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| Redbridge Barking & Dagenham **Di’s Diamonds Events** | 2024 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
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| **4 12-2 Pipe Major** *Lunch and Bingo**Dagenham* | **5**  **11-12.30 City Gates** *Ilford Coffee Morning* **with Jacinth** | **6**  **12-2 King George V** lunch *Gants Hill* | **7**  *XX Amanda off XX* | **8**  *XX Amanda off XX* | 9 | 10 |
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| **10.30-12.30 Hub** Craft **11**  Amanda hosting  **Must pre book (HAV)** | **12**  **11-1 Hainault Forest** *coffee / farm walk* *Hainault* | **13**  **12-2Old Maypole** *lunch & Quiz**Hainault* | **14**  *XX Amanda off XX* | **15** | 16 | 17 |
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| **10.30-12.30 Hub** Craft **18**  Amanda hosting  **Must pre book (HAV)** | **19**  **11.30-1.30 Dagenham Redbridge FC**  **Singer and dancing** *Dagenham*  *£10 including refreshments* | **20**  **12-2Crowlands** *lunch Dagenham* | **21**  **12-2 Pipe Major** *Lunch and Bingo**Dagenham* | **22**  *XX Amanda off XX* | 23 | 24 |
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| **25**  **12-2 Storia** *Woodford Green*  *£15 set lunch includes drink* | **26**  **11-1 Fairlop waters** *Walk / coffee Barkingside*  **2-4 Diabetes Info session**  **Age UK Office - must book see details inside ( Redbridge Clients only)** | **27 1-3 Kenneth More** *Ilford afternoon tea singer and dancing* | **28**  *XX Amanda off XX* | **29** | 30 |  |

**Monday 4/11/24 12-2pm** **Lunch followed by free bingo**. **Pipe Major**, 1,Yewtree Avenue, Dagenham, RM10 7FN  
Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. Book early to avoid disappointment. *Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change*

**Tuesday 5/11/24 11-12.30pm** **Coffee morning with Jacinth, City Gates**, 25-29 Clements Rd, Ilford IG1 1B. Meet volunteer host Jacinth in the café. *Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change*

**Wednesday 6/11/24 12-2pm Lunch King George V** 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX [King George V pub in Ilford | Greene King Pubs (greeneking-pubs.co.uk)](https://www.greeneking-pubs.co.uk/pubs/essex/king-george-v/) 2 course £5.49, 3 courses £6.49. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. *Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change*

**Tuesday 12/11/24 11-1pm Hainault Forest / Foxborough Farm visit and coffee/ brunch / lunch**

Meet in the new Woodland Trust Visitor centre by the second car park. Approx. 45 min to an hour to walk round and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you can stay in the café till we come back and take in the scenery. Suitable footwear required, dress for the weather, we will just have a coffee morning / lunch if it’s raining or too muddy.

***Pre booking essential****. Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change due to weather*

**Wednesday 13/11/24 12-2pm Lunch and quiz Old Maypole**, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside. Money off voucher and menu https://www.sizzlingpubs.co.uk/findapub/northwest/theoldmaypoleilford/signup

Pay for what you eat and drink, free quiz. Meet new people. *Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change*

**Tuesday 19/11/24 11.30-1.30pm Dagenham and Redbridge FC –**Victoria Rd, Dagenham RM10 7XL **£10 pay on the day, singer Mark, tea and cakes** included. **Late cancellations / no show will still need to pay as singer etc. is funded by the attendees**. *Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change*

**Wednesday 20/11/24 12-2 Lunch Crowlands Golf club**, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/> Lunch and free hot drink, free putting green if you’d like to have a go. Buses stop right outside, large car park. Fully accessible.

***Pre booking essential****. Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change*

**Thursday 21/11/24 12-2pm** **Lunch followed by free bingo**. **Pipe Major**, 1,Yewtree Avenue, Dagenham, RM10 7FN  
Large car park, Almost opposite Dagenham East station. We have our own area, pay for your own food and drink, bingo is free. Book early to avoid disappointment. *Email* [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change*

**Monday 25/11/24 12-2pm lunch Storia** [8 Johnston Road, Woodford Green, IG8 0XA](https://www.google.com/maps/place/8+Johnston+Rd,+Woodford,+Woodford+Green+IG8+0XA/@51.6092986,0.01947,17z/data=!3m1!4b1!4m6!3m5!1s0x47d8a0b78cb33639:0xb17e2ece2868c25b!8m2!3d51.6092986!4d0.0220503!16s%2Fg%2F11bw3hs2cj?entry=ttu)

LUNCH MENU Lunch with a side and a drink £15

Pasta

**Rigatoni al Ragu**.Beef shin ragú with a dash of pesto

**Harissa Chicken**. Chicken, cherry tomatoes, spinach, spicy harissa, garlic, cream, fresh pasta shells

**Taglioni Arrabiata** v Fresh tomato sauce, crushed chilli

Pizza

Pizza Margherita Buffala v Heritage tomatoes, rocket, fior di latte and buffalo mozzarella, tomato, olive oil, balsamic glaze

Pizza Salsiccia Salami piccante, calabrese and nduja sausage, fresh chilli, fior di latte and buffalo mozzarella, fresh basil, tomato

PIADINA Homemade flatbread sandwiches

Carne NEW Mortadella ham, fresh rocket, stracciatella mozzarella, parmesan, spicy ricotta spread Verdura

NEW Roasted peppers, fresh rocket, bella lodi cheese, ricotta and sundried tomato spread Pesce

Tuna, mayonnaise, fresh rocket, sundried tomatoes, red onion, parmesan

CHOOSE YOUR SIDE

Green Salad VEGAN Baby gem, peas, cucumber, avocado, homemade vinaigrette House Fries v

CHOOSE YOUR DRINK

Soft drinks Coca cola, Diet coke, Coke zero, Fanta, Sprite zero San Pellegrino water 500ml Sparkling/Still Fevertree Tonic Mediterranean, Aromatic, Lemonade Juices Fresh orange, Pressed apple House White/Red 175ml glass £2 supplement Birra Moretti 4.6% 330ml £2 supplement

**Tuesday 26/11/24 11-1pm Walk Fairlop Waters** FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN [Map (redbridge.gov.uk)](https://my.redbridge.gov.uk/map/parks-and-open-spaces/fairlop-waters) **462 bus from Ilford station to Fairlop Waters tube central line Fairlop, cross the road**

Meet in the café for coffee then walk around the lake, it takes 45 min to an hour (3.2KM) and there are benches on the way but you need to be able to walk that far unassisted. Alternatively, you can stay in the café till we come back and take in the scenery. Suitable footwear required, dress for the weather and bring water, we will just have a coffee morning if it’s raining.***Pre booking essential*** [*disdiamonds@ageukrbh.org.uk*](mailto:disdiamonds@ageukrbh.org.uk) *to book your place so we know who to contact in the event of cancellation / change due to weather*

**Tuesday 26/11/24 2-4pm Diabetes Info session**

**Free Talk** and question and answer session with a clinical lead. Location : Conference room Age Uk Ilford – Must call Sue Grant directly to book **0208 911 2927** as limited places. **(Only open to Redbridge Clients)**

**Wednesday 27/11/24 1-3pm Kenneth More. Afternoon tea, singing & dancing.** Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT [Kenneth More Theatre • Vision RCL](https://visionrcl.org.uk/centre/kenneth-more-theatre/) ***Pre booking essential with any dietary requirements by midday on Mon 24/6/24***  *£10 pay on the day,* ***no show or late cancellations must still be paid for so don’t forget to cancel if you’re unable to attend.***

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