

<b>Members of Dis Diamonds Havering Activities July 2024 printed 3/07/24 -for Over 50s Residents of Havering/Barking&amp; Dagenham/Redbridge</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>every Monday Diamond Geezers 3-5pm meet Harrow Pub Hornchurch</b>		<b>Every Wed</b> St Joseph's Lunch Noon Upminster	<b>Every Thursday</b> <b>11am</b> Tai Chi Zoom <b>3-5</b> Watercolour Zoom	<b>Every Friday</b> <b>10:30</b> Knit & Natter Colley Rowe Pub
<b>Harold Wood 1 Community Hub every Mon 10:30am -1pm</b>	<b>2</b>	<b>3</b> EPHG Coach Trip to Wisley	<b>1:30 -3:30</b> Thursday Chat Club <b>4</b> and Craft & Art Club Harold Wood Community Hub	<b>5</b>
<b>8</b>	<b>9</b> <b>11-1</b> Brunch/early Lunch Railway Hotel Hornchurch 1-3pm	<b>10</b>	<b>11</b> <b>10:30</b> Church House Coffee Morning <b>1:30 -3:30</b> Thursday Chat Club and Craft & Art Club Harold Wood	<b>12</b> <b>10:15</b> Bowling Namco Rom <b>1pm</b> Book Club BB Muffins Romf <b>13<sup>th</sup> Saturday</b> Shoreham by Sea Coach Trip EPHG
<b>10:30</b> Hornchurch <b>15</b> Coffee Morning Queens Theatre <b>3pm</b> Cocktails Moon & Stars Romford	<b>16</b> <b>10am</b> Fish N Chips Seaside Trip To Southend from <i>Upminster Station</i>	<b>17</b> <b>11am &amp; 2pm</b> Girls on Tour Upminster Walk <b>1-3</b> Crowlands Lunch <b>5:30 pm</b> Mandarin Early Dinner – Horn	<b>18</b> <b>10:30</b> Romford Baptist Coffee Morn <b>10:30-3pm</b> Therapies Support & Info Open Day St Francis Hospice RM4 1QH <b>1:30 -3:30</b> Thursday Chat Club and Craft & Art Club Harold Wood	<b>19</b> <b>20</b> Saturday- EPHG Coach trip to Southwold
<b>22</b>	<b>23</b> <b>10:15</b> Bowling Namco <b>Romford</b> <b>5:30pm</b> Uraswamy's Indian Restaurant Dinner Hornchurch	<b>24</b> <b>12-3pm</b> Family Fun day North Romford Com Hall <b>1pm</b> Aspen Tree Lunch CollierRow <b>1-3</b> Kenneth More	<b>25</b> <b>11am</b> Moon & Stars Brunch <b>1:30 -3:30</b> Thursday Chat & Good Read Club Harold Wood Community Hub	<b>26</b>
<b>29</b> <b>3pm</b> Cocktails JJ moons Hornchurch	<b>30</b> <b>10:30</b> Art with Ruth Harold Wood Community Hub	<b>31</b> <b>12-3pm</b> Family Fun day Maygreen Park <b>12-2</b> Old Maypole Lunch & Quiz Hainault	Please let us know if attending an event –as events can change dates	<b>Please recheck website/Facebook or pop along to one of our coffee mornings to be kept up to date of new events</b>

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

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Tue-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](mailto:disdiamonds@ageukrbh.org.uk) lots of different activities or come for a chat – note closed on Bank Holiday Mondays. Must be pre-booked

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

**Every Wednesday St Josephs Lunch Noon Upminster Every Wednesday** 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

**Every Thursday free Tai Chi** on zoom 11am-11:45 **For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk) enquire about special zoom code – Free**

**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](mailto: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](mailto: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**

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

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

**Wednesday 3/7/24** EPHG coach trip to Wisley please prebook/enquire via Trevor Arnold on 07771741948 see separate coach list

**Thursday 4/7/24 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](mailto: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

**Tuesday 9/7/24 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](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary please contact restaurant on 01708 440028

**Thursday 11/7/24 Coffee & Chat at Church House 10:30 -12:30pm** Romford Market Place RM1 3AB email [disdiamonds@ageukrbh.org.uk](mailto: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](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place –also please let us know if staying for lunch

**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](mailto: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 12/7/24 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 £7 - email [disdiamonds@ageukrbh.org.uk](mailto: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 8<sup>th</sup> July even those that have been before – so Ruth can draw up the teams. Note return to normal early start time in refurbished Namco.

**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 Spies by Michael Frayn or any of his books – or perhaps a book you have recently read. For August we will be discussing A Rising Man by Abir Mukherjee. Note we are now meeting at earlier 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.

**Saturday 13/7/24** EPHG Coach trip to Shoreham by Sea please prebook/enquire via Trevor Arnold on 07771741948 see separate coach list

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



**Monday 15/7/5/24 –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

**Cocktails Drinkup Moons & Stars Romford 3pm** – South Street Romford RM1 1NX. Meet Laurie, Marion & Rene and other diamonds join other DisDiamonds to share cocktails or other drinks and meaningful chat please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**Tuesday 16/7/24 Southend Day trip by Train** Join us for a fun day of fish and chips, ice cream and at the very end a jug of cocktails –or feel free to do own thing. This trip will go ahead no matter the weather- beach in the sun or shops if it rains. Meet hosts Marion/Laurie/Rene at Upminster Station 10am. Must prebook – this is a walking activity please state mobility at time of booking. Rover pass is available from Upminster Station. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place

If you're over 65 years of age and you love travelling by train (or if you're over 60 with a [Senior Railcard](#)), purchase Senior Rover tickets, which allow you to hop on and off trains all day (Monday-Friday) from just £7 from Upminster.

**Wednesday 17/7/24 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](mailto: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

**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

**Mandarin Palace** Early dinner at 5:30pm with Trevor & Kath - 197 High Street Hornchurch RM11 3XT. Special Diamonds 3 course set meal £24 cash with soft drink and tea/coffee . Please Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Contact restaurant directly for dietary enquires only [01708438003](tel:01708438003)

**Thursday 18/7/24 Romford Baptist Church Coffee Morning** with Disdiamonds **10:30-12:00** –Meet Ruth at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Ruth 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](mailto:disdiamonds@ageukrbh.org.uk) or call

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Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Tue-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



**10:30-3pm** Therapies Support & Info Open Day St Francis Hospice RM4 1QH – pop along free event find about different therapies available at St Francis and chat to local support agencies – do not forget to say hi to Disdiamonds and AgeukRBH who will hosting a stand at the event.

**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](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games please **pre book**

**Saturday 20/7/24** EPHG coach trip to Southwold please prebook/enquire via Trevor Arnold on 07771741948 see separate coach list

**Tuesday 23/7/24 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 £7 - email [disdiamonds@ageukrbh.org.uk](mailto: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 Thursday 18<sup>th</sup> July even those that have been before – so Ruth can draw up the teams .  
Note return to normal early start time in refurbished Namco.

Uraswamy's Indian Restaurant Early Dinner Hornchurch **5:30pm** – dinner £15 cash includes soft drink. Meet hosts Kath/Trevor at 17 High Street Hornchurch RM11 1TP for dietary requirements contact restaurant directly on 01708 443235 – to book a place email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Wednesday 24/7/24.** *12-3pm Join us at free family fun day being hosted by Havering Council North Romford Community centre Clockhouse Lane Romford RM5 3QJ– pop along and say hi to Disdiamonds and AgeUK RBH who will be having a stand at the event.*

**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 22/7/24** £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](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

**Thursday 25/7/24 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

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

**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](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about – meet with other diamonds– chat/draw /play board games please **pre book** This is the start of new Book Club

The Good Read Club –are for members who enjoy good feel books –those that leave you with a warm glow –for July we will discuss Not Quite Nice by Celia Imrie or any of her other books 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.

Thursday Art / chat group will also be on at the Harold Wood for those not yet converted to reading books for pleasure.

**Monday 29/7/24 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](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming

**Tuesday 30/7/24 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](mailto:disdiamonds@ageukrbh.org.uk)

**Wednesday 31/7/24.** 12-3pm Join us at free family fun day being hosted by Havering Council  
*Park Lane Play Park Maygreen Crescent Hornchurch RM11 1EJ– pop 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](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change

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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. Email

[Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

Face to Face Exercise Classes (Havering)

Venue	Day	Time
<b>Chair Based Exercises – with Heidi</b> Ardleigh Green Community Association, Hornchurch	<b>Wednesday</b>	<b>12.15pm – 1.15pm</b>
<b>Chair Based Exercises – with Heidi</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	<b>Wednesday</b>	<b>1.30pm – 2.30pm</b>
<b>Chair Based Exercises – with Heidi</b> <b>NEW CLASS!!!</b> <b>All Saints Church</b> , Ardleigh Green, Hornchurch	<b>Thursday</b>	<b>11.30am- 12.30pm</b>
<b>Chair Based Exercises – with Heidi</b> Spaces available. Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	<b>Monday</b>	<b>1.00pm – 1.50pm</b>
<b>Nordic Walking – With Anne</b> Spaces available. Thames Chase Forest Centre, Pike Lane, Upminster RM14 3NS	<b>Monday</b>	<b>10.00am – 11.am</b>
<b>Tai Chi – With Karl</b> Spaces available. Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	<b>Thursday</b>	<b>10.00am – 11.am</b>
<b>Tai Chi – With Karl</b> Spaces available. Cranham Community Centre	<b>Monday</b>	<b>1.00pm – 1.50pm</b>
<b>Chair Based Exercises – with Heidi</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	<b>Monday</b>	<b>11.30am – 12.20pm</b>
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham	<b>Thursday</b>	<b>1.00pm – 2.00pm</b>
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham <b>NEW CLASS!!!</b>	<b>Thursday</b>	<b>2.00pm – 3.00pm</b>

For more information call 07535 953763 or Email: [Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

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### Face to Face Exercise Classes (Redbridge)

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

For more information call 07535 953763 or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk)

### Face to Face (B&D)

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

For more information call 07535 953763 or Email: [Georgina.fowler@ageukrbh.org.uk](mailto:Georgina.fowler@ageukrbh.org.uk)

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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](mailto: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 OSS	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](mailto:sportsdevelopment@haverling.gov.uk) [www.haverlingactive.co.uk](http://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](http://Mirthy.co.uk) please mention Dis Diamonds when joining & mention at coffee clubs –join in with other diamonds [restless.co.uk](http://restless.co.uk)

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**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](mailto: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](mailto: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/>

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

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

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Tue-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



**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 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.

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://rafhornchurch.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

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

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**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](mailto: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](mailto: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

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](http://shirleytours.co.uk) or Email: [shirley@shirleytours.co.uk](mailto:shirley@shirleytours.co.uk)

Alternative coach trips available from [Kirbyscoaches.co.uk](http://Kirbyscoaches.co.uk) or [Eastlondontravel.co.uk](http://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.

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

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

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**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**

Find latest events and share ideas and reminiscence with fellow Diamonds on your dedicated Facebooks Diamonds members <https://www.facebook.com/groups/583061935616098> please join as last minute events are advertised on Facebook

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