

GET TOGETHER



FOR A GOOD LIFE IN ISLINGTON

Oct-Dec 2019

Foreword Thinking

As we leave the summer months behind, to make way for the winter, we have lots of old and new activities for you to attend. Whether you're looking to improve your fitness, be creative, learn a new skill or simply make some new friends, we have the activity for you.

As well as organising a range of fun and interesting activities, did you know we are here to support your wider wellbeing? Our mission is to help people achieve a "Good Life". We can help you find the information you need, or one-to-one appointments with a member of staff to help you overcome more complicated problems. From transport, to money to meeting people - we focus on what matters to you. If you'd like some more support or find yourself needing extra help over the Christmas period, please feel free to call us on 020 7281 6018.

Andy
Andy Murphy,
 CEO Age UK Islington

REGULAR DROVERS ACTIVITIES

19 North Road, N7 9EY.
 020 7607 7701

Please be mindful **this list is not exhaustive** but a flavour of our regular sessions at Drovers.

MONDAY

SUGAR CRAFT
 10am-12noon – Free

CARD GAMES
 1-3pm – Free

CHAIR PILATES
 3.30-4.30pm – £3

TUESDAY

TAI-CHI
 10.30am-12noon – £3

PAINTING & ART
 11am-1pm – Free

KEEP FIT
 1.30-2.30pm – £2

WEDNESDAY

MUSIC GROUP
 10.30am-12noon – Free

BLOOMIN' GARDENERS
 2-4pm – Free



CARDIO FUN
 3pm-4pm – £3

**THURSDAY
HAIRDRESSING**

9.30am-12noon – £ varies

TABLE TENNIS & DOMINOES
 10am-12noon – Free

BINGO
 1-3pm – Free

FRIDAY

SHORT MAT BOWLS
 10am-12noon – Free

WATERCOLOUR
 1-3pm – Free

CHAIR YOGA
 2-3pm – £3

MORE TO EXPLORE!
 There's too much to fit on this page, for the full list please pick up the Drovers monthly timetable from Drovers or visit www.ageuk.org.uk/Islington/activities-and-events/

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 or travel advice call 020 7281 6018 or 020 7607 7701.

MONDAY ▼

DUKE OF CAMBRIDGE COFFEE MORNING

30 St Peter's Street, N1 8JT
Weekly with monthly guest speakers.

12-2pm – Free

Enjoy fresh tea and coffee and great company.

14th Oct – Andrew Lee

Celebrating heritage and how the developments in King's Cross have shifted over time; from demolition to conservation, restoration and re-use of the area's heritage assets.

11th Nov – Reagan Kiser

Join us to learn about the work that the the British Museum do. You'll even get to do some object handling.

9th Dec – Juliet McNelly

Come and hear more about North London Cares Winter Wellbeing Project.

"I really enjoy meeting up with friendly people each week which is nicely complimented with the monthly guest speakers. Last month's guest speaker was very, very good. Really inspiring."

"Getting out & seeing more has honestly changed my life."

TUESDAY ▼

ADRIANNE'S AFTERNOON BOOK CLUB

Holy Innocents Church,
134 Tottenham Ln, N8 7EL

1st Tuesday of the month

2pm-3pm – Free

Friendly discussions on modern literature and autobiographies.

1st Oct –

"A Very British Coup" by Chris Mullin.

5th Nov –

"Conundrum" by Jan Morris.

3rd Dec –

"Airhead" by Emily Maitles.

ALMEIDA THEATRE COFFEE MORNING WITH IT SUPPORT

Almeida Street, N1 1TA

8th Oct, 12th Nov & 17th Dec

11am-12.30pm – Free

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

SOBELL CENTRE BETTER GET TOGETHER

Hornsey Road, N7 7NY

Weekly

10.30am-1pm – £2.

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

BREAKFAST CLUB ANGEL

31 Camden Passage, N1 8EA

Fortnightly from 8th Oct

3.30-5pm – Free

Fun & friendly coffee afternoon with refreshments. 12 spaces, first come first served basis.

ISLINGTON BOCCIA LEAGUE Monthly

2.30-5pm – Free

A social precision ball game, played sitting down. No experience needed and everyone is welcome.

Lorraine Estate Community Centre

356 Holloway Road, N7 6PA
Tues 29th Oct 2019

Drovers Centre

19 North Road, N7 9EY
Tues 26th Nov 2019

WEDNESDAY ▼

THE CORONET LATE LUNCH & SOCIAL

338-346 Holloway Road, N7 6NJ

Weekly – Pay for your purchase

2.30-4.30pm

Meet Ella at our Age UK Islington table for food or drink.

UNION CHAPEL CULTURAL CAFE

Compton Terrace, N1 2UN

3rd Wednesday of the month

1-2pm – Free

Food, art and music.

THURSDAY ▼

SENSORY WALK DEMENTIA-FRIENDLY

Caledonian Park, Market Rd, N7 9PL

First Thursday of the Month

11am onwards – Free

Gentle walks for people living with Dementia and their carers. The walks are carefully designed to interest all, but with dementia awareness. Meet at Drovers. Booking required.

WALK AND TALK**Fortnightly****2-4pm – Free****10th Oct – South London Walk**

Walk from Lambeth Bridge to Battersea Park taking in Nine Elms, the American Embassy & Battersea Power Station. Meet at Highbury & Islington Station at 2pm.

24th Oct – Woodberry**Wetlands**

Meet at Finsbury Park Station at 2pm.

7th Nov – Kenwood House

Meet at Archway Station at 2pm.

21st Nov – Parkland Walk

Meet at Finsbury Park Station at 2pm.

5th Dec – Gillespie Park

Meet at Finsbury Park Station at 2pm.

19th Dec – Kyoto Garden, Holland Park

Visit this Japanese Garden. Meet at Finsbury Park Station at 2pm.

OLDEN GARDENS*Whistler Street, N5 1NH***3rd Thursday of the month****10am-12noon – Free**

Social gardening group with friendly expert, Andrew.

Not green fingered? Enjoy a cuppa in this tranquil space.

CURIOUS ABOUT LONDON?**Monthly****Usually 10.30am-12pm – Free**

Group sightseeing.

As there is limited availability, all of these require booking - 020 7607 7701.

17th Oct – Tower of London

Join Colin on a full day tour. Meet outside the ground floor exit of the Tower Hill station at 10.15am. (19 spaces)

21st Nov – St Paul's Cathedral

Gain access into the beautiful Anglican Cathedral. Cathedral floor, Crypt and the Stone & Golden Galleries. (19 spaces)

19th Dec – Festive Walk

Join David for a walk along the Southbank and soak up the Christmas atmosphere. Meet in front of the London Eye at 10.30am.

YVE'S MORNING BOOK CLUB*Côte Brasserie 4-6 Islington Green, The Angel, N1 2XA***2nd Thursday of the month****11am-12noon – Free****10th Oct –**

"The Bluest Eye" by Toni Morrison, her first novel, published in 1970.

14th Nov –

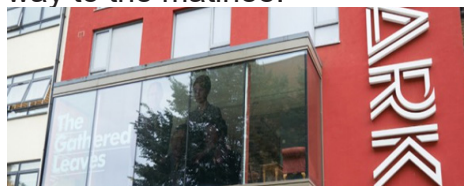
"The Noise of Time" by Julian Barnes.

12th Dec –

"A Harlot High and Low" by Honore de Balzac published in 1839.

PARK THEATRE*11-13 Clifton Terrace, N4 3JP***First Thursday of the month****2pm-3pm – pay-what-you-want**

Start with £1 tea and coffee in a reserved area then make your way to the matinée.

**ART HOUSE CINEMA***159A Tottenham Ln, N8 9BT***Second Thursday of the month****Times vary – £2 showing, £1 refreshments**

Call Drivers Centre the Monday before to find out time and showing.

PAINTING APPRECIATION AT THE NATIONAL GALLERY*Trafalgar Square, WC2N 5DN***Third Thursday of the month****11am-1pm – Free**

Come and learn about individual paintings under skilled guidance. Meet on the benches inside the Sainsbury Wing (12 spaces)

COSTA COFFEE IT SESSION*382 Holloway Road, N7 6PN***Last Thursday of the month****5.15pm-7pm – Free**

Bring your laptop, tablet or smartphone and your questions!

FRIDAY**IT HELP WITH EXPEDIA***The Angel Building, 407 St John Street, EC1V 4EX***First Friday of the month****11am-12.30pm – Free**

IT drop in session.

Please book: 020 7281 6018.

GETTING STARTED

If you are 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!

SPECIAL EVENTS

Check out the special events we've got planned **out in the community** & at our **Drovers Centre**.

If an event has a number of spaces available, then they **REQUIRE BOOKING** - 020 7281 6018 or 020 7607 7701. For all exhibitions, please **meet at the main entrance of the building** unless otherwise stated.

AT DROVERS

All at 19 North Road, N7 9EY

SILVER SUNDAY; AUKI'S CELEBRATION OF CULTURE

Sunday 6th October

1pm-3pm – Free

Join us for a festival of food, music and fun. Bring a dish from your culture. (40 spaces)

SPECIAL REMINISCENCE

All 11am-12pm – Free

1st Wednesday of the Month

Creative music group harmonised sing-a-long. No experience needed.

2nd Wednesday of the Month

Presentations with Colin Levy, dipping into his vintage postcard collection of Islington.

Wednesday 23rd October

As part of Black History Month Aisha from Every Voice will run a reminiscence session focusing on black culture. We invite people to bring in family photographs.

Wednesday 20th November

Back by popular demand - poetry with Glenda Daniels.

Wednesday 27th November

Fraud and Scam workshop delivered by Santander bank.

ART EVENINGS

All 5.30pm-7pm – Free

(40 spaces per date)

Thursday 31st October

Our wonderful photography group will discuss their work and recent exhibition in South Korea.

Thursday 28th November

Drover's creative music group will do a performance of recently composed pieces & world music with instruments and harmonies.

SPECIALISED IT SUPPORT

All 3-4.30pm – Free

(15 spaces per date)

Please bring your tablets and/or phones to all sessions below.

Friday 4th October

Security/staying safe online.

Friday 11th October

Social media training.

Friday 18th October

Buying online.

Friday 25th October

Digital skills.

THE BIG DRAW

Thursday 10th October

12-2pm & 2-4pm – Free

A day at Drovers devoted to drawing. First session 'Experimental large-scale Drawing' then the second session explores innovative ways of drawing with textiles and thread. (15 spaces)

GENTLE EXERCISE

Fridays; 11th Oct, 8th Nov and 6th Dec

11am-12noon – Free

Come and join this class run by experienced tutor Caroline Kelly.

CHRISTMAS DINNER PARTY

Wednesday 11th December

12noon-3pm – £3

Join us for an afternoon of food, entertainment and merriment. Tickets will be issued on a lottery basis, must show interest to be included. (40 spaces)

CAROLS BY CANDLELIGHT

Thursday 19th December

5-6.30pm – Free

Come along for a Christmas sing-a-long, mince pies, mulled wine and lots of festive cheer. (40 spaces)

Travelling to Drovers:

Tube: Caledonian Road (10 min walk to Drovers Centre).

Buses: 17, 91, 259 & 274 all stop at Cally Rd Tube Station. 390 stops on York Way (5 min walk).

393 stops right outside the Goodinge centre.

IN THE COMMUNITY

HARVEST FESTIVAL AFTERNOON TEA

100 Cheapside, EC2V 6DY

Friday 4th October

2-4pm – Free

Our friends at Goodwin Law, are hosting a festival themed party for us including bingo and afternoon tea. (20 spaces)

BRITISH MUSEUM - INSPIRED BY THE EAST

Great Russell Street, WC1B 3DG

Sunday 6th October

12pm onwards – Free

Explore how the Islamic world influenced western art. (15 spaces)

V&A - FOOD BIGGER THAN THE PLATE*Cromwell Rd, SW7 2RL***Mon 7th & Thur 17th October
11am onwards – Free**

From gastronomic experiments to urban farming, this exhibition brings together the politics and pleasure of food to ask how the choices we make can lead to a more sustainable, just and delicious food future. Meet at the main entrance off Cromwell Road. (10 spaces per date)

WALLACE COLLECTION - TOUR AND DRAW*Hertford House, Manchester Square, W1U 3BN***Wednesday 9th October
1.30-3.30pm – Free**

Enjoy this wonderful collection and draw with an artist's guidance at the same time. (15 spaces)

ESTORICK - UMBERTO BOCCIONI: RECREATING THE LOST SCULPTURES*39a Canonbury Square, N1 2AN***Monday 21st October
11am-1pm – Free**

Using a wealth of photographic source material and groundbreaking 3D printing techniques, artists Matt Smith and Anders Råden have recreated three of the Boccioni's iconic striding figures. (25 spaces)

KEW GARDENS SPECIAL SENSORY TOUR*Richmond, TW9 3AB***Wednesday 23rd October
2pm onwards – Free**

Discover a different side to Kew with a sensory tour through sound. Meeting at Kew's Main entrance at Victoria Gate. (15 spaces)

“Thank you for opening my eyes to how interesting these galleries can be.”

TATE MODERN - OLAFUR ELIASSON: IN REAL LIFE*Bankside, London SE1 9TG***Thursday 24th October
11am onwards – Free**

In Eliasson's captivating installations you become aware of your senses, people around you and the world beyond. Meet at main entrance on the Riverside. (15 spaces)

WELLCOME COLLECTION - PLAY WELL*183 Euston Road, NW1 2BE***Wednesday 30th October
11.30am onwards – Free**

Explore how play transforms both childhood and society. (15 spaces)

TATE BRITAIN - WILLIAM BLAKE EXHIBITION*Millbank, SW1P 4RG***Monday 4th November
11am onwards – Free**

William Blake was a painter, printmaker and poet who created some of the most iconic images in British art. Meet at the Manon entrance. (15 spaces)

V&A - TIM WALKER: WONDERFUL THINGS*Cromwell Rd, SW7 2RL***Monday 4th November
11am onwards – Free**

Experience the creative process of one of the world's most inventive photographers through his pictures, films, photographic sets, and special installations. Meet at the main entrance off Cromwell Road. (10 spaces)

WELLCOME COLLECTION - BEING HUMAN*183 Euston Road, NW1 2BE***Wednesday 6th November
11.30am onwards – Free**

Explore what it means to be human in the 21st century. (15 spaces)

HOUSE OF ILLUSTRATION - COLD WAR GRAPHICS FROM CUBA*2 Granary Square, Kings Cross, N1C 4BH***Thursday 14th November
11am onwards – Free**

An unprecedented exhibition of original Cuban propaganda posters and magazines. (20 spaces)

TATE MODERN - DORA MAAR EXHIBITION*Bankside, London, SE1 9TG***Monday 25th November
11am onwards – Free**

Explore the largest retrospective of Dora Maar ever held in the UK. Meet at main entrance on the Riverside. (15 spaces)

CALEDONIAN CLOCK TOWER TOUR*Clock Tower in Caledonian Park, Market Road, N7 9HF***Thursday 5th December
11am-12pm – Free**

Join a tour of this newly renovated historic landmark. Must be able to climb the stairs and please wear suitable shoes and clothing. Meet at the clock tower. (12 spaces)

“I am less stressed that's for sure and all the people I've met have been very welcoming and friendly!”

LISTINGS & EVENTS

SATURDAY SOCIALS

OCTOBER ▼

*CREATIVE TASTER

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

Further info: 020 7278 8226

Saturday 5 Oct, 10am-12pm

Join visual artist Lucy Steggals to experiment with materials, make objects, images and connections through sharing ideas.

Presented by Cubitt

*GRANDDADS, DADS AND LADS

Emirates Stadium, N5 1BU

Call 020 7689 4646 or email projects@allchangearts.org to book

Saturday 12 Oct, 11am-1pm

All Change and Arsenal in the Community invite granddads, dads and lads (age 4-11) to join poet Paul Lyalls for a celebration of all things Arsenal FC. Follow in the footsteps of Nick Hornby and share your stories and experiences of the beautiful game in a fun filled poetry workshop for all generations.

Presented by All Change

SEATED YOGA

Holloway Neighbourhood Group, The Old Fire Station, 84 Mayton Street, N7 6QT

Call 020 7118 3838 for any questions or further details

Saturday 12 Oct, 2-3.30pm

Join your younger neighbours at this gentle seated yoga class.

Learn moves that improve your flexibility and reduce aches and pains, followed by tea, coffee and a chinwag. All welcome!

Presented by North London Cares

*CREATIVE TASTER

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

Further info: 020 7278 8226

Saturday 19 Oct, 10am-12pm

Join visual artist Lucy Steggals to experiment with materials, make objects, images and connections through sharing ideas.

Presented by Cubitt

*A DANCE FOR ALL SEASONS

Rich Mix, 35-47 Bethnal Green Road, E1 6LA

Call 020 7689 4646 for more details to book your place

Sunday 20 Oct, 3-6pm

Join us for a magical immersive performance created by our Silver Threads company of older people working with Francesca Beard and Leticia Valverdes. Mixing original dance, poetry, photography, film, music and sound - sharing original stories and inviting you to join in!

Presented by All Change

HALLOWEEN PARTY

Birchmore Hall, Highbury Quadrant, N5 2UA

Call 020 7118 3838 for any questions or further details

Saturday 26 Oct, 3-5pm

Expect both tricks and treats at this extravaganza. Join friends for an afternoon of pumpkins, party games, and a Halloween-themed disco. Dress up if you like, but if not don't worry there'll be plenty of spooky decorations to get you in the spirit!

Presented by North London Cares

*COLLECTIVE MEMORY – VISIT TO TATE BRITAIN

Meet at Cubitt, 8 Angel Mews, N1 9HH. Transport provided to: Tate Britain, Millbank SW1P 4RG

Call 020 7278 8226 to book.

Wednesday 30 Oct, 12noon-3pm

Cubitt's Home Library Service group invite you to visit the Tate Collection. Working with Ania Bas the group will discuss exhibitions, make artwork together in the gallery and access the archive. Transport from Cubitt provided.

Presented by Cubitt



Photo by Leticia Valverdes for All Change

*RUB-A-DUB CARIBBEAN SOCIAL

Sadler's Wells, Rosebery Avenue, EC1R 4TN

Call 020 7689 4646 or email projects@allchangearts.org to book.

Thursday 31 Oct, 2-5pm

Celebrate the finale of Going Places and the end of Black History Month 2019 with a Caribbean style social at Sadler's Wells. Enjoy a magical afternoon of Ska, Reggae, Rock-and-Roll and Calypso music, poetry and dancing!

Presented by All Change

Events marked * are part of the *Going Places 2019 Festival*. For more information visit either: www.cubittartists.org.uk or www.allchangearts.org

NOVEMBER ▼**CREATIVE TASTER**

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

Further info: 020 7278 8226

Saturday 2 Nov, 10am-12pm

Join visual artist Lucy Steggals to experiment with materials, make objects, images and connections through sharing ideas.

Presented by Cubitt

WHEN SATURDAY COMES

27 Dingley Place, EC1V 8BR

Call 020 7689 4646 for more details to book your place.

Saturday 9 Nov, 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 020 7118 3838 for any questions or further details

Saturday 9 Nov, 2-3.30pm

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

Presented by North London Cares



Photo by North London Cares

STARS IN THEIR EYES SPECIAL

Birchmore Hall, Highbury Quadrant, N5 2UA

Call 020 7118 3838 for any questions or further details.

Saturday 23 Nov, 3-5pm

Do you have a favourite singer you think you can do a brilliant impersonation of? Or simply fancy an afternoon listening to some great music? Well, join us for an afternoon of Stars in Their Eyes. We'll be joined by a professional impersonator who'll start the performances as well as giving neighbours the opportunity to get on stage.

Presented by North London Cares

DECEMBER ▼**CREATIVE TASTER**

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

Further info: 020 7278 8226

Saturday 7 Dec, 10am-12pm

Join visual artist Lucy Steggals to experiment with materials, make objects, images and connections through sharing ideas.

Presented by Cubitt

WHEN SATURDAY COMES

27 Dingley Place, EC1V 8BR

Call 020 7689 4646 for more details to book your place

Saturday 7 Dec, 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 020 7118 3838 for any questions or further details

Saturday 7 Dec, 2-3.30pm

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

Presented by North London Cares

THE ANNUAL SNOW BALL

Birchmore Hall, Highbury Quadrant, N5 2UA

Call 020 7118 3838 for any questions or further details

Saturday 14 Dec, 3-5pm

Get ready for our annual winter party. Meet new friends and catch up with your neighbours over a cuppa and treats. There'll also be a chance for dancing, games and some sing-along winter classics. Getting dressed up is welcome but optional! You never know, it may even snow!

Presented by North London Cares

and ...FRIDAYS**PEEL ART GROUP**

Three Corners Centre, Northampton Road, EC1R 0HU

Further info: 020 7278 8226

Every Friday 1.30-3.30pm

Join our friendly group of creative working with visual artist Hayley Harrison. Work with new processes and materials like drawing, painting & photography.

Presented by Cubitt

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: 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

