

Members of Dis Diamonds Havering Activities November printed 31/10/25 -for Over 50s Residents of Havering/Barking & Dagenham/Redbridge				
Monday	Tuesday	Wednesday	Thursday	Friday
Every Mon except BH 3pm Diamond Geezers Railway Pub Hornch.	<i>Prebook to ensure place and to be advised of any changes</i>	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	<i>Every Friday morn Knit & Natter Colley Rowe Pub</i> Warblers – fun singalong meet 2:30 at Queens Theatre Hornchurcch New location
3 12-2 Pipe Major Lunch & Bingo Dagenham	4 10-12 Art With Maryanne Harold Wood Hub 11-1pm Fairlop Water Walk& Coffee- Barkingside	5 11-1pm Create Writing Course Lumiere Cinema Romford session2 1:30 -3:30 King George V Lunch Gants Hill	6 1:30 -3:30 Thursday Chat Harold	7 10:15 Namco Bowling Romford
10:30 -12:30 Harold 10 Wood Hub -Craft with Amanda –must prebook	11 10:45 EasyArt with Ruth Harold Wood Hub 6pm Mandarin Palace Hornchurch – Chinese Dinner	11-1pm Create Writing Course 12 Lumiere Cinema Romford session6 12-2 Crowlands <i>lunch Dagen.</i>	13 1:30 -3:30 Thursday Chat Harold	14
10:30 Queens 17 Theatre Hornchurch Coffee Morning 10:30 -12:30 Harold Wood Hub - Craft with Amanda –must prebook 3pm Cocktails Meet up at Colley Rowe Pub	18 11-1pm Risebridge Golf Club Brunch Romford 6pm Pearl Restaurant Hornchurch Cod & Chips	19 11am Bus Trip to Thurrock Garden Centre meet Romford Station 12-2pm Old Maypole Lunch & Quiz Hainault	20 10:30 Romford Baptist Coffee 1-3 Kenneth More Bring your own Lunch –Tea & Music Ilford £5 1:30 -3:30 Thursday Chat Harold	21 10am Free Bingo at Romford Mecca 1pm Book Club Romford Baptist ----- Saturday 22nd EPHG coach Trip Ely Cathedral
10:30 -12:30 Harold 24 Wood Hub –Activity EPHG Polhill Garden Centre Coach trip	25 10:15 Namco Bowling 12.30-2 Havering Live Well event, Cottons & Fambridge, RM7 7AN	26 9:45 Welcome Museum in London with free tour meet Romford Station	27 11am -1pm Moon & Stars Brunch Romford 1:30 -3:30 Thursday Chat Harold Wood Community Hub	28

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 .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

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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>

Saturday 1/11/25 Elm Park Horticultural Guild Winter Show - St. Alban's R.C. Church Hall, Langdale Gardens, Elm Park. RM12 5JX on Saturdays. Doors open at 2.30PM to 4.30PM. Free Entry –why not pop along Refreshments available

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.

Monday 03/11/25 Harold Wood Hub Activity must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk

noon- 2pm Pipe Major, 1,Yewtree Avenue, Dagenham, RM10 7FN buses nearby including 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 to book your place so we know who to contact in the event of cancellation / change

Tuesday 04/11/25 10:00 -1pm 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

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

Wednesday 5/11/25 11am -1pm Creative Writing course – free 6 week course. Session 5 of 6 at Lumiere Cinema Romford Mercury Mall – just above Asda please contact Fiona on 07375704448 or email disdiamonds@ageukrbh.org.uk

1:30-3:30pm 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 to book your place

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Thursday 06/11/25 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 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 07/11/25 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 4th November. Host Ruth. Please ensure advise Disdiamonds before Tuesday 4th even those that have been before – so Ruth can draw up the teams.

Monday 10/11/25 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

Tuesday 11/11/25 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 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 Contact restaurant directly for dietary enquires only 01708438003

Wednesday 12/11/25 11am -1pm Creative Writing course – free 6 week course. Session 6 of 6 at Lumiere Cinema Romford Mercury Mall – just above Asda please contact Fiona on 07375704448 or email disdiamonds@ageukrbh.org.uk

All welcome to Pop along 12:30 to find out how what our members produced during the course & enquire about new Visual Art Class starting in March 2026 –why not catch a film afterwards

Noon -2pm 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

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Thursday 13/11/25 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 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 17/11/25 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

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

Cocktails (or coffee). Meet 3pm at the 'The Colley Rowe Inn' (Wetherspoon pub), Collier Row. Pub is located in the main high street of shops opposite the library. Bus Nos: 247, 294 and 252 go direct from Romford and stop virtually outside the library. Meet Rene & Laurie and other diamonds - email disdiamonds@ageukrbh.org.uk to reserve a place

Tuesday 18/11/25 11-1pm Risebridge Golf Club, 5, Risebridge Chase RM1 4PR, brunch. Free parking onsite. 10.17 from Romford Station stop V, 499 bus to stop Helmsdale Road (CK) then 20 min walk up Lower Bedfords Road, cross at Pelican Crossing, continue up Lower Bedfords Road to Risebridge Chase at 2nd mini roundabout, turn right into Risebridge Chase. **Wait at bottom of golf club drive for shuttle** to golf club if walking as **the drive is long, uneven and unsuitable to walk on**. Meet Hosts Amanda/Kim Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

The Pearl Restaurant Early Dinner 6pm -at 35 High Street Hornchurch RM11 1TP Cod & Chips £16 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 for dietary enquires please contact restaurant 01708477837

Wednesday 19/11/25 11am Thurrock garden centre trip by bus. Meet Rene & Laurie at Romford Train Station and take 370 bus (from Victoria Road). Have a browse around the center and their Christmas shop. Stop for coffee/brunch. prebook email disdiamonds@ageukrbh.org.uk

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

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Thursday 20/11/25 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

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 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 21/11/25 Free Bingo – come for a free couple of games of Bingo and free Bacon/Cheese Roll & Hot/or Soft Drink 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 The Survivors by Jane Harper or any of her books or perhaps you might like to discuss a book you have recently read. For December we will be discussing The Cleaner by Mary Watson or any of her books. Please bring along any books you want to swap –feel free to pop along for a chat with Fiona & Ian & other Diamonds. 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. Why not come early and enjoy lunch beforehand.

Saturday 22/11/25 Ely Cathedral & Christmas Fayre –Coach Trip with EPHG Book via Trevor 07771 741948 When booking please mention that you are a Disdiamond member

Monday 24/11/25 10:30 -12:30 Harold Wood Hub Activity must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk

Polhill Garden Centre –Coach Trip with EPHG Book via Trevor 07771 741948 When booking please mention that you are a Disdiamond member

Tuesday 25/11/25 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 Thursday 20th Nov. Host Ruth. Please ensure advise Disdiamonds even those that have been before – so Ruth can draw up the teams

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12:30 -2 pm Live Well Havering Roadshow, Cottons & Fambridge, RM7 7AN

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

Wednesday 26/11/25 9:45 Trip to Welcome Museum at Euston Road London – meet Trevor & Ian at Romford Station Romford rail station (inside by booking hall). Travel by train to Museum –free entrance to museum and Tour of exhibition “Thirst The search for freshwater”. Note trip involves steps & travelling on train. To reserve a place Email disdiamonds@ageukrbh.org.uk Café on site welcome to bring packed lunch and eat in cafe

Thursday 27/11/25 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 – meet at the back of the Moon & Stars on the right hand side Please advise Disdiamonds to book a place

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

For **December**, we have free tickets to Pinney Talfords Carol Concert at Queens Theatre Monday 1st December 11am to noon– please prebook now we have limited seats available Email disdiamonds@ageukrbh.org.uk please give a donation to Theatre on the day.

Bowling **Friday 5th December**

Christmas Get together at Hornchurch Railway Hotel Wednesday 17th December 1:30 to 5:30

£21 cash in advance -Tickets available every Tuesday 10:30 -12:30 or contact Lesley 07538 798478- must be paid now

includes-Bufferet Lunch – (Unlimited tea/coffee/soft drinks) - live entertainment

other Christmas get togethers will be advised on Facebook & coffee mornings nearer the time

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 Ardleigh Green Community Association, Hornchurch FULLY BOOKED!!!	Wednesday	12.15pm – 1.15pm
Chair Based Exercises – with Heidi All Saints Church , Ardleigh Green, Hornchurch LIMITED SPACES!!!	Wednesday	1.30pm – 2.30pm
Chair Based Exercises – with Heidi All Saints Church , Ardleigh Green, Hornchurch FULLY BOOKED!!!	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
Chair Based Exercises – with Heidi FULLY BOOKED!!! 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 LIMITED SPACES!! 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 LIMITED SPACES!!!	Thursday	2.00pm – 3.00pm

For more information call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk

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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 exercise class - with Keeley Chadwell House –unavailable to non-residents		Friday	11.00am – 12.00pm
Nordic Walking - with Anne Valentines Park, Ilford	LIMITED SPACES!!!	Wednesday	1.30pm– 2.30pm
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
Tai Chi - with John Poon Age UK, 103 Cranbrook Road, Ilford, IG1 4PU	ADVANCED ONLY!!	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 Clement s Road, Ilford, IG1 1EA	FULLY BOOKED!!!	Wednesday	11.00am-11.50am

For more information call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk

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Face to Face (B&D)

Venue		Day	Time
Chair based exercise class – with Anne Marsh, East Road Baptist Church, East Road, RM6 6YJ	FULLY BOOKED!!!	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 St Chad's Church, Eric Road, RM6 6JH	FULLY BOOKED!!	Tuesday	1.15pm – 2.15pm
Chair based exercise class – with Heidi Becontree leisure centre Althorne Way RM10 7FH	FULLY BOOKED!!	Tuesday	10.00am – 11.00am
Chair based Tai Chi – with John St Chad's Church, Eric Road, RM6 6JH	FULLY BOOKED!!	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-12:30pm
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 or Email: 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 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 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

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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.

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.

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

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 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

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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

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

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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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