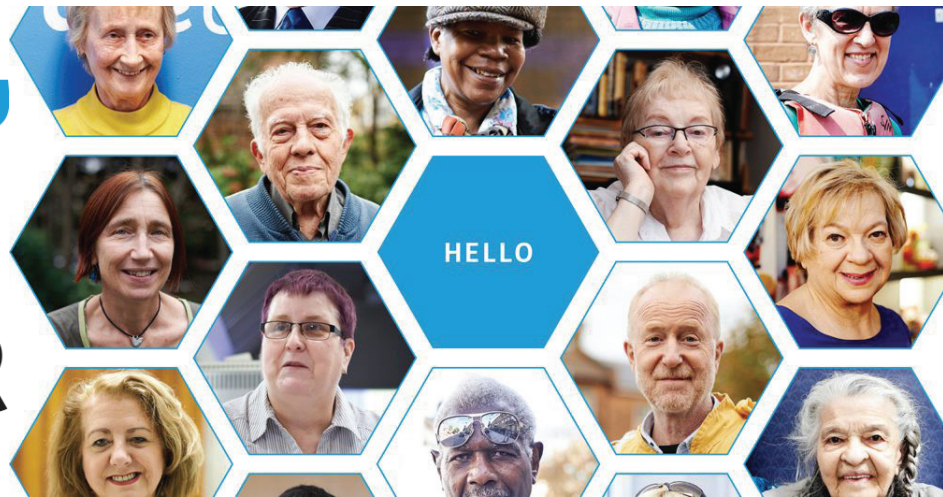


GET TOGETHER



KEEPING ISLINGTON ACTIVE & CONNECTED

Jan-March 2020

Starting the New Year

This 2020 new edition of Get Together is full of things for you to do and places to see. From regular weekly Community Get Togethers to Special Events including theatre performances, film, gardening, free sightseeing and more. You can also make the most of your weekends and enjoy the vibrant Saturday Socials Weekend Programme as well as Events and Classes brought to you by Islington's libraries. (p.6-7).

With the start of the New Year, we'd like to bring you an update as to how we're getting on with finding new "homes" for activities that currently take place at the Drovers Activity Centre, with its closure at the end of January.

We're delighted to confirm that the majority of the activities which are currently taking place at Drovers will move to six Islington Community Centres. Those activities that have already been confirmed as moving, are listed in the magazine on pages 2–3, together with details of transport links.

The six Community Centres will be welcome new venues in our network of Get Togethers. Our Get Togethers are designed to appeal to a broad audience, enabling people to keep active, develop new skills and interests – either for free or at an affordable price.

Andy
Andy Murphy,
CEO Age UK Islington



REGULAR ACTIVITIES AT THE DROVERS ACTIVITY CENTRE

This is a list of Activities and Classes previously taking place at the Drovers Activity Centre. All of these Activities and Events have now been relocated to new venues and Community Centres nearby and the moving dates and venues listed below.

Up-to-date information on our services and activities can be found on our website or alternatively from our Helpline number below.

www.ageuk.org.uk/islington

Helpline: 020 7281 6018

MONDAY

SUGAR CRAFT

Now at The Nailour Centre
10am - 12noon.

CHAIR PILATES

Now at The Williamson Street
Centre 3:30pm - 4:30pm.

TUESDAY

TAI-CHI

Now at The Goodinge Centre
10:30am - 12noon.

KEEP FIT

Now at The Goodinge Centre
1:30pm - 2:30pm.

SPANISH

Now at The Goodinge Centre
2pm - 3:15pm.

IT AND LIGHT LUNCH

Now at The Westbourne
Centre 12:15 - 2pm.

HAIRDRESSING DROP IN

Moving to The Williamson
Centre from the 4th February
9:30 - 1:30pm.

WEDNESDAY

CREATIVE MUSIC GROUP

Moving to The Nailour
Centre from the 5th February
10am - 12noon.

PHOTOGRAPHY

Moving to The Westbourne
Centre from the 5th February,
time TBC.

SPECIAL REMINISCENCE

Now at The Cally Clock Tower
11am - 12noon.

NEEDLECRAFT

Now at The Cally Clock
Tower - Tolpuddle Cafe
1pm - 2:30pm.

BLOOMIN' GARDENERS

Now at The Cally Clock Tower
2pm - 4pm.

LINE DANCING

Now at The Goodinge Centre
5pm - 7pm.

THURSDAY

BOCCIA

Moving to The Nailour Centre
Fortnightly from 13th February
1:30pm - 2:30pm.

TABLE TENNIS & GAMES

Moving to The Nailour Centre
From 6th February 10am -
12noon.

COMMUNITY KITCHEN AND LUNCH

Moving to The Nailour Centre
from 6th February 10am -1pm.
First Thursday of each month.

FABRIC PAINTING & EMBROIDERY

Moving to The Westbourne Centre from the 30th January
2pm - 4pm.

FRIDAY

SHORT MAT BOWLS

Moving to The Nailour Centre
from 7th Feb. 10am -12noon.

WATERCOLOUR

Moving to The Cally Clock Tower from the 31st January.
1:30 - 3:30pm

GENTLE EXERCISE

Moving to Hilldrop Community Centre, Community Lane,
Hilldrop Road, N7 0JE
Monthly from 7th February
11am - 12noon.



SIX NEW VENUES AROUND ISLINGTON

NAILOUR CENTRE

0.7 miles/12 min
Buses: 17 / 91 / 259 / 274.
HMP Pentonville (Stop H),
then 4 minute walk.
Tube: Cally Road Station,
then 8 minute walk.
Main Hall (90) + kitchen.

GOODINGE CENTRE

110 yds/1 min
Buses: 393 to Goodinge
Health Centre.
Tube: Cally Road Station,
then 10 minute walk.
Two Halls (60) + Meeting
Room and kitchen

LORAINE CENTRE

0.8 miles/16 min
Buses: 43 / 153 / 263 / 271 /
393. Camden Road (Stop T),
then 1 minute walk.
Tube: Holloway Road station,
then 3 minute walk.
Main Hall (60) + Kitchen

WESTBOURNE CENTRE

0.8 miles /16 min
Buses: 17 / 91 / 259 / 274
HMP Pentonville (Stop H)
then 8 minute walk.
Tube: Cally Road Station,
then 6 minute walk.
Main Hall (80) + Meeting
Room and Kitchen.

WILLIAMSON STREET

0.9 miles /18 min
Buses: 17 / 29 / 91 / 253 /
254 259 / 393. Chambers
Road (Stop L), then 2 minute
walk.
Tube: Holloway Road
Station, then 11 minute walk.
Main Hall (70) + Kitchen

CALLY CLOCK TOWER

Caledonian Park, Market
Road, N7 9HF. Just across
the road from The Drivers
Centre.

REGULAR GET TOGETHERS

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

For queries and booking please call our Helpline on:

020 7281 6018

MONDAY ▼

DUKE OF CAMBRIDGE COFFEE MORNING

30 St Peters Street, N1 8JT.
12noon - 2pm - Free
Enjoy fresh tea and coffee and great company. Weekly, with monthly guest speaker.

Andrew Lee - 10 Feb: The White Conduit House: an exploration of its lively history.
Arthur Stirling - 23 March: 'More from Arf.'

CURIOUS ABOUT LONDON?

Mon 27th Jan at 10.15am.
Join Colin for a full day tour of the Tower of London. Places MUST be booked in advance. Packed lunches recommended. Meet outside the ground floor exit of the Tower Hill station
19 spaces - Free.

TUESDAY ▼

ADRIANNE'S AFTERNOON BOOK CLUB

Tolpuddle Cafe, 37 Clock View Crescent, Market Est, N7 9FR.
1st Tues of the month, 2 - 3pm.

SOBELL CENTRE BETTER GET TOGETHER

Hornsey Road, N7 7NY

Weekly 10.30am - 1pm - £2.
Table tennis, bowls, short tennis, gentle stretch, badminton, dominoes, zumba, refreshments, use of gym and more.

BREAKFAST CLUB ANGEL

31 Camden Passage, N1 8EA
Fortnightly from 14th Jan.

3.30 - 5pm - Free.

Fun and friendly coffee afternoon with great conversation and refreshments.

Booking only - limited spaces.

WEDNESDAY ▼

LATE LUNCH & SOCIAL AT THE WHITE SWAN

256 Upper Street, London N1
Weekly 2.30 - 4.30pm - Free.
Meet Ella at our Age UK Islington table. Enjoy lunch, snack or just a cuppa and chat.

UNION CHAPEL CULTURAL CAFE

Compton Terrace, N1 2UN
Third Wednesday of the month
1 - 2pm - Free.
Food, art and music for the middle of the week.

THURSDAY ▼

OLDEN GARDENS

Whistler Street N5 1NH.
Third Thursday from March - Oct, 10am - 12noon - Free.
Social gardening group with friendly expert Andrew.
Not green fingered? Enjoy a cuppa in this tranquil space.

YVE'S MORNING BOOK CLUB

Cote Brasserie 4 - 6 Islington Green, The Angel, N1 2XA.
2nd Thurs of the month from 16th Jan, 11am - 12noon - Free.

PARK THEATRE

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

2 - 3pm - pay-what-you-can
Start with £1 tea and coffee in a reserved area then make your way to the matinée.

ART HOUSE CINEMA

159A Tottenham Lane, N8 9BT
Second Thursday of the month.
Times vary - £2 showing, £1 refreshments.

Call our Helpline to find out time and showing.

WALK & TALK Fortnightly.

Thurs 9th Jan: Highgate Wood - meet Archway Station 2pm.
23rd Jan: Trafalgar Square and St James Park - meet at The Drivers Centre 2pm.

COSTA COFFEE IT SESSION

382 Holloway Road, N7 6PN
Last Thursday of the month
5:15pm - 7pm - FREE.
Bring your laptop or smartphone and your questions!

FRIDAY ▼

IT HELP WITH EXPEDIA

IT drop in session.
Angel Square, 2 The Angel, London EC1V 1NY (next to Angel tube station).
10th Jan / Feb 7th - Free
11am - 12:30pm.

Please book: 020 7281 6018.

KEEPING IN TOUCH

For further information on any of our Activities, please visit our Contact Centre at 9 Manor Gardens, call our Helpline on **020 7281 6018** or visit: **www.ageuk.org.uk/islington**

SPECIAL EVENTS

Check out the special events we've got planned out in the community. Our special events and exhibitions are FREE.

BOOKING ESSENTIAL:

Call 020 7281 6018. For all exhibitions, please meet at the entrance of the exhibition unless otherwise stated.

TWO TEMPLE PLACE

Unbound – Visionary Women Collecting Textiles.

Including a 15 min talk from Rebecca Hone, introducing the exhibition.

Thurs 30th Jan

Thurs 6th Feb

Meet at 11.00am

10 spaces per date.

VICTORIA AND ALBERT MUSEUM

V&A: Cars: Accelerating the Modern World.

Mon 20th Jan

Thurs 20th Feb

Meet at 11.00am

10 spaces per date.

VICTORIA AND ALBERT MUSEUM

Kimono: Kyoto to Catwalk:

Mon 9th March

Thurs 26th March

Meet at 11.00am

10 spaces per date.

ESTORICK GALLERY

A Futurist Life: Tullio Crali:

Mon 10 Feb 2020

Meet at 11.00am

10 spaces.

CALEDONIAN PARK CLOCK TOWER TOUR

Thurs 26th March

11am - 12pm - FREE

12 spaces.

BOCCIA LEAGUE

St Lukes's,

90 Central St, EC1V 8AJ.

Tues 7th Jan - 2-4pm.

THE BRITISH MUSEUM

Community Evening View-Inspired by the East & Troy.

Great Russell Street

London WC1B 3DG

Sat 11 Jan from 18.00 - 20.30

15 spaces.

TATE MODERN: Dora Marr.

Discover the exceptional life and work of this surrealist artist.

Thurs 12th March

Meet at 11.00am.

15 spaces.

TATE BRITAIN

British Baroque: Power and Illusion.

Uncover the art of an age of transformation.

Mon 17th Feb. Meet at 11.00am

15 spaces.

TATE BRITAIN: Aubrey

Beardsley.

The largest and most extensive exhibition of his drawings for over 50 years.

Mon 23rd March

Meet at 11.00am.

15 spaces.

THE WALLACE COLLECTION

Tea and Tour:

Friday 17th Jan, 1.30 - 3.00pm

Tea and Highlights Tour. Meet in the entrance at 1:15pm.

15 spaces.

SUPPORT FROM LinkedIn:

For retirees wanting to return to work. One-to-one sessions will be held with LinkedIn volunteers. The Ray, 123 Farringdon Rd, Farringdon, London EC1R 3DA.

Jan 24, Feb 21, March 20.

Time: 10.30am - 1pm

10 spaces available.

Keeping you informed.

Age UK Islington provides connection to activities plus much more – from information & guidance to practical one-to-one support for more complicated issues.

Monthly e-newsletters

We'd like to keep you "in the know" through our regular FREE Age UK Islington Wellbeing monthly mailings:

- **Social:** *what's on & getting out*
- **Health:** *keeping active & healthy*
- **Money:** *grants & money saving tips & offers*
- **Home:** *tips about repairs & help*
- **Independent:** *keeping safe & independent*
- **Work & skills:** *IT workshops, budgeting*

To make sure you can receive these mailings by email (or in future, through a link sent by text) – please call our Helpline with your email and mobile phone number.

Helpline - for information call **020 7281 6018.**

Contact Centre – drop-in for information or guidance at our contact centre at 9 Manor Gardens, N7 6LA.

Website: www.ageuk.org.uk/islington

LISTINGS & EVENTS FROM ISLINGTON LIBRARIES

WEST LIBRARY TEA DANCE WITH VERA THE DIVA

Last Tues of each month.

2 - 4pm. West Library, Bridgeman Rd, London N1 1BD. Vera the Diva will be leading and teaching at this monthly Tea Dance downstairs at the West Library. Free entry, free biscuits, free tea, free dance.

www.healthygenerations.org.uk
0798 114 2376.

PILATES CLASSES WITH

ALICE Thurs 11.30 - 12.30pm.

Cat and Mouse Library
277 Camden Rd, N7 0JN. £3
For men and women all ages.
Wear loose clothing - bring mat.
www.healthygenerations.org.uk
0798 114 2376.

KEEP FIT CLASSES WITH PETRA

Thurs 11.30am - 12.30pm.

Cat and Mouse Library
277 Camden Rd, N7 0JN. £3
Healthy Generations fitness classes at the Cat and Mouse Library. For anyone with osteoporosis or osteopenia. Wear loose clothing - bring mat.
www.healthygenerations.org.uk
0798 114 2376.

LAPTOPS AND GADGETS

DROP IN Thurs 10am - 1pm and 2 - 4.30pm.

West Library
Bridgeman Road N1 1BD.
Learn to 'tame' your gadget - support to use IT devices.

www.islington.gov.uk/libraries
or follow us on Twitter
[@islingtonlibs](https://twitter.com/islingtonlibs)

3 KEEP FIT CLASSES

North Library, Manor Gardens
London N7 6JX.

Men and women all ages.

Gentle Exercise - Free

Every Tuesday 1.30 - 2.30pm.

Keep-fit - £3 Every Thursday 6.30-7.30pm.

Remedial Osteoporosis - £3 Every Friday 11 - 12 noon.

www.healthygenerations.org.uk -
0798 114 2376

GENTLE EXERCISE FOR OLDER PEOPLE

Tuesdays 2 - 3pm.

(except last Tuesday of the month). Gentle exercise for older people for maintaining increased activity and fitness.
West Library, Bridgeman Road, N1 1BD. **0207 527 7920**
No need to book, just turn up.

KNIT AND KNATTER

Last Monday of the month.

(Not bank holidays). From 6pm.
N4 Library, 26 Blackstock Road, N4 2DW. Refreshments provided. **Free.**

MINDFULNESS COLOURING

Every Monday, 4pm.

N4 Library, N4 2DW.
Materials are provided or you can bring your own. **Free.**

HOME LIBRARY SERVICE

New authors and old favourites. Let the library come to you in the comfort of your own home. Free service.

Contact: **020 7527 7980**

(9am - 5pm, Monday - Friday).
You can also email:
home.libraryservice@islington.gov.uk

LISTINGS & EVENTS

SATURDAY SOCIALS

JANUARY 2020

CREATIVE TASTER

Cubitt, 8 Angel Mews (just off Pentonville Road) N1 9HH
Further info: **020 7278 8226**
Saturday 4 Jan, 10am - 12pm.
Join visual artist Lucy Steggals to experiment with materials, make objects, images and connections through sharing ideas. *Presented by Cubitt.*

SILVER THREADS

Arsenal Hub – Emirates Stadium: 56 Benwell Road N7 7BA. Call 020 7689 4646 for more details to book your place.
Saturday 11 Jan, 11am - 1pm.
Share stories and be creative with poet Francesca Beard and photographer Leticia Valverdes. *Presented by All Change.*

SEATED YOGA

Holloway Neighbourhood Group: The Old Fire Station, 84 Mayton Street, N7 6QT. Call 0207 118 3838 for any questions or further details.
Saturday 18 January, 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.

BURNS NIGHT

Birchmore Hall, Highbury
Quadrant, N5 2UA.

Call 0207 118 3838 for any
questions or further details
Saturday 25 January, 3 - 5pm

Come and celebrate with your
younger neighbours in true
Scottish style at our Burns Night
celebrations. Take part in some
traditional festivities and learn
more about the esteemed poet
Robert Burns.

*Presented by North
London Cares.*



Despite Drovers closing at the end of January, Age UK Islington will continue to keep you in touch with lots of activities and events that take place in Islington, including our extended network of Get Togethers in venues such as, cafes, museums, leisure centres and community centres.

We'll be supporting people who currently use Drovers to continue attending their favourite activities in new locations or to find something new that matches their needs and interests. We'll be working closely with Islington Council to achieve this, taking into account individual's needs and circumstances as well as social groups and friendships.

Age UK Islington has planned for two social workers from both the North and South Social Services teams to attend the Drovers Centre in January, to meet with clients and identify if there are grounds for a Care Needs Assessment. This will be an opportunity for any clients struggling with their care needs, to explore any additional support that might be available to them.

This is being held on:

Wednesday 8th January 2020 between 10 - 1pm.

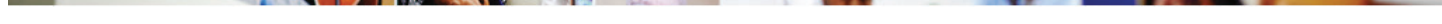
Going forward, we'll also be supporting people who might find it really difficult to get out in the first place and who are "stuck" at home. Our caseworkers will be able to provide support to overcome barriers to them getting out, and the help and encouragement to find activities of interest, and places to find friends.

Our aim is to work with people, no matter what their circumstances, to ensure that we play a key role in combatting social isolation in Islington, and helping to keep people active and connected.

Make sure that we have your latest email and mobile phone number, so that we can keep you in touch with the activities and support that is available to you in Islington –
call our Helpline 020 7281 6018.

Saturday Socials are brought to you by:





LET'S TALK.

To start a conversation:

Helpline:
020 7281 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

GET HELP