

Members of Dis Diamonds Havering Activities April 2024 printed 25/3/24 -for Over 50s Residents of Havering				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>every Monday Diamond Geezers 3:00-5pm meet Harrow Pub except Bank Holiday</b>		<b>Every Wednesday</b> St Josephs Lunch Noon Upminster	<b>Every Thursday</b> <b>11am</b> Tai Chi Zoom <b>3-5</b> Watercolour Zoom	<b>Every Friday</b> <b>10:30</b> Knit & Natter Colley Rowe Pub
<b>1</b> <b>Easter Monday Bank Holiday</b>	<b>2</b> <b>11-1</b> Hainault Forest coffee / farm walk Hainault	<b>3</b> <b>12-2</b> King George V lunch Gants Hill	<b>4</b> <b>9.30-11</b> Bonzerbootsale Dag <b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub new club every Thursday	<b>5</b> <b>Coach trip EPHG Canterbury</b>
<b>8</b> <b>Harold Wood Community Hub every Monday 10:30 -1pm – pre bookings only</b>	<b>9</b> <b>11-1</b> Fairlop waters <i>Walk/ Coffee Barkingside</i> <b>1-3</b> Lunch at Railway Hotel Pub Hornchurch	<b>10</b> <b>1pm</b> Turkish Lunch Reina - Hornchurch	<b>11</b> Thurrock Garden Centre –meet Romford Station <b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub	<b>12</b> <b>2pm</b> Book Club café Della Continental Romford
<b>15</b> <b>10:30</b> Queens Theatre Coffee Morning Hornchurch <b>12-2</b> Pipe Major <i>Lunch and Bingo Dagenham</i> <b>3pm</b> Cocktails Moon & StarsRomf	<b>16</b> <b>Ipswich Coach Trip EPHG</b> <b>11-1</b> Barking Park coffee / walk Barking	<b>17</b> <b>12-2pm</b> Crowlands lunch Dagenham	<b>18</b> <b>10:30</b> Romford Baptist Coffee morning <b>11-12</b> The Manor Bluebell walk <i>Harold Hill</i> <b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub	<b>19</b> <b>10.30-12.30</b> Jacinth Coffee Valentines park
<b>22</b> <b>12-2</b> Luna lunch Woodford	<b>23</b> <b>12-2</b> Fairlop Oak lunch <i>Barkingside</i>	<b>24</b> <b>1-3</b> Kenneth Moore afternoon tea & dance Ilford	<b>25</b> <b>11am</b> Moon & Stars Brunch <b>12-2</b> Pipe Major Lunch & Bingo Dagenham <b>1:30 -3:30</b> Thursday Chat Club Harold Wood Community Hub	<b>26</b>
<b>29</b> <b>1-3</b> Fullwell Cross Library Craft <b>3pm</b> Cocktails JJ Moons Horn.	<b>30</b> <b>11:00</b> Bowling new venue City Limit Collier Row <b>12-2</b> Old Maypole <i>lunch &amp; Quiz</i> Hainault	<b>Please let us know if attending an event –so we can ensure enough places are reserved and also to be notified just in case event is changed</b>		

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

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Tue-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

## Regular Weekly Events

**Every Monday -Monday Meet up. 10:30 onwards** Come and meet up with fellow Diamonds for a chat and coffee. Variety of refreshments, cakes and snack available – Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Kim at 10:30. Why not stay on for lunch Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) see separate calendar whilst at hub for talks & craft activities – lots of different activities or come for a chat –**must be pre booked – limited space**

**Every Monday Diamond Geezers 3pm-5pm** Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. Call 01708 462611 [emberinns.co.uk](http://emberinns.co.uk) for information about menu Note closed Bank Holiday

**Every Wednesday St Josephs Lunch Noon Upminster Every Wednesday** 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

**Every Thursday Tai Chi** on zoom 11am-11:45 Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) enquire about special zoom code - Free

**Every Thursday 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](mailto:disdiamonds@ageukrbh.org.uk) to join group –Free ask for code. Note returned to original time.

**Every Friday 10:30 -12:30** Knit and Natter – **new addition to calendar** - Every Friday 10.30-12, Colley Rowe Inn, Collier Row RM5 3PA. Bring crochet, knitting, cross stitch, sewing whatever you're working on or just come along for a chat. £1.50 for tea or coffee with refill. On the left as you go in, round table. Look out for Rene and other diamonds

**Any Day -Catch Latest film** *visit to Romford Premier Cinema Romford Film Club – The Mercury Shopping centre RM1 3EE – if want to suggest film & day email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) . Romford Premiere now £3.50 <https://romford.premierecinemas.co.uk/PremiereCinemaRomford.dll/WhatsOn>*

**if want to come for a coffee & chat at Hope Café** **Coffee morning at 80-84 Romford Market RM1 3ER** Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place, this is particularly important so we know who to contact in the event of cancellation . Money made by the café goes to support local homeless charity. Stay for lunch in Romford or pop along to cinema or shop whilst in Romford similarly if fancy a **Coffee & Chat at Church House – Romford Market Place RM1 3AB** email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Range of Sandwiches and snacks including their famous bread pudding. Café is in front of Wykenham Hall near St Edwards the Confessor Church in Romford Market. Then let us know and we will arrange a meet uo date

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**Tuesday 2/4/24 11-1pm Foxborrows Farm visit and coffee/ brunch / lunch Hainault Forest** Country Park, Romford Road, Chigwell, IG7 4QN  
247 bus stops right outside then 10-15 min path walk to centre. Free blue badge parking or pay by phone Ringo app.

Meet in the new Woodland Trust Visitor centre by the second car park. We can have a tea and toilet stop, take in the new centre and look at the menus then go to the Farm. Alpacas, chickens, donkeys, ducks, ferrets, goats, peacocks, pigs, rabbits, sheep. **£2 donation entry**. Approx. 30 min to walk round and there are benches on the way but you need to be able to walk that far unassisted. Supposed to be fully accessible but it's not, gravel on entry means it's impassable for motorised wheelchairs and scooters, they're working on it. Alternatively, you can stay in the café till we come back and take in the stunning scenery. Suitable footwear required, dress for the weather, we will just have a coffee morning / lunch if it's raining. **Pre booking essential**. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change due to weather

**Wednesday 3/4/24 12-2pm Lunch King George V** 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX King George V pub in Ilford | Greene King Pubs ([greeneking-pubs.co.uk](http://greeneking-pubs.co.uk)) 2 course £5.49, 3 courses £6.49. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 4/4/24 9.30-11am Bonzer car boot sale**, Warren Farm, Whalebone Lane Dagenham, RM6 6RB. This will not go ahead if it's raining. Whilst this is accessible by bus 62, 296 and 362 stop in Rose lane the walk from the bus stop is quite long and ground uneven. This event is not suitable for those with walking difficulties as it's in a field and the ground is uneven. Usually a larger bootsale, Approx 1-2 hour walk round depending how busy it is. Free entry and free parking onsite. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto: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. Please **pre book**

**Friday 5/4/24 Coach Trip with EPHG to Canterbury**– see coach trips – contact host Trevor\_07771741948 Havering pickups

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**Tuesday 9/4/24 11-1pm** Walk Fairlop Waters FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN [Map \(redbridge.gov.uk\)](http://redbridge.gov.uk)  
462 bus from Ilford station to Fairlop Waters tube central line Fairlop, cross the road Meet in the café for coffee then walk around the lake, it takes 45 min to an hour (3.2KM) and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you can stay in the café till we come back and take in the beautiful scenery. Suitable footwear required, dress for the weather and bring water, we will just have a coffee morning if it's raining. **Pre booking essential** [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change due to weather

**1pm -3pm lunch at Railway Hotel Restaurant Hornchurch** meet Lesley & Maryanne at Station Lane Hornchurch RM12 6SB -variety of special menus. Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary please contact restaurant on 01708 440028

**Wednesday 10/4/24 Reina Meze Grill Turkish Restaurant Lunch at 1pm** – Meet & Greet Ruth – must be prebooked via disdiamonds  
- 2 course lunch £11.95 plus service charge. 3 Billet Lane Hornchurch RM11 1TS for dietary information please contact restaurant directly 01708 454810. Need to pre-book [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Thursday 11/4/24 Thurrock Garden Centre** Meet Hosts Rene & Laurie 11am at Romford Station and take No: 370 bus. We shall stop for coffee / brunch. **Pre booking essential**. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

**12/4/24 Book Club 2pm** –Meet Fiona – *Caffe Della Continental Unit 36/37 The Mercury Romford Shopping Centre RM1 3EE* – meet for coffee & chat – to discuss book that group has been reading – we will be discussing The Confession Room by Lia Middleton–or any book you are reading  
Please advised [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) if attending  
Next Month May we will be discussing The Thursday Murder Club by Richard Osman or any of his novels

**Monday 15/4/24 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 – if Harold Wood hub fully booked why not try Hornchurch

**12-2pm Lunch followed by free bingo. Pipe Major**, 1,Yewtree Avenue, Dagenham, RM10 7FN

Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. Book early to avoid disappointment. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

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**Cocktails Drinkup Moons & Stars Romford 3pm** – South Street Romford RM1 1NX. Meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**Tuesday 16/4/24 Coach Trip with EPHG to Ipswich – see coach trips – contact host Trevor\_07771741948** Havering pickups

**12-2pm Walk & coffee Barking Park**, meet in the Big Friendly coffee house then we'll have an optional stroll down past the lake. Please wear appropriate clothing and footwear. Walk 20-50 mins with rest stop. Please only attend if you are able to walk that far. ***Pre booking essential. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change due to weather***

**Wednesday 17/4/24 12.00-2.00 Lunch Crowlands Golf club**, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/> Lunch and free hot drink, free putting green if you'd like to have a go. Buses stop right outside, large car park. Fully accessible. ***Pre booking essential. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change***  
[disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Thursday 18/4/24 Romford Baptist Church Coffee Morning with Disdiamonds 10:30-12:00** –Meet Kath at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Kath and other new members and discover what disdiamonds is about and what we are up to this month please let us know you are coming Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call

**11-12pm Bluebells walk, The Manor Dagnam Park, 6-2 Whitchurch Road RM3 9BH.** 294 bus from Romford station stop Y, get off bus stop at W3 Lindfield road stop in Whitchurch Road, entrance to the wood is opposite the bus stop. Fully accessible and very little walking required to see the bluebells. Bring chopped apple, carrots, celery or hazelnuts or walnuts if you want to feed the squirrels, we might also see some deer if we're lucky! *Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change*

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



**Friday 19/4/24 10.30-12.30 Coffee Morning with Jacinth** Gardener's Cottage Café, Valentines Park, Emerson Rd, Ilford IG1 4XA. The café is opposite Valentines Mansion. Take bus routes 396, 128, 179, 123, 296, 167 from Gants Hill Underground Station and 128, 296, 150, 396, 167 from Ilford to stop 'Beehive Lane'. Gants Hill Underground Station (Central Line). 5 minutes' walk Ilford on Elizabeth Line. Short walk or bus ride. Mansion Car park onsite, RingGo App. **Meet volunteer host Jacinth in the Gardeners cottage cafe at 10.30am.**

**Pre booking essential** Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

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**Monday 22/4/24 -12-2pm Luna Café** 127 High Road, South Woodford, E18 2PA <https://www.facebook.com/lunacafelondon/>  
Bus stop L, right outside 179 W13. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we can contact you in the event of cancellation / change

**Tuesday 23/4/24 12.00-2.00 Lunch The New Fairlop Oak**, Wetherspoon, Fencepiece Rd, Barkingside IG6 2JP The New Fairlop Oak | Pubs In Fairlop - J D Wetherspoon Meet on the right in the corner opposite the bar.

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Wednesday 24/4/24 1-3pm Kenneth More. Afternoon tea, singing & dancing.** Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT Kenneth More Theatre  
• Vision RCL **Pre booking essential with any dietary requirements by midday on Mon 26/2/24** £10 pay on the day, **no show or late cancellations must still be paid for so don't forget to cancel if you're unable to attend.**

Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 25/4/24 Moon and Stars Pub** South Street Romford RM1 1NX. Last Thursday of the month 11am onwards – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – meet at raised area towards the end of the pub. please advise Disdiamonds to book a place

**12-2pm Lunch followed by free bingo. Pipe Major**, 1, Yewtree Avenue, Dagenham, RM10 7FN please enquire about dates for February  
Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. Book early to avoid disappointment. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

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**Monday 29/4/24 1-3pm Coffee & Craft. Fullwell Cross library** 140 High Street, Ilford IG6 2EA, in the big room on the left, access via front doors [Fullwell Cross Library](#) • [Vision Redbridge Culture and Leisure \(visionrcl.org.uk\)](#) **Cost £3 including tea / coffee craft supplies** Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we can contact you in the event of cancellation / change

**3pm Cocktails/coffee Drinkup JJMoons Hornchurch** – JJ Moons 46-62 High Street Hornchurch RM12 4UN- meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**Tuesday 30/4/24 Ten Pin Bowling** at new venue and meet uptime 11am City Limits Rollerbowl – Collier Row RM5 2BH -

£10.49 for 2 hours unlimited bowling & a hot drink - Bring own shoes Meet Ruth Entrance to Bowling –

Note we have had to temporarily change venue whilst Namco is being refurbished. In order to reserve a place in your chosen team please advise Disdiamonds by Friday 26/4/24 even those that have been before – so Ruth can draw up the teams

**Note Namco is only open Friday noon to Sunday between April and July whilst major refurbishment takes place- if you would like to bowl on a Friday afternoon please contact Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) and advise if willing to host please see Fiona for further info**

**12-2pm Lunch and quiz Old Maypole**, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside. Money off voucher and menu <https://www.sizzlingpubs.co.uk/findapub/northwest/theoldmaypoleilford/signup>

Pay for what you eat and drink, free quiz. Meet new people. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

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

**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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Most classes are now fully booked! – we have limited spaces only. Please see [Spaces available below](#).

Please **DO NOT ATTEND** a class without registering with us **Fall Prevention first**, as you will be declined by the trainer. Email

[Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

## Face to Face Exercise Classes (Havering)

Venue	Day	Time
<b>Chair Based Exercises – with Heidi</b> Ardleigh Green Community Association, Hornchurch	Wednesday	12.15pm – 1.15pm
<b>Chair Based Exercises – with Heidi</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	Wednesday	1.30pm – 2.30pm
<b>Chair Based Exercises – with Heidi</b> <b>NEW CLASS!!!</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	Thursday	11.30am- 12.30pm
<b>Chair Based Exercises – with Heidi</b> <b>Spaces available.</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	1.00pm – 1.50pm
<b>Nordic Walking – With Anne</b> <b>Spaces available.</b> Thames Chase Forest Centre, Pike Lane, Upminster RM14 3NS	Monday	10.00am – 11.am
<b>Tai Chi – With Karl</b> <b>Spaces available.</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
<b>Tai Chi – With Karl</b> <b>Spaces available.</b> Cranham Community Centre	Monday	1.00pm – 1.50pm
<b>Chair Based Exercises – with Heidi</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	11.30am – 12.20pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham	Thursday	1.00pm – 2.00pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham <b>NEW CLASS!!!</b>	Thursday	2.00pm – 3.00pm

For more information call 07535 953763 or Email: [Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

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### Face to Face Exercise Classes (Redbridge)

Venue	Day	Time
Easy Chair based exercise - With Sami Ilford Library	Monday	10.00am – 11.00am
Chair based exercise class - with Keeley Chadwell House -open to non-residents	Friday	11.00am – 12.00pm
Nordic Walking - With Anne Valentines Park, Ilford	Wednesday	2.00pm – 3.00pm
Tai Chi - with John Poon at Ilford Library	Monday	10.00am – 10.50am
Chair based exercise Yoga - with Sami at Ilford Library	Monday	11.00am – 12.00pm
Tai Chi - with John Poon at Age UK	Wednesday	10.00am – 10.50am
Chair based at Cambridge park - with Sami - currently unavailable to non residents	Thursday	11.00am – 11.45am
Chair based at Forest Dene - with Sami - currently unavailable to non residents	Thursday	10.00am – 10.45am

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

### Face to Face (B&D)

Venue	Day	Time
Chair based class – with Anne Marsh, East Road Baptist Church	Thursday	2.00pm – 3.00pm
Chair based class – with Heidi George Crouch Centre	Tuesday	11.20am – 12.30pm

For more information call 07535 953763 or Email: [Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

### Online Exercise Classes (BHR)

Venue	Day	Time
Chair Based Exercises - with Elaine	Wednesday	11:00am-12:30pm
Chair Based Exercise - with Elaine	Thursday	11:00am-12:30pm
Tai-Chi - with John Poon	Thursday	11:00am – 12.00pm

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@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](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Tue-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 For Health

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](mailto:sportsdevelopment@haverling.gov.uk) [www.haverlingactive.co.uk](http://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 new 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

**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](mailto: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](mailto:disdiamonds@ageukrbh.org.uk)

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

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

**Barking –The Broadway Theatre, Broadway, Barking IG11 7LS tel0208 507 5607**

**Ilford Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT 0208 708 8800**

<https://visionrcl.org.uk/centre/kenneth-more-theatre/> for full list of shows

**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 see**

On 23 May 2024 and 24th May 2024, Motown, "How Sweet It Is". The Show begins at 19.30 and the tickets cost £33.70. let us know as one of our disdiamonds members is asking

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.**

**Dementia Café New club – 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, starting 4 April for further info contact Havering Dementia Action Alliance on 07375840725**

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

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**Memory Café** 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 carers 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 them. Sessions will be free and open to everyone, no pre-booking required supported by Dementia Action Alliance.

### **Singing for the Brain**

Every Monday 2.00 – 4.00pm (except Bank Holidays) Cranham Community Centre, 115A Marlborough Gardens, Upminster, RM14 1SR

Every Wednesday 1.00 – 3.00pm Tweed Way Hall, Tweed Way, Collier Row, Romford, RM1 4AZ

Every Thursday 2.00 - 4.00pm St John's Church, South End Road, Rainham, RM13 7XT

There is live music, singing and dancing. Each session costs £5 per person including refreshments. The first session is free for new members. Working carers attending with their patient are not charged. Attendees are required to have had both Covid vaccinations and asked to provide evidence on their first visit. The little blue card will suffice. New members are very welcome including those who live outside Havering. Those attending the first time are requested to get in touch. Please ring Carol Kensit on 01708 731325. Further information/contact details can be found on HS4B's website

<https://haveringsingingforthebrain2020.webador.co.uk/> Or Facebook

<https://www.facebook.com/groups/haveringsingingforthebrain2020/?ref=share&exp=3bcf>

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 –

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

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**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 a 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 you want to meet other keen crafters – let us know and we 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 & natter club and share your passion

**Ardleigh House** – 42 Ardleigh Road Hornchurch RM11 2RG mail:- [office@ardleighhouse.org](mailto:office@ardleighhouse.org) Telephone:- 01708 440660 [www.ardleighhouse.org](http://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](mailto:music@stedwardsromford.com) or leave a message at the office 01708 744973

**Coach Trips** – regular trips arranged with EPHA. Need to book via Trevor 07771 741948

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

Also Coach trips & holiday available from Shirley at shirleytours who fundraises for charity. Variety trips include Albert Hall & Abba & Holidays please see website for further info [shirleytours.co.uk](http://shirleytours.co.uk) or Email: [shirley@shirleytours.co.uk](mailto:shirley@shirleytours.co.uk)

Alternative coach trips available from [Kirbyscoaches.co.uk](http://Kirbyscoaches.co.uk) or [Eastlondontravel.co.uk](http://Eastlondontravel.co.uk)

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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

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

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

**Spare time** why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off. Contact Disdiamonds for more info

We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

**Cinema Trips** –fancy catching the latest block buster 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–

Romford Premiere now £3.50 <https://romford.premierecinemas.co.uk/PremiereCinemaRomford.dll/WhatsOn>

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 only £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

Find latest events and share ideas and reminiscence with fellow Diamonds on your dedicated Facebooks Diamonds

members <https://www.facebook.com/groups/583061935616098> please join as last minute events are advertised on Facebook To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

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