

Members of Dis Diamonds Havering Activities July printed 24/06/25 -for Over 50s Residents of Havering/Barking & Dagenham/Redbridge				
Monday	Tuesday	Wednesday	Thursday	Friday
everyMon exceptBHols 3pm Diamond Geezers Compasses Pub Hornc.	Find latest events and share ideas on Diamonds dedicated Facebook	<i>noon StJosephs Lunch Upminster</i> <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 & Natter</i> <i>Colley Rowe Pub</i>
	1 <i>Create day 2 – on Zoom</i> 1:30 Card Making week 3 of 6 Harold Wood Hub	2 10:00 Horniman Museum Romford Station <i>Create day 3 – on Zoom</i> 11-1 Eastbrookend Brunch Dagenh	3 <i>Create Day 4– on Zoom</i> 11-1 Bobby More Sports Hub Coffee Morning - free 1:30 -3:30 Thursday Chat Harold	<i>Create Day 5– on Zoom</i> 4 ----- Sunday 6 th YMCA Charity Orchestra Concert 4:30pm
12-2pm Pipe Major 7 Lunch & Bingo Dagenham EPHG Coach Trip- * Herne Bay/Whitstable	10:30 -12:30 Railway 8 Hotel Brunch Hornchurch no card making today	9 12-2 pm King George V	10-11:30 Ardleigh JuniorSchool 10 Board Games 1:30 -3:30 Thursday Chat Harold Wood Community Hub	11
14 10:30 -12:30 Hub Craft Harold Wood – Must prebook £4 additional charge also 21 st & 28th	10:15 Namco Bowling 15 12:30 -2pm Live Well Roadshow Hornchurch 1:30 Card Making week 4 of 6 Harold Wood Hub	16 12-2pm Crowlands Lunch	17 10:30 Romford Baptist Coffee 1:30 -3:30 Thursday Chat Harold	18 10am Free Bingo Romf. EPHG Coach trip to Cambridge -* book direct 1pm Book Club Romford Baptist
21 10:30 Queens Theatre Hornchurch Coffee Morning 3-5 Cocktails Colley Rowe	10:30-12:00 New Choir 22 Railway Hotel Hornchurch 10:45-1 Easy Art-Ruth Harold Wood Hub 1:30 Card Making week 5 of 6 week Harold Wood	23 12-2pm Old Maypole Lunch & Quiz 5:30pm Pearl –Hornchurch Fish & Chips	24 1:30 -3:30 Thursday Chat Harold Thankyou trip for Volunteers - Audley End House Trip	25 EPHG Coach trip Maldon- * book direct
10:30 -12:30 Hub Craft 28 Harold Wood – Must prebook £4 additional charge	29 1:30 Card Making week final week Harold Wood	30 1-3 pm Reina Turkish Lunch Hornchurch 1-3 <i>Kenneth More</i> BYO Lunch-Tea & biscuits & music <i>Ilford</i>	31 11am Moon & Stars Brunch Romford 11-1 Fairlop Waters Walk 1:30 -3:30 Thursday Chat Harold	* All EPHG Coach Trips book directly via Trevor 07771741948

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

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 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 Geezers 3pm-5pm The Compasses (Harvester) 125 Abbs Cross Lane, Hornchurch RM12 4XS.
<https://www.harvester.co.uk/restaurants/london/thecompasseshornchurch#/> free parking & bus stop outside
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 –Last Lunch will be Wed 23 July Fish & Chips £12 prebooked only-Note closes from 23 July until 10th September for Summer Holidays**

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 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 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.

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

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

Must prebook all events via 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.

Tuesday 1/7/25 –be creative with Create day 2 - Email disdiamonds@ageukrbh.org.uk to be advised of link – 1 hour on line session each day - share your creations on line

Card making group with Pam at Harold Wood Community Hub **1:30 -3:30 Session 3 of 6** week £5 per session toward material costs

Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended card making classes.
venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA

Wednesday 2/7/25 –be creative with Create day 3 - Email disdiamonds@ageukrbh.org.uk to be advised of link – 1 hour on line session each day - share your creations on line

10:00am Horniman Museum & Gardens at Forest Hill. Meet Rene & Laurie 10am Romford rail station (inside by booking hall). Will travel by public transport - Elizabeth line to Whitechapel and then Overground 'Windrush line' onto Forest Hill station. Refreshments can be purchased in the cafe and garden kiosk but advisable to bring a packed lunch and hot/cold drink. There is plenty of seating in the gardens. One of the museum galleries is currently closed for refurbishment but the remaining museum rooms are open. In the gardens there is a Butterfly House and a separate Aquarium, (entrance fee payable for each). There is also a small 'Animal walk' where there are a couple of Alpacas, sheep, goats, rabbits and chickens. Note this is a walking activity –please state mobility when booking.

2/7/25 11am-1pm Brunch, Eastbrookend Discovery Centre Tea room, Dagenham Road, Rush Green, Romford, Essex, RM70SS
<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

Thursday 3/7/25–be creative with Create day 4 - Email disdiamonds@ageukrbh.org.uk to be advised of link – 1 hour on line session each day - share your creations on line

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11am-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 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 4/7/25 be creative with Create day 5 - Email disdiamonds@ageukrbh.org.uk to be advised of link – 1 hour on line session each day - share your creations on line

Sunday 6/7/25 4:30pm YMCA Charity Summer Concert Rush Green Road Romford Tickets: - **£8, Children £4. Cash Only.**

Book in advance with Alexandra – 07941 008278 Tickets also available on the door. Interval with tea and cakes included in the ticket price.

All proceeds go to YMCA Cancer Rehabilitation Programme -let Disdiamonds know if going so you can arrange to sit together or meet up in interval.

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

Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. 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

EPHG Coach trip Herne Bay/Whitstable 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

Tuesday 8/7/25 Railway Hotel Restaurant Hornchurch for Brunch 10:30am meet Lesley & Maryanne at Station Lane Hornchurch RM12 6SB -variety of special menus. Email or call disdiamonds@ageukrbh.org.uk to book place. For dietary please contact restaurant on 01708 440028

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. email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change.

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Wednesday 9/7/25 12-2pm Lunch King George V 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX [King George V pub in Ilford | Greene King Pubs \(greeneking-pubs.co.uk\)](#) 2 course £5.49, 3 courses £6.49. Buses 128, 150 167 from Ilford station, Shere Road stop CQ.
email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 10/7/25 10-11:30 intergenerational Board games -**Back to School board games challenge Ardleigh Junior School Hornchurch RM11 2SP.**

Play board games at Ardleigh Junior School with Fiona - which generation is better at board games? 294 bus route opposite The Ardleigh, Ardleigh Green Road. must be pre booked Email disdiamonds@ageukrbh.org.uk

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

Monday 14/7/25 Harold Wood Hub Craft with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk

Tuesday 15/7/25 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 by Friday before bowling day. Host Ruth. Please ensure advise Disdiamonds before Friday 11th even those that have been before – so Ruth can draw up the teams.
note no Friday bowling in July.

No bowling in August due Nifty Fifty bowling deal not available during School Holidays – we will be back in September for Tuesday & Friday bowling

12:30 -2 pm Live well Havering Roadshow William Tamsley Smith House RM12 6PE – pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS –please advise if coming Email disdiamonds@ageukrbh.org.uk

Card making group with Pam at Harold Wood Community Hub **1:30 -3:30 Session 4 of 6** week £5 per session toward material costs
Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended card making classes.
venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA

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

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Wednesday 16/7/25 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 to book your place so we know who to contact in the event of cancellation / change

Thursday 17/7/25 Romford Baptist Church Coffee Morning with Disdiamonds **10:30-12:00** –Meet Trevor/Fiona 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

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 & 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

Friday 18/7/25 Free Bingo – come for a trial session at Romford Mecca Bingo Hall The Mercury Shopping Centre , Mercury Gardens Romford RM1 3EE

Meet Fiona at 10am for a free game & refreshments – prebook Email disdiamonds@ageukrbh.org.uk or call Fiona

Book Club –meet at 1pm – Romford Baptist Coffee Bar Main Road RM1 3BL opposite Town Hall/Police Station we will be discussing Midnight and Blue by Ian Rankin or any of his 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 Elly Griffiths –The Stone Circle at our August meeting or any of her books you may have read 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 to let us know you are coming

EPHG Coach trip Cambridge -Book directly 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 21/7/25 10:30 -12:00 Queens Coffee Morning at Queen Theatre Hornchurch RM11 1QT meet Kim 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**1-3pm**

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 and meaningful chat please email or call disdiamonds@ageukrbh.org.uk to let us know you are coming.

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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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Tuesday 22/7/25 New Choir – 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 –

please advise disdiamonds if coming along

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

Card making group with Pam at Harold Wood Community Hub **1:30 -3:30 Session 5 of 6** week £5 per session toward material costs
Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended card making classes.
venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA

Wednesday 23/7/25 12-2pm Lunch and quiz Old Maypole, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside. Money off voucher and menu <https://www.sizzlingpubs.co.uk/findapub/northwest/theoldmaypoleilford/signup>

Pay for what you eat and drink, free quiz, win a dessert each for your team. Meet new people. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

The Pearl Fish restaurant meal 17:30 at 35 High Street Hornchurch RM11 1TP £16 for fish and chips and tea or coffee. Not pensioner's portions. 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

Thursday 24/7/25 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 & 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

Friday 25/7/25 EPHG Coach trip Maldon -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

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Monday 28/7/25 Harold Wood Hub Craft with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk

Tuesday 29/7/25 Card making group with Pam at Harold Wood Community Hub **1:30 -3:30 final Session off** 6 week £5 per session toward material costs

Wednesday 30/07/25_1-3pm Reina Turkish Mediterranean Lunch 3-7 Billet Lane RM11 1TS Meet Host Ruth for Lunch –£14.95 for 2 course lunch includes tip. Drinks to be paid separately. Email disdiamonds@ageukrbh.org.uk to book a place – for dietary information contact restaurant directly [01708 454810](tel:01708454810)

1-3pm Kenneth More Theatre. Bring Your Own sandwich, singing & dancing. Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT. **Pre booking essential with any dietary requirements, £5.00 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

Thursday 31/07/25_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

11-1 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 to book your place so we know who to contact in the event of cancellation / change due to weather

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 & 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

More events to be added for July –History Tour of Romford & Market – walking tour followed by Pie & Mash -Cinema Trip Lumiere Romford

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Free Exercise Classes offered by AgeUKRBH – Falls -Please call 07535 953763 or Email: 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
Chair Based Exercises – with Heidi Ardleigh Green Community Association, Hornchurch	Wednesday	12.15pm – 1.15pm
Chair Based Exercises – with Heidi All Saints Church, Ardleigh Green, Hornchurch FULLY BOOKED!!!	Wednesday	1.30pm – 2.30pm
Chair Based Exercises – with Heidi All Saints Church, Ardleigh Green, Hornchurch	Thursday	11.30am- 12.30pm
Chair Based Exercises – with Heidi FULLY BOOKED!!! Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	1.00pm – 2.00pm
UPCOMING: Chair Based Exercises – with Heidi BEGINNING 17 February 2025 Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	2.00pm-3.00pm
Tai Chi – with Karl Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
Tai Chi – with Karl Cranham Community Centre	Monday	1.00pm – 1.50pm
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 Cranham social hall club, Front Lane, Cranham FULLY BOOKED!!!	Thursday	1.00pm – 2.00pm
Chair Based Exercises – with Heidi 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

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Venue Face to Face Exercise Classes (Redbridge)		Day	Time
Easy Chair based Yoga - with Sami 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 Ilford Library, Clements Road, Ilford, IG1 1EA		Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami Ilford Library, Clements Road, Ilford, IG1 1EA		Monday	11.00am – 12.00pm
Tai Chi - with John Poon 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 Ilford Library, Clements Road, Ilford, IG1 1EA		Wednesday	11.00am-11.50am
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

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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	Tuesday	1.15pm – 2.15pm
Chair based exercise class – with Heidi Becontree leisure centre Althorne Way RM10 7FH	Tuesday	10.00am – 11.00am
Chair based Tai Chi – with John 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

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

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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/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

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

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

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.

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.

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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

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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 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 –

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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 (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

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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