Highbury Leisure Centre, N5

Beginners: Mondays 9.30-10am and 10-10.30am.

Improvers: Mondays 10.30-11am.

Cally Pool & Gym

Beginners: Wednesday 9-9.30am.

Ironmonger Row Baths, EC1V

Beginners: Fridays 11.30am-12pm.

Improvers: Fridays 11-11.30am.



Leisure Centres 60+

Leisure centres offer activities for people aged over 60.

Contact the leisure centre for details of the cost and membership options.

Sobell Leisure Centre, N7

Multi-Sports -

Tuesday: 10.30am-1pm

Thursday: 10.30am-1pm

Senior Circuit -

Tuesday: 12.30-1pm

Wednesday: 9.30-11am

Thursday 12.30-1pm

Tai Chi -

Tuesday: 9.30-10.30am

Walking Football -

Friday: 5-6pm

Zumba Basics -

Tuesday: 11.45am-12.45pm

Thursday: 11.30am-12.30pm

Finsbury Leisure Centre, EC1V

Multi-Sports -

Wednesday: 10.30am -12.30pm

Islington Tennis Centre, N7

Social Tennis -

Monday: 2-4pm

Wednesday: 12-2pm

Pickleball -

Monday: 10am-12pm

Wednesday: 10am-12pm

Ironmonger Row Baths, EC1V

Yoga Basics -

Tuesday 9.45-10.30am

Friday 9.45-10.30am

Find more activities: www.islington.gov.uk/active

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

Islington Parks Activities



All activities below are free.



Health & Nature Walk

1st Friday of month 10–11am
Friday 2 October, 6 November,
4 December

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

A gentle stroll around the park, using nature to boost our mental health. Free tea and coffee afterwards. All are welcome, dementia-friendly. No need to book, just turn up! For info: 020 7527 4374 / ecologycentre@islington.gov.uk

Health & History Walks

Last Friday of the month at 11am

Led by Islington Guided Walks. Gentle-paced walks through green spaces with expert local history guides. For more information visit: <https://islingtonlife.london/things-to-do/free-health-and-history-walks/>

Elthorne Park - Friday 30 October

Meet at 20 Hazelville Road, N19 3LP (outside Islington Boxing Club)

Dartmouth Park - Friday 27 Nov

Meet by the entrance at Dartmouth Park Hill, N19 RTX

Caledonian Park - Friday 11 Dec

Meet beside Caledonian Clock Tower, N7 9HF

Tree Walks

Wed 28 Oct & 25 Nov, 2 to 3pm

Islington Ecology Centre, 191 Drayton Park, N5 1PH

Join one of Islington's Tree Officers on this guided walk around Gillespie Park.

Apple Day

Sunday 18 October, 12 – 4pm

Islington Ecology Centre, 191 Drayton Park, N5 1PH

The annual celebration of all things apples! Come and enjoy tasting heritage apple varieties as well as live music, stalls and crafts.

Autumn Intergenerational Event

Sat 7 November, 10.30 to 1pm

Highbury Fields Bandstand, 42 Highbury Place, N5 1QL

Enjoy an autumn nature talk, live music from a string trio and a free lunch, with plenty of other activities, entertainment and things to discover for all ages.

Volunteer in the Parks

Help out with gardening tasks led by a Park Ranger. No experience is needed and all tools are provided. Please wear suitable clothes.

Spa Fields: 9 October, 6 November 11am-1pm

Meet on the picnic benches outside the park office.

New River Walk: 9 & 23 October, 6 November 11am-1pm

Meet at the pumphouse by the Lundy Walk entrance.

Whittington Park: 2 October, 6 November 11am-1pm

Meet at the park keeper's building.

Caledonian Park: 9 October, 13 November 11am-1pm

Meet at the Cally Clock Tower.

Green Guardians Gardening Groups

Tuesdays and Wednesdays, 10am – 12pm

Join us for some relaxed community gardening in an Islington green space. There's no need to book, you can just turn up and join us. We provide gloves, tools, guidance and refreshments. There's always a range of gardening tasks to choose from, and if you just want to enjoy nature, have a chat and a cup of tea, you're welcome too.

Wednesdays: Market Road Gardens, N7 9GR (meet in the park).

Wednesdays: Newington Green, N16 9PX (meet by the hut).

Tuesdays: Foxham Gardens, N19 4RR.

Find more activities: www.islington.gov.uk/active

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

It starts with you: Adult Learning and Skills



It's never too late!

Did you know that Islington Council's Adult Learning and Skills runs free courses for residents? Whether you want to brush-up your English or maths, improve your chances of getting a job, or connect with your community by being creative, our courses can add value to your life and put a spring in your step!

Our team of tutors understands what it's like to go back to education as an adult, so our learners know that everyone is there to help them reach their goals. And our learners find themselves amongst new friends, other people who also want to improve their skills and learn new things.

We know that you'll have questions so here's what you need to know.

What courses do you offer?

You can take courses including:

- English for Speakers of Other Languages (ESOL)
- Maths
- English
- Digital skills
- Cycle Mechanics
- Foundations for Work
- British Sign Language
- Skills for a Greener Life
- Community and Culture
- Repair, Reuse and Create



Scan for more information about Adult Learning and Skills!

Can you help me get a job?

Our Foundations for Work courses are designed to do just that. You can learn the secrets of a great CV, prepare yourself for interviews and get free one-to-one information, advice and guidance to help you reach your goals. And we offer a range of courses aimed at specific job types such as working with children, health and social care, and teaching adults. We also run **Stress Less, Achieve More** and **Empower You: Confidence Unlocked** to give you tools to make the most out of life.

Do you run creative courses?

Developing your creative skills with Adult Learning and Skills comes with an exciting twist: we run sewing, crochet and embroidery courses that all focus on reusing, repairing & upcycling. If you have a favourite item that is torn or stained, we can help you to bring it back to life!

Who can enrol on our courses?

If you're 19 or over, live in London and are either unemployed or earning less than £28,860 you are eligible for our **FREE** courses.

How can I enrol or get advice?

We run Adult Learning and Skills (ALS) weekly enrolment sessions:

- **Where?** ALS, Central Library, 2nd Floor, 2 Fieldway Crescent, N5 1PF.
- **When?** Mondays at 1pm during term-time.

We also hold enrolment days before the start of each term:

- **Where?** Williamson Street Community Centre, 76 Parkhurst Road, N7 0FF.
- **When?** January 6th and 7th and April 14th and 15th.



Where can I find out more?

- Call, text, or WhatsApp
◦ 07734 777 466
- Visit our website:
◦ www.adultlearning.islington.gov.uk
- Email us at: als@islington.gov.uk

We hope that you will decide to join us and find out what a course with Adult Learning and Skills could do for you. Get in touch and take the next step!

Black History Month



Black History Month Special Events

In Conversation With Author

Mel Pennant

West Library, 107 Bridgeman Road,
N1 1BD

Tuesday 27 Oct, 6.30-7.30pm

Join author Mel Pennant for a fascinating talk about her latest novel, *Miss Hortense and the Last Rites*, the follow-up to the award-nominated 'A Murder for Miss Hortense'. **There's no need to book!** In this gripping mystery, retired Jamaican nurse turned amateur sleuth, Miss Hortense, races to solve a notorious gangster's murder before becoming the next victim. Hear Mel Pennant discuss her inspiration, writing journey and the return of one of crime fiction's most compelling new detectives.

Go Africa Open Book Pop Up

Islington Central Library, 2 Fieldway Crescent, N5 1PF

Wed 28 Oct, 11am-7.30pm

In partnership with the Black Literary Fair Pop Up, the Go Africa Takeover will host a special Open Book day, bringing together renowned authors and the community to celebrate Black literature, storytelling and the written word. **No need to book!**

Discover authors, explore African and Caribbean stories and perspectives and inspire the next generation to see themselves reflected in literature. For more information, contact Islington Central Library on 020 7527 6900 centrallending.lib@islington.gov.uk

Reading Groups & Book Clubs

Discuss a chosen book of the month!

Archway Library: Second

Wednesday of the month, 6.30pm

Central Library: Third Monday of the month (except Bank Holidays), 6 - 7.30pm

Finsbury Library: First Monday of the month (except Bank Holidays), 6.30 - 7.30pm

Mildmay Library: Fourth Thursday of the month, 6 - 7.30 pm

N4 Library: First Monday of the month (except Bank Holidays), 6.30 - 7.30pm

North Library: Last Tuesday of the month, 6 - 7pm

South Library: Second Monday of the month (except Bank Holidays), 6.30 - 7.30pm

West Library: First Thursday of the month, 6.30 - 7.30pm

Did you know?

Did you know that Islington's libraries provide access to PCs, e-magazines, creative groups - drawing, writing, knitting, exercise groups, chess groups and more? Ask at your library today!

Caledonian Traders' Association

The Caledonian Traders' Association was established in 2021 to unite independent businesses on Caledonian Road and amplify their voices. We are a collective of local traders building a fairer, community-focused economy that keeps spending local.

We believe high streets should serve those who live and work in them. We help small businesses thrive, strengthen connections between traders and residents, and champion an inclusive, sustainable local economy.

In 2026, we raised funds to support businesses affected by flooding caused by Thames Water.

Working with Islington Council and others, we are improving the area and changing perceptions of the Cally. Through shopfront improvements, a Cally loyalty card and community events, we are creating a welcoming, vibrant high street that celebrates local pride and diversity.

Look out for details of Cally's annual Festive Lights switch-on!



Interested in hearing more? Please get in touch: Drop us a DM on Instagram @thecallylondon



Carers 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.



Booking essential for events! Call Islington Carers Hub on 020 7281 3319

See www.islingtoncarershub.org for how to register and for full event listings.

Event highlights - Meet Other Local Carers

Led by carers for carers. Enjoy an informal chat over a cuppa, some weeks with talks from special guests.

**Carer for Carer Meet-Up
@ Duke of Cambridge
Second Tuesday of the month
10.30am-12pm**

Duke of Cambridge pub,
30 St Peter's Street, N1 8JT
13 October - Safe Haven Talk
10 November - Last one before Christmas

**Carers, Coffee and Cake @ St Luke's
Fourth Tuesday of the month
10.30am-12pm**

St Luke's Community Centre, 90
Central Street, EC1V 8AJ
27 October - Bring a friend
24 November - Dealing with
Anti-social Behaviour talk
22 December - Festive Meet-Up

Carers Rights Day

**Thursday 19 November
10.30am-2.15pm**

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

**Do you look after a partner,
friend or family member?**

Book to join us for Carers Rights Day with Islington Carers Hub. Discover your rights as a carer, the support available to you and connect with other local carers. The day includes talks, lunch and fun activities - a chance to celebrate, share and relax.

10.30am - Refreshments & stalls
11am - Talks
12pm - Lunch and stalls
1.15pm - Talks and fun activities

Let's Talk

Join us for our monthly Let's Talk event (Islington residents 18+). It's relaxed, friendly & social with lots of discussion, guest speakers and refreshments.

All activities on this page are free. Booking essential.



Keep up to date with topics requested by local residents

**Let's Talk Peer Event:
New Horizons**

**Thursday 15 October
10am - 1pm**

Islington Council, Shared
Community Space, 222 Upper
Street, N1 1XR
Join us to hear from Adult
Community Learning, the new
London Museum and The Garden
Classroom. Find out about
learning opportunities, activities
at the new museum, and nature
walks to help you stay active.

**Let's Talk Peer Event:
Men's Health Month**

**Thursday 26 November
10am - 1pm**

Upper Holloway Baptist Church
Tollington Way, N7 6RG
Move, connect and look after
your health. Hear from **Arsenal in
the Community** and their gentle
exercise opportunities,
Op Courage the veterans' mental
health service and explore **suicide
awareness** and how to help
someone who may be struggling.

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

Carers Festive Events

**Festive Lights Walk - Thursday 10
December, 4.15-5.30pm**

Eleanor Cross Monument, 40 Strand,
WC2N 5PH

Join David and carers for a central
London walk, with sparkling festive
lights and markets.

**Festive Table Centrepiece - Friday
18 December, 10.30am-12.30pm**

Margery Street Community Centre,
1 Margery St, London WC1X 0HR
Join florist Peter in creating your own
table centrepiece. Foliage is provided,
but bring ornaments if you'd like.

Staying Well Over Winter

Simple steps to stay healthy, active and connected



Get vaccinated

Some infections are more common during winter months and can lead to serious illness. Vaccination is one of the best ways to protect yourself. If you're over 65 or have certain health conditions, you may be eligible for one or more winter vaccinations for free:

- Flu
- COVID-19
- RSV
- Pneumococcal

Because flu and COVID-19 viruses change over time, it's important to get vaccinated each year, even if you were vaccinated last winter.

Check your eligibility and book through your GP, pharmacy, NHS app or online.

More info:

www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/

Use your pharmacy

Your local pharmacy can advise on a range of illnesses and medicines. If you feel unwell, seek help early, especially if you have a long-term health condition as early advice can help prevent problems from becoming more serious.

Plan ahead for winter:

- Keep a supply of essential medicines at home
- Order repeat prescriptions in good time
- Some pharmacies offer prescription delivery services if you're unable to collect them yourself.



Stay warm

Even slightly colder indoor temperatures can affect health. Keeping warm can help you stay well. Try to:

- Keep rooms you regularly use at 18°C or above
- Close windows and curtains at night and use draught excluders
- Wear several thin layers (warmer than one thick layer)
- Have hot drinks and at least one hot meal a day if possible
- Use an electric blanket OR hot water bottle (never together)
- Ensure heating systems are serviced and install a carbon monoxide alarm.

Energy costs

If you're struggling with energy costs or keeping warm, SHINE offers free advice, benefits checks and practical support.

Call: 0800 953 1221

www.shine-london.org.uk

Consider visiting warm community spaces, such as your local library.

Keep moving

Being active can help you stay warm, support your physical and mental wellbeing and maintain your independence:

- **Move regularly** – avoid sitting still for more than an hour
- **Every activity counts** – choose something that feels right, whether walking, gardening, housework, dancing, classes, or chair-based exercises
- **Building strength and balance** is particularly important to stay independent and reduce the risk of falls
- In wet or icy weather, **wear shoes with good grip** and check your home for trip hazards

Local activities

Check out your local community centre or organisations such as healthygenerations.org.uk.

Falls prevention

More info on the Age UK website under '[falls prevention](#)'.

Keep connected

Winter can make it harder to stay connected with other people. Keep in touch with friends, family and neighbours, and consider joining local social groups or activities at your community centre. Free confidential phone support is available from:

Age UK Islington: 020 7281 6018

Silver Line 24/7: 0800 470 8090

If you're concerned about a neighbour, friend or family member during cold weather, a quick phone call or visit can make a big difference.



Information & Advice



"I wanted to say thank you for the really useful information, kindness and empathy."

Age UK Islington at a community venue near you

Worried about day-to-day issues?

Call the Age UK Islington helpline on 020 7281 6018 for information, guidance and to register with us. We can also arrange a future in-person appointment at the community venues below.

Manor Gardens (Age UK Islington) - Monday-Friday, 9.30am-4pm

ARC Community Centre - Tuesdays fortnightly, 11am- 4.30pm

St Luke's Community Centre - Tuesdays fortnightly, 1.30-4.30pm

Brickworks Community Centre - Wednesdays fortnightly, 1-3pm

Elizabeth House Community Centre - Wednesdays fortnightly, 12-2pm

Mildmay Community Centre -Third Friday monthly, 11am-12.30pm

Support our work

Every gift helps us make a positive difference to support local residents in Islington.

Make a one-off or regular donation, in person or at: ageuk.org.uk/islington/donate

To give by bank transfer or find out about leaving a gift in your Will, please contact us: fundraising@ageukislington.org.uk or call 020 7281 6018.

Tech Break

Online monthly group

Discover how to make the most of your smartphone, tablet or laptop with our friendly online tech group!

Hosted by knowledgeable volunteer Simon, there's a new topic every month and plenty of time to ask questions.

Contact Age UK Islington to register and request a Zoom link to join via your digital device.

Monthly, 12-1pm

Friday 2 October - Spotting shopping scams

Friday 6 November - Making phone battery and storage last

Friday 11 December - Festive tech quiz and seasonal tips.

Digital Support

Get help with your digital devices and build your confidence.

Digital Courses

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

50+ Digital Drop-in

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

Tech, Tea & Biscuits

'Tech, tea and biscuits' are delivered by the organisation PPCP. Drop-ins are possible, but best to call on 020 3928 9370 to book.

Manor Gardens / Age UK Islington - Monday 1pm-3pm

Caxton House Community Centre - Monday 1pm-3pm

Hilldrop Community Centre - Tuesday 11am-1pm

Highbury Roundhouse - Tuesday 10am-12pm

Andover Community Centre - Tuesday - 12.30-4pm

Elizabeth House Community Centre - Wednesday 11am-2pm

Whittington Park Community Association - Wednesday 11am-1pm

Light Project Pro International - Thursday 10am-4pm

