

## Age UK Redbridge, Barking & Havering

### Fortnightly Newsletter

Greetings to all our members and happy Autumn!

Here at Age UK RBH we are continuing to open up our services in accordance with government guidelines. We are very pleased to announce that the Wanstead Activity Centre will be open for lunches from 5th October and you can find out more information by calling us on 020 8220 6000 or the centre on 020 8989 6338. This is subject to change in the event of further restrictions from the Government so please check before attending.

We are monitoring public health advice closely, particularly in Redbridge which is currently at higher risk. For further help and support in Redbridge you can call the

Coronavirus Wellbeing Service on 0208 708 5555

or visit [www.redbridge.gov.uk/coronavirus-information-hub/coronavirus-well-being-service](http://www.redbridge.gov.uk/coronavirus-information-hub/coronavirus-well-being-service)

We are contactable via our office number: 020 8220 6000 or via email: [admin@ageukrbh.org.uk](mailto:admin@ageukrbh.org.uk)

You can find out more about our services at:

[www.ageuk.org.uk/redbridgebarkinghavering/](http://www.ageuk.org.uk/redbridgebarkinghavering/)

#### Exercise classes in Havering

We are really pleased to be able to inform you of three exercise classes about to start in Havering:

##### Cranham Community Centre

**Tuesdays from 29th September—**

1.00pm - 1.50pm, Chair Based Exercise to Music.

2.00pm -2.50pm Mindful Movement.

##### Romford Baptist Church

**Thursdays from 5th October—**

1.00pm - 1.50pm, Chair Based Exercise to Music.

2.00pm -2.50pm Mindful Movement.

Lorraine, one of our Falls Prevention

co ordinators will also be running a *Walking for*

*Health* walk in Raphael's Park on Thursdays from 1st October at 10.30am-11.15am. The group will meet at the main park entrance and the walk is free of charge.

As the places are limited and to ensure Covid-security, it is essential to book a place first. To do this please contact Lorraine Barfoot:

**by email: [lorraine.barfoot@ageukrbh.org.uk](mailto:lorraine.barfoot@ageukrbh.org.uk)**

**or by phone:**

**07341 278919**



## Di's Diamonds Activities



Over the past few months the Di's Diamonds team have been getting in touch with our members by phone and email to check in and update you on our service. Whilst we have worked hard to try to contact everyone on our members list, we are really keen not

to miss anyone and want to encourage anyone who hasn't received contact to reach out to us, as we would love to hear from you.

**Please do get in touch with us by email:**

**disdiamonds@ageukrbh.org.uk or**

**phone: 07494035950 (Redbridge, Barking & Dagenham)/ 07375 704448 (Havering).**

The service are continuing to offer a range of online activities and are expanding our schedule to offer something every day of the week.

Di's Diamonds is a service centred around its members and we offer sessions based on suggestions from the group so we are always keen to have your input. Plus, we love to chat, so we love getting your calls and emails!

## Watercolour Sessions with Ioana Macovei

Di's Diamonds members have been enjoying watercolour classes on Zoom with Ioana Macovei every Monday at 10.30am-12.30pm. Ioana takes a theme each week and uses this as a basis to teach new techniques and skills whilst also encouraging creativity and self-expression. So far the group have painted on the themes of beach huts and

lavender. Ioana also produces an art newsletter every week full of inspiration and creative ideas as well as history and culture which goes out to all those who sign up to the mailing list.

**To join the classes or receive the art newsletter please**

**contact Di's Diamonds by telephone : 07375 704448 (Havering); 07494035950 (Redbridge, Barking & Dagenham)**

**or by email: [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)**



*Pictured above—watercolour lavender by participant Lisa Jago*

*Pictured below: techniques for painting lavender— images copyright of Ioana Macovei*

