



















Redbridge Barking & Dagenham Di's Diamonds Events



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<p>1</p> <p>10.30-12.30 Hub Craft Amanda hosting Must pre book (HAV)</p>	<p>2</p> <p>10.30-12 Sporting Memories <i>Everyone Active Barking</i> **Not a DD event</p>  	<p>3</p> <p>12-2 King George V lunch <i>Gants Hill</i></p> 	<p>4</p> <p><i>XX Amanda off XX</i> 10.30-12 Sporting Memories <i>Dagenham & Redbridge FC</i> **Not a DD event</p>	<p>5</p> <p><i>XX Amanda off XX</i></p>	6	7
<p><i>XX Amanda off XX</i></p> <p>8</p>	<p><i>XX Amanda off XX</i></p> <p>9</p> <p>10.30-12 Sporting Memories <i>Everyone Active Barking</i> **Not a DD event</p> 	<p>10</p> <p>2-4 Barking FC <i>Barking</i></p>	<p>11</p> <p>11-1 Hainault Forest <i>coffee / farm walk</i> <i>Hainault</i></p>  	<p>12</p> <p><i>XX Amanda off XX</i></p>	13	14
<p>15</p> <p>12-2 The Duke <i>lunch</i> <i>Wanstead</i> 3pm Cocktails Moon & Stars Romford</p>	<p><i>XX Amanda off XX</i></p> <p>16</p> <p>Southend train trip <i>Southend-On-Sea</i></p> 	<p>17</p> <p>1-3 Crowlands <i>lunch</i> <i>Dagenham</i></p> 	<p>18</p> <p>12-2 Pipe Major <i>Lunch and Bingo</i> <i>Dagenham</i></p> 	<p>19</p> <p><i>XX Amanda off XX</i></p>	20	21
<p><i>XX Amanda off XX</i></p> <p>22</p> <p>10.30-12.30 Coffee <i>Morning with Jacinth</i> Valentines gardeners Café <i>Ilford</i> 3pm Cocktails JJ Moons <i>Hornchurch</i></p>  	<p><i>XX Amanda off XX</i></p> <p>23</p> <p>10.30-12 Sporting Memories <i>Everyone Active Barking</i> **Not a DD event</p> 	<p><i>XX Amanda off XX</i></p> <p>24</p> <p>1-3 Kenneth More <i>Afternoon tea & singer</i> <i>Ilford</i></p>  	<p><i>XX Amanda off XX</i></p> <p>25</p> <p>10.30-12 Sporting Memories <i>Dagenham & Redbridge FC</i> **Not a DD event</p>	<p>26</p> <p><i>XX Amanda off XX</i></p>	27	28
<p>10.30-12.30 Hub Craft Amanda hosting Must pre book (HAV)</p> <p>29</p> <p>1-3 Fullwell Cross Craft <i>Barkingside</i></p> 	<p>30</p> <p>11-1 Fairlop waters <i>Walk / coffee</i> <i>Barkingside</i></p>  	<p>31</p> <p>12-2 Old Maypole <i>lunch & Quiz</i> <i>Hainault</i></p> 			20	21

All events are open to all Di's Diamonds living in Havering, Barking & Dagenham & Redbridge unless otherwise stated.
Contact Monica 07494 035 950 Mon – Fri 9.30-3.30 or Amanda 07903 814 076 Mon- Thurs 9-4 disdiamonds@ageukrbh.org.uk

Every Tuesday 10.30-12pm Come and support the charity “Sporting memories” at their new social group at Everyone Active Abbey Leisure Centre, Bobby Moore Way, Barking IG11 7HW. Near Broadway Theatre. Free, tea / coffee / biscuits and activities. Find out more here <https://www.sportingmemories.uk/what-we-do/> **Not a DD event**, go to Abbey Leisure Reception and ask for Brian, Sporting Memories.

Wednesday 3/7/24 12-2pm Lunch King George V 645 CRANBROOK ROAD, ILFORD, ESSEX, IG2 6SX [King George V pub in Ilford | Greene King Pubs \(greeneking-pubs.co.uk\)](#) 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*

Wednesday 10/7/24 2-4pm Barking Football Club, Tea and Training Mayesbrook Park, Lodge Ave, Barking, Dagenham RM8 2JR Located in the far right corner of the car park. From Barking station (stop H) 368 bus to Ilchester Road (stop R), from Ilford Elizabeth line Chadwell Heath, 368 bus Ilchester road (stop UN) Bus stops near Barking CC, walk with park on your right for 2 mins and enter car park, far right corner you'll see the gate. Go into the hut on the left just inside **Come and hopefully watch some pre-season training at the club. Order coffee, tea or something stronger in the club hut. Lovely local club with really friendly atmosphere. Free onsite parking, look out for the learner drivers! Limited availability** *Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change*

Thursday 11/7/24 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 due to weather*

Monday 15/7/24 12-2pm Duke Pub. The Duke Wanstead 79 Nightingale Lane, Wanstead, London, E11 2EY. W12 bus from George lane to Elmcroft Avenue, 5 min walk. Central line to Snaresbrook then 10 min walk. On street parking outside. You can choose from the menu or there is a new £10 lunch menu, <https://www.thedukewanstead.com/assets/10-Lunch-Offer-BAR-MENU.pdf> <https://www.thedukewanstead.com/assets/DINING-MENU-22.03.24.pdf>

Chicken Schnitzel Sarnie panko fried crispy chicken, rainbow slaw, aioli

Birria Sarnie slow cooked grass fed beef shin birria, matchstick fries, consume for dipping

Waldorf Salad // add Bath blue cheese +£2 our take on this classic pear & walnut salad (v)

Prawn & Mango Salad marinated king prawns, new season mango, shredded white and red cabbage, edamame, mint, coriander, fennel and gem, w/ a sesame, honey & soy dressing

Cacio é Pepe Gnocchi potato gnocchi in a creamy parmesan and black pepper sauce (v)

Gulai Sayuran Curry green bean curry infused with lemongrass, galangal and Kaffir lime leaves, served with coriander rice (vg)

£15 BURGER, BEER* & FRIES EVERY MONDAY-TUESDAY - FREE PERKY BLENDERS FILTER COFFEE w/ £10 LUNCHES

Tuesday 16/7/24 Southend train trip contact us for more info and to book.

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Wednesday 17/7/24 12-2 Lunch Crowlands Golf club, Wood Lane, Dagenham, Essex, RM8 1JX <https://www.crowlandsheath.co.uk/contact-crowlands-heath/> Lunch and free hot drink, free putting green if you'd like to have a go. Buses stop right outside, large car park. Fully accessible. **Pre booking essential.** Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Thursday 18/7/24 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

Monday 22/7/24 10.30-12.30 Coffee Morning with Jacinth Gardener's Cottage Café, Valentines Park, **Emerson Rd, Ilford IG1 4XA**. The café is opposite Valentines Mansion. Take bus routes 396, 128, 179, 123, 296, 167 from Gants Hill Underground Station and 128, 296, 150, 396, 167 from Ilford to stop 'Beehive Lane'. Gants Hill Underground Station (Central Line). 5 minutes' walk Ilford on Elizabeth Line. Short walk or bus ride. Mansion Car park onsite, RingGo App. **Meet volunteer host Jacinth in the Gardeners cottage cafe at 10.30am.**
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 24/7/24 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 24/6/24** £10 pay on the day, **no show or late cancellations must still be paid for so don't forget to cancel if you're unable to attend.**
Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Monday 29/7/24 1-3pm Coffee & Craft. Fullwell Cross library 140 High Street, Ilford IG6 2EA, in the big room on the left, access via front doors [Fullwell Cross Library • Vision Redbridge Culture and Leisure \(visionrcl.org.uk\)](#) **Cost £3 including tea / coffee craft supplies** Email disdiamonds@ageukrbh.org.uk to book your place so we can contact you in the event of cancellation / change

Tuesday 30/7/24 11-1pm Walk Fairlop Waters FAIRLOP WATERS COUNTRY PARK, FOREST ROAD, HAINAULT, ILFORD, IG6 3HN [Map \(redbridge.gov.uk\)](#) **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 31/7/24 12-2pm Lunch and quiz Old Maypole, Fencepiece Road, Ilford, Greater London, IG6 2NG. **247 bus** stops outside. Money off voucher and menu <https://www.sizzlingpubs.co.uk/findapub/northwest/theoldmaypoleilford/signup>
Pay for what you eat and drink, free quiz. Meet new people. Email disdiamonds@ageukrbh.org.uk to book your place so we know who to contact in the event of cancellation / change

Every Thursday 10.30-12pm Sporting memories social group at Dagenham & Redbridge FC, **not a DD event**, just turn up and ask for Brian

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