

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

Monday	Tuesday	Wednesday	Thursday	Friday
Bank Hol Monday 31Aug Meet up Noon-2pm Cocktails, Coffee/Craft Ale Note no meet up for Harold Wood Hub and Geezers Hornchurch on Bank Holiday	September 1	2	3	4
	10-12 Sketch Art With Maryanne Harold Wood Hub	11-1pm Monthly Writing Group at Lumiere Cinema Romford EPHG Coach trip Saffron Waldon/Duxford £30pp	10:15 Film Club Lumiere Romford 13:30 -3:30 Thursday Chat Harold Wood Hub	
10:00 –noon Harold Wood Hub Coffee Morning & Craft	8	9	10	11
	11-1pm Wellness Roadshow Romford Shopping Centre	12-2pm Pipe Major Bingo & Lunch Dagenham	11am Thurrock Garden Centre Trip meet Romford Station 1:30 -3:30 Thursday Chat Harold Wood	10:30 Bowling Namco Romford
10:00 –noon Harold Wood Hub Coffee Morning & Activity	15	16	17	18
	11.30-1.30 St Edward the Confessor Church <i>Poppy knitting & Crochet</i> Romford Market	12-2 Crowlands Lunch Dagenha	10:30 -noon Romford Baptist Coffee 1:30 -3:30 Thursday Chat Harold Wood Hub 3pm-5pm On Line Free Art Class with Artist Ioanna -Calligraphy 7:30 pm The Ghost Train Wesley Players Upminster	1pm Discover Books Club Mtg Romford Baptist
10:00 –noon Harold Wood Hub Coffee Morning 10:30 Queens Theatre Hornchurch Coffee Morning 3pm Cocktails Colley Rowe	22	23	24	25
	10:00 Easy Art with Ruth Harold Wood Hub 6pm Chinese Central café Elm Park	1pm Albion Lunch Rainham 1-3pm Ken More Bring own Lunch tea & music Ilford £5	11-1pm Moon & Stars Brunch Coffee Catchup Romford 1:30 -3:30 ThursdayChatHaroldWoodHub 3pm-5pm On Line Free Art Class with Artist Ioanna -Pen/Calligraphy	10am Free Bingo Romford Mecca
10:00 –noon Harold Wood Hub Coffee Morning & craft	29	30	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 <i>Diamond Geezers meet up every Monday 3-5pm Railway Pub Hornchurch except Bank Holidays</i>	
	10am -1pm Create Mixed Textile Workshop week 1 of 6 week course at Lumiere Romford cinema 10:30 Bowling Namco Bowling Rom 10:30 Railway Hotel Brunch Hornchurch	12-2 Old Maypole Lunch & Quiz Hainault		

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

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

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

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. 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. [No class 3rd or 10th Sept – on the 17th Sept special class Calligraphy/Pen Art](#)

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

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

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 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

Tuesday 1/9/26 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. Meet in main coffee area

Wednesday 2/9/26 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

Coach Trip with EPHG to Saffron Waldon or Duxford £30 pp Book via Trevor 07771 741948 for more info see <https://www.ephg.co.uk/80675/info.php?p=8> When booking please mention that you are a Disdiamond member. Additional charge for entrance to Duxford Museum

Thursday 3/9/26 10:15 am Film club – Meet Lumiere Cinema Romford Mercury Mall – just above Asda, Meet Fiona in Foyer – to catch latest blockbuster Films showing will be emailed nearer the time - Email disdiamonds@ageukrbh.org.uk to advise interest in attending

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



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** if first time at Thursday Hub

Monday 7/9/26 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 8/9/26_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.

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. Meet in main coffee area

Wednesday 9/9/26 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. **Prebooking essential. Book early to avoid disappointment.** Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 10/9/26 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. Stop for coffee/brunch/lunch. prebook email disdiamonds@ageukrbh.org.uk

13:30 -3:30 Thursday Chat Club Harold Wood –Come and meet up with 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 please **pre book** pens & paper available

Friday 11/9/26_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 Friday 4th Sept so Ruth can draw up the teams.

Monday 14/9/26 10:00 -12:00 Harold Wood Hub Activity must prebook £6 charge (£2 Hub refreshments plus £4 activity) email disdiamonds@ageukrbh.org.uk Essential advance bookings email disdiamonds@ageukrbh.org.uk

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 15/9/26 11.30-1.30 Poppy making knit and natter, St Edward the Confessor church, Romford Market. Come and help us make poppies for the church, knit or crochet, refreshments available email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change. Email disdiamonds@ageukrbh.org.uk

Wednesday 16/9/26 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 17/9/26 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 with 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 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 please **pre book** pens & paper available

7:30 pm The Ghost Train Wesley Players– comedy thriller - meet John 7:30pm for 8pm show finishes at 10pm Upminster Methodist Church, 10 Hall Lane Upminster RM14 1AE free tickets available must pre book via disdiamonds@ageukrbh.org.uk or call us –please give donation to Wesley Players on the night if able to

Friday 18/9/26 Book Club –meet Ian at 1pm – Romford Baptist Coffee Bar- Main Road RM1 3BL opposite Town Hall/Police Station. We will be discussing The Redbreast by Jo Nesbo or any of his books or perhaps you might like to discuss a book you have recently read. For Septemeber 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. 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 21/9/26 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

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

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



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 - email disdiamonds@ageukrbh.org.uk to reserve a place.

Tuesday 22/9/26 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

6pm Chinese café restaurant “ CENTRAL CAFE” 3 Tadworth Parade Elm RM12 4RS - £20 set shared menu includes soft drink & tea/coffee.

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 370 all stop a 5 minute walk away.

Wednesday 23/9/26 1-3 pm Lunch at Albion Pub Rainham meet Ruth & Nat 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](#)

Thursday 24/9/26 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

Friday 25/9/26 10am Free Bingo – come for a free couple of games of Bingo and free Bacon/Cheese Roll & Hot/or Soft Drink at Romford Mecca Bingo Hall The Mercury Shopping Centre , Mercury Gardens Romford RM1 3EE. Meet Fiona at 10am for a free game & refreshments – must prebook Email disdiamonds@ageukrbh.org.uk or call Fiona – limited free places

Monday 28/9/26 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

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 29/9/26 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 24th Sept so Ruth can draw up the teams.

10:00 -1pm Create Textiles week 1 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 artworks. Book Email disdiamonds@ageukrbh.org.uk or call Fiona for more info 07375704448. Note there will be no class on 27th October.

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 30/9/26 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

For next month but taking bookings now

Tuesday 13/10/26 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

Thursday 22/10/26 Free Ticket for Schiaparelli: Fashion Becomes Art V&A South Kensington- Host Fiona - tickets 10 for 12:30 & 7 for 1pm & 3 for 1:30 at entrance 12:15 or on route 10am Romford -tickets will be drawn by Ballot on 30th September – please advise if like to come to exhibition -members only limited number of tickets for noon & 1pm Show Email disdiamonds@ageukrbh.org.uk to reserve a place

Note free to attend V&A lots of other free exhibitions -please advise if like to attend V&A only if not successful on this occasion in the draw

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

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

Seen something that you think other Diamonds might like to attend – let us know and we can see if we can arrange a trip or advertise

Do you have a hobby or skill or interest that you might like to share with other diamonds at one of our chat clubs or perhaps you might like to share insights into your past employment– please contact Fiona on 07375704448 or email disdiamonds@ageukrbh.org.uk

**New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book either a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30 –let us know beforehand if coming
Want to know latest event join dedicated Disdiamonds Facebook <https://www.facebook.com/groups/583061935616098>**

Other Activities/ Clubs in Havering

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

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

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

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

Walking Netball or Walking Football – let us know if interested will put in contact with local club – also Mens Walking group Upminster

Enjoy listening to talks – why not Join Restless for regular free & paid talks – Mirthy.co.uk please mention Dis Diamonds when joining & mention at coffee clubs –join in with other diamonds restless.co.uk

Libraries pop in and pick up a book or try one of their group many activities - Join a reading club or perhaps you might like to try knit & natter group, board games, computer classes, poetry club

Exercise in person -Walking Football or walks in local parks or staying safe in doors with Yoga via Zoom– please email to register for further info disdiamonds@ageukrbh.org.uk

Do you look after an older person or partner or child–whether at home or in a care home. Are you stressed – Art might help relieve some of the pressure or we could put you in touch with support groups contact disdiamonds@ageukrbh.org.uk

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

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

Church of the Good Shepherd 3 Redriff Road Romford RM7 8HD contact 01708745626 admin@thegoodshepherd.co.uk

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

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

Romford –Brookside Theatre 21a Eastern Road Romford Essex RM1 3NH 01708 755775

<https://www.brooksidetheatre.com/> for variety of shows & entertainment

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

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

Lots of other great plays & shows including regular Down Memory Lane– special music show for people with Dementia & their carers
To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

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 why not try out Over 50's Musical Theatre Workout every Wed <https://www.queens-theatre.co.uk/>

Want to catch a Westend Show why not arrange to go up London on the day after coffee morning and see what is available from Halfprice ticket in Leicester Square or pre-book with fellow members

Let us know which Diamond event you are coming to in case we have to change times at short notice.

Make new friends this month and enjoy life.

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

Dementia Café – friendly and casual drop-in support for people with Dementia and their careers. Held on every other Thursday 10:30 am -12:00 meet at Railway Hotel Restaurant Station Lane Hornchurch RM12 6SB, for further info contact Havering Dementia Action Alliance on 07375840725

Memory Cafés –every other Thursday in the Learning Space, at Hornchurch Queens Theatre between 10:30 – 12:00, every fortnight Memory Café is for people living with dementia and their careers to enjoy a cup of tea or coffee, take part in fun activities and access information. Provide a safe and supportive space to discuss your own dementia diagnosis, or someone else's and think about what it means for the future; meet and learn from other people in similar situations; keep active, make new friends and feel more confident.

If you know someone who may be interested in attending sessions, please do share the news with him or her. Sessions will be free and open to everyone, no pre-booking required supported by Dementia Action Alliance.

Dementia Music & Social Club –every Monday except Bank Holidays 1-3pm St Johns Church South End Road Rainham RM13 7XT –every Wednesday 1:30-3:30 United Reformed Church 58-60 Western Road Romford RM1 3LP contact Carol 01708 731325 or 07854314149

www.the.dementiamusicandsocialclub.webador.co.uk

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

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

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

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

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



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

Surveys Want to help shape the borough or have your views acknowledged – please sign up to take part in Health, Wellbeing and Life surveys –will take place in variety of ways -on line, in person, or electronic at various times over the year. Let us know if you would like to be contacted. Also Local High Street Reshape –get your views known – speak to disdiamonds – help shape your borough to be the best you want it to be.

Knitting & Sewing –if want to meet other keen crafters- lets us know and will put you in touch with local groups. New group meets at Havering Museum every Friday fortnight and local libraries and other venues. Why not join a knit & nat club and share your passion

Ardleigh House – 42 Ardleigh Road Hornchurch RM11 2RG mail:- office@ardleighhouse.org Telephone:- 01708 440660 www.ardleighhouse.org lots of clubs and activities including Yoga, Art, French, Spanish, Crafts and Computers, Short Mat Bowls, Model Engineers and Camera Club

Crafters SOS -If handy with a needle a local group need a hand stitching up Knitted mufflers for Dementia groups –based in Romford Also wanted any wool or buttons or decorative pieces that can be sewn on. Please call Fiona or email disdiamonds

Singers St Edward's Parish Church in the Market Place, Romford has a choir with a long tradition of singing a high standard of traditional sacred choral music at the Sunday services. The soprano part is sung by boys and girls of school age and the alto, tenor and bass by adults. The choir is looking to recruit one or two altos to join the choir. Singers should be able to read music and hold a part on their own but do not necessarily need to be good sight-readers. They should be available for rehearsals on Fridays from 7.30 to 8.30pm, and for the rehearsal and main service on Sunday mornings from 9.15 to 11.15am. Choral evensong is sung occasionally at 6.30pm. If you are interested in joining this friendly group of enthusiastic singers, please contact the acting Director of Music, Andrew Morrisson for further information and to arrange an informal audition.music@stedwardsromford.com or leave a message at the office 01708 744973

Thursday Club EASTBROOK COMMUNITY CENTRE_Rainham Road South, Dagenham, RM10 7UU

Meets every Thursday between 1pm and 3pm. It costs £2 per week for tea/ coffee, biscuits and entertainment.

Coach Trips – regular trips arranged with EPHA. Need to book via Trevor 07771 741948 Ask Trevor for separate coach list

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> Also Coach Holidays available
When booking please mention that you are a Disdiamond member

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

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

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

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

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