

Members of Dis Diamonds Havering Activities March 2024 printed 26/2/24 -for Over 50s Residents of Havering				
Monday	Tuesday	Wednesday	Thursday	Friday
every Monday Diamond Geezers 3:00-5pm meet Harrow Pub except Bank Hol	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	Every Wednesday St Josephs Lunch Noon Upminster	Every Thursday 11am Tai Chi Zoom 3-5 Watercolour Zoom	Every Friday 1 10:30 Knit & Natter Colley Rowe Pub every Friday
4 10:30 Harold Wood Comm Hub Coffee & Craft 12-2 Monkhams lunch Buckhurst Hill	5 11-1 Hope Café Romford	6 12-2 King George V Lunch Gants Hill	7 10:30 Church House coffee morn Romford Market 1:30 -3:30 Thursday Chat Club Harold Wood Community Hub new club every Thursday new members welcome	8 Noon Rafa Lunch/ Sing/Dance Romford 2pm Book Club café Della Continental Romford
11 10:30 Harold Wood Comm Hub Coffee & Craft 3pm Cocktails Moon & Stars Romford	12 5:30 Mandarin Restaurant Hornchurch	13 10 Poetry zoom 11 coffee chat zoom 12-2pm Crowlands lunch Dagenham	14 1:30 -3:30 Thursday Chat Club Harold Wood Community Hub new club every Thursday new members welcome	15 10:15 Bowling Namco Romford <u>Saturday 16th</u> noon Hope Café Romford
18 10:30 Harold Wood Comm Hub Coffee & Craft 10:30 Queens Theatre Coffee Morning Hornchurch	19 10:30 Art with Diane Harold Wood Community Hub 12-2 Fairlop Oak Lunch Barkingside	20 10 Bishopsgate Horizon Tower Trip Romford Station 1pm Aspen Tree Lunch Collier Row	21 10:30 Romford Baptist Coffee morning 12-2 Pipe Major Lunch & Bingo Dagenham 1:30 -3:30 Thursday Chat Club Harold Wood Community Hub	22 <u>Sunday 24th</u> YMCA Spring Orchestra Charity Concert at YMCA Romford
25 10:30 Harold Wood Comm Hub Coffee & Craft 3pm Cocktails JJ Moons Horn.	26 10:15 Bowling Namco Romford 1-3 Fullwell Cross Library Craft	27 12:30 V&A Museum Trip to Diva Exhibition 1-3 Kenneth Moore afternoon tea & dance Ilford	28 11am Moon & Stars Brunch 12-2 Old Maypole <i>lunch & Quiz</i> Hainault 1:30 -3:30 Thursday Chat Club Harold Wood Community Hub	29 Good Friday Bank Holiday

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 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 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 to book place. Call 01708 462611 emberinns.co.uk for information about menu Note closed Jan1st 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. £5 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 reopens Wed 17th January

Every Thursday Tai Chi on zoom 11am-11:45 Email 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 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 – meet host & greeter Fiona* Romford Premiere now £3.50 <https://romford.premierecinemas.co.uk/PremiereCinemaRomford.dll/WhatsOn> ask when we are going next

4/3/24 12-2pm Lunch Monkams Buckhurst Way, Buckhurst Hill, IG9 6HY [The Monkams Pub in Buckhurst Hill, \(greeneking.co.uk\)](http://TheMonkamsPubinBuckhurstHill.greeneking.co.uk) Nearest station 4 min walk, Roding Valley (central line), large car park, 549 bus stops outside. 2 course £5.49, 3 courses £6.49. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

5/3/24 11am Hope Café Coffee morning meet Ruth at 80-84 Romford Market RM1 3ER Meet for coffee & chat Email 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

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6/3/24 Wednesday King George V Gantshill – Lunch 12:00 Meet at pub 645 Cranbrook Road Gantshill IG2 6SX _ please prebook Call or email disdiamonds@ageukrbh.org.uk for menu see greenking-pubs.co.uk pub tel no for dietary info 0208 550 5642. Buses 150, 128, 167 from Ilford or Barkingside stop outside Shere Road . £5.49 2 course. £6.49 3 courses

7/3/24 10:30 -12:30 Coffee & Chat at Church House – Romford Market Place RM1 3AB pop along for a coffee and chat with Ruth. 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. Please let us know you are coming as numbers may be restricted Email disdiamonds@ageukrbh.org.uk

1:30 -3:30 new meet up - 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 Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

8/3/24 Friday noon-3pm Rafa £10 Lunch –Singer (and Dance if you like) Pie & Mash/ or Shepherds Pie/vegetarian option available/ desert/ Tea or Coffee £10 Email disdiamonds@ageukrbh.org.uk to book your place so we know how many lunches to order- Meet Host Fiona & Bob

Book Club 2pm –Meet Fiona – *Caffe Della Continente* 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 any novel by Donna Leon—or any book you are reading
Please advise disdiamonds@ageukrbh.org.uk if attending
Next Month April we will be discussing *The Confession Room* by Lia Middleton or any of her novels

Saturday 9/3/24 Coach trip Poplar Nurseries then Colchester £29pp plus any entrance fees see Trevor 07771741948 Havering pickups

Monday 11/3/24 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 to let us know you are coming

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Tuesday 12/3/24 Mandarin Palace Early dinner at 5:30pm with Trevor & Kath - 197 High Street Hornchurch RM11 3XT. Special Diamonds 3 course set meal £24 with soft drink and tea/coffee. Please Email disdiamonds@ageukrbh.org.uk or call. Contact restaurant directly for dietary enquires only [01708438003](tel:01708438003)

Wednesday 13/3/24 24 Poetry Reading via Zoom 10:00-11 am -do you write your own poems or love poetry– come share by reading either your own poetry or bring a favourite one or just back relax and listen – free and easy poetry group hosted by Morris. Access via Disdiamonds dedicated zoom code –ask for code if not already got Email disdiamonds@ageukrbh.org.uk

Morning Chat via Zoom 11am- noon – grab your favourite drink & join us for a morning chat -ask for zoom code by emailing disdiamonds@ageukrbh.org.uk –find out what is happening in DisDiamonds

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 to book your place so we know who to contact in the event of cancellation / change disdiamonds@ageukrbh.org.uk

14/3/24 1:30 -3:30 new meet up - 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 Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

Friday 15/3/24 Ten Pin Bowling at Romford Namco Meet Ruth 10:15 outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £7 - email disdiamonds@ageukrbh.org.uk In order to reserve a place in your chosen team please advise by Monday before bowling day. Host Ruth. Please ensure advise Disdiamonds by Monday 11th March even those that have been before – so Ruth can draw up the teams

Saturday 16/3/24 noon Hope Café Coffee morning meet Ruth at 80-84 Romford Market RM1 3ER Meet for coffee & chat Email 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

Monday 18/3/24 -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

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Tuesday 19/3/24 Art with Diana 10:30 _The Hub, Harold Wood 11 Gubbins Lane RM3 0QA – materials will be supplied or bring your own. Email disdiamonds@ageukrbh.org.uk

12.00-2.00 Lunch The New Fairlop Oak, Wetherspoon, Fencepiece Rd, Ilford 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 to book your place so we know who to contact in the event of cancellation / change

Wednesday 20/3/24 Trip to London – visit 22 Bishopsgate viewing Tower and walk around Bishopsgate/Leadenhall Market meet Laurie & Rene 10am at Romford Station. Free entrance to 22 Bishopsgate This is a walking activity please advise of mobility at time of booking Email disdiamonds@ageukrbh.org.uk to book your place so we know to wait for you or who to contact in the event of cancellation / change

Lunch at Aspen Tree Pub/restaurant 1pm – Meet & Greet Ruth – Gobions Avenue, Case Cross Romford RM5 3SP.for dietary info call restaurant 01708 749995 - variety of menus – including 2 course seniors 5.49 -please advise Disdiamonds to book a place

Thursday 21/3/24 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 or call

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 to book your place so we know who to contact in the event of cancellation / change

1:30 -3:30 new meet up - 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 Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

Sunday 24/3/24 YMCA Spring Orchestra Charity Concert at YMCA Romford Rush Green Road If you enjoy live music and are free on the 24th March please come along to support this excellent charity and enjoy a nice cup of tea and piece of cake all for £6. Tickets available on the day All proceeds from the concert will be donated to the Cancer Rehabilitation Referral Programme which is run in collaboration between Queens Hospital and the YMCA. Let us know if going and will put you in contact with fellow Diamonds attending. To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

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Monday 25/3/24 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 to let us know you are coming

Tuesday 27/2/24 Ten Pin Bowling at Romford Namco Meet Ruth 10:15 outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £7 - email disdiamonds@ageukrbh.org.uk In order to reserve a place in your chosen team please advise by Monday before bowling day. Host Ruth. Please ensure advise Disdiamonds by Thursday 22nd February even those that have been before – so Ruth can draw up the teams

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 £2 including tea / coffee craft supplies** Email disdiamonds@ageukrbh.org.uk to book your place so we can contact you in the event of cancellation / change

Wednesday 27/3/24 Trip to Victoria & Albert Museum –to see Diva Exhibition free entry to main museum & exhibition arrange to meet Fiona at Museum around noon Please email or call disdiamonds@ageukrbh.org.uk to book your place

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 25/3/24. £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 to book your place so we know who to contact in the event of cancellation / change

Thursday 28/3/24 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

noon -2pm Lunch and quiz Old Maypole, Fencepiece Road, Ilford, 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 to book your place so we know who to contact in the event of cancellation / change

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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

Face to Face Exercise Classes (Havering)

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

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For more information call 07535 953763 or Email: Georgina.fowler@ageukrbh.org.uk

Face to Face Exercise Classes (Redbridge)

Venue	Day	Time
Easy Chair based exercise - With Sami Spaces available. Ilford Library	Monday	10.00am – 11.00am
Chair based exercise class - with Keeley Spaces available. Chadwell House -open to non-residents	Friday	11.00am – 12.00pm
Nordic Walking - With Anne Spaces available. 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

Face to Face (B&D)

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

For more information call 07535 953763 or Email: Georgina.fowler@ageukrbh.org.uk

Online Exercise Classes (BHR)

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

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

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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 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

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

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

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

-Does 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.

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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, 7 March , 21 March , 4 April for further info contact Havering Dementia Action Alliance on 07375840725

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 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 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>

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

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

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

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

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

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 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



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

Places still available coach trips

Saturday 9th March Poplar nurseries then Colchester £29pp plus any entrance fees

Friday 5th April Canterbury £28pp

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 or Email: shirley@shirleytours.co.uk

Alternative coach trips available from Kirbyscoaches.co.uk or Eastlondontravel.co.uk

Holidays- fancy going on holiday with other diamonds – why not post a comment on DisDiamonds Facebook –or mention at coffee morning –perhaps share holiday brochure or visit travel agent together

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

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

Volunteering – 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 –

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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

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 Coffee morning starting March at Harold Wood Hub – every Thursdays 1-4

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