

Members of Dis Diamonds Havering Activities August 2024 printed 26/07/24 -for Over 50s Residents of Havering/Barking& Dagenh./Redbridge				
Monday	Tuesday	Wednesday	Thursday	Friday
every Monday Diamond Geezers 3-5pm meet Harrow Pub Hornchurch	Find latest events and share ideas and reminiscence with fellow Diamonds on your dedicated Facebook members https://www.facebook.com/groups/583061935616098 please join as last minute events are advertised on Facebook		Every Thursday 11am Tai Chi Zoom 3-5 Watercolour Zoom	Every Friday 10:30 Knit & Natter Colley Rowe Pub
Please let us know if attending an event –as events can change dates <i>Please recheck website/Facebook or pop along to one of our coffee mornings to be kept up to date of new events</i>			1:30 -3:30 Thursday Chat Club 1 and Craft & Art Club Harold Wood Community Hub	11am & 2pm 2 Girls on Tour Upminster Walk
5 3pm Cocktails JJ Moons Hornchurch	6 Maldon EPHG Coach Trip Tea Party Wanstead 2-4 AGEUKRBH	7 12-3pm Family Fun Myplace Dagnam Park Harold Hill RM3 9EN	8 10:30 Church House Coffee Morning 1:30 -3:30 Thursday Chat Club and Craft & Art Club Harold Wood 1-3 Kenneth More Afternoon tea & singer	9 1pm Book Club BB Muffins Romf
12 12-2 Pipe Major Lunch & Bingo Dagenham	13 11-1 Hainault Forest coffee/ Farm Walk Hainault	14 12-3pm Family Fun- New Zealand Way Rainham RM13 8JD 12-2 King George V Lunch Gantshill	15 10:30 Romford Baptist Coffee Morn 1-3pm Crowlands Lunch 1:30 -3:30 Thursday Chat Club and Craft & Art Club Harold Wood	16 11-1 Brunch/early Lunch Railway Hotel Hornchurch
19 10:30 Hornchurch Coffee Morning Queens Theatre 3pm Cocktails JJ Moons Hornchurch	20 10:30 Art with Ruth Harold Wood Community Hub 5:30 pm Pearl Fish & Chips Hornchurch	21 10 Greenwich Day Trip by train Romford Station 12-3pm Family Fun day Macon Way Cranham 12-2pm Maypole Lunch Hainault	22 12-2 Pipe Major Lunch and Bingo Dagenham 1:30 -3:30 Thursday Chat, Art & Craft Club Harold Wood Community Hub	23 EPHG Rochester Coach Trip
26 Bank Holiday	27 11-1 Fairlop Water walk/coffee Barkingside	28 12-3pm Family Fun Queens Theatre Green Hornchurch	29 11am Moon & Stars Brunch Romf 1:30 -3:30 Thursday Chat & Good Read Club Harold Wood Community Hub	30 31 Saturday Afternoon Tea for Charity Upminster 2-5pm

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. 10:30 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 Kim at 10:30. Why not stay on for lunch Email disdiamonds@ageukrbh.org.uk lots of different activities or come for a chat – note closed on Bank Holiday Mondays. **Must be pre-booked Note this has a wait list, as group is full -unless already attending** – why not try Thursday afternoon club

Every Monday Diamond Geezers 3pm-5pm Harrow Pub Hornchurch 130 Hornchurch Road Hornchurch RM11 1DP Call or email disdiamonds@ageukrbh.org.uk to book place. Call 01708 462611 emberinns.co.uk for information about menu Note closed Bank Holiday

Normally Every Wednesday St Josephs Lunch Noon Upminster closed until Mid-September 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 closed for Summer Holidays

Every Thursday free Tai Chi on zoom 11am-11:45 **For more information call 07535 953763 or Email: amber.mirza@ageukrbh.org.uk**

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

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Thursday 1/8/24 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 Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book** pens & paper available

Friday 2/8/24 Fantastic 'Country Life' tour of Upminster. 11am & 2pm The tours will start just outside the Upminster Windmill and take participants on a whirlwind tour of Upminster's history, before finishing at Roomes Department Store with a fabulous cream tea. This is a walking activity. Please reserve a place via disdiamonds@ageukrbh.org.uk please state mobility at time of booking and any special requirements. Note for those who previously went to the Hornchurch Tour last year there will be a £4 donation charge. This event is being hosted by Girls on Tour

Monday 5/8/24 Cocktails Drinkup JJ Moons Hornchurch 3pm 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.

Tuesday 6/8/24 EPHG coach trip to Maldon please prebook/enquire directly via Trevor Arnold on 07771741948 -Ask Trevor for separate coach list

Tea Party Wanstead 2-4 AGEUKRBH £5 charge –Wanstead activity centre – The Allan Burgess Centre, 2 Grove Park, Wanstead E11 2DL **must prebook limited places** 0208 989 6338

Wednesday 7/8/24 12-3pm Join us at free family fun day being hosted by Havering Council

My Place Community Centre ,Dagnam Park Drive Harold Hill RM3 9EN -pop along and say hi to Disdiamonds and AgeUK RBH who will be having a stand at the event.

Thursday 8/8/24 Coffee & Chat at Church House 10:30 -12:30pm Romford Market Place RM1 3AB email disdiamonds@ageukrbh.org.uk Range of Sandwiches and tasty snacks. Café is in front of Wykenham Hall near St Edwards the Confessor Church in Romford Market. Meet Host Ruth – Email disdiamonds@ageukrbh.org.uk to reserve a place –also please let us know if staying for lunch

1-3pm Kenneth More. Afternoon tea, singing & dancing. Kenneth More Theatre, Oakfield Road, Ilford, IG1 1BT [Kenneth More Theatre • Vision RCL](#) ***Pre booking essential with any dietary requirements by midday on Mon 5/8/24 £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.*** 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 Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk Come to find out what Disdiamonds about –meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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Friday 9/8/24 Book club –meet at new venue at 1pm – BB Coffee And Muffins – Mercury Gardens Level2 Mercury Mall

RM11 3EE- not far from the café we used to meet. We will be discussing A Rising Man by Abir Mukherjee or any of his books – or perhaps a book you have recently read. For August we will be discussing Ice Princess by Camila Lockberg or any of her books -Note earlier meet time of 1pm.

Can not make Fridays – why not pop along to Harold Wood Community Hub on Last Thursday of the month where we also chat about books.

Monday 12/8/24 –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 to book your place so we know who to contact in the event of cancellation / change

Tuesday Tuesday 13/8/24 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 to book your place so we know who to contact in the event of cancellation / change

Wednesday 14/8/24 12-3pm Join us at free family fun day being hosted by Havering Council

New Zealand Way Rainham RM13 8JD -pop along and say hi to Disdiamonds and AgeUK RBH who will be having a stand at the event.

12-2pm Lunch King George V 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX [King George V pub in Ilford | Greene King Pubs \(greeneking-pubs.co.uk\)](http://www.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

Thursday 15/8/24 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

1-3 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

1:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with Fiona & fellow Diamonds for a chat and Coffee/Tea/ Biscuit. £2 charge Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk Come to find out what Disdiamonds about – meet with other diamonds– chat/draw /play board games please **pre book**

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

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Friday 16/8/24 Railway Hotel Restaurant Hornchurch for brunch/lunch 11-1pm 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

Monday 19/8/24 –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
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

Tuesday 20/8/24 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

The Pearl restaurant meal 17.30 at 35 High Street Hornchurch RM11 1TP £13 for fish and chips and tea or coffee. Not pensioners 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 21/8/24. 10am Greenwich Day trip by Train chance to see Fan museum new exhibition free entrance on Wednesday for seniors. Or walk around market or visit Maritime Museum or Queens House .or stroll around park/waterfront. Chance for a day out in London. This is a walking activity please state mobility at time of booking. Meet Host Rene & Laurie at Romford Station 10am. Must prebook via disdiamonds@ageukrbh.org.uk

12-3pm Join us at free family fun day at Play Park at Macon Way Upminster RM14 1NS being hosted by Havering Councilpop along and say hi to Disdiamonds and AgeUK RBH who will be having a stand at the event.

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 22/8/24 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 to book your place so we know who to contact in the event of cancellation / change

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1:30 -3:30 Thursday Chat Club Harold Wood Come and meet up with Fiona & Ruth & fellow Diamonds for a chat and Coffee/Tea/ Biscuit. £2 charge Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk Come to find out what Disdiamonds about – meet with other diamonds– chat/draw /play board games please **pre book**

Friday 23/8/24 –EPHG Coach trip to Rochester – please prebook/enquire directly via Trevor Arnold on 07771741948 -Ask Trevor for separate coach list

Tuesday 27/8/24 11-1pm Walk Fairlop Waters FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN [Map \(redbridge.gov.uk\)](https://www.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

Wednesday 28/8/24. *12-3pm Join us at free family fun day being hosted by Havering Council- Queens Theatre Green Billet Lane Hornchurch RM11 1QT – pop along and say hi to Disdiamonds and AgeUK RBH who will be having a stand at the event.*

Thursday 29/8/24 11-1 Brunch at Moon and Stars Pub South Street Romford RM1 1NX. Last Thursday of the month 11am onwards – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – meet at raised area towards the end of the pub. Please advise Disdiamonds to book a place

1:30 -3:30 Thursday Good Read Book Club at 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 Fiona at 13:30. Email disdiamonds@ageukrbh.org.uk Come to find out what Disdiamonds about – meet with other diamonds– chat/draw /play board games will also be available for those not interested in books please **pre book** The Good Read Club –are for members who enjoy good feel books –those that leave you with a warm glow –for August we will discuss Sophie Kinsella's The Undomestic Goddess any of her other books including Shopaholics or any book you are reading -pop along for a chat over coffee/tea –chance to swap books or stories. Meets monthly =new group this is in addition to the Crime Thriller book club who meet in Romford Monthly. Welcome to discuss Crime/Thriller books if missed Friday session.

Saturday 31/8/24 Afternoon Tea 2-5pm – Charity event for Not Forgotten – 45 St Albans Road Upminster RM14 3JR -Kath will be hosting a table at the afternoon tea -£18 per person -sandwiches, scones, cakes and 2 glasses of wine or soft drinks- plenty of tea & coffee – must pre book-

For Exercise classes contact the Falls Team Directly -Most classes are now fully booked! – we have limited spaces only. Please see Spaces available below.

Please DO NOT ATTEND a class without registering with us Fall Prevention first, as you will be declined by the trainer.

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

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Email amber.mirza@ageukrbh.org.uk Face to Face Exercise Classes (Havering)

Venue	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	Wednesday	1.30pm – 2.30pm
Chair Based Exercises – with Heidi NEW CLASS!!! All Saints Church , Ardleigh Green, Hornchurch	Thursday	11.30am- 12.30pm
Chair Based Exercises – with Heidi Spaces available. Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Monday	1.00pm – 1.50pm
Nordic Walking – With Anne Spaces available. Thames Chase Forest Centre, Pike Lane, Upminster RM14 3NS	Monday	10.00am – 11.am
Tai Chi – With Karl Spaces available. Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
Tai Chi – With Karl Spaces available. Cranham Community Centre	Monday	1.00pm – 1.50pm
Chair Based Exercises – with Heidi Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	11.30am – 12.20pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham	Thursday	1.00pm – 2.00pm
Chair Based Exercises – with Heidi Cranham social hall club, Front Lane, Cranham NEW CLASS!!!	Thursday	2.00pm – 3.00pm

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

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Face to Face Exercise Classes (Redbridge)

Venue	Day	Time
Easy Chair based exercise Ilford Library	Monday	10.00am – 11.00am
Chair based exercise class Chadwell House -open to non-residents	Friday	11.00am – 12.00pm
Nordic Walking Valentines Park, Ilford	Wednesday	2.00pm – 3.00pm
Tai Chi at Ilford Library	Monday	10.00am – 10.50am
Chair based exercise Yoga at Ilford Library	Monday	11.00am – 12.00pm
Tai Chi at Age UK	Wednesday	10.00am – 10.50am
Chair based at Cambridge park - currently unavailable to non residents	Thursday	11.00am – 11.45am
Chair based at Forest Dene - currently unavailable to non residents	Thursday	10.00am – 10.45am

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

Face to Face (B&D)

Venue	Day	Time
Chair based class – with Anne Marsh, East Road Baptist Church available.	Thursday	2.00pm – 3.00pm
Chair based class – with Heidi George Crouch Centre available.	Tuesday	11.20am – 12.30pm

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Online Exercise Classes (BHR)

Venue		Day	Time
Chair Based Exercises - with Elaine	Spaces available.	Wednesday	11:00am-12:30pm
Chair Based Exercise - with Elaine	Spaces available.	Thursday	11:00am-12:30pm
Tai-Chi - with John Poon	Spaces available.	Thursday	11:00am – 12.00pm

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

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

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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

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/>

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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.

Dementia Café New club – friendly and casual drop-in support for people with Dementia and their carers. 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 carers 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.

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 acknowledged – 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- let 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 & natter 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> full list 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

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

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

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 Premiere now £3.50 <https://romford.premierecinemas.co.uk/PremiereCinemaRomford.dll/WhatsOn>

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 only £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

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