

# GET TOGETHER



FOR A GOOD LIFE IN ISLINGTON

October-December 2018

## Foreword Thinking

For me Autumn always has a bit of a new school term feel, perhaps a good time to try something you've been thinking about for a while, or maybe just something that catches your eye. Either way there's plenty to choose from over the next 8 pages. If you have an idea for something else give Holly a call 0207 607 7701 and let's see if we can get it going together.

We were lucky enough to have a professional film maker on a placement with us this Summer and tasked her with capturing stories of how people took those first steps to joining Activities and what they would say to others thinking about it. We were blown away with the results and I want to thank everyone who was kind (and courageous) enough to share their inspiring stories. We've peppered this issue with some of the words, watch the films on our website

[www.ageuk.org.uk/islington](http://www.ageuk.org.uk/islington)

*Andy*

Andy Murphy,  
CEO Age UK Islington

## EVENTS

Do you like exploring different things? Check out the special events we've got planned.

### WORTHING COACH AND MARKET TRIP

Drovers, N79EY  
Wednesday 3 October  
9am-6.30pm  
£14 per person

### TAJ EXPRESS

Phoenix Theatre, Holborn  
Saturday 6 October  
7.30pm onwards  
£3 per person

### ESTORICK COLLECTION OF MODERN ITALIAN ART

39a Canonbury Square,  
London, N1 2AN  
Monday 15 October 11am  
- Free  
"A New Figurative Art 1920-1945: Works from Guiseppe Iannacone Collection"



### PAINTING APPRECIATION AT THE NATIONAL GALLERY

Trafalgar Square, WC2N 5DN  
Monthly on a Thursday 18  
Oct, 22 Nov, 20 Dec  
11am onwards - Free  
Visits to look at selected paintings in detail with guided information and discussion

### V&A FASHIONED FROM NATURE EXHIBITION

Cromwell Rd, SW7 2RL  
Monthly on a Tuesday  
1 Nov, 6 Dec  
11.15am onwards - Free  
This exhibition will present fashionable dress alongside natural history specimens, innovative new fabrics and dyeing processes, inviting visitors to think about the materials of fashion and the sources of their clothes.  
Only 10 tickets per date!

“Well I think the first step is always the hardest, in anything you do really. But you just take that first step, that’s all it takes you know. Things start clicking into place” Eddie, speaking at the Duke of Cambridge

### SADLERS WELLS SHOWINGS

Rosebery Avenue  
Friday 2 November 2pm-3pm  
- Free

Birmingham Royal Ballet 'La Fille mal gardee, free stage rehearsal and 'Behind the scenes' talk.

Phoenix Theatre Portugal St,  
WCA 2HT

Saturday 24 November  
2:30pm onwards - £3  
The Snowman

### TATE BRITAIN

Thursday 11 October 11am  
Turner Prize (free tickets)  
Thursday 11 November 11am  
Edward Burne-Jones, Pre-Raphaelite painter (free tickets)

### HOUSE OF ILLUSTRATION

Granary Square, N1C 4BH  
Thursday 15 November  
11am-1pm - Free  
Call Drovers Centre to reserve a place on this exhibition tour of 'Journey Drawn: Illustration from the Refugee Crisis' + Quentin Blake, fine art paintings.

## EVENTS AT DROVERS

### iPAD SUPPORT

Drovers Centre, N7 9EY  
Tuesday 2nd and 9th October  
2:30-4:30pm – Free.

### GETTING STARTED

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



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

### GENTLE EXERCISE TASTER

Drovers, N7 9EY  
Friday 5th October,  
11am-12pm.

Whatever your mobility you will enjoy this carefully designed session with experienced tutor Caroline Kelly.

### SILVER SUNDAY CREAM TEA CEILIDH

Drovers Centre, N7 9EY  
Sunday 7th October  
12noon-3pm – Free  
Please pre-book via Drovers Centre. 80 places available.

### LAVENDER DAY

Drovers Centre, N7 9EY  
Wednesday 24th October -  
2-4pm - Free  
Come and celebrate all things lavender. Make lavender

bags, lavender 'dollies' and try lavender cakes with Drovers gardeners. Use lavender gathered from Cally Park.

### FRAUD AND SCAM AWARENESS WORKSHOPS

Drovers Centre, N7 9EY  
Friday 26th October  
11am-12pm - Free

### CARDBOARD CITIZENS

Drovers Centre, N7 9EY  
Wednesday 14th November -  
1.30-3.30pm – Free

Performance in Main Hall of Interactive Theatre piece with professional actors exploring Homelessness

### CHRISTMAS DINNER

Drovers Centre, N79EY  
Friday 14th December  
12noon-3pm - £3  
Please pre-book via Drovers Centre. 45 places available.

### READ ME I'm important!

#### DON'T FORGET TO BOOK

Please be mindful that all of the events on p.1&2 are ticketed so you will need to call Drovers Centre 0207 607 7701 or 0207 281 6018 to reserve a place.

#### HELP US ENSURE NO PLACE GOES TO WASTE

For ticketed exhibitions, tickets are free to Age UK Islington clients but a £3 deposit is required when booking. This will be refunded when you come for the exhibition, but non-refundable if you don't attend.

## ACTIVITY CENTRE

Drovers is our Activity Centre just off Caledonian Road.

### MONDAY

#### CHIROPODY

9am-5pm - £20

Appointments are made directly with our resident Chiroprapist Joan. To request for her number please call 020 7281 6018.

#### CARDS

1pm-3pm – Free

#### CHAIR PILATES

3:30pm-4:30pm - £3

### TUESDAY

#### TAI CHI

10:30am-12noon - £3

#### KEEP FIT

1:30pm-2:30pm - £2

#### FILM NIGHT

Last Tuesday of every month  
6pm-9pm – Free

North London Cares hosts a film evening with a different film each month with an array of tasty snacks.

### WEDNESDAY

#### PHOTOGRAPHY

10am-12noon – Free

Hosted at Drovers Centre and in and around the community, for more details please feel free to call the Drovers Centre.

#### SONG WRITING

10:30am-12:00noon – Free

Bring along your instruments and write and play together.

#### SING-A-LONG

First Wednesday of the month  
- 11am-12noon – Free

#### BLOOMIN' GARDENERS

2pm-4pm – Free

Held at Drovers Centre and Caledonian park with occasional fauna and flora trips and visits.

#### LINE DANCING

5pm-7pm - £3

### THURSDAY

#### HAIRDRESSING

Drop in – 9am-12noon - price depending on treatment

#### SOUP & SALADS

#### COMMUNITY KITCHEN

First Thursday of the month –  
10am-12noon – Free

Help cook affordable, tasty, nutritious and simple meals that you can reproduce at home.

#### COMMUNITY LUNCH

First Thursday of the month –  
12noon-1pm - £2

Fancy tasting what the Community Kitchen has cooked up? Come join us for the lunch.

#### PAINTING & ART

10am-12noon Free

#### BOCCIA

Fortnightly from 4th Oct  
3:30pm-4:30pm – Free

Come join our Boccia team and be part of a local league

**FILM APPRECIATION GROUP**  
Third Thursday of the month –  
3pm-5pm - £2

Lee from Art House Cinema comes to discuss themes from the film shown the week before.

#### ART EVENING

Last Thursday of every month  
– 5:30pm-7pm - Free

### FRIDAY

#### GARMENT MAKING

10am-12pm - Free

#### WATERCOLOUR

1pm-3pm - Free

#### CHAIR BASED YOGA

2pm-3pm - £3

### SUNDAY

#### SHORT MAT BOWLS

Fortnightly from 21st Oct –  
Free

#### MORE TO EXPLORE!

There's too much to fit on this page! Here's a flavour of what else is on offer  
IT BINGO DOMINOES  
ABSTRACT PAINTING  
FABRIC EMBROIDERY  
TABLE TENNIS

For details of any activity just call  
0207 607 7701

**Drovers Centre 19 North Road, N7 9EY. Tube:** Caledonian Road (10 minute walk to Drovers Centre).

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

## OUT AND ABOUT

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

### MONDAY ▼

#### A CUPPA AND A CHAT WITH MONTHLY GUEST SPEAKERS Duke of Cambridge 30 St Peters Street, N1 8JT Weekly. 12-2pm.

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

- 08 Oct Fringe Theatre in London & Surrey, Jack Courtney O'Connor talks about his experiences in fringe
- 12 Nov A talk and slideshow of vintage pictures of Islington by Colin Levy
- 10 Dec Michael McAuliffe gives an overview talk about Japanese culture

### TUESDAY ▼

#### ALMEIDA THEATRE COFFEE MORNING WITH IT SUPPORT Almeida Street, N1 1TA 2 Oct, 13 Nov 11am-12.30pm.

Come along for a coffee or bring your laptop, tablet or smartphone for some IT help. Refreshments from 50p!



#### BETTER GET TOGETHER Sobell Leisure Centre, Horsey Road, N7 7NY

Weekly. 10.30am-1pm.

Cost: £2.

Table tennis, bowls, short tennis, gentle stretch, badminton, dominoes, zumba, refreshments, use of gym and more.

**“If you can’t do heavy sports like Softball, Tennis or Badminton there are lighter sports available. There’s bowling or you can sit and play dominoes with people. As the weeks go by you can try other things, you all intermingle, you feel part of a society.” Freed, speaking at the Sobell**



#### BREAKFAST CLUB ANGEL 31 Camden Passage, N1 8EA Fortnightly 9 Oct onwards. 3-5pm

Fun and friendly free coffee afternoon with great conversation and refreshments.  
**Please book: 020 7281 6018.**

### WEDNESDAY ▼

#### UNION CHAPEL CULTURAL CAFE

Compton Terrace, N1 2UN  
Monthly 1-2pm

17 Oct - Live Jazz with Asha Parkinson & Friends

21 Nov - Lunchtime recital with Rose Rands

#### ARC GAMES AND CRAFTS Arc Community Centre, 98B St Paul Street, N1 7DF Weekly. 2-4pm.

Social games and crafts group with coffee.



#### THE CORONET LATE LUNCH & SOCIAL

338-346 Holloway Road, N7 6NJ  
Weekly. 2.30-4.30pm.

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

### THURSDAY ▼

#### OLDEN GARDENS

Whistler Street N5 1NH

Third Thursday of the month  
10am-12pm

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

“I didn’t know how to communicate with a group. It was very difficult..if three people looked at me at the same time I’d blush terribly. My eyes went down to the floor or around them anywhere but looking at them. Now of course you can’t stop me from talking!” Kathy, attending a range of activities.

**CURIOUS ABOUT ISLINGTON?**

We are! Free sightseeing across the borough and beyond.

**25 Oct** History tour of Smithfield’s with Colin Levy (starting outside St Pauls underground station by Cafe Nero and ending at Farringdon station)



**29 Nov** Join Karen Elmes from the Building Exploratory for a walking tour of King’s Cross looking at 100 years of change in the area. Meet at 10.30 by the fountains at Granary Square

**13 Dec** Festive mystery tour with Holly Keller-Cooper

**YVE’S MORNING BOOK CLUB**

Brother Marcus, 37-39 Camden Passage, N1 8EA  
Second Thursday of the month.

11am-12 noon.

- 11 Oct Takashi Hiraide “The Guest Cat”
- 8 Nov Kamila Shamsie “Home Fire”
- 13 Dec Tomasi di Lampedusa “The Leopard”

**PARK THEATRE**

11-13 Clifton Terrace, N4 3JP  
First Thursday of the month  
2-3pm.

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



**ART HOUSE CINEMA**

Crouch End, N8 9PT  
Second Thursday of the month – 3pm onwards - £2

Head down to the Art House Cinema in Crouch end watch a new film each time. Refreshments an additional £1.

**COSTA COFFEE IT SESSION**

Costa Coffee (next to Argos)  
382 Holloway Road N7  
Last Thursday of the month.  
5.15-7pm.

Bring your laptop, tablet or smartphone and your questions!

**WALK & TALK**

Fortnightly from 11th Oct – 2pm-4pm - Free

Local walks in green spaces topped off with a trip to a nearby café. For more information about the next walk please call the Drovers Centre on 020 7607 7701.

**FRIDAY**

**IT HELP WITH EXPEDIA**

The Angel Building, 407 St John Street EC1V 4EX  
5 Oct, 2 Nov , 7 Dec 11-12.30  
IT drop in session  
Booking essential  
020 7281 6018.

**JAZZ NIGHTS**

Hargrave Hall, Hargrave Road, N19 5SP  
Last Friday of every month  
8-10pm.

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



**INFO & TRAVEL ADVICE**

For Get Together information or travel advice

Call 0207 607 7701  
or 020 7281 6018

# LISTINGS & EVENTS

## SATURDAY SOCIALS

### OCTOBER ▼

#### CREATIVE TASTER

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

Further info: 020 7278 8226

**Saturday 6 October, 10am- 12pm**

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

**Presented by Cubitt**

#### WHEN SATURDAY COMES

**Union Chapel, Upper Hall, Compton Terrace N1 2UN**

Call 020 7689 4646 for more details to book your place

**Saturday 13 October, 12-3pm**

Share stories and be creative with poet Francesca Beard and photographer Leticia Valverdes.

**Presented by All Change**

#### SEATED YOGA

**Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT**

Call 0207 118 3838 for any questions or further details.

**Saturday 13 October, 2-3.30pm**

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

**Presented by North London Cares**

#### WORD PLAY

**Finsbury Library, 245 St John St, EC1V 4NB**

Call 020 7689 4646 for more details

**Saturday 13 October, 6-8pm**

A special Word2018 'Late at the Library' evening event - with perfectly performed words, and intergenerational fun and games from some festival favourites including All Change, Lyrix Organix, House of Illustration and Key Changes.

**Presented by All Change, Islington Libraries and Word2018**



*Photo by North London Cares*

#### CREATIVE TASTER

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

Further info: 020 7278 8226

**Saturday 27 October, 10am-12pm**

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

**Presented by Cubitt**

#### GIZMOS & GADGETS

**Elizabeth House Community Centre, 2 Hurlock Street, N5 1ED**

Call 0207 118 3838 for any questions or further details.

**Saturday 27 October, 2-4pm**

Would you like to feel more confident with technology? From turning on your mobile to getting online - come along and learn while doing. Your younger

neighbours will be there to share their knowledge and laptops and phones will be on hand, but if you have your own feel free to bring it along.

**Presented by North London Cares**

### NOVEMBER ▼

#### WHEN SATURDAY COMES

**Union Chapel, Upper Hall, Compton Terrace N1 2UN**

Call 020 7689 4646 for more details to book your place

**Saturday 3 November, 2-5pm**

Share stories and develop your performance skills with poet Francesca Beard.

**Presented by All Change**

#### SEATED YOGA

**Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT**

Call 0207 118 3838 for any questions or further details

**Saturday 10 November, 2-3.30pm**

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

**Presented by North London Cares**

#### WHEN SATURDAY COMES

**Union Chapel, Upper Hall, Compton Terrace N1 2UN**

Call 020 7689 4646 for more details to book your place

**Saturday 17 November, 12-3pm**

Share stories and be creative with photography and film artist Leticia Valverdes.

**Presented by All Change**

**MOVIE MATINEE – THE GREATEST SHOWMAN**

Platform, Hornsey Road Baths, 2 Tiltman Place (off Hornsey Road) N7 7EE

Call 0207 118 3838 for any questions or further details.

**Saturday 24 November, 1.30-4pm**

In the comfort of the Platform cinema, join your community for a screening of the P. T. Barnum inspired musical, captivating audiences across the globe. It's the tale of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Refreshments included.

**Presented by North London Cares**

**LAST DANCE - EVENT**

Union Chapel, Upper Hall, Compton Terrace N1 2UN

Call 020 7689 4646 for more details to book your place

**Sunday 25 November, 3-5pm**

Join our When Saturday Comes company of older people, and artists Francesca Beard and Leticia Valverdes for an extraordinary 'Last Dance' inspired celebration - featuring dancing, performances, music and refreshments. Come prepared to have fun, join in and see what happens – expect the unexpected on a magical and unique Sunday afternoon!

**Presented by All Change**

**DECEMBER****CREATIVE TASTER**

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

Further info: 020 7278 8226

**Saturday 1 December, 10am- 12pm**

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

**Presented by Cubitt**

**SEATED YOGA**

Holloway Neighbourhood Group, 84 Mayton Street, N7 6QT

Call 0207 118 3838 for any questions or further details.

**Saturday 8 December, 2-3.30pm**

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

**Presented by North London Cares**

**CHRISTMAS PARTY**

St. James' Hall, 42 Packington Street (Corner of Prebend Street), N1 8RD

Call 0207 118 3838 for any questions or further details.

**Saturday 15 December, 2.30-4.30pm**

Come along for an afternoon of festive fun and celebrate at our annual Christmas party. Join younger neighbours, the North London Cares team, and friends for a dance, sing-a-long and a great time... mince pies aplenty!

**Presented by North London Cares**

**NEW for FRIDAYS from October to December:**

**PEEL ART GROUP**

Three Corners Centre, Northampton Road London EC1R 0HU

Further information call 020 7278 8226

**Every Friday, 1.30-3.30pm**

Join visual artist Hayley Harrison and try drawing, painting and photography activities.

**Presented by Cubitt**



Photo by Leticia Valverdes, All Change

Saturday Socials are brought to you by:





## WE LISTEN.

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

# GET HELP

## WE HELP.

Tell us what's on your mind:

Meeting people and doing things

Looking after myself

Looking after my home

Keeping myself safe

Keeping positive

Managing money

Something else?

## LET'S TALK.

To start a conversation:

**Call:** 0207 281 6018

**Email:**  
gethelp@ageukislington.org.uk

**Visit:**  
Age UK Islington  
Contact Centre  
6-9 Manor Gardens  
Islington  
N7 6LA

**Find out more:**  
[www.ageuk.org.uk/islington](http://www.ageuk.org.uk/islington)

