

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

Monday	Tuesday	Wednesday	Thursday	Friday
every Monday 10:00 –noon Harold Wood Hub Coffee Morning plus Craft or Activity 3pm-5pm Diamond Geezers Railway Pub Hornchurch	<i>All events to be pre-booked to ensure place and to be advised of any changes. Please ensure you Prebook Email disdiamonds@ageukrbh.org Especially due to hot weather some events may be rearranged</i>	11-1pm Monthly Writing Group at Lumiere Cinema Romford 9:45 Trip to Museum of Childhood at Bethnal Wallace & Gromit Romford Station 10am Trip to St James Park London from Romford Station	10:10-noon Cinema Blockbuster Films Lumiere Romford -choice of 500 miles / Toy Story 5/ Minions 1:30 -3:30 Thursday Chat Harold Wood 3pm-5pm On Line Free Art Class with Artist Ioanna via please ask for access	EPHG Coach Trip to Walton on Naze ----- Sunday 5th July 4:30 YMCA Concert
10:00 –noon Harold Wood 6 Coffee& Craft 1-3 Creta Corner Greek lunch Collier Row 3-5 Marvelous Monday Chats & Cocktails Colley Rowe Pub 3pm-5pm Diamond Geezers Railway Pub Hornchurch	10-12 Sketch Art With Maryanne Harold Wood Hub		1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with Artist Ioanna	10:30 Bowling Namco Romford
10:00 –noon Harold Wood Hub Coffee Morning /activity		12-2 Pipe Major Lunch & Bingo Dagenham	10:30 -noon Romford Baptist Coffee 1:30 -3:30 Thursday Chat Harold Wood 3pm-5pm On Line Free Art Class with Artist Ioanna	10am Free Bingo Romford Mecca 1pm Discover Books Club Mtg Romford Baptist
10:00 –noon Harold Wood Hub Coffee Morning 10:30 Queens Theatre Hornchurch Coffee Morning	10:30 to noon Bowling Namco Romford	1-3 Kenneth More bring your own lunch- Tea & Music £5 Ilford	1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with Artist Ioanna	
10:00 –noon Harold Wood Hub Coffee Morning/Craft 10:30 -12:30 Health & Wellbeing Event at Holsworthy House	10:30 -12:30 Easy Art with Ruth Harold Wood Hub 11-1 Health Roadshow Mercury Mall Romford	12-2 Old Maypole Lunch & Quiz Hainault	11-1pm Moon & Stars Brunch Coffee Catchup Romford 12-3 Crowlands Party Dagenham 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with Artist Ioanna	11am Rainham Hall Coffee & Gardens plus optional visit Rainham Hall

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

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

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



Face to Face Exercise Classes (Havering) Please get in touch with Amber to be added to list We also have new Chair Yoga classes starting soon Rainham
For more information, on Exercise call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk. All classes are charged at £4 per session to be paid in 6 week intervals.

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
Chair Based Exercises – with Heidi Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	FULLY BOOKED!!! Monday	11.20am – 12.20pm
Chair Based Exercises – with Heidi Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	FULLY BOOKED!!! Monday	1.00pm – 2.00pm
Tai Chi – with Karl Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	1.00pm – 1.50pm
Chair Based Exercises – with Heidi Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	FULLY BOOKED!!! Monday	2.00pm-3.00pm
Chair Based Yoga – With Sami Lumiere Cinema, Screen 6 Level 3, The Mercury Shopping Ctre, Mercury Gardens, Romford RM1 3EE	NEW CLASS!!!! Tuesday	2.30pm-3.30pm
Chair Based Exercises – with Carly NEW CLASS!!!! Harold Hill Library, Community Hub, 19a Farnham Road · Harold Hill · RM3 8ED	Wednesday	11.15am – 12.15pm
Chair Based Exercises – with Heidi Ardleigh Green Community Association, Hornchurch, RM11 2LG	FULLY BOOKED!!! Wednesday	12.15pm – 1.15pm
Chair Based Exercises – with Heidi All Saints Church, Ardleigh Green, Hornchurch, RM11 2LG	FULLY BOOKED!!! Wednesday	1.30pm – 2.30pm
Tai Chi – with Karl Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
Chair Based Exercises – with Heidi All Saints Church, Ardleigh Green, Hornchurch, RM11 2LG	FULLY BOOKED!!! Thursday	11.30am- 12.30pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham, RM14 1XN	FULLY BOOKED!!! Thursday	1.00pm – 2.00pm 2.00pm – 3.00pm

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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 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

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.

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 please prebook disdiamonds@ageukrbh.org.uk to book place.

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 –please pre book disdiamonds@ageukrbh.org.uk to book place.

Every Thursday 1:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat over Coffee/Tea & Biscuit £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth at 13:30. Email disdiamonds@ageukrbh.org.uk Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. **Pre book if possible**

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

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 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 07946032332

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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 especially during hot weather – some events subject to change

Wednesday 1/7/26 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 / Ian – this will involve walking and steps please state mobility at time of booking – this is a free ticketed event so must pre book. Also chance to see revamped Bethnal Green Museum please email disdiamonds@ageukrbh.org.uk. There is a cafe on site that sells light refreshments but feel free to bring own sandwiches packed lunch. Arrangements can be made to meet on route or at museum.

10am Trip St James Park London - Meeting hosts Rene & Laurie at Romford rail station at 10am. Taking the Elizabeth line to Stratford. We shall then change onto the Central Line (one stop to Mile End) and then change over onto the District Line and continue onto St. James's Park station, the park is roughly a 5 minute walk from the station. We shall have a walk around and then head over to the cafeteria, there is plenty of seating, it is advisable to take a packed lunch/sandwich - hot/cold drink etc', the cafeteria serve these items but are a little expensive. After, we will stroll over to see the pelicans, or you may like to walk along Birdcage Walk and have a visit (free entrance) in 'The Guards Chapel' by the barracks. *Email disdiamonds@ageukrbh.org.uk to book a place – also state mobility*

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 to reserve a place- feel free to bring along a short story or poem you like the group to comment on

Thursday 2/7/26 10:00 Catch latest film – at Romford Lumiere with Fiona at Lumiere Cinema Romford Mercury Mall RM1 3EE – just above Asda. – please book via Disidamonds@ageukrbh.org.uk please advise which film prefer to see 500 miles / Toy Story 5/ Minions -cinema has air conditioning – please support your local cinema

11-1pm Walk, Fairlop Waters, FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN <https://my.redbridge.gov.uk/map/parks-and-open-spaces/fairlop-waters> 462 bus from Ilford station to Fairlop Waters tube central line Fairlop, cross the road. Meet in the café for coffee then walk around the lake, it takes 45 min to an hour (3.2KM) and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you **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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can stay in the café till we come back and take in the scenery. Suitable footwear required, dress for the weather and bring water / sun hat if hot, we will just have a coffee morning if it's raining. email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change due to weather

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 & Ruth 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 3/7/26 Coach Trip with EPHG to Walton on the Naze £29 pp 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

Sunday 5/7/26 4:30 pm The YMCA Orchestra's annual Summer Charity Concert takes place at the Romford United Reformed Church Western Road RM1 3LP. The event runs from 4:30 pm pay on the door £8 to support the local Cancer Rehabilitation email disdiamonds@ageukrbh.org.uk to be put in touch with others going

Monday 6/7/26 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 Essential advance bookings [places available](#)

1-3pm Creta Corner Lunch – Greek Meal at The Creta Corner restaurant -62 Collier Row Road, Romford, RM5 3PA Hosts Amanda/Kim Bus Nos: 247, 294 and 252 go direct from Romford and stop virtually outside the library. - email disdiamonds@ageukrbh.org.uk to reserve a place. Please see restaurants website <https://thecretacorner.co.uk/> for menu & dietary or call Creta directly for info 01708 725500

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

Tuesday 7/7/26 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 **Thursday 9/7/26 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 & Ruth at 13:30. Email 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

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Friday 10/7/26 Ten Pin Bowling at Romford Namco Meet Ruth **10:30** outside MacDonaldis for 10:45 start for bowling at the Brewery. Bowling and tea/coffee £9.95- Host Ruth Email disdiamonds@ageukrbh.org.uk please advise before Tuesday 7th July so Ruth can draw up the teams **note later time**

Monday 13/7/26 10:00 -12:00 Harold Wood Hub Activity must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings

Tuesday 14/7/26 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. £9 chicken Tuesday via the app. *email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change*

Wednesday 15/7/26 12-2pm Lunch followed by 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 £1.50 cash charge. **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

Thursday 16/7/26 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 or call

11-1 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. Kitchen closes at 2pm.** Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

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

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Friday 17/7/26 10am Free Bingo – come for a free couple of games of Bingo and free Bacon/Cheese Roll & Hot/or Soft Drink at Romford Mecca Bingo Hall The Mercury Shopping Centre , Mercury Gardens Romford RM1 3EE. Meet Fiona at 10am for a free game & refreshments – prebook Email disdiamonds@ageukrbh.org.uk or call Fiona

Book Club –meet at 1pm – Romford Baptist Coffee Bar- Main Road RM1 3BL opposite Town Hall/Police Station. We will be discussing The Fear Index by Robert Harris or any of his books or perhaps you might like to discuss a book you have recently read. For July we will be reading The Psychiatrist by Emma Curtis or any of her books –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. Books can be borrowed for free from local libraries or search in Charity Shops or pop along to book club one of our members might have a copy you can borrow.

Monday 20/7/26 10:00 -12:00 Harold Wood Hub Activity must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings email disdiamonds@ageukrbh.org.uk

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

Tuesday 21/7/26 10:30am 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 please advise before Thursday 16th July so Ruth can draw up the teams.

Wednesday 22/7/26 1-3pm Kenneth More Theatre. Bring your own lunch, singing & dancing. Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT. **Pre booking essential, £5 pay on the day.** Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 23/7/26 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 & Ruth at 13:30. Email disdiamonds@ageukrbh.org.uk meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

Monday 27/7/26 10:00 -12:00 Harold Wood Hub Craft with Amanda must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance booking

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Monday 27/7/26 10:30-12:30 Health & WellBeing Event at Holsworthy Community Lounge Holsworthy House, Neave Crescent, Harold Hill, Romford, Essex, RM3 8PP -Please email disdiamonds@ageukrbh.org.uk to reserve a place. Pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS including blood pressure checks -information about healthy eating-& diabetes

Tuesday 28/7 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 -1 pm Live Well Havering Roadshow, Romford Mercury Mall -Please email disdiamonds@ageukrbh.org.uk to reserve a place. Pop along for useful Health and Well being information & Advice supplied by AGEUK & NHS.

Wednesday 29/7/26 12-2pm Lunch and quiz Old Maypole, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside. Pay for what you eat and drink, free quiz, win a dessert each for your team. Meet new people. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 30/7/26 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

12-3 Summer Lunch Party, 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 -Please pay additional £5 towards Singer.

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

Friday 31/7/26 11am Rainham Hall at The Broadway Rainham RM13 9YN – chance to walk around gardens for free with Fiona and have a general chat – also chance to visit the Hall for free. Afterwards chance to purchase refreshments in the Cafeteria and carry on chatting or bring packed lunch to eat in beautiful gardens **must prebook** Email disdiamonds@ageukrbh.org.uk

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Do you love to Crochet or Knit – would like to share your love of yarn with others we are starting up new groups in Rainham & Harold Hill please contact Fiona if love to join or share your knowledge

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

**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>**

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 www.haverlingactive.co.uk <https://www.walkingforhealth.org.uk/walkfinder/haverling-walking-for-health>

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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

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 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
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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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 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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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