

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

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 –noon Harold Wood Hub Coffee 2 10:30 -12:30 Hub Craft with Amanda 3pm-5pm Diamond Geezers Railway Pub Hornch.	10:00 to noon Warblers – 3 fun singalong Railway Pub Hornch 10-12 Art With Maryanne Harold Wood Hub 11-1 Risebridge Golf Club brunch Romford	11-1pm Write On – Writing group Lumiere Cinema Romford 4 11:00-1:30pm Dropin Information on Energy Doctors & Ageing Well Services Rainham Library 12-2 King George V Lunch Gantshill.	1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with Artist Ionna via please ask for access code.	10:30-12:30 Knit & Natter 6 Colley Rowe Pub ----- Sunday 8th 1pm Ardleigh Pub Lunch
10:00 –noon Harold 9 Wood Hub Coffee /Digital 10:30 -12:30 Hub Craft with Amanda 3-5 Digital Wonder create Queens Theatre Hornchurch -Story Telling –helping to make Digital Escape Game 3pm-5pm Diamond Geezers Railway Pub Hornch. 3pm Cocktails & Chat JJ Moons Hornchurch	10:00 to noon Warblers – 10 fun singalong Railway Pub Hornch 11-2pm Live Well Roadshow Romford Mercury Mall/Lumiere Cinema	11:00-1:30pm Dropin Information on Energy Doctors & Ageing Well Services Rainham Library 12-2 Crowlands Lunch	11:30-3pm Dropin Information on Energy Doctors & Ageing Well Services Harold Hill Library 12 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with Artist Ionna via please ask for access code.	10:15 Namco Bowling Romford 10:30-12:30 Knit & Natter Colley Rowe Pub 13
10:00 –noon Harold 16 Wood Hub Coffee 10:30 Queens Theatre Hornchurch Coffee Morning 3pm-5pm Diamond Geezers Railway Pub Hornch.	10:00 to noon Warblers – 17 fun singalong Railway Pub Hornch 10:30 -12:30 Art With Ruth Harold Wood Hub 11-2 Free Financial planning event golf club Romford	11:00-1:30pm Dropin Information on Energy Doctors & Ageing Well Services Rainham Library 11-1 Eastbrookend Tea Room Brunch Dagenham	10:30 Romford Baptist Coffee 19 11:30-3pm Dropin Information on Energy Doctors & Ageing Well Services Harold Hill Library 1:30 -3:30 Thursday Chat Harold Wood 3pm-5pm On Line Free Art Class with Artist Ionna via please ask for code.	10am Free Bingo Romford Mecca 10:30-12:30 Knit & Natter Colley Rowe Pub 1pm Book Club Romford Baptist 20
10:00 –noon Harold 23 Wood Hub Coffee & Digital 10:30 -12:30 Hub Craft with Amanda 3-5 Digital Wonder create Queens Theatre Hornchurch -Story Telling –helping to make Digital Escape Game	10:00 to noon Warblers – 24 fun singalong Railway Pub Hornch 10:15 Namco Bowling Romford 6pm Mandarin Palace Dinner	10am Kew Gardens Orchid Show meet Romford Station 11-1pm Creative Write week 1 of 6 at Lumiere Cinema Romford 12-2 Old Maypole Lunch & Quiz Hainault	11-1pm Moon & Stars Brunch 25 Coffee Catchup Romford 11:30-3pm Dropin Information on Ageing Well Services Harold Hill Library 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with Artist Ionna via please ask for access code.	26 All events Prebook to ensure place and to be advised of any changes Email disdiamonds@ageukrbh.org.uk 27

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

Exercise classes – Chair based Yoga and Tai Chi – Available for Havering residents.				
Monday	Tuesday	Wednesday	Thursday	Friday
11.20-12.00 – Chair Based Exercise with Heidi. At the Cranham Community Centre, RM14 1SR. FULLY BOOKED.	N/A	11.00-12.00 – ONLINE Chair Yoga with Elaine over zoom.	10.00-11.00 Tai Chi with Karl at the Sapphire Jubilee Community Centre, RM5 3BW.	N/A
			11.00-12.00 – ONLINE Chair Yoga with Elaine over zoom. 11.00-11.00 – ONLINE Chair Tai Chi with John over zoom.	
1.00-2.00 – Chair Based Exercise with Heidi. FULLY BOOKED. 2.00-3.00 – Chair Based Exercise with Heidi at the Sapphire Jubilee Community Centre, RM5 3BW. FULLY BOOKED.		12.15-1.15 – Chair Based Exercises with Heidi at the Ardleigh Green Community Association, RM11 2LG. FULLY BOOKED.	11.30-12.30 Chair Based Exercise with Heidi at All Saints Church, Ardleigh Green, RM11 2LG. FULLY BOOKED.	
1.00-2.00 Tai Chi with Karl at the Cranham Community Centre, RM14 1SR. FULLY BOOKED.		1.30-2.30 Chair Based Exercise with Heidi at the All Saints Church, Ardleigh Green, RM11 2LG. FULLY BOOKED.	1.00-2.00 Chair Based Exercise with Heidi. FULLY BOOKED. 2.00-3.00 Chair Based Exercise with Heidi at the Cranham Social Hall Club, RM14 1XN. FULLY BOOKED.	To register please contact Amber at 07535 953763 or email amber.mirza@ageukrbh.org

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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. Email disdiamonds@ageukrbh.org.uk

Twice Monthly Mondays 10:00 –noon -Build Your Digital Confidence

Join our friendly twice-monthly 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.

Monday 9th & 23rd February, 10am-noon The Hub, Harold Wood 11 Gubbins Lane RM3 0QA

We also have a range of other local venues available and can offer a home visit if needed.

For more information please contact; Vivienne.Greengrass@ageukrbh.org.uk 07946032332

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 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 10:00 - 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 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 to book place. *Let us know if attending–email*

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

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

Every Wednesday 11:00-1:30pm Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road Rainham RM13 9GP except Wednesday 25th February

Every Thursday 11:30-3pm Dropin for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road Harold Hill RM3 8ED except Thursday 5th February

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**

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 & Dagenham.

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

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

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Monday 02/02/26 Harold Wood Hub Craft Activity with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk **At The Hub, Harold Wood 11 Gubbins Lane RM3 0QA**

Tuesday 03/2/26 10-12 Art With Maryanne Harold Wood Hub 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 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, and 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

Wednesday 4/2/26 11am -1pm Writing Focus Group- following on from the successful creative writing course the group will continue to meet up to discuss and create prose, short stories and poems on a monthly bases 1st Wednesday of the month. Meet in coffee area at Lumiere Cinema Romford Mercury Mall – just above Asda. If you have a passion for writing Please email 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/discuss

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

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

Thursday 5/2/26 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, 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

Sunday 08/2/25 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. For dietary information contact pub directly [01708 442550](tel:01708442550)

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

Monday 09/2/26 10:30 -12:30 Harold Wood Hub Activity Craft with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings

10:00 –noon -Build Your Digital Confidence Join our friendly twice-monthly 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. The Hub, Harold Wood 11 Gubbins Lane RM3 0QA

We also have a range of other local venues available and can offer a home visit if needed.

For more information please contact; Vivienne.Greengrass@ageukrbh.org.uk 07946032332

3-5pm Digital Wonder Workshop -creating an original interactive adventure -Telling a story to be digital stored for geo maps - no digital experience required -just ability to create or tell a story -Free Sessions over 4 weeks 9th & 23 Feb And 2nd & 9th March. This is part of a research study being undertaken by University. Meet Kim at Queens Theatre Hornchurch Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

3pm Cocktails (or coffee) at the JJ Moons (Wetherspoon pub) 46-62 High Street Hornchurch RM12 4UN. Meet Rene & Laurie and other diamonds - [Why not come along](#) to share cocktails and meaningful chat please email or call disdiamonds@ageukrbh.org.uk to let us know you are coming

Tuesday 10/2/26 11 -2 pm Live Well Havering Roadshow, Romford Mercury Mall /Lumiere Cinema Please email disdiamonds@ageukrbh.org.uk to reserve a place. Pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS –pop along listen to singer

Wednesday 11/2/26 11:00-1:30pm Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road RM13 9GP

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 12/2/26 11:30-3pm Drop in 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, 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 13/2/26 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- Host Ruth. Email disdiamonds@ageukrbh.org.uk please advise before Tuesday 10th February so Ruth can draw up the teams.

Monday 16/2/26 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

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

Tuesday 17/2/26 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 why not stay on for lunch

11-2 Free Financial Planning Event – Romford Golf Club Heath Drive, Gidea Park, Romford. Essex. RM2 5QB Fancy some free advice on Financial Planning / Wills/ LPA/ IHT come along to Question & Answer by FBarnes solicitors –also chance for free advice – please states when booking – if request advice on Wills / LPA/ IHT to assist with timings –note Age UK is not affiliated with and does not endorse F Barnes in any way, this is just a rare opportunity to gain free information from a solicitor and meet up with other diamonds. . Email disdiamonds@ageukrbh.org.uk to reserve a place

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Wednesday 18/2/26 11:00-1:30pm Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road RM13 9GP

11am-1pm Brunch, Eastbrookend Discovery Centre Tea room, Dagenham Road, Rush Green, Romford, Essex, RM70SS

<http://www.eastbrookcountryparktearoom.co.uk/> Pay for what you have. **Buses 174** (The Chase) will sit outside if weather is nice, inside if not. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 19/2/26 11:30-3pm Dropin for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road RM3 8ED

13:30 -3:00 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 meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

12-2 Craft & Hobby lunch, Crowlands Golf club, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/>.

Free tea / coffee, please note soft drinks and alcohol are not included. Buses stop right outside, large car park. This is a popular event so book early to avoid disappointment. **Pre booking essential.** Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Friday 20/2/26 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 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 Murder on Line by Jeremy Vine or any of his books or perhaps you might like to discuss a book you have recently read. For March please ask to be advised of book selection – 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 to let us know you are coming. Why not come early and enjoy lunch beforehand.

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Monday 23/2/26 10:30 -12:30 Harold Wood Hub Activity Craft with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings email disdiamonds@ageukrbh.org.uk

10:00 –noon Build Your Digital Confidence Join our friendly twice-monthly 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. The Hub, Harold Wood 11 Gubbins Lane RM3 0QA
We also have a range of other local venues available and can offer a home visit if needed.

For more information please contact; Vivienne.Greengrass@ageukrbh.org.uk 07946032332

3-5pm Digital Wonder Workshop -creating an original interactive adventure -Telling a story to be digital stored for geo maps - no digital experience required -just ability to create or tell a story –Free Sessions over 4 weeks 9th & 23 Feb And 2nd & 9th March. Meet Kim at Queens Theatre Hornchurch Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Tuesday 24/2/26 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- Host Ruth. Email disdiamonds@ageukrbh.org.uk please advise before Friday 22nd January so Ruth can draw up the teams.

11-1pm Walk, Fairlop Waters, FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN <https://my.redbridge.gov.uk/map/parks-and-open-spaces/fairlop-waters> **462 bus from Ilford station to Fairlop Waters tube central line Fairlop, cross the road.** Meet in the café for coffee then walk around the lake, it takes 35 min to an hour (3.2KM) and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you can stay in the café until we come back and take in the scenery. Suitable footwear required, dress for the weather, we will just have a coffee morning if it is 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

Mandarin Palace Early dinner later time 6pm with Trevor - 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

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Wednesday 25/2/26 – 10am Trip to Kew Gardens plus separate 1pm ticket entry to see the orchids. Meeting at Romford station at 10am taking Elizabeth line to Stratford where we will change over to the other main-line platform and go on to Richmond where we will take the bus a few stops along to Kew's main gate. Arriving Kew around 11.30'ish can meet at Kew by prior arrangement. There will be time to time explore Kew or have lunch and then re-meet up by the conservatory entrance for the Orchids. It is advisable to take a packed lunch/sandwich / hot drink etc.', the cafeteria serves these items but are a little expensive. Small donation required for trip. Hosts Rene and Laurie *Essential advance bookings email disdiamonds@ageukrbh.org.uk please state mobility as this involves travelling on public transport & walking*

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

12-2pm lunch and quiz Old Maypole, Fencepiece Road, Ilford, and 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 *over the phone*. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 26/2/26 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

11:30-3pm Drop in for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road RM3 8ED

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

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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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@havering.gov.uk www.haveringactive.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, poetry club

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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

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

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.

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

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 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.

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.thedementiamusicandsocialclub.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

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

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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

Thursday Club EASTBROOK COMMUNITY CENTRE Rainham Road South, Dagenham, RM10 7UU

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

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

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

When booking please mention that you are a Disdiamond member

Also Coach trips & holiday available from Kirbyscoaches.co.uk or Eastlondontravel.co.uk

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

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

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

Spare time why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off. Contact Disdiamonds for more info We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

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Cinema Trips –fancy catching the latest blockbuster film at your local cinema. Want a buddy to go with please contact Disdiamonds or if you fancy going in a group put an announcement on Facebook – not yet on Facebook do not worry we could make an announcement on your behalf –you choose cinema, day – time & film –we will announce on your behalf. Sign up for our cinema club

Catch a latest blockbuster or re-watch a favourite plenty to choose from at your local cinema so much to choose from–

Lumiere Romford–formerly Premier Cinema £6.99 or £4 for Lumiere members www.lumiereromford.com (membership £30 per annum) 0330 441 4580

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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