

## Agewell Dis Diamonds Havering Activities May 2026 -part of Ageing Well Services for Residents of Havering –Over 50s

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All events must be Prebooked to ensure place and to be advised of any changes</b>  <b>Please ensure you Prebook Email <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a></b></p>				<p><b>1</b> -----  <b>Saturday 3<sup>rd</sup> May</b>  <b>EPHG Coach trip to Wisley</b></p>
<p><b>4</b>  <b>Bank Holiday</b>  <b>12-2 Meet up Colley Rowe</b></p>	<p><b>5</b>  <b>9:30am -12:30pm</b> Older Peoples Info Roadshow Queens Theatre Hornchurch –pop along see AgeukRBH at their stand  <b>10-12 Sketch Art</b> With Maryanne Langtons Park</p>	<p><b>6</b>            11-1pm Monthly Writing Group at Lumiere Cinema Romford   <b>10am Covent Garden trip from Romford Station</b></p>	<p><b>7</b>  <b>1pm-4pm</b> Energy Doctors &amp; Ageing Well Services Harold Hill Library   <b>1:30 -3:30</b> Thursday Chat   <b>3pm-5pm</b> On Line Free Art Class with Artist Ioanna via please ask for access code.</p>	<p><b>8</b> -----  <b>10:30 Bowling Namco Romford</b>  -----  <b>Saturday 9th May</b>  <b>EPHG Coach trip to Winchester</b></p>
<p><b>11</b>  <b>10:00 –noon</b> Harold Wood Hub Coffee  <b>10:00 -noon</b> Hub Craft with Amanda            2-4 Rainham Livewell Roadshow Rainham Parish Church  <b>3pm-5pm</b> Diamond Geezers Railway Pub Hornchurch</p>	<p><b>12</b>  <b>10:00 to noon</b> Warblers – fun singalong Railway Pub Hornch   <b>11-1 Post VE DAY</b> party Dagenham &amp; Redbridge FC –Singer  <b>EPHG Margate Coach Trip</b></p>	<p><b>13</b>  <b>11-1pm</b> Drop in Information on Energy Doctors &amp; Ageing Well Services Rainham Library   <b>12-2pm</b> Crowlands Lunch Dagenham</p>	<p><b>14</b>  <b>1pm -4pm</b> Energy Doctors &amp; Ageing Well Services Harold Hill Library  <b>1:30 -3:30</b> Thursday Chat Harold Wood Hub  <b>3pm-5pm</b> On Line Free Art Class with Artist Ioanna via please ask for code.  <b>7:30 pm The Book of Will –drama play Wesley Players Upminster Methodist</b></p>	<p><b>15</b>  <b>10am</b> Free Bingo Romford Mecca   <b>1pm</b> Book Club Romford Baptist</p>
<p><b>18</b>  <b>10:00 –noon</b> Harold Wood Hub Coffee  <b>10:00 -noon</b> Hub Jewellery Making Activity  <b>10:30</b> Queens Theatre Hornchurch Coffee Morning  <b>3pm-5pm</b> Diamond Geezers Railway Pub Hornchurch</p>	<p><b>19</b>  <b>10:00 to noon</b> Warblers – fun singalong Railway Pub Hornch   <b>10:30</b> Easy Art with Ruth Harold Wood Hub  <b>2:30pm</b> Pearl Restaurant Hornchurch</p>	<p><b>20</b>  <b>9:45am</b> Wallace &amp; Gromit Bethnal Green Museum of Childhood trip from Romford Station –<b>dependent on tube strike being cancelled</b>   <b>11-1pm</b> Drop in Info Rainham Library  <b>12-2 Pipe Major Lunch &amp; Bingo Dagenham.</b></p>	<p><b>21</b>  <b>10:30</b> Romford Baptist Coffee  <b>11-3</b> Kenneth More Ilford Summer Party £10  <b>1pm-4pm</b> Energy Doctors &amp; Ageing Well Services Harold Hill Library   <b>1:30 -3:30</b> Thursday Chat Harold Wood   <b>3pm-5pm</b> On Line Free Art Class with Artist Ioanna via please ask for code.</p>	<p><b>22</b> -----  <b>Saturday 23<sup>rd</sup> May</b>  <b>EPHG Coach trip to Kent Garden Show</b></p>
<p><b>25</b>  <b>Bank Holiday</b></p>	<p><b>26</b>  <b>10:00 to noon</b> Warblers – fun singalong Railway Pub Hornch</p>	<p><b>27</b>  <b>11-1pm</b> Drop in Info Rainham Library  <b>12-2</b> Old Maypole Lunch</p>	<p><b>28</b>  <b>11-1pm</b> Moon &amp; Stars Brunch Coffee Catchup Romford  <b>1:30 -3:30</b> Thursday Chat Harold Wood Hub  <b>3pm</b> Zoom Art</p>	<p><b>29</b></p>

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

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

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

## Face to Face Exercise Classes (Havering)

For more information, on Exercise call [07535 953763](tel:07535953763) or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk). All classes are charged at £4 per session to be paid in 6 week intervals.

**We also have new Chair Yoga classes starting soon in Harold Hill, Romford, and Rainham. Which will be on a **free 12 week trial****

**Please get in touch with Amber to be added to list!**

*Please DO NOT ATTEND a class without registering with Amber first, as the trainer will decline you. We have an operational waiting list for each class*

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

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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

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

**Every Monday -Monday Meet up. 10:00 to noon must be pre booked** –Come and meet up with fellow Diamonds for a chat and coffee £2.

Variety of refreshments, cakes and snack available – Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Lesley at 10:00. Why not stay on for lunch Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) lots of different activities or come for a chat. **Must be pre-booked** –

**note some craft events will incur a charge of £4.**– we also have Thursday afternoon club. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Every Monday Diamond Geezers 3pm-5pm** Diamond Geezers meets Railway **Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tub Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place.

**Every Tuesday Diamond Warblers** – do you like singing – then pop along 10:00 - noon then pop along to **Railway Hotel Restaurant Hornchurch** –Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music – **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tube Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. Let us know if attending–email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. **Note no session 5<sup>th</sup> May**

**Regular on specified Wednesdays 11:00-1:30pm** Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road Rainham RM13 9GP

**Regular on specified Thursdays 11:30-3pm** Dropin for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road Harold Hill RM3 8ED

**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](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. **Pre book if possible**

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

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

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

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



**Looking for a Knitting Group or Craft Group – please let us know and we will set up a new group email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk) or contact Fiona to find out nearest Craft/Knitting Group – In the meantime always welcome to bring along to Thursday afternoon Hub at Harold Wood Com Hub**

**Free Digital Advice / Support** Join our friendly digital support sessions and learn at your own pace. Our digital friendly volunteer offers both group and one-to-one support. Whether you want to learn the basics, build essential digital skills, stay connected with family and friends, or simply feel more confident using your device, we're here to help. Local drop in sessions and can offer a home visit if needed.

For more information please contact; [Vivienne.Greengrass@ageukrbh.org.uk](mailto:Vivienne.Greengrass@ageukrbh.org.uk) 07946032332

**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>**

**As with all events – please prebook [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)**

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**Saturday 2/5/26 Coach Trip with EPHG to Wisley £39** Book via Trevor 07771 741948 for more info see <https://www.ephg.co.uk/80675/info.php?p=8>  
When booking please mention that you are a Disdiamond member

**Bank Holiday Monday 4/5/26 Noon -2pm Colley Rowe Get Together** – Cocktails/Chats/Coffee/Craft Ale (Beer) 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](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place –as office is closed over Bank Holiday – if you decide on the day just pop along and meet up with 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](mailto:Disdiamonds@ageukrbh.org.uk)

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

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**Tuesday 5/5/26 10-12** Sketch Art With Maryanne Langtons Park Please bring sketching materials and a garden chair if you have one. Some materials can be supplied but you will still need something to lean your paper on. There are benches if you do not have a garden chair. We will be concentrating on sketching flowers and plants this time. Meet by Organey Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) why not stay on for lunch locally. If the weather is unsuitable will move to Queens Theatre which is near by.

**9:30 -12:30** Older Peoples Info Roadshow at Queens Theatre Hornchurch RM11 1QT – why pop along and grab some useful advice from the many stall holders who will be – stop off at the AgeUKRBH stand and say hello to the Diamonds.

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**Wednesday 6/5/26 10am** Covent Garden Walkabout – travelling from Romford Station to Covent Garden by public transport. Trip hosted by Rene & Laurie. Walkaround market then walk towards Leicester Square. Option of eating in local pub or bring/purchase sandwiches to eat in one of the squares. This will be a walking activity trip – please state mobility at time of booking when email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place.

**11am -1pm Writing Focus Group-** following on from the successful creative writing course the group will continue to meet up to discuss and create prose, short stories and poems on a monthly bases. Meet Lesley in coffee area at Lumiere Cinema Romford Mercury Mall – just above Asda. If you have a passion for writing Please email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place- feel free to bring along a short story or poem you like the group to comment on .

**Thursday 7/5/26 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 & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please Pens & paper available. Please **pre book** if first time at Thursday Hub

**1-4pm** Dropin for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road RM3 8ED

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**Friday 8/5/26 Ten Pin Bowling at Romford Namco** Meet Ruth **10:30** outside MacDonalds for 10:45 start for bowling at the Brewery. Bowling and tea/coffee £9.95- Host Ruth. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) please advise before Tuesday 5<sup>th</sup> May so Ruth can draw up the teams **note later time**

**Saturday 9/5/26 Coach Trip with EPHG to Winchester** £36 Book via Trevor 07771 741948 for more info see <https://www.ephg.co.uk/80675/info.php?p=8>  
When booking please mention that you are a Disdiamond member

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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

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



**Monday 11/5/26 10:00 -12:00 Harold Wood Hub Activity Craft with Amanda** must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Essential advance bookings

**2-4pm Rainham Live Roadshow** –new event for Disdiamonds – at Rainham Parish Church St Helen & St Jiles Church The Broadway 3 Upminster Road South, Rainham RM13 9YN – on bus route 165/103/287-Please email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place. Please pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS & local groups

**Tuesday 12/5/26 11-1 Post VE Day party with singers** Dagenham & Redbridge FC, Victoria Road stadium, Victoria Road, RM10 7XL **103 bus** Put on your red white & blue and join us for our VE day celebration. Songs from the past and present to get you dancing. £5 pay on the day, Tea/coffee and snacks included email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place

**Diamond Warblers** – do you like singing – then pop along 10:00 - noon then pop along to **Railway Hotel Restaurant Hornchurch** –Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music – **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tube Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. Let us know if attending–email

**Coach Trip with EPHG to Margate or Hornby** £34 Book via Trevor 07771 741948 for more info see <https://www.ephg.co.uk/80675/info.php?p=8> When booking please mention that you are a Disdiamond member

**Wednesday 13/05/26 11:00-1PM** Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road

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

**Thursday 14/5/26 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 & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**1-4pm** Dropin for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road RM3 8ED

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



**7:30 pm** Wesley Players The Book of Will –drama - meet Kath 7:30pm for 8pm show finishes at 10pm Upminster Methodist Church, 10 Hall Lane Upminster RM14 1AE free tickets available must pre book via [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call us –please give donation to Wesley Players on the night if able to.

**Friday 15/5/26 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](mailto: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 Slow Horses by Mick Heron or any of his books or perhaps you might like to discuss a book you have recently read. For June we will be reading Quantum of Menace by Vaseem Khan –feel free to pop along for a chat with Fiona & Ian & other Diamonds. This is an informal chat club where we like to discuss and swap books. Please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming. Why not come early and enjoy lunch beforehand.

**Monday 18/6/26 10:00 -12:00 Harold Wood Hub Activity Craft with June** must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Essential advance bookings email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**10:30-12:00 Queens Coffee Morning** at Queen Theatre Hornchurch RM11 1QT meet Angie and other diamonds in the Café area. Find out what is happening next month -Please advise Disdiamonds to book a place

**Tuesday 19/5/26 10:30 -1pm Relaxed and Easy Art with Ruth** The Hub, Harold Wood 11 Gubbins Lane RM3 0QA – materials will be supplied or bring your own. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) why not stay on for lunch

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

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

**Wednesday 20/5/26 9:45** Trip to Museum of Childhood at Bethnal Green to see Wallace & Gromit Exhibition – Travelling by public transport meet at Romford Station. Hosts Trevor / Fiona – this will involve walking and steps please state mobility at time of booking – this is a ticketed event so must prebook via [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk). **Note if tube strike is on this will be rescheduled**

**11:00-1:00pm** Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road Rainham RM13 9GP

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

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

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**Thursday 21/05/26 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 Kath and other new members and discover what disdiamonds is about and what we are up to this month please let us know you are coming Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call

**1-3pm Kenneth More Theatre. Summer party with singer Mark**. Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT. **Pre booking essential, £10** (£5 venue, tea coffee snacks, £5 singer) pay on the day, late cancellation / no show still need to pay for singer. **Price includes, tea. Coffee, snacks and professional singer. Feel free to bring lunch if you wish**. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**1-4pm** Dropin for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road RM3 8ED

**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 & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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**Saturday 22/5/26 Coach Trip with EPHG to Kent Garden Show** £44 Book via Trevor 07771 741948 for more info see <https://www.ephg.co.uk/80675/info.php?p=8> When booking please mention that you are a Disdiamond member

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**Tuesday 26/5/26 Diamond Warblers** – do you like singing – then pop along 10:00 - noon then pop along to **Railway Hotel Restaurant Hornchurch** –Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music – **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tube Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. Let us know if attending–email

**Wednesday 27/5/26 11:00-1:00pm** Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road

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

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**Thursday 28/5/26 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](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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## Other Activities/ Clubs in Havering

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

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

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

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

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

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

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

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

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

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

**Every Tuesday Care and Share Romford** noon to 3pm £2 entry fee –varied programme Tea & Coffee Cakes / Soup & Bread/ Games & Quizes entertainment

Church of the Good Shepherd 3 Redriff Road Romford RM7 8HD contact 01708745626 admin@thegoodshepherd.co.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 during School Holiday**

**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.**

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**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 Cafés** –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.

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

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

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

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

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

**Surveys** Want to help shape the borough or have your views acknowledged – 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

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

**Crafters SOS** -If handy with a needle a local group need a hand stitching up Knitted mufflers for Dementia groups –based in Romford Also wanted any wool or buttons or decorative pieces that can be sewn on. Please call Fiona or email [disdiamonds](mailto: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](mailto:music@stedwardsromford.com) or leave a message at the office 01708 744973

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

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

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

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> Also Coach Holidays available

When booking please mention that you are a Disdiamond member

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

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

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

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

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**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](http://www.lumiereromford.com) (membership £30 per annum) 0330 441 4580

Who host a great selection of films and special events

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

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

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

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

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

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

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