

Get Together

For adults 18+

Find new interests & find others locally!

Islington
ageUK

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

Oct - Dec 2025



🍁 Autumn in Islington 🍁

Explore Your Local Community

Autumn is here, and Islington is alive with opportunities to get out, meet people, and discover new interests. From friendly community centres, well-equipped leisure venues to welcoming libraries, there's a whole world of friendly groups where you can uncover your talents, make connections with other locals and boost your wellbeing.

Finding the Right Group for You

Even if it's been a while since you last joined a group, don't worry – we can help you find the perfect one. Age UK Islington can support you with getting there, whether that's navigating public transport, understanding community transport options like Dial-a-Ride, or simply giving you the confidence to go along and try something new.

Managing Pain and Staying Active

Did you know that around one in four people in the UK live with persistent pain? Our October Let's Talk information and advice session will be sharing practical steps to manage pain, including what to consider when taking medication and why gentle movement is so important. Getting out and about and keeping active can be a key part of that journey. Find out more inside the pages of this newsletter!

Get in Touch!

In Islington, connections and support are always just around the corner - we're here to help you find what's 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

Social Pickleball

10am-12pm, weekly

Islington Tennis Centre,
Market Rd, N7 9PL.
£2.70 (debit / credit card).
Tea & coffee, 50yrs+.

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.
£2.70 (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. £2.70 (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.
£2.70 (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

Pilates for all

(Healthy Generations)

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

Special and monthly Get Together Activities

All activities below are free. Booking essential.

**Booking
essential!**

Special Activities & Workshops: booking essential - see contact details below

Ask 'Planning for the Future'

Wednesday 5 Nov, 11am - 12pm

Cally Clock Tower Centre,
Caledonian Park, N7 9HF

Do you have questions about how to put a Lasting Power of Attorney in place? How about Wills or Funeral plans?

Whatever your age and whatever your question, book for a space at this relaxed, informal session with the Age UK Islington Planning For the Future team. The team can answer questions and organise follow-up appointments to help you to put plans in place.

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

Recovery College: Low Mood and Depression

Tuesday 11 Nov, 1.30-3pm

Dame Geraldine Hall, 9 Manor
Gardens, N7 6LA

Everyone can experience low mood or depression at times and this workshop with The Recovery College should provide some hope and encouragement. They will be exploring common feelings and thought patterns associated with depression and the workshop will help uncover strengths and resources - empowering you on your journey toward wellbeing. Booking is essential - see below.

Sobell Festive Party

Tuesday 16 Dec, 10.30am - 1pm

Sobell Leisure Centre, Hornsey Rd,
N7 7NY. £2.70 (credit card) 50yrs+

Join us for a sparkly version of the regular Sobell Get Together! Enjoy a relaxed, social game with others in the newly refurbished space - including badminton, indoor bowls and dominoes. Wear your best festive top, or your usual attire, as you feel comfortable. We'll be serving refreshments and party snacks from midday!

Book your place via Age UK Islington - see below.

Event for Dementia Carers



Kick off with a Verse

Wednesday mornings, 90 mins Weekly

Park Theatre, Clifton Terrace, N4 3JP
Sessions to support those caring for - loved ones with dementia. Explore creative expression, relaxation techniques, and reflective writing in a welcoming space. Find out more:
engagement@parktheatre.co.uk

Let's Talk Mental Health

Power of Sleep

Thursday 23 October, 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?

We'll be joined by The Recovery College to explore factors that affect sleep and to share practical suggestions for improving or maintaining a healthy routine. 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.

29 October - Looking at Trees

The contribution of trees to our spaces, stories and history.

26 November - Sugarcraft

Try making rose cake decorations using sugarcraft, with guidance from Carlene.

17 December - Wreath Making

Festive wreath-making with foraging for some extra materials, carols and festive refreshments

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 24 October - New River

Friday 28 Nov - Myddleton Square

Friday 19 Dec - Newington Green

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

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

Outdoor Gym

Want to find out how to use the outdoor gym equipment in the park?

Join a free session with a qualified fitness instructor to learn more.

Saturday 11 October, 12 - 1pm

Meet at the outdoor gyms in either:

Caledonian Park, N7 9PL

Whittington Park, N19 4RE

Health & Nature Walk

First Friday of month 10 - 11am
3 Oct, 7 Nov, 5 Dec

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

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 and Wednesdays (excluding 28/29 October):

Market Road Gardens, N7 9GR

Wednesdays Oct 1, 8, 15, 22: Newington Green Gardens, N16 9PX

Apple Day

Sunday 19 October, 12pm - 4pm

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

This annual celebration of all things 'apples' is a wonderful opportunity to try apple juice from dozens of different heritage apple varieties, enjoy live music, crafts and stalls.

Gardening volunteering

Try community volunteering - no experience necessary and no need to book, just show up! Please wear outdoor clothing and sturdy shoes. Gloves and tools will be provided.

-New River, Fri 21 Nov, 11am to 1pm.

-St Jude Street Open Space, every

Thursday 10am-12pm.

-Wilmington Square, Saturdays 11

Oct, 8 Nov, 29 Nov, 10am - 2pm.

-Northampton Square, Wednesday 15 October, 11am - 2 pm.

-Spa Fields, 11am - 1 pm, Fridays 10 October, 14 November.

-St James Clerkenwell, Wednesdays 22 October, 12 Nov, 11 am - 1 pm.

-Whittington Park, 15 October, 13 November, 10am - 12pm.

Tree Walk

Tuesday 7 October, 2pm - 3pm

Elthorne Park and the Peace Garden

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

Join Islington Council Tree Officer

Michael Johnson as he takes us on a fascinating tour of the park's trees!

Find more activities: 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).

Beginners: Tuesdays 2-3pm; £3.

Intermediate: Wednesdays 10-11am; £4.

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

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

To book: Martha 020 7837 3402 / martha@claremont-project.org

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



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

Aqua Aerobics

-Cally Pool & Gym on Mondays and Wednesdays 12-12.45pm
-Archway Leisure Centre on Wednesday 7-7.45pm
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.

Boxercise for Type 2 Diabetes

Saturdays 10.30-11.30am

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

Run by Champions 4 Change, this 12 week programme can help combat health problems, such as the risk of Type 2 diabetes. Free, optional £5 donation.

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

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

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

Find more activities: 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 Peer Event: Pain Management and An Insight into Menopause (for all)

Thursday 16 October
10.30am-1.45pm

Islington Council (Community Space) 222 Upper Street, N1 1XR
Find out steps that you can take to better manage pain - the role of medication and the value of movement; an insight into menopause, techniques and support to manage symptoms. For both men and women.

Let's Talk Peer Event: Housing Repairs and Handyperson Service

Thursday 13 November
10.30am-1.45pm

Islington Council (Community Space) 222 Upper Street, N1 1XR
Learn about Housing Repairs in Islington, responsibilities of your landlord and how to get repairs actioned. Find out about the Handyperson service and get tips and guidance to help choose and hire local tradespeople.

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

Carers Rights Day

Thursday 20 November
10.30am-2.45pm

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

Free event – book your place with Islington Carers Hub (see below).

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 for how to register and for full event listings.



ISLINGTON
CARERS HUB

Event highlights

Carer for Carer Meet Ups Tuesdays (twice a month), 10.30am - 12pm

14 Oct, 11 Nov >
Duke of Cambridge, N1 8JT
28 Oct, 25 Nov, 23 Dec > 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!

Men's Health Session

**Thursday 6 November, 10.30am -
12.30pm; Stadium Tour till 1.30pm**

Arsenal in the Community Hub,
56 Benwell Road, N7 7BY
Find out about Arsenal's health and wellbeing activities from walking football to strength and balance classes and hear a men's health talk by Dr Craig Seymour. Blood pressure checks will be available. Enjoy fun activities and an exclusive Arsenal Stadium tour for Islington carers.

Festive Lights Walk

**Thursday 11 December,
6-7.30pm**

Eleanor Cross Monument (in front
of Charing Cross Station),
40 Strand, WC2N 5PH

Join David from Islington Carers Hub for a magical central London walk - we will see the sparkling festive lights and a few of the markets. Chat to other carers and enjoy the festive atmosphere!

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



Libraries
ReadLearnConnect

Black History Month

Reading Group for Black History Month

All Islington libraries

Join us to explore James by Percival Everett, a powerful reimagining of Adventures of Huckleberry Finn told through the eyes of Jim, Huck's enslaved sidekick.

Free access is available to the e-book and audiobook via [Borrow Box](#) from 1st October to 29th November with your Islington Library card.

Ask at your local library about Meet-ups to discuss the book.

BHM Author Event

Wednesday 15 Oct, 6.30-7.30pm

Islington Central Library

2 Fieldway Crescent, N5 1PF

In 2015, Aamna Mohdin travelled to Calais to report on the refugee crisis. On her return to London, her parents surprised her by asking if she didn't remember being a refugee herself?

Her book, 'Scattered', is an investigation into the costs and consequences of displacement. It is also a story of returns and reunions and a celebration of family & belonging.

Winter Garden Makeover

Community Gardening Event

Thursday 30 October 2-4pm

Islington North Library

Manor Gardens, N7 6JX

Drop in to help bring a splash of colour to North Library's front garden! Whether you're a gardening expert or not, come along and help create a welcoming winter display.



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

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

Reading Ahead Challenge

Pick 6 reads!

All Islington Libraries

Reading Ahead helps adults and young people build reading confidence and rediscover the joy of reading.

Pick six reads - books, blogs, recipes, anything you like - and write down your thoughts in a reading diary.

Complete all six and receive a certificate. Ask at your library to sign up and get started!

Reading Groups

Reading groups are at most Islington libraries - general fiction and special interest groups e.g. science fiction, poetry, comics.

Over 60s groups

Central Library 11am-12pm

Wednesday 1 October

Still life sketching session

Wednesday 5 November

Murder Mystery in the library

Wednesday 3 December

Winter singalong

West Library 2-3.30pm

Thursday 2 October

Guitar-accompanied singalong to popular old tunes.

Also sessions: 6 Nov, 4 Dec

Green Libraries Event

Look out for details including:

West Library

Sat 8 November, 12-4pm

Electrical Repair workshop

North Library

Sat 25 Oct, 11.30am-4pm

All Day Clothes swap



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

Tuesdays every fortnight, 1.30-4.30pm: St Luke's Community Centre, 90 Central St, London EC1V 8AJ

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

Wednesdays every fortnight, 12-3pm: The Pillion 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)

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

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

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 3 October - Introduction to the Gov.uk app

Friday 7 November - Explore the world with Google Earth

Friday 19 December - Tech Festive Fun

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 11am-1pm

Andover Community Centre - Tuesday - 12.-2pm

Elizabeth House Community Centre - Wednesday 11am-1pm

Whittington Park Community Association - Wednesday 11am-1pm

Light Project Pro International - Thursday - 10am - 4pm

