

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



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

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.

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!

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.

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 & 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

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

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/>*

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

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

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

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.

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

For Clarendon 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

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

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

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

**Booking
essential!**



Let's Talk

Join us for our monthly Let's Talk event. It's relaxed, friendly & social with lots of discussion, guest speakers and light lunch.
All activities on this page are free.
Booking essential.

**Let's
Talk**

Keep up to date with topics requested by 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.

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

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.

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, 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



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).

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.

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!



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.

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 - 11am - 2pm

