

# Get Together

Jan - March 2026

For adults 18+

Find new interests & find others locally!



Discover regular activities to help you to keep active, try out new interests and meet other locals - for adults of all ages (18yrs+).



## Starting the New Year

### A New Season of Activities

From January to March, Islington's community centres, libraries, leisure centres and parks offer plenty of ways to reconnect, get active and support your wellbeing in 2026.

### Move for Mood – Wednesday 28 January

Try taster activities and meet local providers. Being active can lift mood, improve sleep and memory, build confidence and reduce stress, depression and anxiety. See page 5 inside for further details!

### Get Active Indoors and Out

Enjoy health and history walks, join community gardening, or visit the Cally Clock Tower Centre for regular Park Cuppas, talks and crafts.

### Healthy Habits for 2026

After Christmas, you may be thinking about managing your weight. Small changes can lower the risk of type 2 diabetes, high blood pressure, heart disease, stroke and some cancers. Find sessions inside!

### Libraries as Community Hubs

Read on to discover Escape with a Book for Carers, join reading or over-60s groups, or try Healthy Generations exercise classes.

### Get in Touch!

In Islington, connections and support are always here for you – contact Age UK Islington to help you find activities and support that is right for you!

**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 regular mailings sent by email.

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

### Ballroom & Latin Dance

**2 - 4pm, weekly**

Whittington Park Community Centre, Yerbury Rd, N19 4RS  
£3 per session.

### Wu Style Tai Chi

**5-6pm, weekly**

Wu Shi Studio, 20 Blackstock Rd, N4 2DW  
Improve balance, reduce stress and boost energy!

## 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, indoor bowls, dominoes, strength & conditioning class. Hot drinks & chats!

### 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 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. £2.80 (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!

## 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.

### Indoor Bowls

**12-2pm, weekly**

Mildmay Community Centre, Woodville Rd, Mayville Estate, N16 8NA  
Come and join Mark from Arsenal and other locals for a relaxed, friendly game of bowls. Hot drinks available.

## Fridays

### Chair Yoga

**10.30-11.30am, weekly**

St. Luke's Community Centre, 90 Central St, EC1V 8AJ

With Peter Ibruegger. Free for St Luke's members (you need to live in the catchment area), otherwise £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](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

### Social Pickleball Free Taster

**Friday 30 January, 10-11.30am**

Sobell Leisure Centre, Tollington Rd,  
London N7 7NY

Book via Age UK Islington to join a fun, introductory Pickleball taster session! Led by an experienced Better Leisure 'activator', the session includes relaxed, organised games designed to help you meet new people and discover this exciting, fast-growing sport.

Usual cost: £2.80 with a Better Adult Senior 60+ Membership, £10.30 non-members.

### Create Radio Drama Workshop

**Wednesdays: 1.30-4pm**

**25 February to 1 April**

Cally Clock Tower Centre,  
Caledonian Park, N7 9HF

It's time for another Create Arts workshop. Ready to try something creative? For 50yrs+.

Our 6-week 'Radio Drama' course guides you through scriptwriting, sound effects and recording in a relaxed, supportive setting. No experience needed!

Book your place via Age UK Islington to try something new for 2026!

### International Women's Day

**Tuesday 10 March**

**10.45am - 1.30pm**

Highbury Roundhouse Community Centre, 71 Ronalds Road, N5 1XB (55yrs+) Join us to celebrate International Women's Day with an inspiring morning of poetry, storytelling and live musical interludes. We'll conclude the event with the option to stay for a delicious hot lunch together (£4 payable on the day). Age UK Islington staff will be on hand to answer questions about support and day to day issues. Book your place via Age UK Islington.

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

### Event for Dementia Carers



### Minds Together Cafe

**Thursday 15 January, 1-3pm**

Goodinge Community Centre,  
2 Goodinge Rd, Market Estate  
20 North Road, N7 9EW

A welcoming monthly event for people living with dementia and their carers. It offers friendship, support from professional services and activities in a relaxed environment. No need to book!

### Let's Talk Mental Health

### Building Positive Habits

**Thursday 22 January, 1-3.30pm**

Islington MIND, 76-80 Isledon  
Road, N7 7LB

- Are you receiving support for your mental health?
- Want to join a small support group that shares ideas, challenges and solutions?

Learn to set SMART goals, track progress, reduce stress and build positive daily routines. Guest speakers from Islington MIND and Bright Lives Coaching and reflective activities. Connect with others in a small, friendly, supportive space. Contact Age UK Islington to book or find out more.

### Park Cuppa Special editions

Cally 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.**

**28 January - Herbal Teas**

Enjoy teas from fresh herbs and find out how they can influence our moods e.g calming or sleepy teas.

**25 Feb - Musical Session**

An acoustic and jazz set performed by local songwriter musician Lilli.

**25 March - Spring Watch Walk**

A gentle stroll around Cally Park looking out for early signs of spring: flowers and birdsong.

# Islington Parks Activities

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



## Health & History Walks

Led by Islington Guided Walks. These are gentle paced walks through green spaces, with expert local history guides to give you fascinating facts about Islington's past.

Starting 11am:

Friday 30 January - Whittington Park

Friday 27 February - Grimaldi Park

Friday 27 March - New River

For more information about each walk, with details of the meeting points:

<https://islingtonlife.london/things-to-do/free-health-and-history-walks/>

## Health & Nature Walk

**First Friday of month 10 - 11am  
6 February, 3 March**

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

A guided stroll around the nature reserve with others, observing wildlife and the changing seasons. 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)

## Community Gardening

Join the Friends of St John's in this small woodland park to do some gardening tasks – no experience needed!

**Saturdays 17 January and 14th February, 10am - 12pm**

St John's Garden, Benjamin Street, EC1M 5QL

## Green Guardians Gardening Groups

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

Join The Garden Classroom for some relaxed community gardening in an Islington green space. There's no need to book, you can just turn up and join in. Gloves, tools, guidance and refreshments are provided. Please note that we follow the school terms and are shut for half terms and holidays.

Tuesdays 6, 13, 20, 27 January Tree Planting in Whittington Park, N19 4BQ

Tuesdays and Wednesdays Market Road Gardens, N7 9GR

Wednesdays: Newington Green Gardens, N16 9PX

## Introduction to Hand Embroidery

**Thursdays 5, 12, 19 February, 12 - 3pm**

Caledonian Clock Tower Centre, Caledonian Park, N7 9HF

Join us for three sessions of hand sewing - get creative and be inspired. Learn about cultural experiences of sewing from around the world. Booking is essential.

Email: [callypark@islington.gov.uk](mailto:callypark@islington.gov.uk)

## The Garden Classroom Walks

Discover community green spaces!

**Fridays at 1.30-2.30pm**

**Friday 6 March**

Meet at Cally Clock Tower Centre: opposite Tolpuddle Cafe, N7 9HF

**Friday 13th March**

New River Path: Meet at Islington Ecology Centre, N5 1PH

**Tuesday 20th March**

Meet at Whittington Park Community Centre, N19 4RS

**Tuesday 27th March**

Newington Green: Meet at the TGC park Rangers Hut, N1 4RF

## Intergenerational Event

**Sat 31 January, 10.30am - 1pm**

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

Join us for a fun intergenerational event: Fireside singing, Zoolab, crafts, local sport talk, plus food and refreshments for all! Drop in!

**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 55+

Strength and balance for bone health, fall and osteoporosis prevention (£3/£4).

**Intermediates: Tuesdays 2-3pm; £4.**

**Beginners: Wednesdays 10-11am; £3.**

Claremont Project  
24-27 White Lion St, N1 9PD

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

For more information please call: 020 7837 3402.

## Strength & Balance 55+

Arsenal in the Community offers strength and balance exercise classes for people aged 55+ who have a need to increase strength, mobility and independence.

Sessions at Arsenal Hub, N7 7BA, Andover Community Centre, N7 7RY, and Mildmay Community Centre, N16 8NA.

To book: Arsenal in the Community, Rhys 07548 107576 / [rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk)



## 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)

## Aqua Aerobics

-Cally Pool & Gym on Mondays and Wednesdays 12-12.45pm

-Archway Leisure Centre on Wednesday Wed 7.30-8.30pm

Contact the leisure centres to find out the cost.

Healthy Generations offer an aqua aerobics session:

-Cally Pool & Gym, Tues 12-1pm free, £5 optional donation.

## Move for Mood Event

**Wednesday 28 January, 1-3.30pm**

Vibast Community Centre, 167 Old St, EC1V 9NH

Keeping active is a great way to more positive mental health. Try taster activities and chat to local activity providers to find out what's on regularly. Refreshments. Drop in!

## Weight management

For people who are overweight and have a specified health condition or who are obese. 12-week programme; sessions last 90 minutes.

Different topic every week.

*At community venues, daytime and evenings, Monday to Friday.*

To book: MoreLife, 0333 2221333 /

[morelife.camdenandislington@nhs.net](mailto:morelife.camdenandislington@nhs.net)

## Weight Loss for Men

Course to help overweight men to reach a healthier weight through food, education and enjoyable exercise. 12-weeks, one evening per week.

To book: Arsenal in the Community, Rhys 07548 107576 /

[rratcliffe@arsenal.co.uk](mailto:rratcliffe@arsenal.co.uk)

**Exercise today can pay off in the future!**

**Keep your heart strong  
Keep your mobility  
Keep your flexibility  
Prevent common health conditions  
Find your way of moving!**

**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.*



### Keep up to date with topics requested by local residents

#### Let's Talk Event:

**Finding a new mission in 2026: volunteering, better sleep and exercise!**

**Wednesday 21 January  
10.30am-1.45pm**

Upper Holloway Baptist Church,  
11 Tollington Way, N7 6RG  
Find out about local volunteering options, the benefits of volunteering and how to apply. 'Stress reduction' exercise and details of the exercise classes run by Healthy Generations.

#### Let's Talk Event:

**Get to know about local Mental Health Support services**

**Thursday 26 February  
10.30am-1.45pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
Learn about mental health support available through NHS North London Foundation Trust. Find out when to seek help and how to access local services. Also what support is available for drug and alcohol issues and gambling.

#### Let's Talk Event:

**Employment Support and Dealing with Anti-Social-Behaviour**

**Thursday 19 March  
10.30am-1.45pm**

Islington Council (Community Space) 222 Upper Street, N1 1XR  
Hear from iWork about the support available to build confidence, prepare & potentially find employment. We'll also hear about what to do if you experience anti-social behaviour.

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

## 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

#### Carer for Carer Meet Ups

**Tuesdays, 10.30am - 12pm**

13 Jan, 10 Feb, 10 March >  
Duke of Cambridge, N1 8JT  
27 Jan, 24 Feb, 24 March > St Luke's  
Community Centre, EC1V 8AJ

Join us for our monthly get-togethers – supportive spaces 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!

#### Annual Islington Carers Get Together

**Thursday 29 January, 2-4pm**

Islington Town Hall, Upper Street  
N1 2UD

Our Annual New Year Get-Together is your chance to help shape our 2026 events - share the topics you'd love to learn more about and your ideas for talks, workshops and fun ways to connect with other carers.

#### Carers Benefits Talk

**Monday 9 February, 2-3pm**

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

Find out from IMAX about Carer's Allowance, Carer's Credit, Universal Credit elements, disability benefits and local support to help maximise income for you and the person you care for.

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



# Libraries

## ReadLearnConnect

## GO ALL IN for 2026 at Islington's Libraries

### Digital Support

#### Islington Central Library

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.

#### 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).

### Carers 'Escape with a Book'

#### Islington Libraries

Caring for others often means your own time is limited, but reading is one of the easiest ways to take a short break, learn something new, or simply enjoy a change of pace - without leaving your chair!

Explore our physical book collections or enjoy e-books, e-audiobooks, newspapers and magazines online - perfect for busy carers!

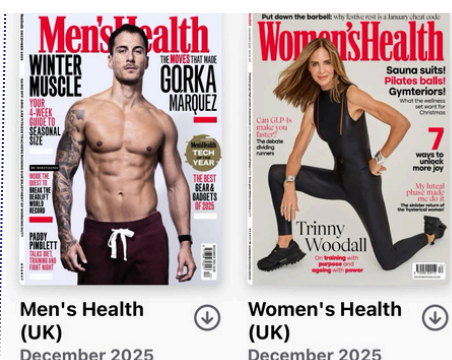
### Reading Ahead Challenge

**This year 2026 is the National Year of Reading. GO ALL IN at The Library!**

Reading Ahead is for anyone! Perhaps you want to get back into reading, widen your reading choices or improve your confidence reading? Choose six reads: books, magazines, recipes, letters - anything! Join till April 2026.

After completing each read, share your thoughts on what you've read by filling out a review in your personal Reading Ahead Reading Diary.

**You'll get a certificate of achievement on completion and all participants invited to a celebration event in May 2026.**



### Groups at Libraries

Find groups at most Islington libraries. General fiction and special interest reading groups: science fiction, poetry, crime, reading for wellbeing and comics!

### Knitting Groups

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

### Over 60s groups

#### Central Library 11am-12pm

#### Wednesday 4 February

Bring an object from your past and tell us its story.

#### Wednesday 14 March

Learn how to use the online reading platforms borrowbox/pressreader using your devices or PCs.

#### West Library 2-3pm

#### Thursday 5 February

Book club - Caledonian Road by Andrew O'Hagan.

#### Thursday 4 March

Learn how to use online reading platforms. borrowbox/pressreader.

### 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

#### Mildmay Library

21-23 Mildmay Park, N1 4NA

#### Chair Yoga

Thursdays 10-11am

#### 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



## 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, if needed.

Age UK Islington, 6 Manor Gardens, N7 6LA

ARC Community Centre, 98b St Paul Street, N1 7DF

St Luke's Community Centre, 90 Central St, EC1V 8AJ

Brickworks Community Centre, 42 Crouch Hill, N4 4BY

Elizabeth House Community Centre, 2 Hurlock St, N5 1ED

Mildmay Community Centre, Woodville Rd, N16 8NA

**Money & debt**

**Coping at home**

**Housing issues**

**Mobility Issues**

**Getting out**

**Emotional support**

## 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 January - Introduction to Google docs

Friday 6 February - Explore the world with Google Earth

Friday 6 March - Session to be decided based on client ideas!

## Digital Support

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 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 - 11am - 2pm**

