

Members of Dis Diamonds Havering Activities October printed 24/09/25 -for Over 50s Residents of Havering/Barking & Dagenham/Redbridge				
Monday	Tuesday	Wednesday	Thursday	Friday
Every Mon except BH 3pm Diamond Geezers Railway Pub Hornch.	Every Tuesday Warblers – fun singalong meet 10:30 at Railway Pub Hornch.	<i>noon StJosephs Lunch Upminster</i> <i>every Wednesday from 10 Sept</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>
<i>Prebook to ensure place and to be advised of any changes</i>		11-1pm Create Writing Course 1 Lumiere Cinema Romford session 1 12-2 Older people's day celebration Mercury Mall	12-2 King GeorgeV Lunch G.Hill 2 1:30 -3:30 Thursday Chat Harold Wood Community Hub	3
10:30 -12:30 Harold 6 Wood Hub -Craft with Amanda –must prebook	10:45-noon Art with 7 Maryanne Harold Wood 11-1pm Fairlop Water Walk& Coffee- Barkingside	11-1pm Create Writing Course 8 Lumiere Cinema Romford session2 12-2 Crowlands lunch Dagenham	12-2 Pipe Major Lunch & Bingo 9 Dagenham 1:30 -3:30 Thursday Chat Harold	10:15 Namco Bowling Romford
10:30 -12:30 Harold 13 Wood Hub -Activity must prebook	14	10am Walk around Canary 15 Wharf meet Romford Station 11-1pm Create Writing Course Lumiere Cinema Romford session3 1-3pm Reina Turkish Mediterranean Lunch	16 10:30 Romford Baptist Coffee 1:30 -3:30 Thursday Chat Harold	17 10am Free Bingo at Romford Mecca 1pm Book Club Romford Baptist ----- Sunday 19th 1pm Sunday Lunch Ardleigh Pub
10:30 Queens 20 Theatre Hornchurch Coffee Morning 10:30 -12:30 Harold Wood Hub -Activity	21 10:15 Namco Bowling	22 11-1pm Create Writing Course Lumiere Cinema Romford session 4 2:30- 4:30 Pearl Lunch Hornchurch	23 1:30 -3:30 Thursday Chat Harold Wood Community Hub	24
10:30 -12:30 Harold 27 Wood Hub -Activity must prebook 1-3 Fullwell Cross Library BYO craft Barkingside	28 10:45 EasyArt with Ruth Harold Wood Hub 12.30-2 Havering Live Well event, Bards Court Heaton Avenue Harold Hill RM3 7HU	29 1-3 Kenneth Moore Bring your own lunch – Teas & Music Ilford £5	30 11am -1pm Moon & Stars Brunch Romford 12-2 Old Maypole Lunch & Quiz 1:30 -3:30 Thursday Chat Harold 2-4 Halloween Meet up / Cocktails Colley Rowe Inn Pub	31

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 Tuesday Diamond Warblers – do you like singing – then pop along **10:30-12:00 to** Railway Hotel Hornchurch –Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music – why not reward yourself afterwards by staying on for Lunch or grab a breakfast beforehand -let us know if attending–email disdiamonds@ageukrbh.org.uk

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 for Summer Holidays reopens 10th September**

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 –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 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

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

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>

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.

Wednesday 01/10/25 12-2pm Mercury Mall by escalator, Mercury Gardens, Romford RM1 3EE

Each year on 1st October, people across the world mark United Nations International Day of Older People to raise awareness of opportunities and challenges faced by ageing populations, and to mobilise the wider community to address difficulties faced by older people. Older people play an [integral part](#) in strengthening our communities and neighbourhoods; as workers, carers, volunteers, activists and community connectors. But these vital contributions are often overlooked, or limited by ageism and other societal and physical barriers. As well as helping others, volunteering has been shown to improve our social connections, enhance our sense of purpose and self-esteem. Paid work can have a positive impact on wellbeing as well as finances. Despite this, many older people find themselves encountering barriers to getting involved in all the ways they would like to. We all have a part to play in making our communities and neighbourhoods better places to age, and in celebrating and enabling the contributions of older people. On this International Day of Older People, we are celebrating older people and the vital part they play, and have the potential to play, in making our community a better place to be. **Join us and our amazing singer Mark.** email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change.

Creative Writing course – free 6 week Starting Wednesday 1st October 11am -1pm at Lumiere Cinema Romford Mercury Mall , Mercury Gardens, Romford RM1 3EE– just above Asda near Mecca Bingo Hall
please contact Fiona on 07375704448 or email disdiamonds@ageukrbh.org.uk to reserve your place.

Thursday 02/10/25 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

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

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



Monday 06/10/25 Harold Wood Hub Craft with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA

Tuesday 07/10/25 10:45am –noon Art with Maryanne – come along to Harold Community Hub. Why not stay on afterwards for lunch. - Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA prebook Email disdiamonds@ageukrbh.org.uk bring own pens & sketch pad - pens & paper available if needed

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 8/10/25 11am -1pm Creative Writing course – free 6 week course. Session 2 of 6 at Lumiere Cinema Romford Mercury Mall – just above Asda please contact Fiona on 07375704448 or email disdiamonds@ageukrbh.org.uk

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

Thursday 09/10/25 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

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 10/10/25 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 7th Oct. Host Ruth. Please ensure advise Disdiamonds before Tuesday 7th even those that have been before – so Ruth can draw up the teams.

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



Monday 13/10/25 10:30 -12:30 Harold Wood Hub Activity must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk

Wednesday 15/10/25 10am a walk around Canary Wharf and then stop for a coffee/brunch at “The Ledger Building” Wetherspoon Pub. The Docklands Museum (with free entrance is worth a visit, Museum is virtually next door to the pub. Meet 10am Romford rail station (inside by booking hall).

Will take Elizabeth line to Stratford and then Docklands train onto Canary Wharf

11am -1pm **Creative Writing course – free** 6 week course. Session 2 of 6 at Lumiere Cinema Romford Mercury Mall – just above Asda please contact Fiona on 07375704448 or email disdiamonds@ageukrbh.org.uk

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

Thursday 16/10/25 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

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 17/10/25 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 any book by Nicci French you have read or perhaps you might like to discuss a book you have recently read. For November we will be discussing The Survivors by Jane Harper

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



or any of her book. Please bring along any books you want to swap –feel free to pop along for a chat with 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.

Sunday 19/10/25 Sunday Lunch at Ardleigh Pub 1pm 124 Ardleigh Green Road, RM11 2SH Meet Hosts Margaret & Pam for Lunch – Ember Inn Pub menu includes Sunday Roast. Email disdiamonds@ageukrbh.org.uk to book a place and place your menu selection. For dietary information contact pub directly [01708 442550](tel:01708442550)

Monday 20/10/25 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

Tuesday 21/10/25 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 16th Oct. Host Ruth. Please ensure advise Disdiamonds before Thursday 16th even those that have been before – so Ruth can draw up the teams

Wednesday 22/10/25 11am -1pm Creative Writing course – free 6 week course. Session 2 of 6 at Lumiere Cinema Romford Mercury Mall – just above Asda please contact Fiona on 07375704448 or email disdiamonds@ageukrbh.org.uk

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

Thursday 23/10/25 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

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



Monday 27/10/25 10:30 -12:30 Harold Wood Hub Activity must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk

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

Tuesday 28/10/25 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

12:30 -2 pm Live well Havering Roadshow Bard Court Heaton Avenue Harold Hill RM3 7HU – pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS –please advise if coming Email disdiamonds@ageukrbh.org.uk

Wednesday 29/10/25 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

Thursday 30/10/25 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

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

Halloween Cocktails (or coffee). Meet 2pm (new earlier time) 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.

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



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

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

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

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 by early October
includes-Buffer Lunch – (Unlimited tea/coffee/soft drinks) - live entertainment

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



Please DO NOT ATTEND a class without registering with Amber first, as you will be declined by the trainer.

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

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

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

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

Face to Face (B&D)

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

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

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

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 – 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 Music, Andrew Morrisson for further information and to arrange an informal audition. music@stedwardsromford.com or leave a message at the office 01708 744973

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



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 –

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

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

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

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>

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

