

Members of Dis Diamonds Havering Activities December printed 26/11/25 -for Over 50s Residents of Havering/Barking & Dagenham/Redbridge				
Monday	Tuesday	Wednesday	Thursday	Friday
Every Mon except BH 3pm Diamond Geezers Railway Pub Hornch.	Prebook to ensure place and to be advised of any changes	noon StJosephs Lunch Upminster every Wednesday except School Holidays	Every Thursday on Zoom Free Art Class with Artist Ionna 3pm-5pm please ask for access code All abilities welcomed No session on Bhols	<i>Every Friday morn Knit &</i> <i>Natter Colley Rowe Pub</i> Warblers – fun singalong meet 2:30 at Queens Theatre Hornchurch
11am Pinney Talfords Carol concert Queens Theatre 10:30 -12:30 Harold Wood Hub -Craft with Amanda–must prebook	11-2 Christmas Baby Knitting Stall Romford Mercury Mall	11-1pm Write On – Writing group Lumiere Cinema Romford 12-2pm King George V Lunch Gants Hill	11-1pm EastBrookend Brunch Dagenham 1:30 -3:30 Thursday Chat Harold	10:15 Namco Bowling Romford ----- Sunday 7th YMCA concert Romford United Reform Church RM1 3LP
10:30 -12:30 Harold Wood Hub -Craft with Amanda –must prebook	12:30 Live Well Brunswick Avenue Brunswick Court RM14 1ND	10-12 Art With Maryanne Harold Wood Hub 12-2pm Old Maypole Lunch & Quiz Hainault.	12-2 Kenneth More Bring Your Own lunch tea & music <i>Iford</i> <i>Bows & wrapping</i> £5 1:30 -3:30 Thursday Chat Harold	
10:30 Queens Theatre Hornchurch Coffee Morning 12-2pm Pipe Major Dagenham	11-1 Dag & Red FC party singer, refreshments £5 <i>Dagenham</i>	11-1pm Fairlop Walk 1:30 -5:30Hornchurch Railway Christmas Buffet ticketed event	10:30 Romford Baptist Coffee 12-2 Crowlands set Xmas lunch & <i>singer £10 Dagenham</i> 1:30 -3:30 Thursday Chat Harold	
Harold Wood Hub 10:30 -noon	No Events	Office closes early No events	Christmas Day Bank Holiday	Boxing Day Bank Holiday
Colley Rowe Inn Meet up 11-1pm	Closed	New Year's Eve Closed	New Years Day Bank Hol Closed	Office reopens

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email 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 except Bank Hols

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 lots of different activities or come for a chat. **Must be pre-booked – note some craft events will incur a charge of £4 .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 Diamond Gezzers meets **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call disdiamonds@ageukrbh.org.uk to book place. For dietary please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tub Station Call or email 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 during School Holiday**

Every Thursday 1:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat over Coffee/Tea & Biscuit £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth at 13:30. Email 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 –only available on prior pre request – please prebook session For a Thursday digital 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 to join group –Free ask for code. Open to all abilities & all boroughs in Redbridge/Havering/ Barking & Dag.

Every Friday 10:30 -12:30 Knit and Natter – Every Friday 10.30-12, Colley Rowe Inn, Collier Row RM5 3PA. Bring crochet, knitting, and cross-stitch, sewing whatever you are 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

Every Friday Diamond Warblers – do you like singing – then pop along 2:30 -4pm then pop along to Queens Theatre Hornchurch–Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music –**Note new Location/Day/Time** -let us know if attending–email disdiamonds@ageukrbh.org.uk –From January will be returning to Railway Hotel pub Tuesday 10:30 to noon –no session on Bank Holidays

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

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

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>

Monday 01/12/25 Harold Wood Hub Craft Activity with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk **At The Hub, Harold Wood 11 Gubbins Lane RM3 0QA**

Carol Concert at Queens Theatre Hornchurch at RM11 1QT starts 11am meet Laurie & Rene and other diamonds free tickets for concert supplied by Pinney Talfords Donations accepted on the day .Please advise Disdiamonds to book a place as this is a ticketed event and you will be advised of your ticket number.

Tuesday 2/12/25 11-2pm Charity knitting stall Mercury Mall Romford, upstairs by escalator. Come and support our knitting diamonds. Baby wear for sale, some Christmas items too. Please pop by and say hello, even if it's just to look. Your support is much appreciated. No need to book.

Wednesday 3/12/25 11am -1pm Writing Focus Group- following on from the successful creative writing course the group will continue to meet up to discuss and create prose, short stories and poems on a monthly bases 1st Wednesday of the month. Meet in coffee area at Lumiere Cinema Romford Mercury Mall – just above Asda. Hosted by Pam. If you have a passion for writing Please email disdiamonds@ageukrbh.org.uk to reserve a place

12:00-2:00pm Lunch, King George V, 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX King George V pub in Ilford | Greene King Pubs (greeneking-pubs.co.uk) 2 course £6.49,. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. email disdiamonds@ageukrbh.org.uk to book your place

Thursday 04/12/25 11am-1pm Brunch, Eastbrookend Discovery Centre Tea room, Dagenham Road, Rush Green, Romford, Essex, RM7 0SS <http://www.eastbrookcountryparktearoom.co.uk/> Pay for what you have. **Buses 174 (The Chase)** will sit outside if weather is nice, inside if not. Email 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 meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

Friday 05/12/25 Ten Pin Bowling at Romford Namco Meet Ruth 10:15 outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- email disdiamonds@ageukrbh.org.uk In order to reserve a place in your chosen team please advise before Tuesday 2nd December. Host Ruth. Please ensure advise Disdiamonds before Tuesday 2nd even those that have been before – so Ruth can draw up the teams.

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Saturday 6/12/25 Charity Craft Fair at Moon & Stars Rooftop Garden noon- 2pm free entrance meet at Moon and Stars Pub South Street Romford RM1 1NX –why not pop in for Brunch or Lunch after spending at the stalls or pop long to Romford Shops & Market for more retail therapy.

Sunday 07/12/25 YMCA Orchestra Charity Concert at 4:30 pm– note new venue –Romford United Reformed Church, Weston Road RM1 3LP £8 cash only tickets available on the door.

Monday 8/12/25 10:30 -12:30 Harold Wood Hub Activity Craft with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings

Tuesday 9/12/25 12:30 -2 pm Live Well Havering Roadshow, Brunswick Court RM14 1ND

Pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS –please advise if coming Email disdiamonds@ageukrbh.org.uk

Wednesday 10/12/25 10:00 –noon Art with Maryanne The Hub, Harold Wood 11 Gubbins Lane RM3 0QA – bring own pens & sketch pad - pens & paper available if needed. Email disdiamonds@ageukrbh.org.uk why not stay on for lunch

12-2pm Christmas 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. **There is an optional Christmas menu available**, you will need to call the pub directly, pay a deposit and give menu choices over the phone. Please still book with us as usual too so we can save you a seat. If you're not having the Christmas menu there is no need to contact the pub. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 12/12/25 12-2pm Kenneth More Theatre. Bring your own lunch, singing & dancing plus Christmas bow making workshop. Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT. **Pre booking essential, £5 pay on the day.** Email 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 Ruth & John at 13:30. Email disdiamonds@ageukrbh.org.uk meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

Monday 15/12/25 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

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10:30 -12:30 Harold Wood Hub Activity Craft must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk

12-2pm Christmas 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 with menu choices**. **Book early to avoid disappointment**. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change
FESTIVE CARVERY MENU 3 courses £24.29 | 2 courses £21.29 **or choose from the usual menu**

Starters

Chicken Liver & Brandy Pâté A smooth pâté served with caramelised red onion chutney and toasted bread & butter.

Breaded Mushrooms Crispy breaded mushrooms with garlic mayonnaise, sprinkled with chopped chives.

Prawn Cocktail prawns topped with a Marie Rose sauce, on a bed of iceberg lettuce, cucumber & paprika. Served with multigrain bloomer bread & butter and a lemon wedge.

Tomato Soup Topped with pesto croutons and served with crusty bread & butter.

Mains All accompanied with the full range of potatoes, seasonal vegetables and gravy from our carvery, unless otherwise stated.

Roast Turkey, Beef or Honey Roast Gammon Hand-carved by our chefs, served with a pig in blanket, stuffing and a home-made Yorkshire pudding.

Spinach & Butternut Squash Tart Filled with a creamed spinach, cranberry & butternut squash sauce, topped with onion and pumpkin seed crumb. Served with stuffing and a home-made Yorkshire pudding. **Suitable for:** Vegetarian

Spinach & Butternut Squash Tart - Vegan Option Served with vegan accompaniments from our carvery and without a Yorkshire pudding. **Suitable for:** Vegetarian, Vegan

Grilled Salmon served with a white wine seafood butter sauce.

Festive Beef Burger Two beef patties, layered with melted Brie, shredded chicken in a BBQ cranberry sauce, on iceberg lettuce, served in a toasted bun. Topped with a pig in blanket and pork stuffing, served with skin-on fries and a burger sauce dip.

Festive Mac & Cheese Macaroni pasta bound in a rich Croxton Manor Cheddar sauce. Topped with Mozzarella, Cheddar, pigs in blankets and pork stuffing. Finished with a BBQ cranberry sauce, crispy onions and chopped chives. Served with garlic bread and a salad garnish

Puddings

Christmas Pudding A rich Christmas Pudding with warming winter spices, candied peel and rum soaked plump vine fruits. Served with brandy sauce.

Lemon tart A crisp pastry case filled with baked lemon curd. Served with vanilla flavour ice cream, raspberry sauce and a chocolate orange wafer.

Sticky Toffee Pudding A soft and sweet toffee sponge topped with a rich toffee sauce and fudge pieces. Served with vanilla flavour ice cream.

Dark Chocolate Mint Tart A biscuit base topped with an indulgent dark chocolate and mint ganache with a cocoa powder dusting. Served with vanilla flavour ice cream, chocolate mint sauce and chocolate sticks.

Dark Chocolate Mint Tart - Vegan Option Served without the vanilla flavour ice cream and chocolate sticks.

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Tuesday 16/12/25 11.00-1.00 Party with singer, Dagenham & Redbridge FC – Victoria Rd, Dagenham RM10 7XL **103 bus. £5 pay on the day, singers Mark, tea and snacks included.** Feel free to bring lunch if you wish. 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 to book your place so we know who to contact in the event of cancellation / change

Wednesday 17/12/25 Christmas Celebrations Buffet Lunch at Hornchurch Railway 1:30 onwards – fully booked wait list only

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 35 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, we will just have a coffee morning if it's raining. email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change due to weather

Thursday 18/12/25 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 or call

noon-3 Christmas set lunch with singer, raffle & more. Crowlands Golf club, Wood Lane, Dagenham, Essex, RM8 1JX Lunch is meat & mash, boxing day style with pickles. Vegetarian option available, please let us know when booking **£10.** <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 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 –Festive Jumper wear your favourite Christmas Jumper or outfit 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 & John at 13:30. Email 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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Monday 22/12/25 10:30 -12:30 Harold Wood Hub Jumper Day wear your favourite Christmas Jumper or outfit

email disdiamonds@ageukrbh.org.uk –last session before New Year. Hub reopens Monday 5th January

Diamond Geezers Jumper Day3-5pm Diamond Gezzers meets **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call disdiamonds@ageukrbh.org.uk to book place. For dietary please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tub Station Call or email disdiamonds@ageukrbh.org.uk to book place. Note Diamond Geezers meet up every Monday afternoon.
Why not wear your favourite Christmas Jumper

Monday 29/12/25 11-1pm Meetup at the 'The Colley Rowe Inn' (Wetherspoon pub), 54 Collier Row Road RM5 3PA. Pub is located in the main high street of shops opposite the library in Collier Row. Bus Nos: 247, 294 and 252 go direct from Romford and stop virtually outside the library. Meet Rene & Laurie & Ruth and other diamonds - email disdiamonds@ageukrbh.org.uk to reserve a place –if booking after 23rd December just turn up as will be closed for bookings during holiday period.

Chance to meet-up to see the year out, have a coffee/beer or brunch or just drop bye to say hello with fellow friends (last meet-up day to wear your Xmas jumper/hats etc. !) All welcome, Diamonds & Geezers. Meet Reserved tables at far end of bar

Note Office Closed Wednesday 24th December noon until Friday 2nd January

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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Please DO NOT ATTEND a class without registering with Amber first, as you will be declined by the trainer. If class is full ask to be placed on waitlist

Face to Face Exercise Classes (Havering)

Venue		Day	Time
Chair Based Exercises – with Heidi Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	FULLY BOOKED!!!	Monday	11.20am – 12.20pm
Chair Based Exercises – with Heidi Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	FULLY BOOKED!!!	Monday	1.00pm – 2.00pm
Tai Chi – with Karl Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	FULLY BOOKED!!!	Monday	1.00pm – 1.50pm
Chair Based Exercises – with Heidi Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	FULLY BOOKED!!!	Monday	2.00pm-3.00pm
Chair Based Exercises – with Heidi Ardleigh Green Community Association, Hornchurch, RM11 2LG	FULLY BOOKED!!!	Wednesday	12.15pm – 1.15pm
Chair Based Exercises – with Heidi All Saints Church , Ardleigh Green, Hornchurch, RM11 2LG	LIMITED SPACES!!!	Wednesday	1.30pm – 2.30pm
Tai Chi – with Karl Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW		Thursday	10.00am – 11.am
Chair Based Exercises – with Heidi All Saints Church , Ardleigh Green, Hornchurch, RM11 2LG	FULLY BOOKED!!!	Thursday	11.30am- 12.30pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham, RM14 1XN	FULLY BOOKED!!!	Thursday	1.00pm – 2.00pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham, RM14 1XN	LIMITED SPACES!!!	Thursday	2.00pm – 3.00pm

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Face to Face Exercise Classes (Redbridge)

Venue		Day	Time
Easy Chair based Yoga - with Sami Ilford Library, Clements Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Monday	10.00am – 11.00am
Chair based Tai Chi - with John Poon Ilford Library, Clements Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami Ilford Library, Clements Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Monday	11.00am – 12.00pm
Chair based exercise – with Sami Cambridge Park: currently unavailable to non-residents		Tuesday	2.30 – 3.30pm
Nordic Walking - with Anne Valentines Park, Ilford	LIMITED SPACES!!!	Wednesday	1.30pm– 2.30pm
Chair based Tai Chi - with John Poon Ilford Library Clement s Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Wednesday	11.00am-11.50am
Chair based exercise - with Sami Forest Dene: currently unavailable to non-residents		Friday	9.45am– 10.45am
Chair based exercise class - with Keeley Chadwell House –unavailable to non-residents		Friday	11.00am – 12.00pm

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Face to Face Exercise Classes (B&D)

Venue		Day	Time
Chair based exercise class – with Heidi Becontree leisure centre Althorne Way RM10 7FH	FULLY BOOKED!!	Tuesday	10.00am – 11.00am
Chair based exercise class – with Heidi George Crouch Centre, Dagenham, RM10 7DG		Tuesday	11.20am – 12.20pm
Chair based exercise class – with Heidi St Chad's Church, Eric Road, RM6 6JH	FULLY BOOKED!!	Tuesday	1.15pm – 2.15pm
Chair based exercise class – with Anne Marsh St Chad's Church, Eric Road, RM6 6JH	NEW CLASS!!!	Thursday	12.15pm-1.15pm
Chair based exercise class – with Anne Marsh East Road Baptist Church, East Road, RM6 6YJ	FULLY BOOKED!!!	Thursday	2.00pm – 3.00pm
Chair based Tai Chi – with John St Chad's Church, Eric Road, RM6 6JH	FULLY BOOKED!!	Friday	12:30pm-13:20pm

Online Exercise Classes (BHR)

Venue	Day	Time
Chair Based Exercises - with Elaine	Wednesday	11:00am-12:30pm
Chair Based Exercise - with Elaine	Thursday	11:00am-12:30pm
Tai-Chi - with John Poon	Thursday	11:00am – 12.00pm

For more information, call [07535 953763](tel:07535953763) or Email: amber.mirza@ageukrbh.org.uk All classes are free of charge at the moment.

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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 www.haverlingactive.co.uk <https://www.walkingforhealth.org.uk/walkfinder/haverling-walking-for-health>

Walking Netball or Walking Football – let us know if interested will put in contact with local club – also 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

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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

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 – 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.

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email 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

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

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 Telephone:- 01708 440660 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

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

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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 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** or **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 –

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

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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 (membership £30 per annum) 0330 441 4580

Who host a great selection of films and special events

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

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

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

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