

| Members of Dis Diamonds Havering Activities April printed 23/3/25 -for Over 50s Residents of Havering/Barking & Dagenham/Redbridge | | | | |
|--|---|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| every Monday 3pm Diamond Geezers Compasses Pub Hornc. | Find latest events and share ideas and reminiscence with fellow Diamonds on your dedicated Facebook | <i>noon StJosephs Lunch</i> <i>Upminster every</i> <i>Wednesday</i> | Every Thursday on Zoom Free Art Class with Artist Ionna 3pm-5pm please ask for access code | <i>Every Friday Knit & Natter</i> <i>Colley Rowe Pub</i> |
| | 1 Advanced Card Making course week 1 of 6 1:30pm | 2 12-2 pm King George V Gantshill | 3 1:30 -3:30 Thursday Chat Club Harold Wood Community Hub | 10:15 Bowling Namco 4 Romford ----- Sunday Lunch 12:30 5 th Ardleigh Pub Hornchurch |
| 12-2pm Pipe Major Lunch & Bingo Dagenham 3pm Cocktails Moon & Stars Romford | 7 10:30-12:30 Railway Brunch Hornchurch | 8 | 9 10:00 Greenwich Riverside & Gardens walk 1:30 -3:30 Thursday Chat Harold Wood Community Hub | 10 11 |
| 14 10:30 Queens Theatre Hornchurch Coffee Morning | 15 5:30pm Mandarin Palace Dinner Hornchurch | 16 12-2 Old Maypole <i>lunch</i> & <i>Quiz Hainault</i> | 17 10:30 Romford Baptist Coffee 12-2pm Pipe Major Lunch & Bingo Dagenham 1:30 -3:30 Thursday Chat Harold Wood Community Hub | 18 Good Friday Bank Holiday |
| 21 Easter Monday Bank Holiday | 22 10:30 Easy Art With Ruth Harold Wood Com Hub 5:30pm Pearl Restaurant Fish & Chips Hornchurch | 23 12-2pm Crowlands Lunch | 24 11am Moon&Stars Brunch Romford 1:30 -3:30 Thursday Chat Harold | 25 1pm Book Club Romford Baptist |
| 28 3pm JJ Moons Hornchurch | 29 10:15 Bowling Namco Romford Pashley Tulip Coach trip 12:30 Live Well Roadshow Elm Park | 30 | | |

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

Regular Weekly Events

Every Monday -Monday Meet up. 10:00 onwards must be pre booked – limited space Come and meet up with fellow Diamonds for a chat and coffee. Variety of refreshments, cakes and snack available – Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Lesley at 10:30. Why not stay on for lunch Email disdiamonds@ageukrbh.org.uk lots of different activities or come for a chat. **Must be pre-booked Note Monday sessions have a wait list, as group is full -unless already attending** – why not try Thursday afternoon club

Every Monday Diamond Geezers 3pm-5pm The Compasses (Harvester) 125 Abbs Cross Lane, Hornchurch RM12 4XS. This is now our permanent venue. <https://www.harvester.co.uk/restaurants/london/thecompasseshornchurch#/> free parking & bus stop outside
Call or email disdiamonds@ageukrbh.org.uk to book place. **Note in January the group is temporarily meeting at JJMoons Hornchurch**

Every Wednesday St Josephs Lunch Noon Upminster CWL Lunch Club 12 noon at St Joseph's Social Club, St Mary's Lane Upminster RM14 2QB 01708 222432. £6 for either hot or cold lunch, pudding, cake or tea. Everyone will be very welcome. Meet Marion Money raised is donated to charity please ensure prebook directly 01708 222432 –great price for 2 course lunch & tea - must prebook with **St Josephs**

Every Thursday 1:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat and Coffee/Tea/ Biscuit. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth at 13:30. Email disdiamonds@ageukrbh.org.uk Come to find out what Disdiamonds about – meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. **pre book if possible**

Every Thursday free Watercolour Classes every Thursday **3-5pm** with Artist Ioana Macovei on Zoom Popular very informal easygoing class please email or call disdiamonds@ageukrbh.org.uk to join group –Free ask for code. Open to all boroughs in Redbridge/Havering/ Barking & Dagenham

Every Friday 10:30 -12:30 Knit and Natter – Every Friday 10.30-12, Colley Rowe Inn, Collier Row RM5 3PA. Bring crochet, knitting, cross stitch, sewing whatever you're working on or just come along for a chat. £1.50 for tea or coffee with refill. On the left as you go in, round table. Look out for Rene and other diamonds

New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30 –let us know beforehand if coming

want to know latest event join dedicated Disdiamonds Facebook <https://www.facebook.com/groups/583061935616098>

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

Tuesday 1/4/25 Advanced card making class with Pam at Harold Wood Community Hub **1:30 -3:30** 6 week Course every Tuesday £5 per session toward material costs Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended advanced class or at advance level.

Wednesday 2/4/25 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) 2 course £5.49, 3 courses £6.49. Buses 128, 150 167 from Ilford station, Shere Road stop CQ. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 3/4/24 13:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Ruth & Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

Friday 4/4/25 Ten Pin Bowling at Romford Namco Meet Ruth 10:15 outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- email disdiamonds@ageukrbh.org.uk In order to reserve a place in your chosen team please advise by Monday before bowling day. Host Ruth. Please ensure advise Disdiamonds by Monday 31st March even those that have been before – so Ruth can draw up the teams.

Sunday 6/4/25 Sunday Lunch at Ardleigh Pub 12:30 at 124 Ardleigh Green Road, RM11 2SH Meet Hosts Margaret & Ruth for Lunch – Ember Inn Pub menu includes Sunday Roast. Email disdiamonds@ageukrbh.org.uk to book a place – for dietary information contact pub directly [01708 442550](tel:01708442550)

Monday 7/4/25 Pipe Major Lunch & Bingo , 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 to book your place so we know who to contact in the event of cancellation / change

3pm Cocktails/coffee Drink up Moon & Stars Pub Romford South Street Romford RM1 1NX — meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call disdiamonds@ageukrbh.org.uk to let us know you are coming

Tuesday 8/4/25 Railway Hotel Restaurant Hornchurch for Brunch 10:30am meet Lesley & Maryanne at Station Lane Hornchurch RM12 6SB -variety of special menus. Email or call disdiamonds@ageukrbh.org.uk to book place. For dietary please contact restaurant on 01708 440028

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



11-1pm Walk Fairlop Waters FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN [Map \(redbridge.gov.uk\)](http://redbridge.gov.uk) **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 to book your place so we know who to contact in the event of cancellation / change due to weather

Advanced card making class with Pam at Harold Wood Community Hub **1:30 -3:30** 2 of 6 week Course every Tuesday £5 per session toward material costs Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended advanced class or at advance level

Thursday 10/4/24 Greenwich Riverside & Gardens walk -Meet hosts Rene & Laurie up at Romford train station at 10am taking the Elizabeth line to Stratford and then onto via the Docklands line. On arriving at Greenwich time to stop at 'The Gate Clock' Wetherspoon pub for refreshments. We plan to walk along the garden area first and stroll back by the riverside along by the Cutty Sark. There is plenty of seating along the way, Diamonds may wish to take a packed lunch or have a bite to eat back at the Gate Clock pub. –Note this is a walking activity and attendees need to be able to walk unassisted. **Pre booking essential** disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change due to weather

13:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Ruth & Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

Monday 14/4/25 10:30 -12:00 Queens Coffee Morning at Queen Theatre Hornchurch RM11 1QT meet Angie and other diamonds in the Café area. Find out what is happening next month -Please advise Disdiamonds to book a place – if Harold Wood hub fully booked why not try Hornchurch

note due to Bank Holiday this is being held on 14/4 instead of normal 3rd Monday of the month.

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



Tuesday 15/4/25 Advanced card making class with Pam at Harold Wood Community Hub **1:30 -3:30 3 of 6** week Course every Tuesday £5 per session toward material costs Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended advanced class or at advance level

Mandarin Palace Early dinner at 5:30pm with Trevor & Kath - 197 High Street Hornchurch RM11 3XT. Special Diamonds 3 course set meal £26 cash with soft drink and tea/coffee. Please Email disdiamonds@ageukrbh.org.uk Contact restaurant directly for dietary enquires only 01708438003

Wednesday 16/4/25 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 to book your place so we know who to contact in the event of cancellation / change*

Thursday 17/4/25 Romford Baptist Church Coffee Morning with Disdiamonds **10:30-12:00** –Meet Kath at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Kath and other new members and discover what disdiamonds is about and what we are up to this month please let us know you are coming Email disdiamonds@ageukrbh.org.uk or call

Pipe Major Lunch & Bingo , 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 to book your place so we know who to contact in the event of cancellation / change*

13:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Ruth & Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

Tuesday 22/4/25 Relaxed and Easy Art with Ruth 10:30_The Hub, Harold Wood 11 Gubbins Lane RM3 0QA – materials will be supplied or bring your own. Email disdiamonds@ageukrbh.org.uk

Advanced card making class with Pam at Harold Wood Community Hub **1:30 -3:30 4 of 6** week Course every Tuesday £5 per session toward material costs Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended advanced class or at advance level

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



The Pearl Fish restaurant meal 17:30 at 35 High Street Hornchurch RM11 1TP £15 for fish and chips and tea or coffee. Not pensioner's portions. Cash only. Anything else to be paid for as it is requested. It is the old captain tom with a face-lift. Same staff and ownership –Host Trevor /Kath– to reserve a place Email disdiamonds@ageukrbh.org.uk

Wednesday 23/4/25 12-2pm 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 to book your place so we know who to contact in the event of cancellation / change

Thursday 24/4/25 11-1 Brunch at Moon & Stars Pub Romford -Last Thursday of the month 11am onwards meet at Moon and Stars Pub South Street Romford RM1 1NX – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – we are back in Romford at our regular seating area at the back of the Moon & Stars Please advise Disdiamonds to book a place

13:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Ruth & Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

Friday 25/4/25 Book club –meet at 1pm – Romford Baptist Coffee Bar Main Road RM1 3BL opposite Town Hall/Police Station we will be discussing Mark Billingham Last Dance or any of his books or perhaps you might like to discuss a book you have recently read. Please bring along any books you want to swap –feel free to pop along for a chat with Fiona & other Diamonds. We will discuss Claire Douglas The Wong Sister or any of her books at our May meeting. Please email or call disdiamonds@ageukrbh.org.uk to let us know you are coming

Monday 28/4/25 3pm Cocktails/coffee Drinkup JJMoons Hornchurch – JJ Moons 46-62 High Street Hornchurch RM12 4UN- meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails and meaningful chat please email or call disdiamonds@ageukrbh.org.uk to let us know you are coming

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

Tuesday 29/4/25 Ten Pin Bowling at Romford Namco Meet Ruth 10:15 outside MacDonalds for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- email disdiamonds@ageukrbh.org.uk In order to reserve a place in your chosen team please advise by Friday 25th before bowling day. Host Ruth. Please ensure advise Disdiamonds by Friday 25th April even those that have been before – so Ruth can draw up the teams.

Advanced card making class with Pam at Harold Wood Community Hub **1:30 -3:30 5 of 6** week Course every Tuesday £5 per session toward material costs Email disdiamonds@ageukrbh.org.uk to book your place –intended for those that have already attended advanced class or at advance level

EPHG Coach trip to Tulips at Pashley Manor – see separate leaflet for Coach Trips

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8>

Live Well Roadshow – 12:30 -2:30 Lots of useful Health & Welfare at Thomas Sims Court, Wood Lane, Elm Park, Hornchurch RM12 5NN

please pop along for a chat and pick up some useful info/advice. Please email or call disdiamonds@ageukrbh.org.uk to let us know you are coming in case we need to change venue.

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



Free Exercise Classes offered by AgeUKRBH – Falls -Please DO NOT ATTEND a class without registering beforehand

07535 953763 or Email: amber.mirza@ageukrbh.org.uk as you will be declined by the trainer.

| Venue Face to Face Exercise Classes (Havering) | Day | Time |
|---|-----------|-------------------|
| Chair Based Exercises – with Heidi Ardleigh Green Community Association, Hornchurch | Wednesday | 12.15pm – 1.15pm |
| Chair Based Exercises – with Heidi All Saints Church, Ardleigh Green, Hornchurch FULLY BOOKED!!! | Wednesday | 1.30pm – 2.30pm |
| Chair Based Exercises – with Heidi All Saints Church, Ardleigh Green, Hornchurch | Thursday | 11.30am- 12.30pm |
| Chair Based Exercises – with Heidi FULLY BOOKED!!! Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | Monday | 1.00pm – 2.00pm |
| UPCOMING: Chair Based Exercises – with Heidi BEGINNING 17 February 2025 Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | Monday | 2.00pm-3.00pm |
| Tai Chi – with Karl Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW | Thursday | 10.00am – 11.am |
| Tai Chi – with Karl Cranham Community Centre | Monday | 1.00pm – 1.50pm |
| Chair Based Exercises – with Heidi Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR FULLY BOOKED!!! | Monday | 11.20am – 12.20pm |
| Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham FULLY BOOKED!!! | Thursday | 1.00pm – 2.00pm |
| Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham | Thursday | 2.00pm – 3.00pm |

For more information call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

| Venue Face to Face Exercise Classes (Redbridge) | Day | Time |
|--|-----------|-------------------|
| Easy Chair based Yoga - with Sami FULLY BOOKED!!! Ilford Library, Clements Road, Ilford, IG1 1EA | Monday | 10.00am – 11.00am |
| Chair based exercise class - with Keeley Chadwell House -open to non-residents | Friday | 11.00am – 12.00pm |
| Nordic Walking - with Anne Valentines Park, Ilford | Wednesday | 1.30pm– 2.30pm |
| Chair based Tai Chi - with John Poon FULLY BOOKED!!! Ilford Library, Clements Road, Ilford, IG1 1EA | Monday | 10.00am – 10.50am |
| Chair based exercise Yoga - with Sami FULLY BOOKED!!! Ilford Library, Clements Road, Ilford, IG1 1EA | Monday | 11.00am – 12.00pm |
| Tai Chi - with John Poon ADVANCED ONLY Age UK, 103 Cranbrook Road, Ilford, IG1 4PU | Wednesday | 10.00am – 10.50am |
| Chair based exercise – with Sami Cambridge Park: currently unavailable to non residents | Tuesday | 3.00pm – 4.00pm |
| Chair based exercise - with Sami Forest Dene: currently unavailable to non residents | Thursday | 10.00am – 1.45am |
| Chair based Tai Chi - with John Poon FULLY BOOKED!!! Ilford Library, Clements Road, Ilford, IG1 1EA | Wednesday | 11.00am-11.50am |

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



| Venue Face to Face (B&D) | Day | Time |
|---|----------|-------------------|
| Chair based exercise class – with Anne Marsh, East Road Baptist Church, East Road, RM6 6YJ | Thursday | 2.00pm – 3.00pm |
| Chair based exercise class – with Heidi George Crouch Centre, Dagenham, RM10 7DG | Tuesday | 11.20am – 12.20pm |
| Chair based exercise class – with Heidi New class!!! St Chad’s Church, Eric Road, RM6 6JH | Tuesday | 1.15pm – 2.15pm |
| Chair based exercise class – with Heidi New class!!! Becontree leisure centre Althorne Way RM10 7FH | Tuesday | 10.00am – 11.00am |
| Chair based Tai Chi – with John FULLY BOOKED!!! St Chad’s Church, Eric Road, RM6 6JH | Friday | 12:30pm-13:20pm |

For more information call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk

Online Exercise Classes (BHR)

| Venue | Day | Time |
|-------------------------------------|-----------|--------------|
| Chair Based Exercises - with Elaine | Wednesday | 11:00am-12: |
| Chair Based Exercise - with Elaine | Thursday | 11:00am-12: |
| Tai-Chi - with John Poon | Thursday | 11:00am – 12 |

For more information call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



Walking For Health

| Day/Time | Location | Meeting Point | Duration | Level |
|-----------------------|---------------------------|--|------------|---------------|
| Every Monday, 11am | Harrow Lodge Park | Main Carpark, Hornchurch Sports Centre, RM11 1JU | 30 – 60min | Beginner/Easy |
| Every Tuesday, 11am | Raphael Park | In front of the Café, Main Road Romford, RM2 5EB | 30 – 60min | Beginner/Easy |
| Every Wednesday 10am | Hornchurch Country Park | Visitors Centre, Squadrons Approach, RM12 6TD | 30 – 60min | Beginner/Easy |
| Every Friday, 10.15am | Eastbrookend Country Park | Millennium Centre, Dagenham Road, RM7 0SS | 30 – 60min | Beginner/Easy |

Longer walks and walks that take place on the weekend, For Havering need to provide tack & trace numbers limited to 30 essential to prebook.01708 431016 sportsdevelopment@haverling.gov.uk www.haverlingactive.co.uk <https://www.walkingforhealth.org.uk/walkfinder/haverling-walking-for-health>

Walking Netball or Walking Football – let us know if interested will put in contact with local club – also new Mens Walking group Upminster

Enjoy listening to talks – why not Join Restless for regular free & paid talks – Mirthy.co.uk please mention Dis Diamonds when joining & mention at coffee clubs –join in with other diamonds restless.co.uk

Libraries pop in and pick up a book or try one of their group many activities - Join a reading club or perhaps you might like to try knit & natter group, board games, computer classes

Exercise in person -Walking Football or walks in local parks or staying safe in doors with Yoga via Zoom– please email to register for further info disdiamonds@ageukrbh.org.uk

Do you look after an older person or partner or child–whether at home or in a care home. Are you stressed – Art might help relieve some of the pressure or we could put you in touch with support groups contact disdiamonds@ageukrbh.org.uk

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

Have we missed something let us know and we will advertise here.

Local Theatres – please support your local venues by booking a show

Barking –The Broadway Theatre, Broadway, Barking IG11 7LS tel0208 507 5607

Ilford Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT 0208 708 8800

<https://visionrcl.org.uk/centre/kenneth-more-theatre/> for full list of shows

Romford –Brookside Theatre 21a Eastern Road Romford Essex RM1 3NH 01708 755775

<https://www.brooksidetheatre.com/> for variety of shows & entertainment

Hornchurch –Queens Theatre, Billet Lane, Hornchurch, RM11 1QT 01708 443333

-already going or anyone want to see

Lots of other great plays & shows including regular Down Memory Lane– special music show for people with Dementia & their carers

Or why not try out Over 50's Musical Theatre Workout every Wed <https://www.queens-theatre.co.uk/>

Want to catch a Westend Show why not arrange to go up London on the day after coffee morning and see what is available from Halfprice ticket in Leicester Square or pre-book with fellow members

Let us know which Diamond event you are coming to in case we have to change times at short notice.

Make new friends this month and enjoy life.

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



Dementia Café New club – friendly and casual drop-in support for people with Dementia and their careers. Held on every other Thursday 10:30 am -12:00 meet at Railway Hotel Restaurant Station Lane Hornchurch RM12 6SB, for further info contact Havering Dementia Action Alliance on 07375840725

Memory Café every other Thursday in the Learning Space, at Hornchurch Queens Theatre between 10:30 – 12:00, every fortnight Memory Café is for people living with dementia and their careers to enjoy a cup of tea or coffee, take part in fun activities and access information. Provide a safe and supportive space to discuss your own dementia diagnosis, or someone else's and think about what it means for the future; meet and learn from other people in similar situations; keep active, make new friends and feel more confident.

If you know someone who may be interested in attending sessions, please do share the news with them. Sessions will be free and open to everyone, no pre-booking required supported by Dementia Action Alliance.

Dementia Music & Social Club –every Monday except Bank Holidays 1-3pm St Johns Church South End Road Rainham RM13 7XT –every Wednesday 1:30-3:30 United Reformed Church 58-60 Western Road Romford RM1 3LP contact Carol 01708 731325 or 07854314149

www.the.dementiamusicandsocialclub.webador.co.uk

Do you support a loved one – why not join a support group and share ideas and access useful information. Please get in touch call or email disdiamonds and we will put you in contact with local support groups.

History Buffs -Havering Museum 19-21 High Street Romford RM1 1JU 01708 766571 <https://www.haveringmuseum.org.uk/> Open Wednesday to Friday 11-4 see website –also hold regular weekly clubs, Variety, Reminiscence and monthly Art group, Photography Group, Knit & Natter and specialist talks

RAF Hornchurch Heritage Centre 119-121 Suttons Lane Hornchurch RM12 6RU <https://raf.hornchurch.com> £5 Saturdays 11-4 – if you have been let us know what you think – if you want to visit with Disdiamonds let us know –

Surveys Want to help shape the borough or have your views acknowledge – please sign up to take part in Health, Wellbeing and Life surveys –will take place in variety of ways -on line, in person, or electronic at various times over the year. Let us know if you would like to be contacted. Also Local High Street Reshape –get your views known – speak to disdiamonds – help shape your borough to be the best you want it to be.

Knitting & Sewing –if want to meet other keen crafters- lets us know and will put you in touch with local groups. New group meets at Havering Museum every Friday fortnight and local libraries and other venues. Why not join a knit & nat club and share your passion

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4



Ardleigh House – 42 Ardleigh Road Hornchurch RM11 2RG mail:- office@ardleighhouse.org Telephone:- 01708 440660 www.ardleighhouse.org lots of clubs and activities including Yoga, Art, French, Spanish, Crafts and Computers, Short Mat Bowls, Model Engineers and Camera Club

Crafters SOS -If handy with a needle a local group need a hand stitching up Knitted mufflers for Dementia groups –based in Romford Also wanted any wool or buttons or decorative pieces that can be sewn on. Please call Fiona or email disdiamonds

Singers St Edward's Parish Church in the Market Place, Romford has a choir with a long tradition of singing a high standard of traditional sacred choral music at the Sunday services. The soprano part is sung by boys and girls of school age and the alto, tenor and bass by adults. The choir is looking to recruit one or two altos to join the choir. Singers should be able to read music and hold a part on their own but do not necessarily need to be good sight-readers. They should be available for rehearsals on Fridays from 7.30 to 8.30pm, and for the rehearsal and main service on Sunday mornings from 9.15 to 11.15am. Choral evensong is sung occasionally at 6.30pm. If you are interested in joining this friendly group of enthusiastic singers, please contact the acting Director of Music, Andrew Morrisson for further information and to arrange an informal audition. music@stedwardsromford.com or leave a message at the office 01708 744973

Thursday Club EASTBROOK COMMUNITY CENTRE Rainham Road South, Dagenham, RM10 7UU

Meets every Thursday between 1pm and 3pm. It costs £2 per week for tea/ coffee, biscuits and entertainment.

Coach Trips – regular trips arranged with EPHA. Need to book via Trevor 07771 741948 Ask Trevor for separate coach list

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> Also Coach Holidays available

When booking please mention that you are a Disdiamond member

Also Coach trips & holiday available from Shirley at shirleytours who fundraises for charity. Variety trips include Albert Hall & Abba & Holidays please see website for further info shirleytours.co.uk or Email: shirley@shirleytours.co.uk

Alternative coach trips available from **Kirbyscoaches.co.uk or Eastlondontravel.co.uk**

Holidays- fancy going on holiday with other diamonds – why not post a comment on DisDiamonds Facebook –or mention at coffee morning –perhaps share holiday brochure or visit travel agent together

Flowers/ Gardening Join EPHG at Elm Park. Regular social club.

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

Or Langton Gardens – looking for volunteers and other local venues – please contact Disdiamonds

Spare time why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off. Contact Disdiamonds for more info

We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

Cinema Trips –fancy catching the latest block buster film at your local cinema. Want a buddy to go with please contact Disdiamonds or if you fancy going in a group put an announcement on Facebook – not yet on Facebook do not worry we could make an announcement on your behalf –you choose cinema, day – time & film –we will announce on your behalf. Sign up for our cinema club

Catch a latest blockbuster or re-watch a favourite plenty to choose from at your local cinema so much to choose from–

Romford Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/romford/whats-on>

Ilford Cineworld various prices including seniors £8.74 <https://www.cineworld.co.uk/cinemas/london-ilford/8062#/buy-tickets-by-cinema?in-cinema=8062&at=2021-07-29&view-mode=list>

Odeon South Woodford various prices from £5 <https://www.odeon.co.uk/cinemas/south-woodford/>

Dagenham Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/dagenham/whats-on>

Swimming –fancy getting fit for summer but do not want to go alone- why not get a swimming buddy contact DisDiamonds

Seen something that you think other Diamonds might like to attend – let us know and we can see if we can arrange a trip or advertise

New To Disdiamonds or want to know more about Disdiamonds in Havering - please ask to book a coffee or Zoom or Telephone session with Fiona – New members welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email Disdiamonds@ageukrbh.org.uk

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

