

## JULY 2026

Fri 3<sup>rd</sup> Question a Ball  
Sat 4<sup>th</sup> Pub Night  
Fri 10<sup>th</sup> Down the Tube  
Sun 12<sup>th</sup> Seaside Trip  
Fri 17<sup>th</sup> Nostalgia  
Sat 18<sup>th</sup> Meal Out  
Tue 21<sup>st</sup> Pub Quiz  
Fri 24<sup>th</sup> Card or Board Games  
Sat 25<sup>th</sup> Lions on the Loose  
Fri 31<sup>st</sup> Out Night

### REGULAR EVENTS

**Pub of the Week.** Sundays, at a local pub, with a monthly quiz night at 8pm. See Trev for details.

## AUGUST 2026

Sat 1<sup>st</sup> Band Night  
Fri 7<sup>th</sup> Blockbusters  
Sun 9<sup>th</sup> Museum Trip & Walk  
Fri 14<sup>th</sup> Paul's Mystery Night  
Sat 15<sup>th</sup> Meal Out  
Fri 21<sup>st</sup> About Brittain  
Sat 22<sup>nd</sup> Trunks Across the Thames  
Fri 28<sup>nd</sup> Out Night  
Sun 30<sup>th</sup> Walk & Pub Lunch  
Mon 25<sup>th</sup> Bank Holiday

### REGULAR EVENTS

**Pub Quiz\*.** Prince of Wales, Green Lane, Ilford on Tuesdays at 8.30pm  
**Other Events.** Listen to announcements for details of meeting places and times.

## SEPTEMBER 2026

Fri 4<sup>th</sup> Quiz Night  
Sat 5<sup>th</sup> Band in the Park  
Fri 11<sup>th</sup> Card or Board Games  
Sat 12<sup>th</sup> Programme Planning  
Sun 13<sup>th</sup> Eastbury Manor House  
Fri 18<sup>th</sup> House of Games  
Sun 20<sup>th</sup> Elliot's Birthday Drink  
Fri 25<sup>th</sup> Out Night  
Sat 26<sup>th</sup> Meal Out  
Sun 27<sup>th</sup> Moby Golf Competition

### FUTURE EVENTS

Sat 10<sup>th</sup> Oct - Charity Quiz- Goodmayes

Please speak to the committee if you've an idea for an event.

## The Local Groups

**Barking & Dagenham** The Beacon Tree,  
Tuesdays Green Lane, Dagenham

**Barnet** Discovery Hall, Stevenson Close,  
Sundays Netherlands Road, New Barnet

**Havering & Romford** The Golden Lion,  
Wednesdays High Street, Romford

**Kings Lynn** Orb & Sceptre, Wootton Road,  
Tuesdays Kings Lynn

**Kent** The Barn Pub, 1 Lonsdale Gardens,  
Tuesdays Mount Pleasant Rd, Tunbridge Wells

## REDBRIDGE PLUS

is for anyone between the age of 18 & over, who wants to socialise, make new friends and is partial to the odd disco, party, live band, quiz, sports tournament, social event, or anything else they may feel like doing.

We have a full programme of events with a wide range of activities during the week and at weekends. We are part of a national network of groups and members. It is non religious, non profit making, non political and run by its members.

Full membership is only £20 (£10 for new members) per year and weekly subs are usually £3. The first night is free to new members who are allowed a trial period of 1 month before deciding if they wish to join.

For more information about Redbridge Plus contact any member of the committee, or email us at [webmail@redbridge18plus.org.uk](mailto:webmail@redbridge18plus.org.uk)

## REDBRIDGE PLUS

Part of National Federation of Plus Areas



## PROGRAMME July – September 2026

### MAP



### THE COMMITTEE

Chair Francesca Barclay 020 85541364

G.C.M. Elliot Barclay

We need more talented people on the committee. See above for positions available or speak to committee members.

### Meet Fridays at 8.30pm\*

Goodmayes Community Centre,  
616C Green Lane, Ilford

Moving to a local pub at 10 p.m.  
(\* Last Friday of the month is usually an out night.)

For more details see the website  
[www.redbridge18plus.org.uk](http://www.redbridge18plus.org.uk)

follow us also on  

Scan Me

