

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 10:00 -noon Hub Craft 1 with Amanda Harold Wood Craft with Amanda 10:00 –noon Harold Wood Hub Coffee | 10-12 Sketch Art With Maryanne Harold Wood Hub 11-1 Health Roadshow Romford Mercury with in2theBlues Singers | 11-1pm Monthly Writing Group at Lumiere Cinema Romford | 1:30 -3:30 Thursday Chat Harold Wood 3pm-5pm On Line Free Art Class with Artist Ioanna via please ask for access | 10:30 Bowling Namco Romf 5 EPHG Coach Trip Beth Chatto Gardens ----- Sunday 7th June 3pm Langton Garden concert |
| 10:00 –noon Harold 8 Wood Hub Coffee 10:00 -noon Hub Harold Wd Card Making with Pam 3pm-5pm Diamond Geezers Railway Pub Hornchurch every Monday | 11-1 EastbrookEnd Brunch Dagenham 1:30-3:30 Diabetes Awareness Drop In at Abbamoor Surgery | 12-2pm Old Maypole Pub Lunch & Quiz | 11am –noon Chat & Coffee 11 St Georges Hall Harold Hill 12-2 Pipe Major Dagenham 1pm -4pm Energy Doctors & Ageing Well Services Harold Hill Library 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with | 11am Rainham Hall Visit ----- Saturday 13th June Summer Show EPHG 2:30- 4:30 Elm Park |
| 10:00 –noon Harold 15 Wood Hub Coffee 10:00-noon Hub Harold Wd Craft with Amanda 10:30 Queens Theatre Hornchurch Coffee Morning 3pm-5pm Launch of Digital Wonder at Queens Theatre. 3pm -5pm Cocktails Colley | 10:30 Art with Ruth Harold Wood Hub 12-2 Greyhound Harvester lunch | 11-1pm Drop in Information on Energy Doctors & Ageing Well Services Rainham Library 12-2 Crowlands Lunch | 10:30 Romford Baptist Coffee 18 1-3 Kenneth More Ilford Tea & Music £5 1:30 -3:30 Thursday Chat Harold Wood 3pm-5pm On Line Free Art Class with Artist Ioanna via please ask for code. | 10am Free Bingo Romford Mecca 1pm Book Club Romford Baptist ----- Saturday 20th June EPHG Coach trip to Hastings |
| 10:00 –noon Harold 22 Wood Hub Coffee 10:00-noon Hub Harold Wd Jewellery with June 12-2 Pipe Major Lunch & Bingo Dagenham | 11-1 Fairlop Water Walk 23 | 10am Kew Garden trip from 24 <i>Romford or meet on route</i> 1-3 Lunch at Albion Pub Rainham EPHG Colchester coach trip | 11-1pm Moon & Stars Brunch 25 Coffee Catchup Romford 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm Zoom Art | Sunday 28th 2-5pm Open Garden Osborne Road RM11 1HA |
| 10:00 –noon Harold 29 wood Hub Coffee 10:00-noon Hub Harold Wd Craft with Amanda 1:30-3:30 Fullwell Cross Craft Bring Your Own | 10-12:30 Brunch Railway Hotel 30 10-12:30 Brunch Railway Hotel 10-12:00 Financial & Will Info FWBarnes Romford Golf Club 10:30 to noon Bowling Namco Romford 2:30pm Pearl Restaurant | 1st July Trip to Museum of Childhood at Bethnal Green free ticket to Wallace & Gromit Show must be Prebooked 9:45 Romford station or can meet on route | | <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.uk</i> |

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 in Romford, and Rainham For more information, on Exercise call [07535 953763](tel:07535953763) 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 Exercises – with Carly Harold Hill Library , Community Hub, 19a Farnham Road · Harold Hill · RM3 8ED | NEW CLASS!!!! | 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 |
| Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham, RM14 1XN | FULLY BOOKED!!! | Thursday | 2.00pm – 3.00pm |

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

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

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

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

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



New To Disdiamonds or want to know more about Disdiamonds in Havering welcome to attend **Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30 –let us know beforehand if coming.**

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

As with all events – please prebook disdiamonds@ageukrbh.org.uk

Monday 1/6/26 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

Tuesday 2/6/26 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 -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. Music supplied in 2TheBlue Singers

Wednesday 3/6/26 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. 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 4/6/26 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

Friday 5/6/26 Ten Pin Bowling at Romford Namco Meet Ian M **10:30** outside MacDonalds for 10:45 start for bowling at the Brewery. Bowling and tea/coffee £9.95- Host Ian M. Email disdiamonds@ageukrbh.org.uk please advise before Tuesday 2nd June so Ian can draw up the teams **note later time**

Coach Trip with EPHG to Beth Chatto £46 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

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



Sunday 7/6/26 Langton Gardens Summer Concert – 3pm – tickets available from Queens Theatre booking office 01708443333 £6 or limited number of tickets available on day for £10. Why not arrange to meet up with some diamonds.

Monday 8/6/26 10:00 -12:00 Harold Wood Hub Activity Card Making with Pam must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings

Tuesday 9/6/26 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

1:30 -3:30 Diabetes Awareness Dropin at Abbamoor Surgery Harold Hill Health Centre, Gooshays Drive, Romford RM3 9SU Information and advice from a wealth of NHS staff. Meet Kim & others Let us know if coming email disdiamonds@ageukrbh.org.uk

Wednesday 10/6/26 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 11/6/26 11am to noon – Coffee & Chat at St Georges Hall Chippenham Road Harold Hill RM3 8ED – join Fiona for a chat at St Georges coffee club find out about other clubs in Harold Hill must prebook Email disdiamonds@ageukrbh.org.uk

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

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

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

prebook Email disdiamonds@ageukrbh.org.uk

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

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

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



Friday 12/6/26 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 nearby and carry on chatting or bring packed lunch to eat in gardens **must prebook** Email disdiamonds@ageukrbh.org.uk

Saturday 13/6/26 2:30 -4:30pm Summer flower show Elm Park Horticultural Guild St Albans Church Hall Langdale Gardens Elm Park RM12 5LA – meet Trevor & other diamonds. Free Entry – Coffee Teas & cakes available let us know if coming disdiamonds@ageukrbh.org.uk

Monday 15/6/26 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 email disdiamonds@ageukrbh.org.uk

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

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.

3pm-5pm Launch of Digital Wonder at Queen Theatre Hornchurch RM11 1QT meet Kim and other diamonds for the launch of the new digital game that you helped to create -Please advise Disdiamonds to book a place

Tuesday 16/6/26 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

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 17/6/26 11:00-1:00pm Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road Rainham RM13 9GP **Please prebook** - Email disdiamonds@ageukrbh.org.uk

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

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

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



12-2 Lunch, Crowlands Golf club, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/>. Free tea / coffee, please note soft drinks and alcohol are not included. Buses stop right outside, large car park. This is a popular event so book early to avoid disappointment.

Thursday 18/6/26 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

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

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 19/6/26 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 Quantum of Menace by Vaseem Khan 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 Fear Index by Robert Harris or any of his 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.

Saturday 20/6/26 Coach Trip with EPHG to Hastings £32 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

Monday 22/6/26 10:00 -12:00 Harold Wood Hub Jewellery Activity with June must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings email disdiamonds@ageukrbh.org.uk

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

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

Tuesday 23/6/26 11-1pm Walk, Fairlop Waters, FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN

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

Wednesday 24/6/26 10am Trip to Kew Gardens. With Rene & Laurie 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 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*

Can also travel via exiting Kew Gardens Station with Amanda –and walking 15 mins to Kew Kew Gardens. Meet Romford Station 10am or on route

1-3 pm Lunch at Albion Pub Rainham meet Ruth at Pub for lunch- 2 Rainham Road RM13 7TH Email disdiamonds@ageukrbh.org.uk to reserve a place. For dietary information contact pub directly on 01708 552 445 on 165/ 365 bus route for more info see www.greeneking.co.uk

Coach Trip with EPHG to Colchester £31 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

Thursday 25/6/26 11-1 Brunch at Moon & Stars Pub Romford -Last Thursday of the month 11am onwards meet at Moon and Stars Pub South Street Romford RM1 1NX – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – meet at the back of the Moon & Stars on the right hand side Please advise Disdiamonds to book a place

13:30 -3:30 Thursday Chat Club Harold Wood –Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona, Ruth & John at 13:30. Email disdiamonds@ageukrbh.org.uk meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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

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

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

Sunday 28/6/25 Open Garden for Charity – 2pm to 5pm –Osborne Road Hornchurch RM11 1HA – why not pop along enjoy the garden & meet up with other diamonds. Support our diamond member who has kindly opened up her garden to raise money for Great Ormond Street Charity – tombola, games and plant sale and refreshments available.

Monday 29/6/26 10:00 -12:00 Harold Wood Hub Craft Activity 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

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

Tuesday 30/6/26 10am -12:30 Brunch at Railway Restaurant Hornchurch –Meet up with Lesley and other Diamonds for Brunch -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 disdiamonds@ageukrbh.org.uk

10am –noon Free Financial Planning Event – Romford Golf Cub Heath Drive, Gidea Park, Romford. Essex. RM2 5QB Hosted by **F. Barnes solicitors**. Free financial planning talk and advice on Wills, lasting power of attorney, inheritance tax and more. Question & Answer section and a chance for free advice. Please state when booking if you'd like advice on Wills / LPA/ IHT to assist with timings. Please 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. *Pre booked only, priority to those who didn't attend the last session.* Email disdiamonds@ageukrbh.org.uk to reserve a place

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 18th June so Ruth can draw up the teams. **note later time**

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

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

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.

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>**

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



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>

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

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 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

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.

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



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

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.

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



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

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.

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

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

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

Or 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

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

