

Dis Diamonds Havering Activities May 2022						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 May Bank Holiday	3 Bowling 10:15 for 10:30	4 Broadstairs EPHG Coach Trip	5 Grand Design Show Mandala demo and coffee/brunch Harold Wood hub 11 Tai Chi zoom 12:15	6	7	8
9 Watercolour Class 10:15 Pipe Major Lunch & Bingo 12 Geezers 3-5pm Harrow Pub	10 Horniman Museum 10am Romford Langtons Park 11am	11 Poetry on Zoom 10:30-noon	12 Quiz on Zoom 10:30 Tai Chi on Zoom 12:15-1pm	13	14 Ilford Hospital Chapel open day	15
16 Watercolour Class 10:15 Queens Theatre Coffee 10:30 Geezers 3-5pm Harrow Pub Dementia Alliance Community Day Queens Theatre 1-4	17 Langtons Park 11am Flower Arranging Workshop 1-2 Langtons Create Ceramics Harold Wood Hub 1:30pm	18 New Coffee Chat 10:30 Cafe Della Romford Crowlands lunch 12-3	19 Romford Baptist Coffee 10:30 TaiChi Zoom 12:15 I nearly went to Miami – Wesley Players 7:30	20	21 Windsor EPHG coach Trip	22
23 Watercolour Class 10:15 Diamond Geezers 3-5pm East Brook End 11-1	24 Langtons Park 11am Create Ceramics Harold Wood Hub 1:30pm Pipe Major Lunch & Bingo 12-3	25 Stitch & Craft on Zoom 10:30-12 with Jo Fish & Chip Lunch Captain Tom 1pm	26 Moon & Stars Brunch 11am Old Maypole Lunch 11:30 Tai Chi on 12:15-	27Rafa Lunch Jubilee Celebrate noon	28 Jubilee Event Romford Mercury Mall 11-3 Kent Show EPHG coach	29Jubilee Event Romford Mercury Mall 11-
30 Watercolour Class 10:15 Harrow Pub Celebrate Jubilee 1pm Diamond Geezers 3-5pm Marvellous Monday JJ Moons 5pm – 6.30pm	31 Langtons Park 11am	If intending to attend any event you must book with Disdiamonds beforehand. Due to rising levels of Covid events can change at short notice. We also strongly recommend that you perform a lateral flow test on the morning of attending an event. If test positive or not feeling well let us know and do not attend . If you have any special dietary needs please contact restaurant before making 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 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

Tuesday 3/5/22

Bowling at Romford Namco Meet Ruth 10:15 outside MacDonaldis 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 advice by Thursday before bowling day. Host Ruth

Langtons Gardens Hornchurch Meetup Every Tuesday Weather permitting 11am Meet by big tree –pop along for a chat – please bring own chair or picnic mat. Refreshments available in nearby cafes/ supermarkets. If the weather is unfavourable –suggest meet in Queens Theatre. This will be every Tuesday during spring/summer

Wednesday 4/5/22 Coach trip to Broadstairs –see Trevor EPHG

Thursday 5/5/22

Grand Design Show at Excel – we have free tickets if interested contact Fiona. See latest designs for home and garden
Tai Chi every Thursday on zoom 12:15 – 1.00pm sign up for Zoom Code if prefer face to face exercises see list towards end of calendar

Harold Wood Hub Lunch & Coffee – Meet Diana for a chat over coffee or lunch at Harold Wood Hub try your hand at Mandala 11am Gubbins Lane RM3 0QA near St Peters church please book disdiamonds@ageukrbh.org.uk Why not stay on for lunch after

Monday 9/5/22

Watercolour Classes every Monday 10:15 until 12:00 with Artist Ioana Macovei on Zoom

Popular very informal easy going class please email disdiamonds@ageukrbh.org.uk

Join Amanda for Lunch and Bingo at Pipe Major noon until 3pm Pipe Major, 1 Yew tree Avenue, Dagenham, RM10 7FN
<https://www.pipemajorpubdagenham.co.uk/> large car park, Almost opposite Dagenham East station. We will have our own area, pay for your own food and drink, bingo is free. Capped at 30 so book early to avoid disappointment Email disdiamonds@ageukrbh.org.uk to book your place. 07903814076

Diamond Geezers – 3pm-5pm Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP 01708 462611 emberinns.co.uk for information about menu. Call or email disdiamonds@ageukrbh.org.uk

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Tuesday 10/5/22 Horniman Museum chance to visit museum for free and option of visiting butterflies or aquarium £6.50/£5 Meet Rene at Romford Station 10am – limited places must prebook Call or email disdiamonds@ageukrbh.org.uk

Langtons Gardens Hornchurch Meetup Every Tuesday Weather permitting 11am Meet by big tree –pop along for a chat – please bring own chair or picnic mat. Refreshments available in nearby cafes/ supermarkets. If the weather is unfavourable –suggest meet in Queens Theatre. This will be every Tuesday during spring/summer

Wednesday 11/5/22 Monthly Poetry with Morris on Zoom– every 2nd Wednesday –10:30 to noon read your own poetry or bring a favourite one or just come & listen. Not already a member ask for Zoom Code

Thursday 12/5/22

Monthly Quiz on Zoom with DianaW 10:30 -11:30 Quiz & afterwards find out what Diamonds are up to this month

Tai Chi every Thursday on zoom 12:15 – 1.00pm sign up for Zoom Code if prefer face to face exercises see list towards end of calendar

Saturday 14/5/22 Ilford Hospital Chapel – has open day chance to look around old chapel –near Ilford Station

Monday 16/5/22

Watercolour Classes every Monday 10:15 until 12:00 with Artist Ioana Macovei on Zoom

Coffee Morning 10:30 -12:00 at Queen Theatre Hornchurch RM11 1QT meet other diamonds in the Café area. Meet every third Monday of the month

Dementia Alliance Community Day – Queens Theatre Hornchurch RM11 1QT 1pm-4pm pop along catch us at our stall and see other local organisations for free advice on living & looking after with Dementia

Diamond Geezers – 3pm-5pm Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP 01708 462611 emberinns.co.uk for information about menu. Call or email disdiamonds@ageukrbh.org.uk

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Tuesday 17/5/22

Langtons Gardens Hornchurch Meetup Every Tuesday Weather permitting 11am Meet by big tree –pop along for a chat – please bring own chair or picnic mat. Refreshments available in nearby cafes/ supermarkets. If the weather is unfavourable –suggest meet in Queens Theatre. This will be every Tuesday during spring/summer

Flower Arranging Workshop with Lisa– Meet at Greenhouse Langtons – need to prebook disdiamonds@ageukrbh.org.uk.

Create Ceramic Workshop –free event limited number of places please prebook- 6 week course starting 17 May at Harold Wood Hub –

Start 1:30 pm -4pm 11 Gubbins Lane RM3 0QA near St Peters church limited places please book disdiamonds@ageukrbh.org.uk

Wednesday 18/5/22 New coffee morning starts -Coffee & Chat 10:30 –noon with Trevor 3rd Wed of the month **note new venue** – Café Della meet 10:30. Unit 36 Mercury Gardens, The Mercury Shopping centre Romford RM1 3EE. Next door to Mac Donalds. Meet side nearest road by windows. If you finished with a book/ magazine/dvd/puzzle why not swap over coffee at any of our coffee mornings. Or just pop in for a chat

The Book club has now finished – we can still recommend great reads ask Fiona – alternatively why not join the book club at your local library.

Alternatively meet Amanda for £5 lunch at noon– Crowlands Golf Club, Wood Lane, Dagenham Essex RM8 1JX

<https://crowlandsheath.co.uk/contact-crowlands-heath/> lunch and hot drink £5 putting green if you like to have a go. Must pre book disdiamonds@ageukrbh.org.uk

Thursday 19/5/22

Romford Baptist Church Coffee Morning with Kath 11am-12:30 –Meet at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet other new members and discover what disdiamonds is about and what we are upto this month

Tai Chi every Thursday 12:15 – 1.00pm Email disdiamonds@ageukrbh.org.uk

I nearly went to Miami – catch latest comedy play by Wesley Players free tickets available – meet Ruth 7:30 for 8pm performance. Methodist Church Hall 10 Hall Lane Upminster Essex RM14 1AE –must prebook to ensure ticket available Email disdiamonds@ageukrbh.org.uk

Saturday 21/5/22 EPHG Coach trip to Windsor please book directly with Trevor and mention DisDiamonds

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Monday 23/5/22 Watercolour Classes every Monday 10:15 until 12:00 with Artist Ioana Macovei on Zoom

Popular very informal easy going class please email disdiamonds@ageukrbh.org.uk

Alternatively Join Amanda between 11am-1pm Coffee morning. Eastbrookend Discovery Centre, Dagenham Road, Rush Green, Romford, Essex, RM70SS <http://www.eastbrookcountryparktearoom.co.uk/> Email disdiamonds@ageukrbh.org.uk to book your place.

For those coming from Romford and not sure of route why not meet other diamonds at 10:25 at 174 bus stop opposite Romford Station

Diamond Geezers – 3pm-5pm Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP 01708 462611 emberinns.co.uk for information about menu. Call or email disdiamonds@ageukrbh.org.uk 50 High street Hornchurch RM12 4UN 01708 478410

Tuesday 24/5/22

Langtons Gardens Hornchurch Meetup Every Tuesday Weather permitting 11am Meet by big tree –pop along for a chat – please bring own chair or picnic mat. Refreshments available in nearby cafes/ supermarkets. If the weather is unfavourable –suggest meet in Queens Theatre. This will be every Tuesday during spring/summer

Create Ceramic Workshop –free event limited number of places please prebook- 6 week course starting 17 May at Harold Wood Hub –

Start 1:30 pm -4pm 11 Gubbins Lane RM3 0QA near St Peters church limited places please book disdiamonds@ageukrbh.org.uk

Join Amanda for Lunch and Bingo at Pipe Major noon until 3pm Pipe Major, 1 Yew tree Avenue, Dagenham, RM10 7FN

<https://www.pipemajorpubdagenham.co.uk/> large car park, Almost opposite Dagenham East station. We will have our own area, pay for your own food and drink, bingo is free. Capped at 30 so book early to avoid disappointment Email disdiamonds@ageukrbh.org.uk to book your place. 07903814076

Wednesday 25/5/22 Stitch & Craft with Jo on Zoom 10:30 –noon. Share what working on or watch and learn.

Fish & Chip Lunch Captain Tom Fish Restaurant with Ruth 1pm try the Cod Chips & salad or mushy Peas £8 special or full menu. 35 High Street Hornchurch RM11 1TP call or email Email disdiamonds@ageukrbh.org.uk to book. For dietary info call restaurant 01708 477837

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Thursday 26/5/22 Moon and Stars Pub South Street Romford RM1 1NX. Every last Thursday of the month 11am onwards – join Fiona and other DisDiamonds for Brunch or Lunch – meet at raised area towards the end of the pub

Alternatively Lunch and quiz 11:30 am Old Maypole, Fencepiece Road, Ilford IG6 2NG. Money off voucher and menu [Sign Up](#) (sizzlingpubs.co.uk) Pay for what you eat and drink, free quiz. Booking essential. Email disdiamonds@ageukrbh.org.uk to book your place.

Friday 27/5/22 RAFA Lunch at noon with Kath & Diana - Carlton Road Romford RM2 5AA. Meals cost about £5 all homemade. Do not need to be a member of RAFA to eat there at lunch time. Essential please let us know if coming for catering. Pre book Email disdiamonds@ageukrbh.org.uk For dietary info contact 01708 746602

Saturday 28/5/22 and Sunday 29/5/22

Join us to **celebrate the Queens Platinum Jubilee** – Britain through the ages – a day of singing, dancing and looking back with a complimentary cuppa and cake to enjoy with friends. 11am to 3pm drop in any time – for catering – please advise approx. time. If you have any photos or memorabilia of the coronation or past jubilees and like to share please contact Fiona via disdiamonds or 07375704448

Also Saturday 28/5/22 Kent Show Coach trip with EPHG see Trevor

Monday 30/5/22

Watercolour Classes every Monday 10:15 until 12:00 with Artist Ioana Macovei on Zoom

Celebrate Jubilee at Harrow Pub 1pm Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP 01708 462611 emberinns.co.uk for information about menu. Call or email disdiamonds@ageukrbh.org.uk

Diamond Geezers – 3pm-5pm Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP 01708 462611 emberinns.co.uk for information about menu. Call or email disdiamonds@ageukrbh.org.uk

Marvellous Meaningful Mondays – 5pm – 6:30pm JJ Moon Hornchurch - Join Marion/Laurie & Pat – for drinks and meaningful chats. 50 High street Hornchurch RM12 4UN 01708 478410 please email disdiamonds@ageukrbh.org.uk to book a place

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Tuesday 31/5/22

Langtons Gardens Hornchurch Meetup Every Tuesday Weather permitting 11am Meet by big tree –pop along for a chat – please bring own chair or picnic mat. Refreshments available in nearby cafes/ supermarkets. If the weather is unfavourable –suggest meet in Queens Theatre. This will be every Tuesday during spring/summer

No Create Ceramic Workshop this Tuesday at Harold Wood Hub –back on next week

Preview of Events for June – plan ahead see what is happening in the following month

Highlights for June plus regular poetry, watercolour, ceramic, coffee mornings and lunches plus

1/6/22 – **Jubilee Lunch** QUEEN ELIZABETH PLATINUM JUBILEE -Celebrate in style with the Catholic Women's League (Upminster)

Date: Wednesday 1 June 2022 from 12 o'clock @ St Joseph's Social Centre, St Mary Lane, Upminster

Dress Party style and a hat -Light lunch with a glass of something nice -Book your place now Cost £6.00 email or call DisDiamonds

If you cannot make that day, why not pop in any Wednesday for their lovely home cooked lunch £6

8/6/22 Freemason Museum leaving from Romford

9/6/22 Tilbury to Gravesend Trip – leaving from Upminster limited places

23/6/22 London Docklands Museum West India Quay and Pub lunch – why not stay up afterwards to see lights

28/6/22 Bingo Mecca Romford 11am Lunch at Robins Pie and Mash Romford 12:30

29/6/22 Creative writing and poetry –theme Summer on Zoom with Jo

30/6/22 Romford Dogs & Lunch for approx. £15 – if you fancy coming let us know as need to get a certain number together for special price

Additional DisDiamond Events may be added –so be the first to see by looking and checking on Facebook

Join share ideas and reminiscence with fellow Diamonds on your dedicated Facebooks Diamonds

members <https://www.facebook.com/groups/583061935616098>

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Activities Run by AGEUK RBH

Face to Face Exercise Classes (Havering)

Venue	Day	Time
Chair Based Exercises – with Heidi Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	11.30am – 12.20pm
Chair Based Exercises – with Heidi North Romford Community Centre, Collier Row	Monday	1.00pm – 1.50pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham	Thursday	1.00pm – 2.00pm
Tai Chi – With Karl North Romford Community Centre, Collier Row	Thursday	10.00am – 11.am
Tai Chi – With Karl Cranham Community Centre	Monday	1.00pm – 1.50pm

For more information call 07535 953763 or Email: aimi.middlehurst@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	12:15pm -1:00pm

For more information call 07535 953763 or Email: 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

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

Face to Face (B&D)

Venue	Day	Time
Chair based class – with Heidi In Skip Road, Dagenham	Tuesday	11.15am – 12.15pm
Chair based class – with Anne Marsh, East Road Baptist Church	Thursday	2.00pm – 3.00pm
Chair based class – with Heidi Kilsby Walk	Thursday	10.00am – 11.00am
Chair based class – with Heidi Turner Court	Thursday	11.30am – 12.30am

For more information call 07535 953763 or Email: aimi.middlehurst@ageukrbh.org.uk

Face to Face (Redbridge)

Venue	Day	Time
Tai Chi FULLY BOOKED - with John Poon at Age UK	Wednesday	10.00am – 10.50am
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
Chair based at Chadwell House - with Keeley - open to non-residents	Friday	11.15am – 12.15pm
Chair based at Cambridge park - with Sami - currently unavailable to non residents	Wednesday	10.15am – 11.15am
Chair based at Forest Dene - with Sami - currently unavailable to non-residents	Wednesday	11.30am – 12.30am

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

Classes are **Free** - but must be booked as limited spaces!

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Another Activity run by AgeukRBH available to Dis Diamond members -**Sparko** – interactive activities view via your TV –requires equipment to be installed. Simple & Easy to use. See separate Sparko Activity sheet – not got Sparko want to know more contact disdiamonds@ageukrbh.org.uk]

Great Alternatives If you do not fancy going on your own drop us an email/call/or put a shout out on Disdiamonds Facebook and see if anyone else is going or would like to join you. Or we could find you a Diamond buddy Remember if you enjoyed any event let us & other Diamonds know....We all love to share & enjoy new experiences

Havering 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 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/havering-walking-for-health>

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

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Libraries pop in and pick up a book or try one of their group many activities restarting soon – Join a reading club (don't forget our monthly 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

Lunch -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. Money raised is donated to charity

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..

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

Lots of plays & shows including regular Down Memory Lane– special music show for people with Dementia & their carers

Over 50's Musical Theatre Workout every Wed <https://www.queens-theatre.co.uk/>

Let us know you are coming we may have to change an event at short notice.

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Make new friends this month and enjoy life.

Singing for the Brain

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

Every Wednesday 10.30am – 1.00pm St Michael's Church, Main Road, Gidea Park, Romford, RM2 5EL.

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>

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://rafhornchurch.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 –we are currently organising a trip for the Spring

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

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

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

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

Also Coach Holidays available see <https://www.ephg.co.uk/80675/info.php?p=8> full list

Fri 29th April Pashley Manor Gardens & Tulip festival £34 pp includes entrance

Wed 4th May Broadstairs £24pp

Sat 21st May Windsor Town £28 pp does not entrances Sat 28th May Kent Garden Show £38 includes entrance.

Mon 18th July Beachey Head & Eastbourne £26pp

Wed 3rd Aug Borde Hill Gardens £35 inc ent Wed 24 August RHS Wisley £34 includes entrance

Sat 3rd Sept Pashley Manor Gardens and Dahlia Festival £34 includes entrance fee

Mon 12th Sept Herne Bay & Whitstable £26Many more see web site

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Hols – Blackpool 6-10 June £340/£420 pp, Isle of Wight Sandown 16-23 Sep £340/£420pp, Harrogate 21-25 Nov£380/£465 pp

When booking please mention that you are a Disdiamond member

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

Flowers/ Gardening Join EPHG at Elm Park Assembly Hall, next door to Elm Park library. Regular social club.

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

Volunteering – fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event then 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.

Catch a latest blockbuster or re-watch a favourite plenty to choose from at your local cinema so much to choose from–

Operation Mincemeat, Downtown Abbey a new Era, the Lost City

Romford Premiere still only £4 <https://romford.premierecinemas.co.uk/PremiereCinemaRomford.dll/WhatsOn>

Romford Vue only £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 £8 some specials at £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>

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

