

Get Together

For adults 18+

Find new interests & find others locally!



Discover regular weekly and monthly activities to help you to keep active, try out new interests & to meet other locals -18yrs+

March - May 2024



Feel in need of a boost?

Getting the most out of Spring

How are you feeling today? Spring is the perfect time to step outside and enjoy the fresh air and sunshine. Did you know there are free guided walks and activities in Islington's parks? Studies show that being outdoors can improve your mood and overall well-being. Check out pages 3 & 4 to find out what's available in parks near you. It's a great way to meet others locally.

You're also invited to book for our next Staying Well event on Thursday 23 May, this time at Jean Stokes centre near Cally Road. We'll be coming together to focus on health. There will be fun activities, a quiz, refreshments and information about local services. Arsenal in the Community will be leading a Men's Health discussion and providing Health MOT's. Find out more on page 5.

Have you got an email?

If you haven't already got an email address, you are likely to be missing out on useful information, resources and invites to local activities. Your local Islington library has computers you can access for free and can help you to set up an email address. See page 7 for more information and details of other digital drop-ins and courses.

Get in touch with Age UK Islington: 020 7281 6018
/ gethelp@ageukislington.org.uk



Get in touch!

Age UK Islington is here to help adults 16yrs+.

Call our helpline: 020 7281 6018 (Mon - Fri 9am - 5pm)

Get free, confidential information & guidance e.g. about money worries, housing issues, keeping independent at home, help to find social groups.

Keep informed: receive digital mailings with info about local activities, opportunities & support direct to your email inbox!

Weekly Get Together Activities

All activities below are free unless a price is shown.

Call our Helpline on 020 7281 6018 for help to find an activity that's right for you, or to work out how to get to a group. Booking is essential!



Recently I have had a lot of ill health. When you have not been well you lose confidence and it can be difficult to get out. But I am very glad I got out again.

(Islington resident)

Mondays

There are currently no face-to-face activities on Mondays.

Tuesdays

Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre,
Hornsey Rd, N7 7NY.
£2.45 (debit or credit card).

50yrs+ Sports social in the north of Islington. Table tennis, indoor bowls, dominoes & dance class. Plus sit-down and chat with tea & coffee. NB. Due to flooding, the lift is currently out of order.

Dance Fitness

3pm - 4pm, weekly

Jean Stokes Community Centre, Coatbridge House, Carnoustie Dr, N1 0DX.

Try our dance class with a mix of latin, disco and pop music with strength, balance, and functional exercises. Take part seated or standing.

Wednesdays

Finsbury Get Together 10.30am - 12.30pm, weekly

Finsbury Leisure Centre,
Norman Street, EC1V 3PU. £2.50 (debit or credit card).

50yrs+ Sports social in the south of Islington. Table tennis, badminton, short tennis & tea. Fully accessible.

Park Cuppa

11am - 12pm, weekly

Cally Clock Tower Centre,
Caledonian Park, N7 9PL.

Join our small group for a chat and to share memories over a cuppa, in this lovely location.

Don't miss out on the latest events!

Contact us to sign-up for our monthly Age UK Islington newsletter and regular mailings sent by email.

See our online Get Togethers listed on our website

Thursdays

Sobell Get Together 10.30am - 1pm, weekly

Sobell Leisure Centre,
Hornsey Rd, N7 7NY.
£2.45 (debit or credit card).

50yrs+ Sports social in the north of Islington. Table tennis, indoor bowls, dominoes & dance class. Plus sit-down and chat with tea & coffee. NB. Due to flooding, the lift is currently out of order.

Lego Get Together 1.30pm - 3.30pm, weekly

The Playroom (by The Toy Project), 93 Junction Road, N19 5QX.

50yrs+ Relaxed, friendly and creative social with Lego building plus tea & coffee.

Fridays

There are currently no face-to-face activities on Fridays.

Booking essential!

Booking is essential! You'll also need to register the first time you book. Call Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk

Islington Parks Activities



For Islington residents 18yrs+ All activities below are free unless a price is shown.



Health & History Walks

Islington Guided Walks - gentle guided walks

Fri 29 March (Good Friday) 11am

At Newington Green

Meet by the statue of Mary Wollstonescraft, Newington Green, N16 9PS

Friday 26 April at 11am

At Thornhill Square and Barnsbury Wood

Thornhill Square, 107 Bridgeman Road, N1 1BD (meet outside West Library, on the corner of Bridgman Street and Thornhill Square)

Friday 31 May at 11am

At New River Walk

Duncan Terrace, N1 8AL (meet opposite St John the Evangelist church, in the gardens)

Health and Nature Walks

A gentle stroll in a local park using nature to boost our mental health.

Free tea and coffee afterwards.

All Islington adults welcome.

Dementia-friendly.

Third Thursday of the month (21 March, 18 April, 16 May) 10-11am

At Caledonian Park

Meet at the base of the Clock Tower, Caledonian Park, N7 9HF

No need to book, just come along.

For info: 07591348185 or email callypark@islington.gov.uk

First Friday of month 10-11am (1 March, 5 April, 3 May)

At Gillespie Park

Islington Ecology Centre, Gillespie Park, 191 Drayton Park, N5 1PH

No need to book, just come along.

For info: 020 7527 4374 / ecologycentre@islington.gov.uk

Wildflower meadow making

Monday 18 March, 10am-12pm

Caledonian Park, N7 9HF

Join our Rangers in making a wildflower meadow. Outdoor exercise, helping insect friends.

Spring Fitness Programme - Clerkenwell

Tuesday 5 March - Thursday 30 May

St John's Gardens, Benjamin Street, EC1M 5UH

Tuesdays

8-8.40am Morning Mile: warm up, jog through the streets & warm down

12-12.30pm Park Strength: bodyweight resistance training

12.30-1pm Park Stretch: stretching and breathwork for body and mind

Wednesdays

8-8.30 Park Stretch: stretching and breathwork under the canopy

12-1pm Park-to-Park Run Club: 5k lunchtime run, warm up & down

Thursdays

8-8.40am Morning Mile: warm up, jog through the streets & warm down

12-12.30pm Park Strength: bodyweight resistance training

12.30-1pm Park Stretch: stretching and breathwork for body and mind



Need help finding an activity that's right for you? Contact us!

Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk

Keeping Active in Islington



For Islington residents 18yrs+ All activities below are free unless a price is shown.



Strength & Balance

Strength and balance for bone health, fall and osteoporosis prevention (£3/£4)

Tuesdays 2-3pm (beginners)

Weds 10-11am (intermediate)

Claremont Project, 24-27 White Lion Street, N1 9PD.

For Claremont Project members. Membership is free and for residents aged 55yrs+.

To book: Martha 020 7837 3402 / martha@claremont-project.org

Tai Chi for Wellbeing

Sit, Stand, Walk, Talk programme for older adults with chronic and debilitating health conditions

Mondays 5-6pm and

Thursdays 2-3pm

20 Blackstock Road, N4 2DW

Weekly classes using gentle exercise and meditation.

To book: Wu Shi Taiji Quan & Qi Gong Association, Awais 07931 733716 / awais@wustyle.uk.com

Pilates

Pilates for improving posture and core strength (optional £3 donation)

Mondays 2-3pm

Thursdays 1.30-2.30pm

Last Thursday of month 2.30pm

Walter Sickert Community Centre, Canonbury Crescent, N1 2FB

Gentle movement; Thursday session uses small weights.

No need to book, drop-in!

For info: Healthy Generations, Sam 0798 114 2376 / sam@healthygenerations.org.uk

Joint Pain Programme

For adults with long-term joint pain

Sessions twice a week for first 3 months

Nuffield Gym, 27 Essex Road, N1 2SD

6-month programme to help self-manage chronic joint pain.

To book: Nuffield Health, Michael 07500 226006 / michael.rowe@nuffieldhealth.com

Weight management

Programme for people who are obese or overweight with specific health conditions

Monday to Friday daytime & evenings

At community venues

12-week programme;

90 minute sessions.

Different topic each week.

To book: MoreLife,

0333 2221333 /

morelife.camdenandislington@nhs.net

Weight loss for men

12 week weight-loss course to help reach a healthier weight

One evening a week

Arsenal in the Community Hub, 56 Benwell Rd, London N7 7BY

Food education and enjoyable exercise.

To book: Arsenal in the Community,

Rhys 07548 107576 /

rratcliffe@arsenal.co.uk

"It has made me feel more agile and it has been rather good for my self esteem!"

Need help finding an activity that's right for you? Contact us!

Age UK Islington Helpline on 020 7281 6018 / gethelp@ageukislington.org.uk

Special and monthly Get Together Activities

All activities below are free.

**Booking
essential!**

Special Activities & Workshops: booking essential - see how at bottom of page.

Visit to Saatchi Gallery's Exhibition

**Monday 11 March
11am - 1pm**

Saatchi Gallery, Duke of
York's HQ, King's Rd, SW3.

Join us for a guided tour
of the exhibition
'Burtynsky: Extraction /
Abstraction' followed by
an art workshop. Inspired
by the exhibition, we will
experiment with simple
marbling techniques
using ink and water.

British Red Cross First Aid Workshop

**Thursday 11 April
10.30am - 12noon**

North Library
Manor Gardens, N7 6JX.

Interested in learning
essential, life-saving
first aid skills to help in
an emergency? This
workshop will build your
confidence to help
someone in a first aid
emergency, using
everyday objects.

Saatchi Plant Photography & Drawing

Wed 24 April, 2-3pm

Cally Clock Tower Centre,
Caledonian Park, N7 9PL.

Inspired by the photos of
Edward Burtynsky, we
will try a more abstract
approach to
observational drawing
and experimental
photography. Materials
will be provided and no
experience is required.

Visit to Kew Gardens

**Wednesday 29 May
11.30am - 1.30pm**

Kew Gardens, Kew,
Richmond, TW9 3AE.

Entry to Kew Gardens.
Explore an exhibition
from artist Marc Quinn.
See bluebells and
outdoor installations
across the gardens.
Book with Age UK
Islington in advance.
Meet us on the day, but
note not a guided tour.

Staying Well Event

**Need a boost? Want to discover local
activities & ways to improve your wellbeing?**

Choose from morning or afternoon

Thursday 23 May, 10am or 1pm

Jean Stokes Community Centre, N1 0DX.

Men's Health

10am - 12.30pm

Arsenal in the
Community will be
joining us for a talk about
Men's Health and
providing Health MOTs.

Try a gentle fitness
activity, enjoy a quiz and
refreshments. Find out
about activities &
support in Islington.

Boost Your Mood & Senses

1 - 3.30pm

Feeling flat or anxious these
days? Try a mood-boosting
15 min activity, hear about
techniques that you can
practice yourself, plus a
quiz.

Tips and guidance about
local services for sight,
hearing, teeth & feet.
Enjoy a light lunch to start.



Dying for a Cuppa

Wednesday 8 May

11am - 3pm

Islington Green, N1 2XA
Upper Street /Essex Road.

Enjoy a free hot drink and
chat to members of the
Future Matters team
about the best ways to
protect your health and
financial wishes, or those
of a loved one. Come with
your questions!
Drop-in, no need to book.

Park Cuppa

**Third Tuesday of the
month, 10.30am - 12pm**

Islington Ecology Centre,
Gillespie Park, N5 1PH

Drop-in for a cup of tea
and a chat with other
Islington locals. No need
to book. Dementia-
friendly venue.

Intergenerational Event

**Saturday 27 April
10.30am - 1pm**

Islington Ecology Centre.
Try nature craft
activities, listen to a
nature talk and more.
Plus free refreshments.
No need to book.

**Booking essential! Also need to register first time. Contact Age UK Islington 020 7281 6018 /
gethelp@ageukislington.org.uk.**

Booking essential!



Let's Talk

Join us for our monthly Let's Talk event. It's relaxed, friendly & social with lots of discussion and guest speakers.

All activities on this page are free. Booking essential.

Let's Talk

Keep up to date with topics requested by Age UK Islington clients

Let's Talk Peer Event

Thursday 21 March
10.30am-2.30pm

LIFT, 45 White Lion St, N1 9PH
Hate Crime & Inequality: hear from Colin Adams MBE & other guest speakers. Discussing Racism, Anti-LGBT+, Anti-Semitism, Islamophobia, Anti-Disability, Anti-Ageist, Domestic Violence, Knife Crime
Food & refreshments served.

Let's Talk Peer Event

April event - contact us for date, time & venue address

Talks from prominent guest speakers and also information & health checks stalls from community and NHS services, providing advice and support on Health and Wellbeing.

Food & Refreshments served.

Let's Talk Peer Event

May event - contact us for date, time & venue address

We can promise an action-packed event with guest speakers sharing guidance, dancing and a singalong with Richard Hadfield - winner of Britain's Got Talent.

Food & refreshments served.

Booking essential! Also need to register first time. Contact Age UK Islington on 020 7281 6018 / letstalk@ageukislington.org.uk.

Carers Only Events

Do you look after a partner, friend or family member 18yrs+? Islington Carers Hub provides support for both you and the person you are caring for. Contact us for guidance, to keep informed and to meet other Islington carers.



ISLINGTON
CARERS HUB

March to May event highlights

Carers Strategy Steering Group

Wed 20 March, 11am-12pm
Contact us for May date

Islington Council Town Hall,
Upper St, London N1 2UD

Last year, carers contributed to the Islington Carers Strategy. Find out what's been put in place and provide your perspective as a carer to help shape and guide plans.

Carers Get Together:

Walk the Parkland Walk

Saturday 20 April, 10.30am

Meet outside Pret A Manger, Station Place - near Finsbury Park station.

Walk the disused railway line to Highgate, meandering through Queens Woods and Highgate Woods, ending at a nearby cafe. A great way to get to know other local carers! Don't forget to book.

Made in Hackney Community Cookery Course (6 sessions)

Tuesdays, 19 March - 7 May, 11am-1pm

Liberty Hall, 128 Clapton Common, E5 9AA

Made in Hackney deliver culturally diverse, plant-based cookery classes. Leave your caring responsibilities behind to immerse yourself in a world of new flavours and healthy food.

Booking essential! Also need to register first time. Contact Islington Carers Hub 020 7281 3319 / info@islingtoncarershub.org.



Get Digital Support

Booking essential!

Libraries
ReadLearnConnect

Get one-to-one help, get online & get an email

Beginners Computer Support All Islington libraries

If you'd like assistance opening an email account or searching for things online, your local library can help!

Book a free 30 minute appointment with a member of the library staff - you will need to book this in advance.

Free Gadget Support Thursdays, hourly appointments

First Steps Central Library, 2 Fieldway Crescent, N5 1PF.

If you need help using your android smartphone, tablet or your digital camera you can get 1-1 support.

To book, please call: 020 7527 7002 or firststeps@isonline.org

Cat and Mouse Library

277 Camden Road, N7 0JN

Central Library

2 Fieldway Crescent, N5 1PF

N4 Library

26 Blackstock Road, N4 2DW

South Library

115-117 Essex Rd, N1 2SL

Archway Library

Hamlyn Hse, Highgate Hill, N19 5PH

Finsbury Library

245 St. John Street, EC1V 4NB

Mildmay Library

21-23 Mildmay Park, N1 4NA

North Library

Manor Gdns, N7 6JX

West Library

Bridgeman Road, N1 1BD

Tech Break

Join Age UK Islington online to get more from your smartphone or tablet with our fortnightly online Tech Break sessions.

Get more from your phone or tablet

Fridays fortnightly 12-1pm On Zoom

Join Age UK for helpful tips & advice on topics chosen by clients!

March 8th:

Keeping your photos and other data in sync across devices.

March 22nd:

Mobile phone cameras live follow-along demo.

April 5th:

Improving photos with simple editing on your mobile phone.

April 19th:

Pros and cons of iOS vs Android.

May 3rd:

What is "the cloud" and when are you using it?

May 17th:

Mobile phone cameras - live follow-along demo.

To get your Zoom link call

Age UK Islington on 020 7281 6018 / activities@ageukislington.org.uk

Tech Savvy

Want to improve your digital skills?

Adult Community Learning

Find out about Adult Community Learning courses, such as computers for beginners or something more advanced.

For more information see website adultlearning.islington.gov.uk or call, text or WhatsApp 07734 777 466.

50+ Mildmay Drop-in

Digital Drop-in for over 50's on Wednesdays 1 - 4pm - Mildmay Community Centre, Woodville Rd, Mayville Estate, N16 8NA.



ISLINGTON
CARERS HUB



10am
or 1pm
sessions

STAYING WELL EVENT

Thursday 23 May

JEAN STOKES COMMUNITY CENTRE
OFF CALEDONIAN ROAD

Want to stay
active and get
out and about?

Do you have
joint pain or a
health condition?



Feel in
need of a
boost?

- Arsenal Health MOTs
- Find out about local services
- Free talks & quizzes
- 15 min gentle fitness
- Food & refreshments

Booking
essential!

To book email gethelp@ageukislington.org.uk
or call 020 7281 6018

www.ageuk.org.uk/islington/staying-well-2024