



Ways to Keep Active in Islington (draft edition)

May 2025

Ways to Keep Active in Islington (draft edition)

Why regular movement is important:

Regular movement can cut your dementia risk by 30 percent, lower cardiovascular disease risk by 35 percent, and reduce depression by 40 percent. The more active you are, the more you're investing in a healthier, happier future!

Whether it's a walk, stretching, or taking part in a community gardening group, every bit of activity counts and the benefits only continue to grow. Getting active doesn't mean drastic changes, you can start small and build up!

The good news is that there are lots of ways to keep active in Islington, whether in leisure centres, community centres, libraries or even outdoors. This guide provides a list of some of the main activity providers and community centres where you can find more information.

Activity Providers in Islington

Better Leisure	Exercise classes (e.g., Tai Chi, Zumba), gym sessions, swimming (including free sessions and lessons for 60+), walking football, and multi-sports activities.	Adults and older adults	better.org.uk
Healthy Generations	Free or low-cost classes including chair yoga, Pilates, Qi Gong, cardio workouts, outdoor park sessions, and local history walks. Also offers music, arts & crafts, and digital support.	Older adults and those seeking gentle exercise	healthygenerations.org.uk
Arsenal in the Community	Various exercise programs for the community, including Shape Up weight management, Walking Football, and Strength & Balance chair-based exercise program for over-55s.	Older adults, adults with disabilities	arsenal.com/community
Healthy Minds Healthy Bods	Programs focusing on mental and physical wellbeing, including health walks, fitness sessions, and nutritional guidance.	Adults, especially those unemployed or isolated	hmhb2016.org.uk



Better Leisure Centres in Islington

Membership Type	Access & Benefits	Eligibility / Cost
Better Health Local Membership	Full access to one local gym, pool, and fitness classes.	Open to all; monthly or annual fee; no contract.
Concessionary Membership	Discounted access to gyms, pools, and activities.	For individuals on qualifying benefits.
Senior Membership – Partnership	Unlimited access to all Islington centres; gym, swim, fitness classes, and discounts.	Aged 60+; £24/month.
Senior Membership – Pay <u>As</u> You Go	Discounted activity rates and free off-peak swimming.	Aged 60+; £7.30/year.

Venue	Exercise Classes	Gym Sessions	Swimming
Sobell Leisure Centre	Tai Chi, Zumba Basics, Senior Circuit, Multi-sports (Better Get Together)	Supervised sessions available	
Archway Leisure Centre	Aqua Aerobics	Supervised sessions available	Free swimming & <u>free swimming</u> lessons for 60+
Islington Tennis Centre	Social Tennis (50+), Pickleball Get Together (50+)	Supervised gym sessions available	Not available
Finsbury Leisure Centre	Multi-sports (Better Get Together)	Supervised sessions available	Not available
Highbury Leisure Centre	General exercise classes	Supervised sessions available	Free swimming & <u>free swimming</u> lessons for 60+
Ironmonger Row Baths	General exercise classes	Supervised sessions available	Free swimming & <u>free swimming</u> lessons for 60+


Islington Community Venues

Please note that this is a guide only - check with venue (May 2025)

Venue	Address & Contact	Age Group Served	Exercise Opportunities
Caxton House Community Centre	129 St John's Way, N19 3RQ  020 7272 5989	All ages / Older adults / Families	Tai Chi, Women's Fitness, Yoga, Pilates, Family Zumba, Men's Fitness
Brickworks Community Centre	42 Crouch Hill, N4 4BY  020 7272 0639	Adults 50+	Chair-Assisted Yoga, Zumba, Ballet for Adults, Healthy Lifestyles for Over 50s
Whittington Community Centre	<u>Yerbury Rd</u> , N19 4RS  07931 852240	All ages / 55+	Pilates, Zumba, Hatha Yoga, Qi Gong, Dance Fitness (incl. chair-based for 55+)
Finsbury Park Community Centre	13 Goodwin St, N4 3HQ  020 7272 3839	Adults 50+	Chair-Based Exercise, Strength and Balance
Andover Community Centre	55 Corker Walk, N7 7RY  020 7272 3493	All ages / Women / Families	Pilates, Chair Yoga, Women's Pilates, Dance Classes (Zumba, <u>Boxfit</u>), Family Fit
<u>Hilldrop</u> Community Centre	Community Ln, <u>Hilldrop Rd</u> , N7 0JE  020 7607 9453	Older adults /	Walking Art Workshops, Tuesday

Islington Community Venues

Please note that this is a guide only - check with venue (May 2025)

Venue	Address & Contact	Age Group Served	Exercise Opportunities
Mildmay Community Centre	Woodville Rd, N16 8NA  020 7249 8286	All ages / Older adults	Chair-Based Exercise, Walking Club, Community Gardening, Dance
Peel Institute	3 Cornhill, EC3V 3ND  020 7253 6790	All ages / Older residents	Walking groups, Exercise Classes, Gardening, Pilates, Community Gym
Kings Square Community Centre	229A Central St, EC1V 8AJ  020 7527 6260	Older adults	Strength & Coffee Social (strength + social session)
<u>Vibast</u> Community Centre	167 Old St, EC1V 9NH  020 7527 5080	Adults / <u>Local residents</u>	Zumba, Aerobics, Circuit Training, Dance Classes
St Luke's Community Centre	90 Central St, EC1V 8AJ  020 7549 8181	Older adults / Local community	Strength & Balance, Chair Exercise, Tai Chi, Dance Fitness, Group Walks

Islington Community Venues

Please note that this is a guide only - check with venue (May 2025)

Venue	Address & Contact	Age Group Served	Exercise Opportunities
Mildmay Community Centre	Woodville Rd, N16 8NA  020 7249 8286	All ages / Older adults	Chair-Based Exercise, Walking Club, Community Gardening, Dance
Peel Institute	3 Cornhill, EC3V 3ND  020 7253 6790	All ages / Older residents	Walking groups, Exercise Classes, Gardening, Pilates, Community Gym
Kings Square Community Centre	229A Central St, EC1V 8AJ  020 7527 6260	Older adults	Strength & Coffee Social (strength + social session)
<u>Vibast</u> Community Centre	167 Old St, EC1V 9NH  020 7527 5080	Adults / <u>Local residents</u>	Zumba, Aerobics, Circuit Training, Dance Classes
St Luke's Community Centre	90 Central St, EC1V 8AJ  020 7549 8181	Older adults / Local community	Strength & Balance, Chair Exercise, Tai Chi, Dance Fitness, Group Walks

Islington Community Venues

Please note that this is a guide only - check with venue (May 2025)

Venue	Address & Contact	Age Group Served	Exercise Opportunities
Goodinge Community Centre	North Rd, N7 9FH ☎ 020 7527 5104	All ages / Local community	Gentle Exercise, Dance Fitness, Group Walking, Strength & Balance
Islington Libraries – West Library	Bridgeman Rd, N1 1BD ☎ 020 7527 6952	Older adults / General public	Exercise to Music, Chair-Based Sessions
Islington Libraries – North Library	Manor Gardens, N7 6JX ☎ 020 7527 7844	Older adults	Gentle Exercise & Community Wellbeing Events
Islington Libraries – Cat and Mouse Library	277 Camden Rd, N7 0JN ☎ 020 7527 7920	Older adults / Families	Movement & storytelling sessions, family physical activity
Islington Libraries – Mildmay Library	21-23 Mildmay Park, N1 4NA ☎ 020 7527 7986	Older adults / Families	Chair-Based Movement, Wellbeing Workshops

Guided Walks

Please note that this is a guide only - check with venue (May 2025)

Provider	Description	Schedule & Meeting Point	Cost	Contact / Website
Octopus Nature Wellbeing Walks	Gentle circular walks exploring Islington's green spaces, community gardens, and hidden nature spots. Each walk concludes with refreshments and a chance to socialize.	Regular sessions starting from various "Nature Anchors" such as Octopus Community Plant Nursery (N7 0EF), Whittington Park Community Centre (N19 4RS), and Hilldrop Community Centre.	Free	Octopus Community Network
Healthy Generations Mary Gibson Walks	Community walks aimed at promoting health and wellbeing among older adults. These walks are led by experienced volunteers and often include opportunities for social interaction.	Schedules and meeting points vary; participants are encouraged to contact Healthy Generations directly for the latest information.	Free	Healthy Generations
Islington Ecology Centre Nature Health and Wellbeing Walk	Monthly gentle strolls in Gillespie Park, led by knowledgeable guides from the Islington Ecology Centre. Walks focus on urban wildlife and nature appreciation, concluding with free tea and coffee.	First Friday of every month at 10:00 AM; meet at Islington Ecology Centre, Gillespie Park, 191 Drayton Park Road, N5 1PH.	Free	Islington Ecology Centre
Islington Guided Walks	Offers a comprehensive range of guided walks exploring Islington's history and	Various dates and times; check their website for upcoming walks.	Some walks are free; others may have	Islington Guided Walks

Healthy Minds Healthy Bodies	Islington - Social Wellbeing Walks	Weekly (Mon-Thurs)	- Lidl, Seven Sisters Road- Highbury Leisure Centre- Highbury Grange Medical Practice
-------------------------------------	---	--------------------	---

Community Gardening

Please note that this is a guide only - check with venue (May 2025)

Project / Site	Description	Location	When	Contact / Website
Octopus Community Plant Nursery	A community garden offering workshops, produce for food hubs, and social gardening sessions. Features raised beds and accessible facilities.	Near Holloway Road, N7	Mondays & Wednesdays (evenings), Saturdays (afternoons)	octopuscommunities.org.uk
Celebrating Black Gardeners	An initiative to highlight and support Black growers in the UK, sharing their stories and ensuring access to gardening spaces and resources.	Various locations in Islington	Ongoing	octopuscommunities.org.uk
Green Guardians	Weekly drop-in gardening sessions to learn skills, meet others, and promote biodiversity.	Market Road Gardens, Grenville Road Gardens, Newington Green	Tuesdays & Wednesdays 10am–12noon	thegardenclassroom.org.uk
Nature Neighbourhoods Project	Community-led project bringing residents together to enhance and connect nature-rich spaces across estates and local green areas.	Across Islington estates	Ongoing	octopuscommunities.org.uk

Calthorpe Community Garden

258–274 Gray's Inn Road, London, WC1X 8LH

Provides weekly health and wellbeing activities for adults and families including tennis, football, futsal, tai chi.

Website: www.calthorpecommunitygarden.org.uk

For people with a disability

Please note that this is a guide only - check with venue (May 2025)

Activity	Provider	Location	Target Group	Schedule/Notes
Inclusive Gym Access	Better Health UK Inclusive Membership	Various leisure centres in Islington and beyond	People with disabilities	Membership provides access to inclusive gym facilities.
Cricket	The Elfrida Society	Caxton House Community Centre, 129 St John's Way, N19 3RQ	People with learning disabilities	See the 'Elfrida Cricket' leaflet for more information.
Cricket	Middlesex Cricket	Clissold Leisure Centre, 63 Clissold Road, N16 9EX	People with disabilities aged 12-25	Mondays, 4-5 PM.
Cycling	Pedal Power	Around Arsenal Emirates Stadium and Finsbury Park	People with disabilities	Sessions held at specified locations.
Fitness Classes	The Elfrida Society	Islington Tennis Centre and Gym, Market Road, N7 9PL	People with learning disabilities	Check the activity finder for session times.
Football	Arsenal in the Community	Arsenal Hub, 56 Benwell Rd, N7 7BA	People with disabilities	Inclusive football sessions.
Pan-Disability Football	Camden & Islington Youth Football League	Market Road Football Pitches, N7 9PL	Under 12s and Under 16s	Offers pan-disability football opportunities.
Football	The Elfrida Society	Market Road Football Pitches, N7 9PL	People with learning disabilities	Inclusive football sessions.
Football	North London United	Arsenal Hub, 56 Benwell Rd, N7 7BA	Young people with Down's Syndrome	Specialized football sessions.

For people with a disability (continued)

Please note that this is a guide only - check with venue (May 2025)

Activity	Provider	Location	Target Group	Schedule/Notes
Walking Football	Mencap	Spa Fields, EC1R 9WX	Adults with learning disabilities	Walking football sessions.
Football	Pro Touch SA	Market Road Football Pitches, N7 9PL	Adults with learning disabilities	Inclusive football sessions.
Gym Sessions	Mencap	Sobell Leisure Centre, N7 7NY	Adults with learning disabilities	Gym sessions tailored for participants.
Martial Arts (MMA)	Mixed Martial Arts for Reform and Progression	Rivercross Community Centre, 60 Lough Rd, N7 8RH	People with disabilities	MMA sessions; see the relevant leaflet for details.

Islington Activity Finder

The Islington Activity Finder is an online tool that helps residents discover local sports, fitness, and wellness activities. You can search by activity type, age group, day, cost, location, and accessibility needs. It includes options for children, adults, older people, and those with disabilities.

Visit: islington.activityfinder.net

Use it to browse events, filter by preferences, and book sessions directly. It's ideal for staying active, finding inclusive activities, and connecting with your community.

For more information please contact us:

020 7281 6018

gethelp@ageukislington.org.uk



Healthwise programme

For Islington residents 18yrs+ wanting to manage their health, even with a long-term health condition



What is Healthwise?

The Healthwise Scheme introduces individuals to the benefits of physical activity to help reduce the risk of ill-health and manage existing health conditions.

Who is eligible?

The 12-week programme is free to access for Islington residents aged 18yrs+. A membership is required to participate in Islington leisure centre activities.

The benefits

Physical activity has many benefits for health.

Being active helps to cut the risk of many health conditions and can help with managing conditions if they develop, including many long term conditions, depression or anxiety.

Who delivers Healthwise

The programme is delivered by GLL, who manage Islington's leisure centres.

What the programme offers

The 12-week programme offers personalised physical activity plans and group-based classes. These are designed to help participants to safely increase their activity levels and become confident at achieving the recommended daily activity guidelines.

What the programme offers

Residents can access the Healthwise programme for free although a membership is required to participate in leisure centre activities (gym, group exercise and swimming sessions).

The leisure centre membership is not compulsory; there are a range of other activity options available across Islington as well as a home-based programme.



How to get Healthwise

The scheme is by referral only, which is by a GP or other health professional in a GP surgery, or by a social prescribing link worker.

More information at:

<https://www.better.org.uk/leisure-centre/london/islington/sobell/healthwise-islington>

Manage your health even with a long-term condition:

**Heart disease
Stroke
Dementia
Obesity
High blood pressure
Type 2 diabetes
Cancer
Falls & frailty
Insomnia
Depression
Anxiety
Mental ill-health**

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

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