

Get Together

For adults 18+

Find new interests & find others locally!



Discover regular weekly and monthly activities to help you to keep active, try out new interests and meet other locals -18yrs+

Sept - Nov '24



Keeping active

Discover what's going on in local community venues

A recent study from the World Health Organisation serves as an important reminder of the value of keeping active and how this can make the world of difference to our health - physically and mentally.

It's National Fitness Week on 18 September, so we've come together with other local organisations in Islington to offer a week of free and affordable activities 16-21 September from cycling for all (including people who are older, living with sensory impairments or dementia), to line dancing, pilates and multi-sports.

No matter what your age, whether you normally exercise or not, or your level of fitness, a warm welcome is guaranteed. You'll need to book to attend activities. See page 5 for more details or the Age UK Islington website: www.ageuk.org.uk/islington/fitness-week-2024/

Community safety events

Whilst we regularly hear stories about fraud and scams on the news, there's things you can do to keep yourself safe. We've arranged a series of talks with Islington Police at local community centres this autumn, to equip you with useful tips and guidance. See the back page for further details and how to book.

Get in touch with Age UK Islington: 020 7281 6018
/ gethelp@ageukislington.org.uk



Get in touch!

Age UK Islington is here to help adults 16yrs+.

Call our helpline: 020 7281 6018 (Mon - Fri 9am - 5pm)

Get free, confidential information & guidance e.g. about money worries, housing issues, keeping independent at home, help to find social groups.

Keep informed: receive digital mailings with info about local activities, opportunities & support direct to your email inbox!

Weekly Get Together Activities

All activities below are free unless a price is shown.

Call our Helpline on 020 7281 6018 for help to find an activity that's right for you, or to work out how to get to a group. Booking is essential!



Recently I have had a lot of ill health. When you have not been well you lose confidence and it can be difficult to get out. But I am very glad I got out again.

(Islington resident)

Mondays

There are currently no face-to-face activities on Mondays.

Tuesdays

Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre,
Hornsey Rd, N7 7NY.
£2.60 (debit or credit card).

50yrs+ Sports social in the north of Islington. Try a range of activities and sit down for a chat over a tea or coffee. Table tennis, indoor bowls, dominoes, pilates, zumba class. NB. Due to flooding, the lift is not in service.

Dance Fitness 3pm - 4pm, weekly

Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, N1 ODX.

Try our dance class with a mix of latin, disco and pop music with strength, balance, and functional exercises. Take part seated or standing.

Wednesdays

Finsbury Get Together 10.30am - 12.30pm, weekly

Finsbury Leisure Centre,
Norman Street, EC1V 3PU. £2.60 (debit or credit card).

50yrs+ Sports social in the south of Islington. Table tennis, badminton, short tennis & tea. Fully accessible.

Park Cuppa 11am - 12pm, weekly

Cally Clock Tower Centre,
Caledonian Park, N7 9PL.

Join our small group for a chat and to share memories over a cuppa, in this lovely location.

Don't miss out on the latest events!

Contact us to sign-up for our monthly Age UK Islington newsletter and regular mailings sent by email.

See our online Get Togethers listed on our website

Thursdays

Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre,
Hornsey Rd, N7 7NY.
£2.45 (debit or credit card).

50yrs+ Sports social in the north of Islington. Try a range of activities and sit down for a chat over a tea or coffee. Table tennis, indoor bowls, dominoes. NB. Due to flooding, the lift is not in service.

Lego Get Together 1pm - 3.30pm, weekly

The Playroom (by The Toy Project), 93 Junction Road, N19 5QX.

50yrs+ Relaxed, friendly and creative social with Lego building plus tea & coffee.

Fridays

There are currently no face-to-face activities on Fridays.

Booking essential!

Need help finding an activity that's right for you? Contact us!
Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk

Islington Parks Activities



For Islington residents 18yrs+ All activities below are free unless a price is shown.



Islington Grow Show

Sunday 8 Sept, 11am-4pm

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

Join a celebration of food growing and community gardening in Islington. Flower and produce show (arrive by 11.30 if you'd like to show your flowers or vegetables). Gardening workshops, nature and tree walks, African drumming and family fun! No need to book – please drop in!

Health & History Walks

Islington Guided Walks - gentle paced walks through green spaces, with expert local history guides.

Friday 27 September at 11am

Joseph Grimaldi Park

Find the musical Grimaldi sculpture and the grave of Henry Penton who gave his name to this area.

Pentonville Road, N1 9JU (meet by the seating area next to the Cumming Street entrance)

Friday 25 October at 11am

Duncan Terrace Gardens, Colbrooke Row & Regents Canal

Explore sculptures in the gardens and enjoy a stroll along the canal.
Duncan Terrace, N1 8AL (meet in the gardens opposite St John the Evangelist church)

Friday 29 November at 11am

Caledonian Park

Discover how a meat market became a second-hand market and made this area world famous.
Meet at Cally Clock Tower, N7 9HF

Health and Nature Walks

A gentle stroll in a local park using nature to boost our mental health.

Free tea and coffee afterwards.

All Islington adults welcome.

Dementia-friendly.

First Friday of month 10-11am (6 Sept, 4 Oct, 1 November)

At Gillespie Park

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

No need to book, just turn up!

For info: 020 7527 4374 /

ecologycentre@islington.gov.uk

Third Thursday of the month (19 Sept, 17 Oct, 21 November) 10-11am

At Caledonian Park

Meet at the base of the Clock Tower, Caledonian Park, N7 9HF

No need to book, just turn up!

For info: 07591348185 or email

callypark@islington.gov.uk

Green Guardians Gardening Groups

Wednesdays, Thursdays and Fridays 10am - 12

Drop-in community gardening in parks with The Garden Classroom. A fantastic opportunity to learn new gardening skills and help transform local greenspaces. All tools and refreshments provided. Wear sturdy shoes and dress for the weather. No need to book, just turn up!

For where to meet, see The Garden Classroom website:

www.thegardenclassroom.org.uk/community/green-guardians/



Find and book more activities: www.islington.gov.uk/active

Need help finding an activity right for you? Call Age UK Islington 020 7281 6018

Keeping Active in Islington



For Islington residents 18yrs+ All activities below are free unless a price is shown.



Strength & Balance

Strength and balance for bone health, fall and osteoporosis prevention (£3/£4)

Beginners: Tuesdays 2-3pm; £3.

Intermediate: Wednesdays 10-11am; £4.

Claremont Project, 24-27 White Lion Street, N1 9PD.

For Claremont Project members. Membership is free and for residents aged 55+.

To book: Martha 020 7837 3402 / martha@claremont-project.org

Tai Chi for Wellbeing

Sit, Stand, Walk, Talk programme for older adults with chronic and debilitating health conditions. Weekly classes using gentle exercise and meditation.

Wu Shi Taiji Quan & Qi Gong Association, 20 Blackstock Road, N4 2DW

To book: Awais 07931 733716 / awais@wustyle.uk.com

Arsenal in the Community

Walking Football sessions for people with Parkinson's disease and for men with prostate cancer. Arsenal Hub, Benwell Road, N7 7BA

Arsenal in the Community also offer strength and balance exercise classes for people aged 55+ to increase strength, mobility and independence.

Arsenal Hub, N7 7BA, Andover Community Centre, N7 7RY, and Mildmay Community Centre, N16 8NA.

To book: Rhys 07548 107576 / rratcliffe@arsenal.co.uk

Joint Pain Programme

For adults with long-term joint pain. 6-month programme to help self-manage chronic joint pain.

Nuffield Gym, 27 Essex Road, N1 2SD

To book: Nuffield Health, Michael 07500 226006 / michael.rowe@nuffieldhealth.com

Weight management

Programme for people who are obese or overweight with specific health conditions

Monday to Friday daytime & evenings

At community venues
12-week programme;
90 minute sessions.
Different topic each week.

To book: MoreLife, 0333 2221333 / morelife.camdenandislington@nhs.net

Weight loss for men

12 week weight-loss course to help reach a healthier weight

One evening a week

Arsenal in the Community Hub, 56 Benwell Rd, London N7 7BA

Food education and enjoyable exercise.

To book: Arsenal in the Community, Rhys 07548 107576 / rratcliffe@arsenal.co.uk

"It has made me feel more agile and it has been rather good for my self esteem!"

Find and book more activities: www.islington.gov.uk/active

Need help finding an activity right for you? Call Age UK Islington 020 7281 6018

Special and monthly Get Together Activities

**Booking
essential!**

All activities below are free. Booking essential.

Special Activities & Workshops: booking essential - see contact details below

Healthy Minds, Healthy Bods Workshop

Tuesday 17 September
10.30am - 12noon

Islington Ecology Centre,
Gillespie Park, N5 1PH

Coming up to National Fitness Day, join Lazza and Jack for a fun interactive session to discover what micro-changes we can make in our lifestyles to improve our confidence and wellbeing. Booking is essential - see below.

Silver Sunday Concert

Tuesday 8 October
1 - 2.30pm

Jean Stokes Community
Centre, Coatbridge
House, N1 0DX

Connaught Opera are back with a new concert of music from the Fabulous Fifties. Songs you can sing along to include some favourite West End and Broadway showstoppers. Booking is essential - see below.

Future Matters Sessions

Tuesday 22 October
10.30am - 12.30pm
Tuesday 29 October
2.30 - 4.30pm

North Library, Manor
Gardens, N7 6JX

Find out how to appoint a trusted friend or relative to manage your financial affairs or to guide health care in the event that you're not able to express your wishes. Booking is essential - see contact details below.

Moodbooster Workshop

Thursday 14 November
1.30 - 3.30pm

Jean Stokes Community
Centre, Coatbridge House,
Carnoustie Dr, N1 0DX

This workshop provided by iCope will introduce you to ways to help you feel more motivated and techniques to challenge negative and unhelpful thinking habits. Booking is essential - see contact details below.

Booking essential! Call Age UK Islington on 020 7281 6018 / activities@ageukislington.org.uk

Islington Fitness Week

National Fitness Day is 18 September

Boost your health, try something new...

Find an activity that you enjoy!

Mon 16 Sept

N5, Try cycling with this Bikeworks session for all*

*including older cyclists and cyclists with dementia, other brain health issues or mobility issues.

Tues 17 Sept

N5, Healthy Minds,
Healthy Bods Workshop

Wed 18 Sept

EC1R, Line Dancing at
Peel Institute.

Thurs 19 Sept

N7, Sports Get Together
(£) Sobell Leisure Centre.

Fri 20 Sept

EC1V, Pilates at Kings Sq
Community Centre.

Sat 21 Sept

N1, Boxing fitness for
adults with or at risk of
Type 2 diabetes (£).

**For further details see
the Age UK Islington
website.**

**Or contact us
via our helpline on
020 7281 6018.**

Park Cuppa (specials)

**Third Tuesday of the
month, 10.30am - 12pm**

Islington Ecology Centre,
Gillespie Park, N5 1PH

Park Cuppa at Ecology
Centre is once a month.
We've joined up with
partners to bring you
special sessions for this
autumn. Booking is
essential - see above.

*Sept 17: Healthy Minds,
Healthy Bods Workshop*
*Oct 15: Talk from London
Canal Museum.*

*Nov 19: Nurturing Self-
Compassion Workshop*

Park Cuppa (specials)

**Last Wednesday of the
month, 11am - 12pm**

Cally Clock Tower,
Caledonian Park, N7 9HF

Park Cuppa at Cally is
every Wednesday.
The British Museum is
joining us for three
special monthly sessions
to explore objects from
their handling collection.
Share your own stories
too. Booking is essential
- see details above.

Sept 25: Food & Drink
Oct 30: Games & Pastimes
Nov 27: Objects of Comfort

Booking essential!



Let's Talk

Join us for our monthly Let's Talk event. It's relaxed, friendly & social with lots of discussion, guest speakers and buffet lunch.

All activities on this page are free. Booking essential.

Let's Talk

Keep up to date with topics requested by Age UK Islington clients

Let's Talk Peer Event:
Cuckooing & Hate Crime, Safeguarding Inequalities
Thursday 19 September
10.30am-2pm

St. Mary's Church, Upper Street, N1 2TX

Guest speakers and various providers with information stalls will be providing advice on crime prevention and safeguarding.

Let's Talk Peer Event:
Health and Wellbeing
Thursday 24 October
10.30am-2pm

St. Mary's Church, Upper Street, N1 2TX

Pop up Flu/Covid Vaccination Clinic and NHS health checks. Shine London: how to avoid fuel poverty. Also Metropolitan Police: crime prevention on public transport. Info stalls too.

Let's Talk Peer Event:
Income Maximisation
Thursday 21 November
10.30am-2pm

St. Mary's Church, Upper Street, N1 2TX

Guest speakers will share expert advice about financial support and benefits. Discussion about safeguarding as part of London Safeguarding Adults Board Conference 2024.

Booking essential! Call Age UK Islington Helpline on 020 7281 6018 / letstalk@ageukislington.org.uk

Carers Only Events

Do you look after a partner, friend or family member 18yrs+? Islington Carers Hub provides support for both you and the person you are caring for. Contact us for guidance, to keep informed and to meet other Islington carers. See the ICH website for full event listings: islingtoncarershub.org.



September to November event highlights

Dementia Information Event
Thursday 26 September
10.30am -12.30pm

Arsenal Hub, 56 Benwell Road, N7 7BY

Visit information stalls to learn more about support available for people living with dementia in Islington. A dementia-friendly reminiscence session will be available at the same time.

Mental Health Workshop
Thursdays starting 3 October
5.30-7.30pm

Mental Health Centre, 1 Lowther Road, N7 8US

Learn more about mental health in this 5-week workshop with professionals from the North London Mental Health Partnership including diagnosis, medication and the rights of carers.

Carers Rights Day
Thursday 21 November
10.30am-3pm

Upper Holloway Baptist Church, 11 Tollington Way, N7 6RG

Meet other Islington carers, enjoy a lunch and a fun session too! Find out about your rights as an unpaid carer. Hear from local services who support unpaid carers and those they care for.

Booking essential! Call Islington Carers Hub on 020 7281 3319 / info@islingtoncarershub.org



Get Digital

Get one-to-one help, get online & get an email

Beginners Computer Support All Islington libraries

If you'd like assistance opening an email account or searching for things online, book a free 30 minute appointment with a member of the library staff (in advance). You can also book for an hour's 1-1 support to use your android smartphone or tablet at Central Library on Thursdays: call 020 7527 7002.

Free valuable resources All Islington libraries

Your library membership gives you free access to online learning resources, newspapers and magazines. Book a session with a library staff member to use Theory Test Pro to prepare for a driving test or PressReader to read publications online including the daily Guardian and Daily Mail, Vogue and lots more.

Writing & Publishing Workshops

Central Library (gallery), 2 Fieldway Crescent, N5 1PF.

Saturdays Oct - Dec, 11-4pm

Islington Libraries and IndieNovella are running a series of workshops for anyone who is interested in writing and publishing their work. Book via Eventbrite or ask at Central Library.

5 Oct: Demystifying Publishing

12 Oct: Developing as a Writer - for writers who have a first draft they would like to develop.

19 Oct: Creating Compelling Characters

9 Nov: An Introduction to Novel Writing - where to start and how to get your ideas out there.

23 Nov: Creating Compelling Characters

7 Dec: Demystifying Publishing

Energy Advice Sessions

Tues 8 October - 11am - 1pm

N4 Library, 26 Blackstock Road, N4 2DW

Wed 9 October - 3 - 5pm

Central Library, 2 Fieldway Crescent, N5 1PF.

Green Libraries Week: get free energy advice from the SHINE energy service. This includes advice to help with paying bills and free energy efficiency measures.

Meet the author

Join us for conversations with fabulous authors this Autumn.

'The Lives of Women without Children' - Central Library, N5
Thurs 26 Sept, 6.30 - 7.30pm

Rose Diell and Nicole Louie will be talking about their books that explore meaningful lives outside of motherhood. Books will be sold and signed by the authors at the event.

'Celebrating World Menopause Day' - West Library, N1
Thurs 17 Oct, 6.30 - 7.30pm

Rachel Lankester, author and digital publisher, helps women over 40 to thrive through mid life, ditch negative narratives about aging, feel great, and create the next chapter of their dreams.

'Black History Month: Phoebe McIntosh' - Archway Library
Wed 2 Oct, 6.30 - 7.30pm

Phoebe McIntosh is an actor and playwright from London. She wrote and performed in a sell-out run of her first play, The Tea Diaries, at the Edinburgh Fringe Festival in 2013. Her solo tour 'Dominoes' was in 2018.

'Black History Month: Pam Williams' - N4 Library
Wed 16 Oct, 6.30 - 7.30pm

Grenadian heritage writer Pam Williams from North London was longlisted for the Women Prize 2024 for her debut novel 'A Trace of Sun'. She has also worked in fashion and won awards for her short stories.

'Tracing African Ancestry' - Finsbury Library, EC1V
Thurs 24 Oct, 6.30 - 7.30pm

Join Paul Crooks for a master-class tracing African ancestry. He will delve into the legacy of British slave-ownership and Black-British heritage, focusing on the African Caribbean and African American communities.

COMMUNITY SAFETY TALKS



Met Police working with the Islington community



Age UK Islington is partnering with Islington Police, Elizabeth House and Brickworks Community Centres to host talks at their monthly groups this autumn.

Find out how to avoid falling victim to thefts and scams and tips to keep yourself safe.

**Elizabeth House
Blue House Club 50yrs+
Wednesday 18 September
11am - 1.30pm**

Elizabeth House Community Centre, 2 Hurlock St, N5 1ED

Meet others, take part in a gentle exercise session, share a delicious lunch and keep informed with a talk from Islington Police.

11am Chair yoga

12pm Lunch

12.45pm Talk from Islington Police with Q&A.

Booking essential for the September event:

Contact Age UK Islington on 020 7281 6018 /

activities@ageukislington.org.uk

**Age UK Islington
Let's Talk Peer Event
Thursday 24 October
10.30am - 2.30pm**

St Mary's Church, Upper St, N1 2TX

Join us for our monthly Let's Talk event. It's relaxed, friendly & social with lots of discussion and guest speakers. Lunch and refreshments will be served. A member of the Islington Police team will be one of the guest speakers with Q&A to follow.

Booking essential:

Contact Age UK Islington on 020 7281 6018 /

letstalk@ageukislington.org.uk

**Health & Wellbeing Event
@ Brickworks
Saturday 30 November
12 - 4.30pm**

Brickworks Community Centre, 42 Crouch Hill, N4 4BY

Listen to talks, take part in dancing, chair exercise, poems, raise the energy level with Zumba and sing along to Vera Lynn songs. There will also be a hot lunch and a talk from Islington Police with Q&A as part of the afternoon.

To book:

Contact Brickworks on 020 7263 1067 or simply drop-in on the day.

