

Agewell Dis Diamonds Havering Activities Oct 2026 -part of Ageing Well Services for Residents of Havering –Over 50s as at 28.9.26				
Monday	Tuesday	Wednesday	Thursday	Friday
<i>All events to be pre-booked to ensure place and to be advised of any changes. Also some events have restrictions on number attending</i> <i>Please ensure you Prebook Email disdiamonds@ageukrbh.org</i> <i>Diamond Geezers meet up every Monday 3-5pm Railway Pub Hornchurch except Bank Holidays</i>			10am Cinema Trip Lumiere Romford 1 Celebrate older Peoples Day at Cinema 13:30 -3:30 Thursday Chat Celebrate Older Peoples Day Harold Wood Hub 3pm-5pm On Line Free Water Colour Art Class with Artist Ioanna	2 Saturday 3rd 10:00 am Memory Walk Charity Hav Dementia Action Alliance Hornchurch Football Stadium
10:00 –noon Harold 5 Wood Hub Coffee Morning & Craft	6 10-12 Sketch Art With Maryanne Harold Wood Hub 11-1pm Creative Art Textile Course 11-1pm Wellness Roadshow Romford Shopping Centre	7 11-1pm Monthly Writing Group at Lumiere Cinema Romford	8 1:30 -3:30 Thursday Chat Harold Wood 3pm-5pm On Line Free Water Colour Art Class with Artist Ioanna	9 10:15 Bowling Namco Romford
10:00 –noon Harold 12 Wood Hub Coffee Morning & Activity 3pm Cocktails Colley Rowe	13 10.30-12.30 F Barnes Financial planning event Romford Golf Club 11-1pm Creative Art Textile Course	14 EPHG Coach trip Shuttleworth 12-2 Crowlands lunch Dagenham	15 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	16 10am Bingo Romford Mecca 1pm Discover Books Club Mtg Romford Baptist
10:00 –noon Harold 19 Wood Hub Coffee Morning & Craft 10:30 Queens Theatre Hornchurch Coffee Morning	20 10:30 Bowling Namco Romford 11-1pm Creative Art Textile Course 2:30 -4pm Pearl Restaurant Hornchurch	21 10am Kew Gardens trip from Romford Station	22 1:30 -3:30 Thursday Chat Harold Wood Hub 10am Schiaparelli: Fashion Becomes Art exhibition at V&A for 12:30 admission	23 24th October Saturday 7:30pm Goldern Oldies Night out with EPHG Elm Park
10:00 –noon Harold 26 Wood Hub Coffee Morning & Activity 6pm Chinese Central Café Elm Park	27 10:30 Railway Hotel Brunch Hornchurch	28 12-2 Old Maypole Hainault	29 11-1pm Moon & Stars Brunch Coffee Catchup Romford 1:30 -3:30 Thursday Chat Harold Wood Hub 12-2 Crowlands Craft & Hobby lunch Dagenham	30 31st Oct Saturday noon Halloween lunchtime at Colley Rowe Pub (Dressup optional) 2:30 EPHG Winter Show Elm Park Sat 31st

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	Monday	11.20am – 12.20pm
Chair Based Exercises – with Heidi Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	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	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	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	Wednesday	12.15pm – 1.15pm
Chair Based Exercises – with Heidi All Saints Church, Ardleigh Green, Hornchurch, RM11 2LG	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	Thursday	11.30am- 12.30pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham, RM14 1XN	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. Not open Bank Holiday -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** 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. Note not open Bank Holiday

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
[Or why not try](#) Poppy making knit and natter, St Edward the Confessor church, Romford Market

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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 – New in October – Digital Support at Harold Wood Hub once a Month in the afternoon -Ask about session

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

Thursday 1/10/26 10:15 am Celebrate Older Peoples Day by catching latest blockbuster film at local cinema -Lumiere Cinema Romford Mercury Mall – just above Asda, Meet Fiona in Foyer of [f cinema by booking desk](#)– to catch latest [film](#) 10 am Sense & Sensibility -classic (with subtitles suitable for hard of hearing); 10:30 Pressure (D-Day Film); 11am Heart of the Beast (Brad Pitt)- Email disdiamonds@ageukrbh.org.uk to advise interest in attending

Saturday 3/10/26 10:00 am Memory Walk Charity Havering Dementia Action Alliance Hornchurch Football Stadium. Walk around Stadium – Fun Day £10 per person. This is not a Ageuk event – but Disdiamonds members will be attending

Monday 5/10/26 10:00 -12:00 Harold Wood Hub Craft must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings

Tuesday 6/10/26 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 2 of 6 week course – every Tuesday at Lumiere Cinema Romford. Free course all craft materials will be supplied. [Nust be prebooked](#)

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. Pop along say hi to Kim and Amanda

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Wednesday 7/10/26 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 8/10/26 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 9/10/26_10:15 Ten Pin Bowling at Romford Namco Meet Ian **10:15** outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- Host Ian. Email disdiamonds@ageukrbh.org.uk please advise before Wednesday 7th Oct so Ian can draw up the teams.

Monday 12/10/26 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

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 13/10/26_10:30_Create Textiles week 3 of 6 week course – every Tuesday at Lumiere Cinema Romford. Free course all craft materials will be supplied. [Email disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Essential advance bookings

10-12 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

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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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Wed 14/10/26 EPHG Coach Trip the Shuttleworth collection_vintage aircraft from 1909-1950, agricultural and steam exhibits, veteran vehicles, parkland and the Swiss garden. £47 PP includes entrance to all areas. Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> When booking please mention that you are a Disdiamond member

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

Thursday 15/10/26 Romford Baptist Church Coffee Morning with Disdiamonds **10:30-12:00** –Meet 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 Fiona , Ruth & John & fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet 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 16/10/26 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](#)

Book Club –meet Fiona & Ian at 1pm – Romford Baptist Coffee Bar- Main Road RM1 3BL opposite Town Hall/Police Station. We will be discussing Someone in the Attic by Andrea Mara or any of her books or perhaps you might like to discuss a book you have recently read. For **November** we will be reading ...feel free to pop along for a chat with 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.

Monday 19/10/26 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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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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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 20/10/26 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 15th Oct so Ruth can draw up the teams.

10:30 -1pm Create Textiles week 4 of 6 week course – every Tuesday at Lumiere Cinema Romford. Free course all craft materials will be supplied. This project offers an opportunity to explore textile and yarn art through different techniques. Participants will experiment with colour, texture, pattern, and materials while developing their own ideas and creating textile

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. Host Trevor & Kath – to reserve a place Email disdiamonds@ageukrbh.org.uk for dietary enquires please contact restaurant 01708477837

Wednesday 21/10/26 10am Kew Gardens Meeting at Romford station at 10am taking Elizabeth line to Stratford where we will change over to the Mildmay line platform and travel on to Richmond where we will take the bus around three stops along to Kew's main gate. Journey is approx 1.1/2 hours. It is advisable to take a packed lunch/sandwich / hot drink etc', the cafeteria serves these items but are a little expensive. email disdiamonds@ageukrbh.org.uk to reserve a place. £2 event donation payable on the day .please state mobility when booking.

Thursday 22/10/26 10am trip from Romford station to Schiaparelli: Fashion Becomes Art V&A South Kensington- Free Ticket -Host Fiona – if prefer to meet at exhibition 12:15 please state when booking. Email disdiamonds@ageukrbh.org.uk to reserve a place for Fashion exhibition - Note free to attend V&A lots of other free exhibitions -please advise if like to attend V&A only please book early as places limited

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

Saturday 24/10/26. The Elm Park Horticultural guild presents an evening of great, ever popular, toe tapping, golden oldy music. 19.30 till 22.00 Bring your own food and drink. St Albans Church Hall, Langdale Gdns, Elm Park RM12 5JX. £10 Book through Julie on 07903 820584 -mention you are a diamond when booking directly with EPHG – Trevor and other Diamonds will be there on the night this is not a Ageuk event – but Disdiamonds members will be attending

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Monday 26/10/26 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

6pm Chinese café restaurant “ CENTRAL CAFE” 3 Tadworth Parade Elm RM12 4RS - £20 set shared menu includes tea/coffee. Vegetarian option available please states Meat or Vegetarian when booking Host Trevor & Kath – note limited capacity so book early - email disdiamonds@ageukrbh.org.uk to reserve a place. Cash only. They do not have an alcohol licence but you are ok to bring your own. The 252 bus stops outside the restaurant in both directions. The 165, 365 and 372 & SL12 all stop a 5 minute walk away.

Tuesday 27/10/26 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

Wednesday 28/10/26 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

Thursday 29/10/26 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 dedicated area Please advise Disdiamonds to book a place

SATURDAY 31/10/26 -noon to 2pm- Halloween lunchtime brunch / cocktails / coffee, etc. Location: The Colley Rowe Inn (Wetherspoon Pub) in Collier Row. All welcome Diamonds and Geezers (dressing-up optional), Reserved tables for this event are located just inside the main pub entrance on the left hand side. Fancy dress optional - Please advise Disdiamonds to book a place

2:30 pm EPHG Winter Show – Arts Crafts & Horticular -St. Alban's R.C. Church Hall, Langdale Gardens, Elm Park. RM12 5JX on Saturdays. Doors open at 2.30PM to 4.30PM. Free entrance -note this is not a AGEUK event but Disdiamonds will be attending say hi to Trevor.

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

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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

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

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

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 OSS	30 – 60min	Beginner/Easy

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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

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.

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

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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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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.

Knitting & Sewing –if want to meet other keen crafters- let 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

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



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.

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 –contact Disdiamonds

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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

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

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

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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