

Members of Dis Diamonds Havering Activities January 2026 printed 17/12/25 -for Over 50s Residents of Havering/Barking & Dagenham/Redbridge				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Every Mon except BH</b> <b>3pm</b> Diamond Geezers Railway Pub Hornch.	<b>Prebook to ensure place and to be advised of any changes</b> <b>Warblers</b> – fun singalong meet 10:30Railway Pub Horn	<b>noon</b> StJosephs Lunch Upminster every Wednesday except School Holidays pre book direct 01708 222432	Every Thursday on Zoom Free Art Class with Artist Ionna 3pm-5pm please ask for access code. No session on Bhols	Every Friday morn Knit & Natter Colley Rowe Pub
<b>Harold Wood Hub</b> <b>10:00 –noon everyMon</b>			<b>New Years Day Bank Holiday 1</b>	<b>Office reopens- taking 2</b> <b>bookings on 07375704448</b>
<b>5</b> <b>11-1pm</b> Fairlop Waters Walk Barkingside	<b>6</b> <b>10-12</b> Art With Maryanne Harold Wood Hub <b>11-1</b> Risebridge Golf Club brunch Romford	<b>7</b> <b>11-1pm</b> Write On – Writing group Lumiere Cinema Romford <b>12-2pm</b> King George V Lunch Barkingside .	<b>8</b> <b>11am -1pm</b> Brunch Romford Baptist <b>11-1 Bobby Moore Sports Hub</b> Coffee morning <i>Dagenham</i> <b>1:30 -3:30</b> Thursday Chat Harold	<b>9</b> <b>10:15</b> Namco Bowling Romford----- <b>Sunday 11<sup>th</sup> Jack &amp; The</b> <b>Beanstalk Panto 2-4pm</b> <b>Lumiere Cinema Romford</b>
<b>12</b> <b>10:30 -12:30</b> Harold Wood Hub -Craft with Amanda <b>3pm</b> Cocktails/coffee, The Colley Rowe Inn	<b>13</b> <b>10:30 -12:30</b> Art With Ruth Harold Wood Hub <b>11-2pm</b> Live Well Romford Mercury with singer	<b>14</b> <b>12-2pm</b> Crowland Lunch	<b>15</b> <b>10:30</b> Romford Baptist Coffee <b>1:30 -3:30</b> Thursday Chat Harold	<b>16</b> <b>10am</b> Free Bingo Romford Mecca <b>1pm</b> Book Club Romford Baptist
<b>19</b> <b>10:30</b> Queens Theatre Hornchurch Coffee Morning <b>10-Harold Wood Hub</b> <b>12-2</b> Pipe Major Lunch & Bingo Dagenham	<b>20</b> <b>12-2</b> Greyhound Harvester lunch <i>Dagenham</i>	<b>21</b> <b>1pm</b> Reina Meze Grill Restaurant Hornchurch	<b>22</b> <b>1:30 -3:00</b> Thursday Chat Harold <b>2:30 pm</b> Canary Wharf Winter Lights. Meet Romford Station	<b>23</b>
<b>26</b> <b>10:30 -12:30</b> Harold Wood Hub -Craft with Amanda	<b>27</b> <b>10:15</b> Namco Bowling Romford <b>11-1pm</b> Barking Park Walk	<b>28</b> <b>10am</b> Battersea Power Station –meet Romford station <b>12-2</b> Old Maypole lunch & Quiz <i>Hainault</i>	<b>29</b> <b>11-1pm</b> Moon & Stars Brunch Coffee Catchup Romford <b>1-3pm</b> Kenneth More Tea & Music <b>7:30 pm</b> Wesley Players Panto Red Riding Hood	<b>30</b>

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

### Regular Weekly Events except Bank Hols

**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](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 .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](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 10:30 - 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*

**Every Wednesday St Josephs Lunch Noon Upminster** CWL Lunch Club 12 noon at St Joseph's Social Club, St Mary's Lane Upminster RM14 2QB 01708 222432. £6 for either hot or cold lunch, pudding, cake or tea. Everyone will be very welcome meet Marion. Money raised is donated to charity please ensure prebook directly 01708 222432 –great price for 2 course lunch & tea must prebook with **St Josephs- closed during School Holiday**

**Every Thursday 1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat over Coffee/Tea & Biscuit £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth at 13:30. Email [disdiamonds@ageukrbh.org.uk](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** **Digital Advice is available with Alan –only available on prior pre request – please prebook session For a Thursday digital session at Harold Wood Hub–** please bring Digital device –Smartphone/ Table/ Laptop/Ipad – date when Alan will be available at the Hub will then be advised when booking

**Free Every Thursday free Art Watercolour Classes** every Thursday **3-5pm** with Artist Ioana Macovei on Zoom Popular very informal easygoing class please email or call [disdiamonds@ageukrbh.org.uk](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

**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](mailto:disdiamonds@ageukrbh.org.uk)

**Monday 05/1/26 Harold Wood Hub Craft Activity with Amanda** must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) **At The Hub, Harold Wood 11 Gubbins Lane RM3 0QA**

**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 till we come back and take in the scenery. Suitable footwear required, dress for the weather, we will just have a coffee morning if it's raining. 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 due to weather

**Tuesday 06/1/26 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](mailto:disdiamonds@ageukrbh.org.uk) why not stay on for lunch

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**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 2<sup>nd</sup> mini roundabout, turn right into Risebridge Chase. Wait at bottom of golf club drive for shuttle to golf club if walking as **the drive is long, uneven and unsuitable to walk on**.** Meet Hosts Amanda/Kim Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Wednesday 7/1/26 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 1<sup>st</sup> Wednesday of the month. Meet in coffee area at Lumiere Cinema Romford Mercury Mall – just above Asda. Hosted by Pam. If you have a passion for writing Please email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place

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

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**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](http://greeneking-pubs.co.uk)) 2 course £6.49,. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place

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**Thursday 08/1/26 Romford Baptist Church Brunch with Disdiamonds 11:00-1pm** –Meet Marianne at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station. Have a coffee & Chat or perhaps grab a bite to eat. Please let us know you are coming Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**11-1pm coffee morning, Bobby Moore Sports Hub, Parsloes Park, Terrace Walk, Dagenham, RM9 5PU. 364** bus from Dagenham East station (stop N) then 5 min walk. **No 5** bus from Romford station to Martins corner then **364**

The hub is inside Parsloes Park with lovely views. Unfortunately, Google maps takes you to a house over the road so with the house on your right follow Terrace walk and take a left into the park, up to the car park and football pitches. Go into the hub and we'll be in the café on the left. Free parking onsite. email [disdiamonds@ageukrbh.org.uk](mailto: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](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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**Friday 09/1/26 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](mailto:disdiamonds@ageukrbh.org.uk) please advise before Tuesday 6<sup>th</sup> January so Ruth can draw up the teams.

**Sunday 11/1/26 Jack & The Beanstalk Panto live 2-4pm Lumiere Cinema Romford** - £8 adults £4 children – book via Lumiere cinema – if want to sit with other diamonds –pop into cinema to book and request reserved Diamond seats at the front or if want to sit elsewhere in cinema please book on line or in cinema –helping raising funds for AgeukRBH/Disdiamonds – to book online [\*\*Monday 12/1/26 10:30 -12:30 Harold Wood Hub Activity Craft with Amanda\*\* must prebook £6 charge \(£2 Hub refreshments plus £4 activity\) email \[disdiamonds@ageukrbh.org.uk\]\(mailto:disdiamonds@ageukrbh.org.uk\) Essential advance bookings](http://JackAndTheBeanstalkPantomime>Showtimes</a></p></div><div data-bbox=)

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

**Tuesday 13/1/26 11 -2 pm Live Well Havering Roadshow**, Romford Mercury Mall Please email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place

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*Pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS –pop along listen to singer*

**Wednesday 14/1/26 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](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 15/1/26 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 Fiona 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

**13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Ruth & 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

**Friday 16/1/26 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 The Cleaner by Mary Watson or any of her books or perhaps you might like to discuss a book you have recently read. For January we will be selecting a new book 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](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming. Why not come early and enjoy lunch beforehand.

**Monday 19/1/26 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](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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For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



**Tuesday 20/01/26 12-2pm Lunch Greyhound Harvester**, 900 High Road, Romford RM6 4HU. Free parking onsite, enter registration inside. **86** Bus from Romford / **86 / 364** Dag East. £8 chicken Tuesday via the app. 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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**Wednesday 20/1/26 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](mailto:disdiamonds@ageukrbh.org.uk) to book a place – for dietary information contact restaurant directly **01708 454810**

**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 over the phone. 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 21/1/26 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](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**Canary Wharf Winter Lights**. Meet 2.30pm Romford Station. Travel by train on Elizabeth line to Stratford then changing onto Docklands railway to West India Keys station. The lights come on around 5pm so we plan to have a coffee or bite to eat first in the Ledger Building (Wetherspoon pub). If not eating in the pub you might want to bring a sandwich and anyone wishing briefly visit the free 'Docklands Museum' it's right next door to the pub. Please wear warm clothing as it can be quite chilly walking around the dock area. must prebook email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Monday 26/1/26 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](mailto:disdiamonds@ageukrbh.org.uk) Essential advance bookings email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Tuesday 27/1/26 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](mailto:disdiamonds@ageukrbh.org.uk) please advise before Friday 22nd January so Ruth can draw up the teams.

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**Wednesday 28/1/26 10am Battersea Power Station –meet Romford station** *Essential advance bookings email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) trip to discover the reuse of the power station into retail centre and chance to go up the tower. Hosts Ian & Trevor –must state mobility as this involves travelling on public transport & walking*

**Thursday 29/1/26 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

**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](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**7:30 pm** Wesley Players Panto Red Riding Hood–meet Ruth 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.

***New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book either a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30 –let us know beforehand if coming***

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

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***Please DO NOT ATTEND a class without registering with Amber first, as you will be declined by the trainer. If class is full ask to be placed on waitlist***

**Face to Face Exercise Classes (Havering)**

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

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### Face to Face Exercise Classes (Redbridge)

Venue		Day	Time
<b>Easy Chair based Yoga - with Sami</b> Ilford Library, Clements Road, Ilford, IG1 1EA	<b>FULLY BOOKED!!!</b>	Monday	10.00am – 11.00am
<b>Chair based Tai Chi - with John Poon</b> Ilford Library, Clements Road, Ilford, IG1 1EA	<b>FULLY BOOKED!!!</b>	Monday	10.00am – 10.50am
<b>Chair based exercise Yoga - with Sami</b> Ilford Library, Clements Road, Ilford, IG1 1EA	<b>FULLY BOOKED!!!</b>	Monday	11.00am – 12.00pm
<b>Chair based exercise – with Sami</b> Cambridge Park: currently unavailable to non-residents		Tuesday	2.30 – 3.30pm
<b>Nordic Walking - with Anne</b> Valentines Park, Ilford	<b>LIMITED SPACES!!!</b>	Wednesday	1.30pm– 2.30pm
<b>Chair based Tai Chi - with John Poon Ilford Library</b> Clement s Road, Ilford, IG1 1EA	<b>FULLY BOOKED!!!</b>	Wednesday	11.00am-11.50am
<b>Chair based exercise - with Sami</b> Forest Dene: currently unavailable to non-residents		Friday	9.45am– 10.45am
<b>Chair based exercise class - with Keeley</b> Chadwell House –unavailable to non-residents		Friday	11.00am – 12.00pm

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### Face to Face Exercise Classes (B&D)

Venue		Day	Time
Chair based exercise class – with Heidi Becontree leisure centre Althorne Way RM10 7FH	<b>FULLY BOOKED!!</b>	Tuesday	10.00am – 11.00am
Chair based exercise class – with Heidi George Crouch Centre, Dagenham, RM10 7DG		Tuesday	11.20am – 12.20pm
Chair based exercise class – with Heidi St Chad's Church, Eric Road, RM6 6JH	<b>FULLY BOOKED!!</b>	Tuesday	1.15pm – 2.15pm
Chair based exercise class – with Anne Marsh St Chad's Church, Eric Road, RM6 6JH	<b>NEW CLASS!!!</b>	Thursday	12.15pm-1.15pm
Chair based exercise class – with Anne Marsh East Road Baptist Church, East Road, RM6 6YJ	<b>FULLY BOOKED!!!</b>	Thursday	2.00pm – 3.00pm
Chair based Tai Chi – with John St Chad's Church, Eric Road, RM6 6JH	<b>FULLY BOOKED!!</b>	Friday	12:30pm-13:20pm

### 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](tel:07535953763) or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk) All classes are free of charge at the moment.

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

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

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

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

**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.

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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 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](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

**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

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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** or **Eastlondontravel.co.uk**

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

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

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

**Spare time** why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off. Contact Disdiamonds for more info

We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

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

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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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