

Positive Ageing Week 2024

Why do we celebrate Positive Ageing Week?

To emphasise the positive aspects of ageing and the significant roles older people play in our communities and families. We will challenge stereotypes and misconceptions about ageing!



What is on in Redbridge during Positive Ageing Week?

There is so much on offer across the borough! Try out exercises including Nordic walking, arts and crafts, social lunches and exhibitions. Come to our City Gates event on the 2nd October for a free health check as well as health and wellbeing advice.

Want to find out more?

Search "Redbridge Positive Ageing Week" for the full programme of events and links to useful websites



Positive Ageing Week Event

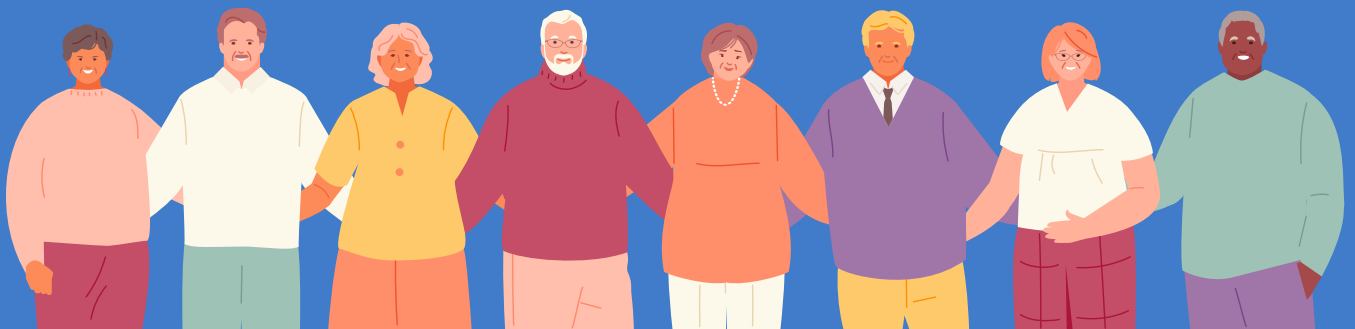
Wednesday 2nd October 2024, 10am - 3pm
City Gates, 25-29 Clements Road, Ilford IG1 1BH

Free Health checks (until 1pm) including blood pressure, cholesterol level, glucose (sugar) levels, and BMI

Range of stalls offering **information and advice** including stop smoking and alcohol services, benefits, falls prevention, talking therapies and dementia

Information sessions from **Age UK, London Fire Brigade** and the **Metropolitan Police**

Exercise taster sessions including chair based classes!
Email sami.jobanputra@ageukrbh.org.uk to book



Lunch and refreshments provided | Wheelchair accessible



AGE UK EVENTS HAPPENING EVERY DAY IN POSITIVE AGEING WEEK (MONDAY 30TH SEPTEMBER TO FRIDAY 4TH OCTOBER)

What?	When?	Where?	More information
Wanstead Activity Centre Arts Group Exhibition	10am-11:30am and 1:30pm-3pm	Wanstead Activity Centre 2 Grove Park E11 2DL - Front room	No booking required! If you would like lunch, please book before 11am on the day of your visit by ringing 020 8989 6338
Wanstead Memories Exhibition (including photos and other artefacts)	10am-11:30am and 1:30pm-3pm	Wanstead Activity Centre 2 Grove Park E11 2DL - back room	No booking required! If you would like lunch, please book before 11am on the day of your visit by ringing 020 8989 6338
Redbridge Concerns Photographic Exhibition	During opening hours	Kenneth More Theatre, Oakfield Rd, Ilford IG1 1BT	



AGE UK EVENTS HAPPENING MONDAY 30TH SEPTEMBER

What?	When?	Where?	More information
Mayor of Redbridge official opening of the exhibitions and lunch	12pm	Wanstead Activity Centre 2 Grove Park E11 2DL	No booking required! If you would like lunch, please book before 11am on the day of your visit by ringing 020 8989 6338
Tai Chi with John	10am-10:50am	Ilford Library, Clements Road, IG1 1EA - 1st Floor	Booking required. Please email glenda.templeman@ageukrbh.org.uk
Arts and Crafts Session	1pm-3pm	Fullwell Cross Library, 140 High Street, Ilford, IG6 2EA	Booking required. Please email disdiamonds@ageukrbh.org.uk or call 07494035950
Chair Based Exercise with Sami	10am-11am or 11am-12pm	Ilford Library, Clements Road, IG1 1EA - 1st Floor	Booking required. Please email glenda.templeman@ageukrbh.org.uk



AGE UK EVENTS HAPPENING TUESDAY 1ST OCTOBER

What?	When?	Where?	More information
Pub lunch	12pm-2pm	King George V Pub, 645 Cranbrook Road, IG2 6SX	Booking required. Please email disdiamonds@ag eukrbh.org.uk or call 07494035950
Voices of Experience Panel Meeting and launch of new survey	1:30pm	Age UK office, 4th Floor, 103 Cranbrook Road, IG1 4PU	
Redbridge Concerns Photographic Exhibition	Tuesday to Thursday during opening hours	Kenneth More Theatre, Oakfield Rd, Ilford IG1 1BT	
Digital Champions	10am-12pm drop in	Age UK office, 4th Floor, 103 Cranbrook Road, IG1 4PU	



AGE UK EVENTS HAPPENING WEDNESDAY 2ND OCTOBER

What?	When?	Where?	More information
Cream tea and sing along / dance	1pm-3pm	Kenneth More Theatre, Oakfield Rd, Ilford IG1 1BT	Booking required. Please email disdiamonds@ageukrbh.org.uk or call 07494035950. £10 charge per person
Nordic Walking	1:30pm-2:30pm	Valentines Park, Cranbrook Rd, Ilford IG2 6EA	Booking required. Please email glenda.templeman@ageukrbh.org.uk
Redbridge Concerns Photographic Exhibition	Tuesday to Thursday during opening hours	Kenneth More Theatre, Oakfield Rd, Ilford IG1 1BT	



AGE UK EVENTS HAPPENING THURSDAY 3RD OCTOBER

What?	When?	Where?
Digital Champions	11am-2pm drop in session	Age UK Redbridge, Barking and Havering office, 4th Floor, 103 Cranbrook Road, IG1 4PU
Redbridge Concerns Photographic Exhibition	Tuesday to Thursday during opening hours	Kenneth More Theatre, Oakfield Rd, Ilford IG1 1BT

AGE UK EVENTS HAPPENING FRIDAY 4TH OCTOBER

What?	When?	Where?	More information
Cockney Knees up piano sing along and tea coffee	2pm-3pm	Wanstead Activity Centre 2 Grove Park E11 2DL - back room	Booking required. Please call 020 8989 6338

AGELESS TEENAGERS EVENTS HAPPENING ON WEDNESDAY 2ND OCTOBER

Reggae Salsa	12pm-1pm	Iford Library, Clements Road, IG1 1EA - 1st Floor	Free to attend but must be booked via coolrowings.com/cool-classes
Chair Based Reggae Exercise	1pm-2pm	Iford Library, Clements Road, IG1 1EA - 1st Floor	Free to attend but must be booked via coolrowings.com/cool-classes