

Members of Dis Diamonds Havering Activities August printed 29/7/25 -for Over 50s Residents of Havering/Barking & Dagenham/Redbridge				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>everyMon exceptBHols</b> <b>3pm</b> Diamond Geezers Compasses Pub Hornc.	Find latest events and share ideas on Diamonds dedicated Facebook	<b>noon</b> StJosephs Lunch Upminster <i>every Wednesday until 23rdJuly</i>	Every Thursday on Zoom Free Art Class with Artist Ionna 3pm-5pm please ask for access code	<i>Every Friday Knit &amp; Natter</i> <i>Colley Rowe Pub</i>
<b>Saturday 2<sup>nd</sup> August</b> Frinton-on-Sea EPHG coach trip * <b>All EPHG Coach Trips book directly via Trevor 07771741948</b>				
<b>4</b> <b>10:30 -12:30</b> Harold Wood Hub -Craft with Amanda –must prebook	<b>5</b> <b>11pm</b> Fairlop Water Walk & Coffee- Barkingside	<b>6</b> <b>11am</b> Thurrock Garden Centre meet Romford Station <b>Noon-3pm</b> Queens Theatre Green Hornchurch Family Fun Day <b>12-2</b> King George V Lunch Gantshill	<b>7</b> Romford History Walk Tour and Pie & Mash Lunch 10:30 & 1pm 11-1 Bobby Moore Sports Hub Free Coffee morning Dagenham <b>1:30 -3:30</b> Thursday Chat Harold Wood Community Hub	<b>8</b>
<b>11</b> <b>12-2pm</b> Pipe Major Lunch & Bingo Dagenham	<b>12</b> <b>Eastbourne Coach Trip</b> <b>EPHG *</b> <b>1-3pm</b> Greyhound Harvester Chadwell Heath	<b>13</b> <b>noon -3pm</b> Family Fun day Macon Way Cranham <b>1pm</b> Sutton Arms Lunch Hornchurch	<b>14</b> <b>12-2</b> Eastbrook Pub Lunch & Bingo Dagenham <b>1:30 -3:30</b> Thursday Chat Harold	<b>15</b> <b>1pm</b> Book Club Romford Baptist ----- <b>Sunday Lunch 12:30</b> 17th Ardleigh Pub Hornchurch
<b>18</b> <b>10:30</b> Queens Theatre Hornchurch Coffee Morning <b>10:30 -12:30</b> Harold Wood Hub -Craft with Amanda – must prebook	<b>19</b> <b>11.30-1.30</b> Party with singer, Dagenham & Redbridge FC Party <b>2:30- 4:30</b> Pearl Lunch Hornchurch	<b>20</b> <b>12-2</b> Crowlands Lunch	<b>21</b> <b>10:30</b> Romford Baptist Coffee <b>1:30 -3:30</b> Thursday Chat Harold	<b>22</b>
<b>25</b> <b>Bank Holiday</b> <b>1pm-3pm</b> Colley Rowe Meet up / Cocktails/Lunch	<b>26</b> <b>10:45</b> Easy Art Harold Wood Hub <b>6pm</b> Mandarin Dinner Hornchurch	<b>27</b> <b>EPHG Coach Trip Anglesey Abbey</b> <b>in Cambridge *</b> <b>1-3</b> Kenneth Moore Bring your own lunch – Teas & Music Ilford £5	<b>28</b> <b>11am -1pm</b> Moon & Stars Brunch Romford <b>1:30 -3:30</b> Thursday Chat Harold <b>12-2</b> Old Maypole Lunch & Quiz Hainault	<b>29</b>

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

## Regular Weekly Events

**Every Monday -Monday Meet up. 10:00 onwards must be pre booked – limited space** Come and meet up with fellow Diamonds for a chat and coffee £2. Variety of refreshments, cakes and snack available – Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Lesley at 10:00. Why not stay on for lunch Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) lots of different activities or come for a chat. **Must be pre-booked – note some craft events will incur a charge of £4 as from July. If not already a member of the Monday group please contact to see if places available** – we also have Thursday afternoon club.

**Every Monday Diamond Gezzers 3pm-5pm** new venue as from Monday 4<sup>th</sup> August 2025 Diamond Gezzers moves to **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch Distict Line Tub Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place.

**Every Wednesday St Josephs Lunch Noon Upminster** CWL Lunch Club 12 noon at St Joseph's Social Club, St Mary's Lane Upminster RM14 2QB 01708 222432. £6 for either hot or cold lunch, pudding, cake or tea. Everyone will be very welcome meet Marion. Money raised is donated to charity please ensure prebook directly 01708 222432 –great price for 2 course lunch & tea must prebook with **St Josephs- Closed August for Summer Hols reopens 10<sup>th</sup> September**

**Every Thursday 1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about – meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. **pre book if possible**

**Digital Advice is available with Alan –available on pre request – please prebook session For a Thursday session at Harold Wood Hub**–please bring Digital device –Smartphone/ Table/ Laptop/Ipad – date when Alan will be available at the Hub will then be advised when booking

**Free Every Thursday free Art Watercolour Classes** every Thursday **3-5pm** with Artist Ioana Macovei on Zoom Popular very informal easygoing class please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to join group –Free ask for code. Open to all boroughs in Redbridge/Havering/ Barking & Dagenham

**Every Friday 10:30 -12:30** Knit and Natter – Every Friday 10.30-12, Colley Rowe Inn, Collier Row RM5 3PA. Bring crochet, knitting, cross stitch, sewing whatever you're working on or just come along for a chat. £1.50 for tea or coffee with refill. On the left as you go in, round table. Look out for Rene and other diamonds

**New To Disdiamonds or want to know more about Disdiamonds in Havering** welcome to attend **Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30** –let us know beforehand if coming.

**Want to know latest event join dedicated Disdiamonds Facebook** <https://www.facebook.com/groups/583061935616098>

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

Must prebook all events via [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk) events can change so ensure booked place – also come along to our coffee mornings/afternoons to be advised of last minute additional events.

**Saturday 01/08/25 EPHG coach trip to Frinton** Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8>

When booking please mention that you are a Disdiamond member

**Monday 04/08/25 10:30 -12:30 Harold Wood Hub Craft** with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Tuesday 05/08/25 11-1pm Walk, Fairlop Waters,** FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN <https://my.redbridge.gov.uk/map/parks-and-open-spaces/fairlop-waters> **462 bus from Ilford station to Fairlop Waters tube central line Fairlop, cross the road.** Meet in the café for coffee then walk around the lake, it takes 45 min to an hour (3.2KM) and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you can stay in the café till we come back and take in the scenery. Suitable footwear required, dress for the weather and bring water / sun hat if hot, we will just have a coffee morning if it's raining. email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change due to weather

**Wednesday 06/08/25 Thurrock Garden Centre meet Romford Station** at 11am & walk over the road to get 370 bus. Meet Rene & Laurie at Station Entrance Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change. Opportunity to purchase plants & craft or have lunch. For those that prefer to drive can meet there.

**12-3pm** Join us at free family fun day being hosted by Havering Council- Queens Theatre Green Billet Lane Hornchurch RM11 1QT – pop along and say hi to Disdiamonds and AgeUK RBH who will be having a stand at the event.

**12-2pm Lunch, King George V,** 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX [King George V pub in Ilford](#) | [Greene King Pubs \(greeneking-pubs.co.uk\)](https://www.greeneking-pubs.co.uk) 2 course £5.49, 3 courses £6.49. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place

**Thursday 07/08/25 Romford History Walking Tour and Pie & Mash** at Robins Pie & Mash Shop 10:30 and 1pm  
£5 charge for those Havering Residents been before and free for those been before in previous years.  
note this is being funded by Romford Mercury Mall & London Transport – so restricted to Havering residents only

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

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For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



**11-1pm Free coffee morning, Bobby Moore Sports Hub, Parsloes Park, Terrace Walk, Dagenham, RM9 5PU. 364** bus from Dagenham East station (stop N) then 5 min walk. **No 5** bus from Romford station to Martins corner then **364**

The hub is inside Parsloes Park with lovely views. Unfortunately, Google maps takes you to a house over the road so with the house on your right follow Terrace walk and take a left into the park, up to the car park and football pitches. Go into the hub and we'll be in the café on the left. Free parking onsite. email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona, Ruth & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds— chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**Monday 11/08/25 12-2pm Lunch followed by free bingo. Pipe Major, 1,Yewtree Avenue, Dagenham, RM10 7FN 103 bus.**

Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. **Pre booking essential.** Book early to avoid disappointment. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Tuesday 12/08/25 EPHG coach trip to Eastbourne** Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8>

When booking please mention that you are a Disdiamond member

**1-3pm Lunch Greyhound Harvester, 900 High Road, Romford RM6 4HU.** Free parking onsite, enter registration inside. **86** Bus from Romford / **86 / 364** Dag East. £8 chicken Tuesday via the app. email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change.

**Wednesday 13/08/25 12-3pm** Join us at free family fun day at Play Park at Macon Way Upminster RM14 1NS being hosted by Havering Councilpop along and say hi to Disdiamonds and AgeUK RBH who will be having a stand at the event.

**1pm lunch with Ruth at Sutton Arms Hornchurch. Lunch deals around £10 to £12** Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change **For dietary information contact Pub 01708 620410**

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**Thursday 14/08/25 Lunch followed by free bingo. The Eastbrook Pub**, 835 Dagenham Road, Dagenham, RM10 7UP. **103 / 174 bus. Pre booking essential**  
Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change.

**13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona, Ruth & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**Friday 15/08/25 Book Club –meet at 1pm** – Romford Baptist Coffee Bar Main Road RM1 3BL opposite Town Hall/Police Station we will be discussing We will be discussing Elly Griffiths –The Stone Circle any of her books or perhaps you might like to discuss a book you have recently read. Please bring along any books you want to swap –feel free to pop along for a chat with Fiona & other Diamonds. We will be discussing I See You by Claire McIntosh or any of her books you have read at our September meeting or any novel you have enjoyed. This is an informal chat club where we like to discuss books. Please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming. Why not come early and enjoy lunch beforehand.

**Sunday 17/8/25 Sunday Lunch at Ardleigh Pub 12:30 at** 124 Ardleigh Green Road, RM11 2SH Meet Hosts Margaret & Pam for Lunch – Ember Inn Pub menu includes Sunday Roast. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book a place and place your menu selection. For dietary information contact pub directly [01708 442550](tel:01708442550)

**Monday 18/08/25 Harold Wood Hub Craft** with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**10:30 -12:00 Queens Coffee Morning** at Queen Theatre Hornchurch RM11 1QT meet Angie and other diamonds in the Café area. Find out what is happening next month -Please advise Disdiamonds to book a place – if Harold Wood hub fully booked why not try Hornchurch

**Tuesday 19/08/25 11.30-1.30 Party with singer, Dagenham & Redbridge FC** – Victoria Rd, Dagenham RM10 7XL **103 bus. £5 pay on the day, singers Mark, tea and cakes** included. The bar will be open if you'd like to buy alcohol. **Late cancellations / no show will still need to pay as singer etc. is funded by the attendees. Pre booking essential.** Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

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**The Pearl Restaurant late lunch 14:30** at 35 High Street Hornchurch RM11 1TP £14.95 plus tip for 2 courses or £16.95 plus tip for 3 courses Selection of meat and fish & vegetarian options. Cash only. Anything else to be paid for as it is requested. It is the old captain tom with a face-lift. Same staff and ownership –Host Trevor /Kath– to reserve a place Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) for dietary enquires please contact restaurant 01708477837

**Wednesday 20/08/25 12-2 lunch, Crowlands Golf club**, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/>. Free tea / coffee, please note soft drinks and alcohol are not included. Buses stop right outside, large car park. This is a popular event so book early to avoid disappointment. **Pre booking essential**. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 21/08/25 Romford Baptist Church Coffee Morning** with Disdiamonds **10:30-12:00** –Meet Kathy at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Ruth and other new members and discover what disdiamonds is about and what we are up to this month please let us know you are coming Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call

**13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona, Ruth & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**1-3pm Fullwell Cross Library**, 140 High Street, Ilford IG6 2EA, in the big room on the left, access via front doors [Fullwell Cross Library • Vision Redbridge Culture and Leisure \(visionrcl.org.uk\)](#) **Cost £3 including tea / coffee. Bring your own art or craft project**, share skills with others, learn a new skill. email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Sunday 24/8/25** – Why not pop along to RAFA open day – singer 2pm & singer 8pm food served lunchtime 18 Carlton Road, Romford RM2 5AA 10 minute walk from Romford station – not a diamond event – but you will find some diamonds there

**Bank Holiday Monday 25/8/25 - 1-3pm Celebrate Monday Lunch/ Cocktails/Coffee Drinkup** - Colley Rowe Inn, Collier Row RM5 3PA. meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails or other drinks or a meal and plenty of meaningful chat. Please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming.

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**Tuesday 26/08/25 10:45 -1pm Relaxed and Easy Art with Ruth** The Hub, Harold Wood 11 Gubbins Lane RM3 0QA – materials will be supplied or bring your own. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) why not stay on for lunch

**Mandarin Palace** Early dinner later time 6pm with Trevor & Kath - 197 High Street Hornchurch RM11 3XT. Special Diamonds 3 course set meal £30 cash with soft drink and tea/coffee. Note increase in price due to rising costs .Please Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Contact restaurant directly for dietary enquires only 01708438003

**Wednesday 27/08/25 EPHG Coach trip to Anglesey Abbey in Cambridge** Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8>  
When booking please mention that you are a Disdiamond member

**1-3pm Kenneth More Theatre. Bring your own lunch, singing & dancing.** Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT. **Pre booking essential, £5** pay on the day. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 28/08/25 11-1 Brunch at Moon & Stars Pub Romford** -Last Thursday of the month 11am onwards meet at Moon and Stars Pub South Street Romford RM1 1NX – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – we are back in Romford at our regular seating area at the back of the Moon & Stars Please advise Disdiamonds to book a place

**12-2pm Lunch and quiz Old Maypole**, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside.  
Pay for what you eat and drink, free quiz, win a dessert each for your team. Meet new people. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona, Ruth & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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**Diamond Warblers** – do you like singing – then pop along **10:30-12:00** to Railway Hotel Hornchurch –Meet up with Lesley who is looking at forming a choir -fun singalong to musicals and popular music – why not reward yourself afterwards by staying on for Lunch – dates to be confirmed –want to join let us know –email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**In July we tried Free Bingo session at Romford Mecca Bingo Hall** The Mercury Shopping Centre , Mercury Gardens Romford RM1 3EE if like to try your luck let us know and we will arrange another trip.

**Sketch with Maryanne** – will be back on Tuesday 2<sup>nd</sup> September Harold Wood Hub –Gardens 11am –why not stay on for lunch afterwards

**Bowling at Namco with Ruth & Nat** will return in September when schools go back.

Seen something that you think other Diamonds might like to attend – let us know and we can see if we can arrange a trip or advertise

Do you have a hobby or skill or interest that you might like to share with other diamonds at one of our chat clubs or perhaps you might like to share insights into your past employment– please contact Fiona on 07375704448 or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book either a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30 –let us know beforehand if coming**

**Want to know latest event join dedicated Disdiamonds Facebook**

**<https://www.facebook.com/groups/583061935616098>**

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**Free Exercise Classes offered by AgeUKRBH – Falls -Please call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk) to join & book sessions.**

**Must prebook Please DO NOT ATTEND a class without registering beforehand contact Amber directly. No need to contact Disdiamonds**

Venue Face to Face Exercise Classes (Havering)	Day	Time
<b>Chair Based Exercises – with Heidi</b> Ardleigh Green Community Association, Hornchurch	Wednesday	12.15pm – 1.15pm
<b>Chair Based Exercises – with Heidi</b> All Saints Church, Ardleigh Green, Hornchurch <b>FULLY BOOKED!!!</b>	Wednesday	1.30pm – 2.30pm
<b>Chair Based Exercises – with Heidi</b> All Saints Church, Ardleigh Green, Hornchurch	Thursday	11.30am- 12.30pm
<b>Chair Based Exercises – with Heidi</b> <b>FULLY BOOKED!!!</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	1.00pm – 2.00pm
<b>UPCOMING:</b> <b>Chair Based Exercises – with Heidi</b> <b>BEGINNING 17 February 2025</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	2.00pm-3.00pm
<b>Tai Chi – with Karl</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
<b>Tai Chi – with Karl</b> Cranham Community Centre	Monday	1.00pm – 1.50pm
<b>Chair Based Exercises – with Heidi</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR <b>FULLY BOOKED!!!</b>	Monday	11.20am – 12.20pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham <b>FULLY BOOKED!!!</b>	Thursday	1.00pm – 2.00pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham	Thursday	2.00pm – 3.00pm

**For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)**

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For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

Venue Face to Face Exercise Classes (Redbridge)	Day	Time
Easy Chair based Yoga - with Sami <b>FULLY BOOKED!!!</b> Ilford Library, Clements Road, Ilford, IG1 1EA	Monday	10.00am – 11.00am
Chair based exercise class - with Keeley Chadwell House -open to non-residents	Friday	11.00am – 12.00pm
Nordic Walking - with Anne Valentines Park, Ilford	Wednesday	1.30pm– 2.30pm
Chair based Tai Chi - with John Poon <b>FULLY BOOKED!!!</b> Ilford Library, Clements Road, Ilford, IG1 1EA	Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami <b>FULLY BOOKED!!!</b> Ilford Library, Clements Road, Ilford, IG1 1EA	Monday	11.00am – 12.00pm
Tai Chi - with John Poon <b>ADVANCED ONLY</b> Age UK, 103 Cranbrook Road, Ilford, IG1 4PU	Wednesday	10.00am – 10.50am
Chair based exercise – with Sami Cambridge Park: currently unavailable to non residents	Tuesday	3.00pm – 4.00pm
Chair based exercise - with Sami Forest Dene: currently unavailable to non residents	Thursday	10.00am – 1.45am
Chair based Tai Chi - with John Poon <b>FULLY BOOKED!!!</b> Ilford Library, Clements Road, Ilford, IG1 1EA	Wednesday	11.00am-11.50am

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

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Venue Face to Face (B&D)	Day	Time
Chair based exercise class – with Anne Marsh, East Road Baptist Church, East Road, RM6 6YJ	Thursday	2.00pm – 3.00pm
Chair based exercise class – with Heidi George Crouch Centre, Dagenham, RM10 7DG	Tuesday	11.20am – 12.20pm
Chair based exercise class – with Heidi <b>New class!!!</b> St Chad's Church, Eric Road, RM6 6JH	Tuesday	1.15pm – 2.15pm
Chair based exercise class – with Heidi <b>New class!!!</b> Becontree leisure centre Althorne Way RM10 7FH	Tuesday	10.00am – 11.00am
Chair based Tai Chi – with John <b>FULLY BOOKED!!!</b> St Chad's Church, Eric Road, RM6 6JH	Friday	12:30pm-13:20pm

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

#### Online Exercise Classes (BHR)

Venue	Day	Time
Chair Based Exercises - with Elaine	Wednesday	11:00am-12:
Chair Based Exercise - with Elaine	Thursday	11:00am-12:
Tai-Chi - with John Poon	Thursday	11:00am – 12

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

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**Walking For Health –see there brochure for full details of other local walks –below is just some of their regular walks**

**More in the leaflet –meet up with other Diamonds who are regulars**

Day/Time	Location	Meeting Point	Duration	Level
Every Monday, 11am	Harrow Lodge Park	Main Carpark, Hornchurch Sports Centre, RM11 1JU	30 – 60min	Beginner/Easy
Every Tuesday, 11am	Raphael Park	In front of the Café, Main Road Romford, RM2 5EB	30 – 60min	Beginner/Easy
Every Wednesday 10am	Hornchurch Country Park	Visitors Centre, Squadrons Approach, RM12 6TD	30 – 60min	Beginner/Easy
Every Friday, 10.15am	Eastbrookend Country Park	Millennium Centre, Dagenham Road, RM7 0SS	30 – 60min	Beginner/Easy

Longer walks and walks that take place on the weekend, For Havering need to provide tack & trace numbers limited to 30 essential to prebook.01708 431016 [sportsdevelopment@haverling.gov.uk](mailto:sportsdevelopment@haverling.gov.uk) [www.haverlingactive.co.uk](http://www.haverlingactive.co.uk) <https://www.walkingforhealth.org.uk/walkfinder/havering-walking-for-health>

**Walking Netball or Walking Football – let us know if interested will put in contact with local club – also new Mens Walking group Upminster**

**Enjoy listening to talks** – why not Join Restless for regular free & paid talks – Mirthy.co.uk please mention Dis Diamonds when joining & mention at coffee clubs –join in with other diamonds restless.co.uk

**Libraries** pop in and pick up a book or try one of their group many activities - Join a reading club or perhaps you might like to try knit & natter group, board games, computer classes

**Exercise in person** -Walking Football or walks in local parks or staying safe in doors with Yoga via Zoom– please email to register for further info [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

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**Do you look after an older person or partner or child**—whether at home or in a care home. Are you stressed – Art might help relieve some of the pressure or we could put you in touch with support groups contact [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

Have we missed something let us know and we will advertise here.

**Local Theatres** – please support your local venues by booking a show  
**Romford –Brookside Theatre** 21a Eastern Road Romford Essex RM1 3NH 01708 755775

<https://www.brooksidetheatre.com/> for variety of shows & entertainment

**Hornchurch –Queens Theatre, Billet Lane, Hornchurch, RM11 1QT 01708 443333**

**-already going or anyone want to share a show with a member – ask to put note on Disdiamonds Facebook**

Lots of other great plays & shows including regular Down Memory Lane– special music show for people with Dementia & their carers

Or why not try out Over 50's Musical Theatre Workout every Wed <https://www.queens-theatre.co.uk/>

Want to catch a Westend Show why not arrange to go up London on the day after coffee morning and see what is available from Halfprice ticket in Leicester Square or pre-book with fellow members

**Let us know which Diamond event you are coming to in case we have to change times at short notice.**

**Make new friends this month and enjoy life.**

**New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30**

**Dementia Café New club – friendly and casual drop-in support for people with Dementia and their careers. Held on every other Thursday 10:30 am -12:00 meet at** Railway Hotel Restaurant Station Lane Hornchurch RM12 6SB, for further info contact Havering Dementia Action Alliance on 07375840725

**Memory Café** every other Thursday in the Learning Space, at Hornchurch Queens Theatre between 10:30 – 12:00, every fortnight Memory Café is for people living with dementia and their careers to enjoy a cup of tea or coffee, take part in fun activities and access information. Provide a safe and supportive space to discuss your own dementia diagnosis, or someone else's and think about what it means for the future; meet and learn from other people in similar situations; keep active, make new friends and feel more confident.

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Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

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If you know someone who may be interested in attending sessions, please do share the news with him or her. Sessions will be free and open to everyone, no pre-booking required supported by Dementia Action Alliance.

**Dementia Music & Social Club** –every Monday except Bank Holidays 1-3pm St Johns Church South End Road Rainham RM13 7XT –every Wednesday 1:30-3:30 United Reformed Church 58-60 Western Road Romford RM1 3LP contact Carol 01708 731325 or 07854314149

[www.the.dementiamusicandsocialclub.webador.co.uk](http://www.the.dementiamusicandsocialclub.webador.co.uk)

Do you support a loved one – why not join a support group and share ideas and access useful information. Please get in touch call or email disdiamonds and we will put you in contact with local support groups.

**History Buffs -Havering Museum** 19-21 High Street Romford RM1 1JU 01708 766571 <https://www.haveringmuseum.org.uk/> Open Wednesday to Friday 11-4 see website –also hold regular weekly clubs, Variety, Reminiscence and monthly Art group, Photography Group, Knit & Natter and specialist talks

**RAF Hornchurch Heritage Centre** 119-121 Suttons Lane Hornchurch RM12 6RU <https://raf-hornchurch.com> £5 Saturdays 11-4 – if you have been let us know what you think – if you want to visit with Disdiamonds let us know –

**Surveys** Want to help shape the borough or have your views acknowledge – please sign up to take part in Health, Wellbeing and Life surveys –will take place in variety of ways -on line, in person, or electronic at various times over the year. Let us know if you would like to be contacted. Also Local High Street Reshape –get your views known – speak to disdiamonds – help shape your borough to be the best you want it to be.

**Knitting & Sewing** –if want to meet other keen crafters- lets us know and will put you in touch with local groups. New group meets at Havering Museum every Friday fortnight and local libraries and other venues. Why not join a knit & nat club and share your passion

**Ardleigh House** – 42 Ardleigh Road Hornchurch RM11 2RG mail:- [office@ardleighhouse.org](mailto:office@ardleighhouse.org) Telephone:- 01708 440660 [www.ardleighhouse.org](http://www.ardleighhouse.org) lots of clubs and activities including Yoga, Art, French, Spanish, Crafts and Computers, Short Mat Bowls, Model Engineers and Camera Club

**Crafters SOS** -If handy with a needle a local group need a hand stitching up Knitted mufflers for Dementia groups –based in Romford Also wanted any wool or buttons or decorative pieces that can be sewn on. Please call Fiona or email disdiamonds

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**Singers** St Edward's Parish Church in the Market Place, Romford has a choir with a long tradition of singing a high standard of traditional sacred choral music at the Sunday services. The soprano part is sung by boys and girls of school age and the alto, tenor and bass by adults. The choir is looking to recruit one or two altos to join the choir. Singers should be able to read music and hold a part on their own but do not necessarily need to be good sight-readers. They should be available for rehearsals on Fridays from 7.30 to 8.30pm, and for the rehearsal and main service on Sunday mornings from 9.15 to 11.15am. Choral evensong is sung occasionally at 6.30pm. If you are interested in joining this friendly group of enthusiastic singers, please contact the acting Director of Music, Andrew Morrisson for further information and to arrange an informal audition. [music@stedwardsromford.com](mailto:music@stedwardsromford.com) or leave a message at the office 01708 744973

**Thursday Club EASTBROOK COMMUNITY CENTRE** Rainham Road South, Dagenham, RM10 7UU

Meets every Thursday between 1pm and 3pm. It costs £2 per week for tea/ coffee, biscuits and entertainment.

**Coach Trips** – regular trips arranged with EPHA. Need to book via Trevor 07771 741948 Ask Trevor for separate coach list

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> Also Coach Holidays available  
When booking please mention that you are a Disdiamond member

**Also Coach trips & holiday available from** [Kirbyscoaches.co.uk](http://Kirbyscoaches.co.uk) or [Eastlondontravel.co.uk](http://Eastlondontravel.co.uk)

Holidays- fancy going on holiday with other diamonds – why not post a comment on DisDiamonds Facebook –or mention at coffee morning –perhaps share holiday brochure or visit travel agent together

**Flowers/ Gardening** Join EPHG at Elm Park. Regular social club.

Or Langton Gardens – looking for volunteers and other local venues – please contact Disdiamonds

**Spare time** why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off.  
Contact Disdiamonds for more info

We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

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**Cinema Trips** –fancy catching the latest blockbuster film at your local cinema. Want a buddy to go with please contact Disdiamonds or if you fancy going in a group put an announcement on Facebook – not yet on Facebook do not worry we could make an announcement on your behalf –you choose cinema, day – time & film –we will announce on your behalf. Sign up for our cinema club

Catch a latest blockbuster or re-watch a favourite plenty to choose from at your local cinema so much to choose from–

Lumiere Romford–formerly Premier Cinema £6.99 or £4 for Lumiere members [www.lumiereromford.com](http://www.lumiereromford.com) (membership £30 per annum) 0330 441 4580

Romford Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/romford/whats-on>

Ilford Cineworld various prices including seniors £8.74 <https://www.cineworld.co.uk/cinemas/london-ilford/8062#/buy-tickets-by-cinema?in-cinema=8062&at=2021-07-29&view-mode=list>

Odeon South Woodford various prices from £5 <https://www.odeon.co.uk/cinemas/south-woodford/>

Dagenham Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/dagenham/whats-on>

Swimming –fancy getting fit for summer but do not want to go alone- why not get a swimming buddy contact DisDiamonds

Seen something that you think other Diamonds might like to attend – let us know and we can see if we can arrange a trip or advertise

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**Want to know latest event join dedicated Disdiamonds Facebook**

**<https://www.facebook.com/groups/583061935616098>**

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