

Agewell Dis Diamonds Havering Activities Nov 2026 -part of Ageing Well Services for Residents of Havering –Over 50s printed as at 27/10/26				
Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00–noon Harold Wood Hub Coffee Morning & Craft	3 10-12 Art with Maryanne Harold Wood Hub 11-1pm Creative Art Textile Course 11-1 Eastbrookend coffee / Brunch Dagenham	4 11-1pm Monthly Writing Group at Lumiere Cinema Romford 12-2 Lunch at Unicorn Pub Clayhall	5 10:15 Trip to Lumiere Romford Cinema to catch latest film-see film list 1:30 -3:30 Thursday Chat Harold Wood 3pm-5pm On Line Free Water Colour Art Class with Artist Ioanna	6
9 10:00 –noon Harold Wood Hub Coffee Morning& Activity 11-1 Health Roadshow Lumiere /Mercury Mall Romford	10 11-1pm Creative Art Textile Course-Last session 1-2 Future Classes/Activities Romford -Lumiere	11 11am Thurrock Garden Centre Meet at Romford Station	12 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Water Colour Art Class with Artist Ioanna	13 10:15 Bowling Namco Romford 10:30 Brunch Railway Way Hornchurch
16 10:00 –noon Harold Wood Hub Coffee Morning & Activity 10:30 Queens Theatre Hornchurch Coffee Morning	17 10:30 Art with Ruth Harold Wood Hub	18 1pm Albion Pub Lunch Rainham	19 10:30-noon Romford Baptist Coffee 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Water Colour Art Class with Artist Ioanna	20 10am Bingo Romford Mecca 1pm Discover Books Club Meetup Romford Baptist
23 10:00 –noon Harold Wood Hub Coffee Morning & Activity 1-3 Creta Corner Lunch 3-5 Cocktails Colley Rowe	24 10:30 Bowling Namco Romford	25 12-2 Old Maypole Hainault 2:30pm Pearl Restaurant Hornchurch	26 10:30 am -1pm Brunch at Moon & Stars Public House Romford 12-2 Crowlands Lunch 1:30 -3:30 Thursday Chat Harold Wood Hub	27
30 10:00 –noon Harold Wood Hub Coffee Morning & Activity 10:30 -12:30 Fairlop Water Walk & coffee	<p>All events to be pre-booked to ensure place and to be advised of any changes. Also, some events have restrictions on number attending Please ensure you Prebook Email disdiamonds@ageukrbh.org</p> <p>Diamond Geezers meet up every Monday 3-5pm Railway Pub Hornchurch except Bank Holidays Harold Wood Hub on Mondays -is now full only open to those that have attended previously -prebook to ensure place</p>			

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 in Havering -Supplied by AGEUKRBH Classes in Havering are £4 per session, payable in 4-or-6-week intervals.

For more information, on Exercise call **07535 953763** or Email: amber.mirza@ageukrbh.org.uk

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

<u>Chair Based Exercise Classes:</u>	<u>Venue</u>	<u>Day</u>	<u>Time</u>	<u>Availability</u>
Cranham Community Centre RM14 1SR		Monday	11:20-12:20	Fully booked.
Highlands Apartments RM2 5EH		Monday	11:45-12:45	Residents only.
Sapphire Jubilee Community Centre (Collier Row) RM5 3BW		Monday	13:00-14:00	2 spaces available.
Sapphire Jubilee Community Centre (Collier Row) RM5 3BW		Monday	14:00-15:00	2 spaces available.
Lumiere Cinema – Screen 6 Mercury Shopping Centre RM1 3EE		Tuesday	14:30-15:30	Spaces available.
Harold Hill Library – 1st Floor Community Hub RM3 8ED		Wednesday	11:30-12:30	Spaces available.
Ardleigh Green Community Association RM11 2LG		Wednesday	12:15-13:15	Fully booked.Waiting List.
All Saints Church RM11 2LG		Wednesday	13:30-14:30	2 spaces available.
All Saints Church RM11 2LG		Thursday	13:30-14:30	Few spaces available.
Cranham Social Hall Club RM14 1XN		Thursday	12:00-13:00 13:00-14:00	Full 2 spaces available.
Beam Park Living Room RM13 8RQ		Friday	12:00-13:00	New class in November! Please sign up! Some places no charge for first few sessions
<u>Tai Chi Classes</u>	<u>Venue</u>			
Cranham Community Centre RM14 1SR		Monday	13:00-14:00	Spaces available.
Sapphire Jubilee Community Centre Collier Row RM5 3BW		Thursday	10:00-11:00	Spaces available.

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Every Monday -Monday Meet up. 10:00 to noon must be prebooked –Group now full only open to those that have been before -now taking a waitlist.

Come and meet up with fellow Diamonds for a chat and coffee £3. Note new increase starts as from 1st November. Not open Bank Holiday -Variety of additional refreshments, cakes and snack available to purchase – 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 an additional charge of £4** Email disdiamonds@ageukrbh.org.uk. **Group now full only open to those that have been before -now taking a waitlist.**

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. Note not open Bank Holiday

Regular on specified Wednesdays 11:00-1:30pm Drop-in 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 Drop-in for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road Harold Hill RM3 8ED –please prebook 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 £3. Note increase as from 1st November. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth/John 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. **Prebook if possible. New members must call Fiona on 07375704448 or email Disdiamonds@ageukrbh.org.uk**

Free Every Thursday free Art Watercolour Classes every Thursday **3-5pm** with Artist Ioana Macovei on Zoom Popular very informal easy-going 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.

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. please contact; Vivienne.Greengrass@ageukrbh.org.uk 07946032332 –why not sign up for free Digital support at Harold Wood Hub once a Month in the afternoon -Ask about session

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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Never cooked /can't cook/or perhaps can't be bothered – then join our Want to Learn to Cook 3 week beginners workshop -free sessions in Holsworth House – sorry only open to Havering Residents – please email disdiamonds@ageukrbh.org.uk or call Fiona 07375704448

Explore Museums- interested in visiting a museum with other diamond members then ask to join new museum walkabout group. Where we discover museums together. Meet once a month travel from Romford Station or meet at museum -to register contact disdiamonds@ageukrbh.org.uk or call Fiona 07375704448

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
[Or why not try Innocent Drinks Hats campaign ask for Knitting Patterns -every hat donated helps raises 30p for AGEUK and spreads the word about AGEUK](#)

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– some events subject to change

Monday 2/11/26 10:00 -12:00 Harold Wood Hub Craft must prebook £7 charge (£3 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk
Essential advance bookings

Tuesday 3/11/26 10-12 Art With Maryanne Harold Wood Hub 11 Gubbins Lane RM3 0QA bring own pens & sketch pad - pens & paper available if needed.
Open to all abilities. Email disdiamonds@ageukrbh.org.uk why not stay on for lunch. Meet in main coffee area [-This group meets First Tuesday of the month](#)

10:30 Create Textiles week 5 of 6 week course – every Tuesday at Lumiere Cinema Romford. [Free course all craft materials will be supplied. Class is full](#)

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

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

Wednesday 4/11/26 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 basis. 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

12-2pm Unicorn pub lunch, 225 Clayhall Ave, Ilford IG5 0NY. **128 Buses stop right outside or opposite**, free parking on the road outside and car park round the back. [Seniors Menu | Unicorn \(greeneking-pubs.co.uk\)](#) Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 5/11/26 10:15 Cinema Trip -catch latest film at Romford Lumiere Cinema Mercury Mall – just above Asda, Meet Fiona in Foyer of [f cinema by booking desk](#)– to catch latest & classic films - You choose the film & Email disdiamonds@ageukrbh.org.uk to arrange to meet with Fiona & other Diamonds 10 am Clayface 10 Wicker 10:15 Wildwood 10:15 A Matter of Life & Death 10:20 Downhill Racer 10:30 Ghost The Possession of Button House – please select

13:30-3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £3. 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 **prebook** if first time at Thursday Hub

Monday 9/11/26 10:00 -12:00 Harold Wood Hub Activity must prebook £7 charge (£3 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings

11 -1 pm Live Well Havering Roadshow, Romford Lumiere_Mercury Mall -Please email disdiamonds@ageukrbh.org.uk to reserve a place. Pop along for useful Health and Wellbeing information & Advice supplied by AGEUK & NHS. Pop along say hi to Kim and Amanda

Tuesday 10/11/26 10:30 Create Textiles week 6 of 6 week course – [this is last class for this session](#) at Lumiere Cinema Romford. Free course all craft materials will be supplied. Email disdiamonds@ageukrbh.org.uk Essential advance bookings.

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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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If you like to see what we have created and talk about future classes & Disdiamonds events why not pop along to cinema between 1pm to 2pm and discuss with Fiona – prebooking essential disdiamonds@ageukrbh.org.uk -will be in the foyer coffee area

Wed 11/11/26 11am Thurrock Garden Centre Trip by bus. Meet Rene & Laurie at Romford Train Station and take 370 bus (from Victoria Road). Have a browse around the centre for plants/crafts/gifts. The centre has a Christmas display with gifts. Stop for coffee/brunch/lunch. prebook email disdiamonds@ageukrbh.org.uk

Thursday 12/11/26 13:30 -3:30 Thursday Chat Club Harold Wood –Come and meet up with Fiona, Ruth & John & fellow Diamonds for a chat. Coffee/Tea/Biscuit available £3. 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, pens & paper available

Friday 13/11/26 10:15 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 Ian. Email disdiamonds@ageukrbh.org.uk please advise before Wednesday 11th Nov so Ruth can draw up the teams.

10:30am -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

Monday 16/11/26 10:00 -12:00 Harold Wood Hub craft activity must prebook £7 charge (£3 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance booking

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

Tuesday 17/11/26 Art With Ruth at Harold Wood Hub 11 Gubbins Lane RM3 0QA can bring own pens & sketch pad - pens & paper available if needed. Open to all abilities. Email disdiamonds@ageukrbh.org.uk why not stay on for lunch. Meet in main coffee area

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Wednesday 18/11/26 1-3 pm Lunch at Albion Pub Rainham meet Ruth & Nat at Pub for lunch- 2 Rainham Road RM13 8SS Email disdiamonds@ageukrbh.org.uk to reserve a place. [For dietary information contact pub directly on 01708 552 445 on 103 bus route or SL2 nearby for more info see www.flaminggrillpubs.co.uk](#)

Thursday 19/11/26 Romford Baptist Church Coffee Morning with Disdiamonds **10:30-12:00** –Meet Fiona & other Diamonds at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Kath & other Disdiamonds please let us know you are coming Email 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 £3. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/ Ruth & John at 13:30. Email disdiamonds@ageukrbh.org.uk

Friday 20/11/26 10am Bingo – at Romford Mecca Bingo Hall The Mercury Shopping Centre, Mercury Gardens Romford RM1 3EE come for a couple of games of Bingo special price £2 include 2 books of Bingo Games and free Bacon/Cheese Roll & Hot/or Soft Drink – [Kindly paid for by Mecca Bingo](#) at Romford Mecca Bingo Hall The Mercury Shopping Centre, Mercury Gardens Romford RM1 3EE. Meet Fiona at 10am must prebook Email disdiamonds@ageukrbh.org.uk or call Fiona - [please note now £2 donation towards event costs . Please ensure bring your bingo membership card as must be swiped in for entry. If first time at Bingo need to complete membership form before gaining entrance. Those forgetting memberships cards will need to request replacement membership before gaining entry.](#)

Book Club –meet Fiona & Ian at 1pm – Romford Baptist Coffee Bar- Main Road RM1 3BL opposite Town Hall/Police Station. We will be discussing A Great Reckoning by Louise Penny or any of her books or perhaps you might like to discuss a book you have recently read. For December will be reading Murder on The Christmas Express by Alexandra Benedict 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/Magazines. You do not have to have read the books we are discussing just have a love for reading 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.

[Additional new Book club will be starting at Romford Library on another day different books – please call Fiona to enquire discuss further 07375704448](#)

Monday 23/11/26 10:00 -12:00 Harold Wood Hub Craft with Amanda must prebook £7 charge (£3 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance booking

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1-3 Creta Corner Greek lunch 62, Collier Row Rd, RM5 3PA. Greek meal from £6 for small two course. 247 bus from Hainault or 175 / 247 from Romford. email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change **3pm-5pm 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 **Reserved tables at far end of the bar.** - email disdiamonds@ageukrbh.org.uk to reserve a place.

Tuesday 24/11/26 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 19th Nov so Ruth can draw up the teams.

Wednesday 25/11/26 12-2pm Lunch and quiz Old Maypole, Fencepiece Road, Hainault 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

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 courses Selection or as it is requested. Host Trevor– to reserve a place email disdiamonds@ageukrbh.org.uk for dietary enquires please contact restaurant 01708477837

Thursday 26/11/26 10:30-1 Brunch at Moon & Stars Pub Romford -Last Thursday of the month 10:30am 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 dedicated area Please advise Disdiamonds to book a place. Can pop along anytime after 10:30am

12-2pm lunch, Crowlands Golf Club Wood Lane, Dagenham, Essex, RM8 1JX. 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. **Prebooking essential.** 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 £3. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/ Ruth & John at 13:30. Email disdiamonds@ageukrbh.org.uk

Monday 30/11/26 10:00 -12:00 Harold Wood Hub Craft with Amanda must prebook £7 charge (£3 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance booking

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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 their 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 –

Men's Walking Group – Hornchurch/Upminster/Barking/Redbridge/Romford – see theproperblokesclub.co.uk/walk -if you join them please let us know

Enjoy listening to talks – why not Join Restless for regular free & paid talk restless.co.uk online

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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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 /Netball 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

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

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

Flowers/ Gardening Join EPHG at Elm Park. Regular social club. Or Langton Gardens – looking for volunteers and other local venues –contact Disdiamonds

Local Theatres – please support your local venues by booking a show

already going or anyone want to share a show with a member – ask to put note on Disdiamonds Facebook

Romford –Brookside Theatre 21a Eastern Road Romford Essex RM1 3NH 01708 755775 <https://www.brooksidetheatre.com/>

Hornchurch –Queens Theatre, Billet Lane, Hornchurch, RM11 1QT 01708 443333 -

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/>

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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 Wed 1:30-3:30 United Reformed Church 58-60 Western Road Romford RM1 3LP contact Carol 01708 731325 or 07854314149 www.thedementiamusicandsocialclub.webador.co.uk

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

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

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

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



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 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 with more local pickup points note East London Travel now operated by Kirbys

A variety of exciting day trips from East London area including Barking, Becontree Heath, Goodmayes, Harold Wood, Ilford and Romford Market.

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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

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 -£8.99 on line or £5.99 to £8.99 at venue <https://www.myvue.com/cinema/romford/whats-on>

Ilford Cineworld various prices including seniors £9.99 <https://www.cineworld.co.uk/cinemas/x06xd-cineworld-cinema-london-ilford/>

Odeon South Woodford various prices from £5- £9.99 <https://www.odeon.co.uk/cinemas/south-woodford/>

Dagenham Vue from £4.99 -£8.99on line or £5.99 -£8.99at venue <https://www.myvue.com/cinema/dagenham/whats-on>

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

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

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