

Get Together

For adults 18+

Find new interests & find others locally!



Discover regular activities to help you to keep active, try out new interests and meet other locals - for adults of all ages (18yrs+).

Jan - March '25



New ideas for a new year!

A new year is a great time to think about starting something new! Whether you want to try some gardening with others, join a reading group, get to grips with your computer, take part in regular walks, try dancing for fitness or simply meet for a regular cuppa, there's plenty to choose from. You might well find inspiration in the following pages!

If you are hesitant about joining a new activity, or if you are struggling to get out and about because of a mobility issue, feel free to give Age UK Islington a call. We can help to find activities near you and affordable ways to get there e.g. using community transport, or if you're eligible, help you to apply for a taxicard or blue badge.

Men's Sheds and Groups

There are plenty of social activities in Islington, but if you just want to find a relaxed group where you can spend some time with others, there are a number of local men's groups. Hang out with others, play some darts, dominoes, play pool or go out on group trips. There's also a special men's Healthy Minds Healthy Bods workshop in January. Find details of this and local groups on p5.

Age UK Islington: 020 7281 6018
gethelp@ageukislington.org.uk



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

Free unless a price is shown. No need to book in advance.

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.



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

Social Pickleball
10am-12pm, weekly
 Islington Tennis Centre,
 Market Rd, N7 9PL
 £2.70 (debit or credit card) 50yrs+. Tea and coffee included.

Tuesdays

Sobell Get Together
10.30am - 1pm, weekly
 Sobell Leisure Centre,
 Hornsey Rd, N7 7NY.
 £2.70 (debit or credit card) 50yrs+.
 Better Leisure Sports social. Try a range of activities and sit down for a chat over a tea or coffee. Table tennis, indoor bowls, dominoes, strength and conditioning class.

Dance Fitness (HGens)
3pm - 4pm, weekly
 Cally Resources Centre,
 140 Copenhagen Street,
 N1 0SG (till end March)
 Try a dance class with a mix of latin, disco and pop music with strength and balance exercises. Take part seated or standing.

Wednesdays

Finsbury Get Together
10.30am - 12.30pm, weekly
 Finsbury Leisure Centre,
 Norman Street, EC1V 3PU. £2.70 (debit or credit card) 50yrs+.
 Better Leisure Sports social in the south of Islington. Table tennis, badminton, short tennis, tea and coffee.

Park Cuppa
11am - 12pm, weekly
 Cally Clock Tower Centre,
 Caledonian Park, N7 9PL.
 Join this 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 also Healthy Generations (HGens) & Better Leisure websites.

Thursdays

Sobell Get Together
10.30am - 1pm, weekly
 Sobell Leisure Centre,
 Hornsey Rd, N7 7NY.
 £2.70 (debit or credit card) 50yrs+.
 Better Leisure Sports social. Try a range of activities and sit down for a chat over a tea or coffee. Table tennis, indoor bowls, dominoes.

Lego Get Together
12.30 - 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. Run by The Toy Project.

Fridays

Pilates for all (HGens)
10.30-11.30am, weekly
 King Square Community Centre, King Square Estate, EC1V 8DY
 Improve muscle strength, flexibility, balance and tone. All ages and levels of fitness.

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.



Health & History Walks

Health and History Walks led by Islington Guided Walks. These are gentle paced walks through green spaces, with expert local history guides to give you fascinating facts about Islington's past.

For more information about each walk including meeting points, visit www.islington.gov.uk/HealthAndHistoryWalks

Last Friday of the month, 11am

No need to book, just turn up!
 Friday 31 Jan at Dartmouth Park
 Friday 28 Feb at Grimaldi Park
 Friday 28 March at Highbury Fields

Knit Nat

Every Thursday 6.30 to 8.30pm

Clock Tower Centre, Caledonian Park, N7 9HF
 Love knitting or crochet? Join our community creative sessions! No need to book.

Health & Nature Walk

First Friday of month 10-11am 3 January, 7 February, 7 March

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

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. No need to book, just turn up!
 For info: 020 7527 4374 / ecologycentre@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! First session of new year: 14th January.
 For where to meet, see The Garden Classroom website: www.thegardenclassroom.org.uk/community/green-guardians/

Cally Park Gardening

Wednesdays & Sundays at 10am

The Friends of Caledonian Park welcome volunteers to come and help with gardening tasks in the park. Email contact is: friends@caledonianparkfriendsgroup.org.

Park Cuppa Special editions

Clock Tower Centre, Caledonian Park, N7 9HF

Last Wednesday of month, 10-11am

No need to book, just turn up!
 For info: 07591348185 or email callypark@islington.gov.uk.

Jan 29th - 'Birds in the Parks'

We will discuss all the types of birds we saw during the RSPB Big Bird Watch, plus the Peregrine Falcons which have been roosting in the Clock Tower!

Feb 26th - 'How to read a painting'

Ever looked at a painting and wondered 'what am I looking at?' We will talk about some of the well-known paintings on display in London's museums and how to understand them.

March 26th - 'Smartphone photography'

How to take captivating photos on your mobile phone; your favourite picture will be printed out for you!

Find 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

More Life

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

Monday to Friday daytime & evenings

At community venues

12-week programme; 90 mins.

Different topic each week.

To book: MoreLife,

0333 2221333 /

morelife.camdenandislington@nhs.net

Arsenal Programme

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

One evening a week

Arsenal in the Community Hub

Food education and enjoyable

exercise. To book: Arsenal in

Community,

Rhys 07548 107576 /

rratcliffe@arsenal.co.uk

For more activity ideas, try the online Islington Activity Finder!

Search for and book sports and physical activities including free and low-cost activities in Islington. islington.gov.uk/active

Find 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

Men's Healthy Minds, Healthy Bods Workshop

Monday 13 January, 12 - 2pm

Holloway Neighbourhood Gp, The Old Fire Station, 84 Mayton Street, N7 6QT

Join Lazza for a fun interactive session to discover what micro-changes we can make in our lifestyles to improve our confidence and wellbeing. If you'd like, stay on for a light lunch and the regular Old Fire Station Men's group to follow! Booking is essential for the workshop - see details below.

Singing Workshop with Recovery College

Wednesday 26 February, 2-4pm

Kings Square Community Centre, King Square, Central St, EC1V 8DA

The workshop will allow you to discover or remember the power of singing with others. Ulanah, a professional mindfulness practitioner and coach will start with relaxation and some vocal warm-ups. There will then be singing in small groups and finally everyone will come together as a larger group. Booking is essential - see contact details below.

Energy Saving Workshop Adult Community Learning

Thursday 13 March, 11-1 pm

North Library, Manor Gardens, N7 6JX

Are rising energy costs making you feel worried? Need help with your energy costs? Get practical tips and guidance to reduce your energy costs from the experts SHINE. Help will also be available to better understand your energy bills and how you can make your money go further. Booking is essential - see contact details below.

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

Men's Wellbeing & Groups

Men's Groups

Drop-in for dominoes, darts and ping pong* or bring your own favourite game, drink tea and hang out. Open to all men looking to make new friends and unwind in a welcoming space. (*at Whittington Park Community Centre)

Old Fire Station Men's Group

Mondays 2 - 4pm

Holloway Neighbourhood Gp, The Old Fire Station, 84 Mayton Street, N7 6QT. (Drop-in).

Whittington Park Men's Group

Thursdays 2 - 4pm

Whittington Pk Community Centre, Yerbury Road, N19 4RS. (Drop-in).

Men's Shed/Men's Club Islington

St Luke's Community Centre, 90 Central St, EC1V 8AJ

A place for men aged 55yrs+ living in south Islington to socialise and have fun. The group is a relaxing space for men to share interests, with the opportunity to take part in activities and trips on Tuesdays and Wednesdays.

Tuesdays 4-6pm

Now open to everyone 18yrs+ for fun and friendship over darts, pool, chess and many other options!

For more info / to book:

Contact St Luke's on 020 7549 8181 or email: info@slpt.org.uk

Men's Wellbeing Workshops

Thurs 16/23/30 January, 11am

Manor Gardens Welfare Trust, 6-9 Manor Gardens, N7 6LA

Hosted by Beyond Equality, these workshops will provide a space to discuss your mental wellbeing and pick up tools that can help. For more info / to book, call Michael Tiritas on 07928 009412 or email: michael@manorgardenscentre.org



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 light lunch.

All activities on this page are free. Booking essential.



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

Let's Talk Peer Event: Find a course for 2025

Thursday 16 January
10.45am-1.30pm

Islington Council (Community Space) 222 Upper Street, N1 1XR
Develop a passion for something in 2025! Find out about the huge range of free courses in Islington, from sewing, learning a language, improving computer skills etc.

Let's Talk Peer Event: Housing Options

Thursday 20 February
10.45am-1.30pm

Islington Council (Community Space) 222 Upper Street, N1 1XR
Get an insight into the housing options in Islington, how the points system works and housing options out of the borough. Find out how to get support if you experience anti-social behaviour.

Let's Talk Peer Event: Keeping Active

Thursday 20 March
10.45am-1.30pm

Islington Council (Community Space) 222 Upper Street, N1 1XR
Need some inspiration to get or keep active? Regular gentle exercise can make such a difference to both mind & body. Hear from Nuffield Health and Council Parks / Leisure teams.

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.



January to March event highlights

Creative-Writing Event

Wednesdays 8 Jan to 12 Feb
10.30am -1pm

The Peel Institute
3 Corners Centre, Northampton Road, EC1R 0HU
Award winning writer and playwright Martin will help you develop creative writing techniques to create fun and interesting characters. No previous experience necessary.

Challenging Behaviour Workshop

Thurs 27 Feb, 6 March
1.30-4.30pm

Manor Gardens Welfare Trust,
10 Manor Gardens, N7 6LA
We will be discussing ways to manage conflict or difficult behaviour linked to Stroke or Dementia - to facilitate better understanding and to support the behavioural needs of the person you care for. NHS trainers.

Nutrition and Hydration Workshop

Friday 21 March, 2-3pm

Cally Clock Tower Centre,
Caledonian Park, N7 9HF
Get a better understanding of how what you eat and drink can affect health and wellbeing. Find out about the risks of malnutrition and dehydration and how to avoid this - for you and those you 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 online resources All Islington libraries

Book a session with a library staff member / see the libraries website to use resources such as theory test pro, Go Citizen (preparing for Life in UK test), Which? magazine and COBRA, useful if you're starting a business. You can also read daily newspapers and magazines online and all amazingly for free!

Get Creative

Find a new hobby at a library near you!

Creative writing Alternate Wednesdays, 10.30am - 12pm

Finsbury Library

Share what you write with others in a friendly, supportive atmosphere.

Drawing Third Saturday of the month, 2.30 - 4pm

Finsbury Library

For anyone over 18 who draws, or is interested in starting.

Mindful colouring Every Thursday, 5-7pm

Central Library

Colouring can calm the brain and help your body relax.

Over 60s First Wednesday of the month, 11am-12pm

Central Library

Join us for a monthly meet-up, with a different theme each time.

Poetry Writing Cat and Mouse Library

Come and learn simple poem forms and poetry building blocks hosted by Angelia (Lia) Linton. Contact library for info / to book.

Reading Groups

Reading groups at most Islington libraries. General fiction and special interest e.g. science fiction, poetry, comics etc.

Knitting Groups

Archway / Central Library / Mildmay / N4 Library / North Library / West Library
Contact library for more info.

Alternative Book Fair

Central Library, 2 Fieldway Crescent, N5 1PF.

3-8 March

Coinciding with the start of London BookFair 2025, The Alternative BookFair is a week of events to bring the world of publishing and literature to a wider audience, especially aspiring authors, emerging writers and avid readers.

All events are free, including access to the Indie Press Fair, all day, Saturday 8th.

Look out for more details in the Age UK Islington e-newsletter or call into Central Library in the new year.

Healthy Generations Classes

West Library

Thornhill Square, 107 Bridgeman Rd, N1 1BD

Exercise to music

Tuesdays 10-11am

Thursdays 11am-12pm

Dance fitness

Fridays, 10.30-11.30am

Chair yoga: Fridays 2-3pm

North Library

Manor Gardens, N7 6JX

Exercise to music

Tuesdays 1.15-2.15pm

Pilates for everyone

Fridays 9.30-10.30am

Cat and Mouse Library

277 Camden Rd, N7 0JN

Remedial Osteoporosis

Women only. Wednesday, 10am

Pilates

Thursdays, 11.30am-12.30pm

Mildmay Library

21-23 Mildmay Park, N1 4NA

Chair Yoga (from 9 Jan)

Thursdays 10 - 11am

Healthwise programme

For Islington residents 18yrs+ wanting to manage their health, even with a long-term health condition



What is Healthwise?

The Healthwise Scheme introduces individuals to the benefits of physical activity to help reduce the risk of ill-health and manage existing health conditions.

Who is eligible?

The 12-week programme is free to access for Islington residents aged 18yrs+. A membership is required to participate in Islington leisure centre activities.

The benefits

Physical activity has many benefits for health.

Being active helps to cut the risk of many health conditions and can help with managing conditions if they develop, including many long term conditions, depression or anxiety.

Who delivers Healthwise

The programme is delivered by GLL, who manage Islington's leisure centres.

What the programme offers

The 12-week programme offers personalised physical activity plans and group-based classes. These are designed to help participants to safely increase their activity levels and become confident at achieving the recommended daily activity guidelines.

What the programme offers

Residents can access the Healthwise programme for free although a membership is required to participate in leisure centre activities (gym, group exercise and swimming sessions).

The leisure centre membership is not compulsory; there are a range of other activity options available across Islington as well as a home-based programme.



How to get Healthwise

The scheme is by referral only, which is by a GP or other health professional in a GP surgery, or by a social prescribing link worker.

More information at:

<https://www.better.org.uk/leisure-centre/london/islington/sobell/healthwise-islington>

Manage your health even with a long-term condition:

Heart disease
Stroke
Dementia
Obesity
High blood pressure
Type 2 diabetes
Cancer
Falls & frailty
Insomnia
Depression
Anxiety
Mental ill-health

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