



May 2022 Redbridge Barking & Dagenham Di's Diamonds

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 XX Bank Holiday	3 Bluebell walk 11-12 Wanstead park	4 Coffee & Craft 1-3 Redbridge Central Library	5 Moby Golf 11-1 Golf Kingdom	6 Bluebell walk 11-12 Franks wood	7	8
9 Lunch & Bingo 12-3 Pipe Major	10 Yoga 11.30 Thames Chase	11 Bluebells 11-12 The Manor	12 Lunch 12-3 Linguine	13 xx	14	15
16 Nordic walk 1-2 Thames Chase	17 Coffee & Craft 1-3 Kenneth More	18 £5 Lunch 12-3 Crowlands	19 Museum lunch 11-2 Valence House	20 xx	21	22
23 Coffee 11-1 Eastbrookend	24 Lunch & Bingo 12-3 Pipe Major	25 Cream tea 1-3 Kenneth More	26 Lunch quiz 11:30 Old Maypole	27 xx		29
30 Brunch 11-1 Greyhound	31 Coffee & Craft 1-3 Fullwell Cross					

All events are open to all Di's Diamonds unless otherwise stated. Havering, Barking & Dagenham & Redbridge
Any problems contact Amanda 07903 814 076 or Monica 07494 035 950 disdiamonds@ageukrbh.org.uk

Tuesday 3/5/22 11-12pm

Bluebell Walk- Wanstead Park Chalet Wood Warren Road (E11 2LU) [Visiting The Bluebells In Wanstead Park, East London - Counting To Ten](#) ,15 min walk from Wanstead station. Bus 66. Meet in Warren Road car park 11am.

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Wednesday 4/5/22 1-3pm

Coffee and craft. Redbridge Central library Clements Road, Ilford, Essex, IG1 1EA.

<https://visionrcl.org.uk/centre/redbridge-central-library/> Bring a drink or buy one at the café. Learn new skills, bring what you're working on, share a skill with others, meet in the conversation area opposite the main desk. **Cost £1 for craft**

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Thursday 5/5/22 11-1pm

Crazy golf and snack. Golf Kingdom. Whalebone Lane North, RM6 6SB. <https://www.golfkingdom.net/moby-golf/>

Moby crazy Golf then snack at cafe Golf Kingdom. Golf 11:00 approx. 1-1.5 hours, groups of 5 per hole, £5.50 each.

Please state whether you'd like to stay on after for a snack. Café offers sausage rolls, breakfast rolls, pizza etc.

Fully wheelchair accessible toilets and cafe on site. Meet in the café at 10:45 to pay, Payment on the day by card only.

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Friday 6/5/22 11.00-12.00pm

Bluebell walk, Franks Wood Sunnycroft Gardens, Cranham, Upminster RM14 1HR. [Cranham Brickfields - Thames Chase Community Forest](#) Come and see the glorious Bluebells in full bloom. 248 bus from Romford, get off at Kings Gardens and

walk 9 mins up Limerick Gardens to the bend where it becomes Sunnycroft Gardens, meet in Cranham brickfields car park bench by the gate. Please note this walk is **unsuitable** for those who have difficulty walking or mobility aids as there is a dip and a hill on the way. ***Pre booking essential.*** Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

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Monday 9/5/22 12-3pm

Lunch followed by free bingo. Pipe Major, 1 Yewtree Avenue, Dagenham, RM10 7FN

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

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Wednesday 11/5/22 11.00-12.00pm

Bluebells, The Manor 294 bus from Romford station stop Y, get off bus stop W3 Lindfield road, entrance to the wood is opposite the bus stop. Fully accessible and very little walking required to see the bluebells. ***Pre booking essential.*** Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Thursday 12/5/22 12-3pm

Lunch at Linguine at Hainault golf club overlooking the course, Romford Rd, Chigwell Row, Chigwell IG7 4QW (20+)

[Linguine](#) | [Facebook](#) Bus 247 from Hainault stops outside, take care as entrance road is uneven. If travelling by bus from Romford direction, please cross at the crossing as it's a very fast road even though 30mph. Set lunch menu £17 2 course, £20 3 course, drinks extra paid for at the bar. Pay for what you have. ***Booking essential.*** Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Monday 16/5/22 1-2pm

Nordic walk taster, Thames Chase Broadfields Pike Lane Upminster RM14 3NS [Thames Chase Community Forest](#)

"Nordic Walking isn't just walking with poles! Unlike conventional walking it works both the legs and upper body. It provides an all over body workout that uses 90% of your muscles. Nordic Walking is a low impact exercise that is kind to knees and joints. The health benefits are numerous, including good cardio exercise; kind to sufferers of arthritis; weight management; rehabilitation for heart and stroke, and cancer patients; helps with balance and co-ordination and great for mental health to list a few."

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Tuesday 17/5/22 1-3pm

Kenneth Moore Coffee & Craft beginners welcome

Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT [Kenneth More Theatre • Vision RCL](#)

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Wednesday 18/5/22 12-3pm

£5 Lunch Crowlands Golf club, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/> Lunch and a hot drink £5, free putting green if you'd like to have a go. Seating outside overlooking the lake, open gazebo if the weather is bad. Buses stop right outside, large car park. Fully accessible.

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Thursday 19/5/22 11-2pm

Valence House Lunch and museum tour Valence House Museum/ Becontree Avenue, Dagenham, RM8 3HT

[Contact – Valence House \(valencehousecollections.co.uk\)](#) The following bus routes run nearby: Nos. 62, 128, 150 & 5.

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Monday 23/5/22 11am-1pm

Coffee morning. Eastbrookend Discovery Centre, Dagenham Road, Rush Green, Romford, Essex, RM70SS

<http://www.eastbrookcountryparktearoom.co.uk/>

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Tuesday 24/5/22 12-3pm

Lunch followed by free bingo. Pipe Major, 1 Yewtree Avenue, Dagenham, RM10 7FN

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

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

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Wednesday 25/5/22 1-3pm

Kenneth Moore Cream tea and singalong / dance if you want to. £10 food is pre ordered and paid on the day.

Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT [Kenneth More Theatre](#) • [Vision RCL](#)

Pre booking essential with any dietary requirements as food is pre ordered in. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Thursday 26/5/22 11.30am-2.30pm

Lunch and quiz Old Maypole, Fencepiece Road, Ilford, Greater London, IG6 2NG. Money off voucher and menu [Sign Up \(sizzlingpubs.co.uk\)](#) Pay for what you eat and drink, free quiz. Meet new people.

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Monday 30/5/22 11-1pm

Coffee / Brunch / lunch and quiz. The Greyhound, 900 High Road, Romford, RM6 4HU

<https://www.harvester.co.uk/restaurants/london/thegreyhoundromford>

Pre booking essential. Email disdiamonds@ageukrbh.org.uk to book your place, this is particularly important so we know who to contact in the event of cancellation

Tuesday 31/5/22 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**

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