



Happy healthy lives for over 50s

## Activities in Haringey for the over 50s in Haringey

***\*\* Please note: we always try to keep things current but please ensure you contact the group leaders for up-to-date information \*\****

AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
----------	---------------------	---------------------	---------------	-----------

Haringey Reach and Connect is borough wide service providing information, support and friendship to local people over 50.

Please call **020 3196 1905** if you are looking for additional support, or alternatively you can make a referral through this link: <https://reachandconnect.net/get-support> or email us here: [hello@reachandconnect.net](mailto:hello@reachandconnect.net)

Our service is 'light touch' and non-specialist, with a focus on signposting, short term support and workshops to help over 50s in Haringey to build confidence and achieve goals.

People who are in need of support or friendship can refer themselves directly to us. Our offer won't be right for everyone, but if it's not, we'll ensure that the right kind of support is found. We also accept referrals from local organisations, groups, family and friends.

The following information is to support residents to access local activities, but request that you please contact the organisers *directly* to find out more.

***Write down which groups you'd like to attend during the week here***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

# NATIONAL GRIEF AWARENESS WEEK DECEMBER 2025

Haringey Reach and Connect is participating in the 2025 National Grief Awareness Week by promoting activities where groups will be discussing

## LOVE and LOSS

***Creating safe spaces for individuals to openly discuss experiences of Grief, Loss and Bereavement.***

***Please see overleaf for activities and groups planned for this week.***

Monday 1st December	Tuesday 2nd December	Wednesday 3rd December	Thursday 4th December	Friday 5th December	Sunday 7th December	Monday 8th December	Tuesday 9th December
<b>SHARED READING</b> <b>Palm Tree Court</b> , 4 Factory Lane, Tottenham, N17 9FL <b>2pm - 3pm</b>	<b>GRIEF WALK</b> Meeting point is by the Chapel in the Tottenham Cemetery at <b>11:30am</b> Free lunch at the Antwerp Arms afterwards. <b>Antwerp Arms</b> 168-170 Church Rd, London N17	<b>GRIEF &amp; LOSS SUPPORT GROUP</b> Free drop-in session led by Alison, a trained grief specialist. <b>Hornsey Library</b> , Haringey Park, N8 9JA <b>11am-12noon</b>	<b>SHARED READING</b> <b>Russell Park Hub</b> Maurice Ave, Noel Park, N22 6PU <b>11 - 12:30pm</b>	<b>BEYOND GOODBYE</b> Monthly support group hosted by Sweet Mind <b>Nodes Funeral Directors</b> 15 Bounds Green Road, N22 8HE <b>10 -12noon</b>	<b>GRIEF WALK</b> Meeting in the Chapel in the Tottenham Cemetery - for those experiencing long-term grief. Refreshments at the <b>Pavilion Café, Bruce Castle</b> , N17 8NU <b>11 - 12:30pm</b>	<b>STARLING GRIEF TENDING CIRCLE</b> will be running a pop up opportunity to come and meet at the <b>Hornsey Vale Community Centre</b> , 60 Mayfield Rd, N8 9LP <b>2-4pm</b>	<b>HIGHGATE CEMETERY &amp; WATERLOW PARK REFLECTIVE GRIEF WALK</b> (this is the last reflective walk this year). Length: These walks are usually twice a month on a Saturday morning. The walk begins at <b>Waterlow Park</b> (N6 5HG), and ends in <b>Highgate Cemetery</b> . <b>11-1:30pm</b> (Approx <b>2 hours</b> ) These walks are usually twice a month on a Saturday morning. Please see the website for upcoming dates. <a href="https://reflective-walks.org/">https://reflective-walks.org/</a>
<div>   <p>Happy healthy lives for over 50s</p> </div>							
<h2>NATIONAL GRIEF AWARENESS WEEK</h2> <h2>DECEMBER 2025</h2> <h2>TIMETABLE OF ACTIVITIES</h2> <p>Haringey Reach and Connect is participating in the 2025 National Grief Awareness Week by promoting activities where groups will be discussing</p> <h2>LOVE and LOSS</h2> <p><i>Creating safe spaces for individuals to openly discuss experiences of Grief, Loss and Bereavement.</i></p>							
	<b>SHARED READING</b> <b>Coombes Croft Library</b> , Tottenham High Rd, N17 8AG <b>3:30 - 5pm</b> <b>Hornsey Library</b> , Haringey Park, N8 9JA <b>2:30 - 4pm</b>	<b>SHARED READING</b> <b>Abyssinia Court</b> , 107 Weston Park, N8 9PL <b>3-4pm</b>					
	<b>CHESTNUTS BE-REAVEMENT &amp; GRIEF SUPPORT GROUP</b> <b>Chestnuts Community Centre</b> 280 St Ann's Road, N15 5BN <b>11 - 1pm</b> Tel: 020 8442 7640	<b>SHARED READING</b> <b>Marcus Garvey Library</b> 1 Philip Ln, London N15 4JA <b>2:30 - 4pm</b>	<b>SHARED READING</b> <b>Antwerp Arms</b> 168-170 Church Rd, London N17	<b>SHARED READING</b> <b>Antwerp Arms</b> 168-170 Church Rd, London N17	<b>SHARED READING</b> <b>Antwerp Arms</b> 168-170 Church Rd, London N17	<b>SHARED READING</b> <b>Antwerp Arms</b> 168-170 Church Rd, London N17	<b>SHARED READING</b> <b>Antwerp Arms</b> 168-170 Church Rd, London N17
	<b>CONVERSATION CAFÉ</b> Bringing information and awareness conversations from local End of Life Doulas. <b>Bedale House</b> , 23 Boyton Road, N8 7AZ <b>2 - 3pm</b>						

AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
----------	---------------------	---------------------	---------------	-----------

## **REACH and CONNECT GROUPS - ALL FREE!**

### **BEDALE HOUSE 50+ ALL NATIONS CONVERSATION CAFÉ**

**Venue:** Bedale House, 23 Boyton Road, Hornsey, London, N8 7AZ

**When:** Tuesdays weekly

**Time:** 2pm to 3.30pm

**Come along to practice your conversation skills and meet some friendly faces!**

Please contact Alessandra Santos

Email: [alessandra@reachandconnect.net](mailto:alessandra@reachandconnect.net)

Mobile: 07485393587



### **MONTHLY "ARTFUL CODGERS" GROUP FOR THE OVER 50S**

**When: Monthly** – prior booking essential as we have a **maximum of 8 participants at each session**

**Where:** Hornsey Vale Community Centre, 60 Mayfield Rd, London N8 9LP

**When:** Second Wednesday of the month 12.00 – 2.00 pm

Dates Wednesdays: 10th December, 14th January, 11th February, 11th March 2026

This is a stress-free, creative, art-based group, focussed on well-being and joy.

This is your space to recharge, relax, chat, scribble, splatter, and smudge, all whilst enjoying the company of others, in a wonderful warm and local space.

Contact: Alice Martin Tel: 07308 968 337 to book on

Email: [alice@reachandconnect.net](mailto:alice@reachandconnect.net)



**It has been relaxing and very nice to meet new people and  
do something creative and different.  
I go home feeling happy.**

## LOOKING AFTER YOUR FITNESS!

### ONE YOU HARINGEY

#### MOVE MORE

#### FREE WORKOUTS WITH QUALIFIED HEALTH COACHES

If you'd like to discover the best way to get fit but aren't sure where to start, Health Coaches are here to help you. When you join the Move More programme, your Health Coach will help you set personal goals to help you get fit and healthy in a way that suits you.

**PLEASE REGISTER FIRST with ONE YOU Tel: 020 8885 9095**

**ONE YOU  
HARINGEY**

### WEST HARINGEY SENIORS EXERCISE GROUP

**HORNSEY VALE COMMUNITY CENTRE, N8 9PL**

Thursdays 2:30 – 3:30pm

**£3.00**

Contact Lesley on 07967 089 078 or Ann on 020 8340 8335



### OVER 50'S DAMN FINE DANCE

In-person creative dance session once a week in Tottenham. These sessions are aimed at adults 50 plus and encourage movement of all kinds with no routines and no right or wrong ways of moving.

Wednesdays

10 – 11.00am

Studio 1 at Tottenham Green Leisure Centre, N15 4JA

For those who prefer to move at home, we have an online session each week.

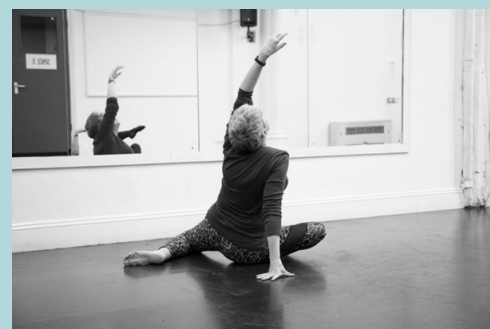
Mondays: 10 – 11.00am

Email [dfdcreative85@gmail.com](mailto:dfdcreative85@gmail.com) for the zoom link

The sessions are a suggested donation of **£5**. No booking required and first **taster session free**, just turn up in comfortable clothing ready to move with Daniela (Wednesday) and Molly (Monday)

The Over 50's Damn Fine Dance session on a Wednesday was originally the Creative Dance session that has been running for over a decade!

EMAIL: [dfdcreative85@gmail.com](mailto:dfdcreative85@gmail.com) for more information about either session.



### LINE DANCING

**St Ann's Library**

**Tuesdays** from 1 – 2pm

Line Dancing for all levels – beginners made very welcome.

£5 for one class, £7 for two classes, or you can pay £15 for the month if paid in advance (no cards, cash only please)

**WHY IS DANCE GOOD FOR YOU?** It reduces stress, brings you joy, keeps your body and mind fit, and reduces the risk of dementia. Dance quite literally grows your brain and makes you smarter!

For further details, please contact Carol via [danceuphoric1@gmail.com](mailto:danceuphoric1@gmail.com) or call 07831 268053



### WALK AND TALK from RISE Projects

Venue: The Trampery

Every Tuesday at 10am T: 0208 6171 760 or E: [info@riseprojects.org.uk](mailto:info@riseprojects.org.uk).

**RISE**  
projects



## WALKING FOOTBALL

*Walking football is a slowed down version of the game, ideal for people who want to get fit or maintain an active lifestyle.*

### PEOPLE NEED PARKS

#### **Women's Walking Football**

Wednesdays 6-7:30pm £5 per session. From 10th September ongoing

**Venue:** Wood Green Common, 95 Station Rd, London N22 7SY

#### **ARSENAL FOOTBALL CLUB**

**Sobell Leisure Centre** in Finsbury Park is hosting walking football on **Tuesdays** for people aged 50+.

**Sessions are delivered by a coach from Arsenal Football Club!!!**

All abilities are welcome.

For more information, please contact [Mikael.Kiviniemi@gll.org](mailto:Mikael.Kiviniemi@gll.org)

#### **SPURS FOOTBALL CLUB**

##### **Women's Walking Football 50+**

Tuesdays 6pm-7:30pm

**Venue:** Duke's Aldridge Academy, Trulock Road, Tottenham, London, N17 0PG

##### **Men's Walking Football 50+**

Tuesdays 6pm-7:30pm

**Venue:** Duke's Aldridge Academy, Trulock Road, Tottenham, N17 0PG

Email: [Foundation@tottenhamhotspur.com](mailto:Foundation@tottenhamhotspur.com) or [thf.activities@tottenhamhotspur.com](mailto:thf.activities@tottenhamhotspur.com)



**WOMEN'S WALKING FOOTBALL**

## FREE DEMENTIA FRIENDLY WALK

Finsbury Park

Fridays: 19 September, 17 October, 21 November, 19 December 2025

Duration: 1:30pm - 3:30pm

Meet: 1:30pm at Stroud Green Gate N4 2DE (opposite Finsbury Bus & Rail station).

Alternatively, for 2pm at Finsbury Park Café, by the lake, N4 2NQ (parking available this side of the park).

For further details call our co-ordinators: Anita, Haringey walks: M: 07973 571 921

## BOLLY WOOD DANCE AND CHAIR YOGA

### THE COMMUNITY HUB (HARINGEY)

Every Monday from 12noon to 1pm for an energizing and invigorating session of Bollywood Dance and chair-based exercises!

Designed to promote fitness, flexibility, and fun, these exercises are suitable for people of all ages and abilities. Come and experience the joy of movement in a friendly and inclusive environment. Cost £3.00

#### **What to Expect:**

Chair-based exercises that improve strength, balance, and mobility.

Gentle stretches to enhance flexibility and prevent stiffness.

Expert guidance from certified instructors who prioritise your safety and well-being. **Tea and Indian snacks provided after class!**

A welcoming atmosphere where everyone is encouraged to participate and enjoy themselves.

Location: **The Community Hub (Haringey)**

**Every Monday 12:00noon to 1:00pm**

**Address:** 8 Caxton Road, Wood Green, London, N22 6TB **Phone number:** 0208 889 6938

Or contact **Alka** - 07956451267 or **Jaya** 07917436998 Email: [alkapatel@hotmail.co.uk](mailto:alkapatel@hotmail.co.uk)



## HARINGEY WALKS

HARINGEY also offer **FREE** weekly Walking Groups.

The walking sessions take place in various locations across Haringey and incorporates different walking styles such as flat walking, mild walk, brisk walk, light uphill.

All exercise sessions provide a fun, warm and inviting environment. See timetable.

For further details on Haringey's Wellbeing Walks or our Community Walks in Haringey, please get in touch:

**Anita, Walks Co-ordinator Lily, Physical Activity Officer.** Mobile 07971 113 463

Email: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk) or visit [www.haringey.gov.uk/haringey-walks](http://www.haringey.gov.uk/haringey-walks)

### Haringey's Wellbeing Walks



Haringey Wellbeing Walks are FREE and led by trained walk leader volunteers, offering group walks across Haringey's parks and green spaces. Most wellbeing walks start and end close to cafes and toilets. Please arrive a few minutes before the start time of the walk, where you will be welcomed by the walk leader. The walks take place every week. Wear appropriate footwear and bring water. No walks on Bank Holidays.

Day	Time	Meeting Place	Leaders / Walking To	Duration
Monday	9:20am	Lordship recreation ground, at the gates near the traffic lights on Downhills Park Road N17 6NY	Storm & Gloria Walking in Lordship Rec	30-45 mins
Monday	11:00am	Bottom gates of Alexandra Park N8 7HP (by Safe store).	Annette & Bridget Alexandra Palace	30-45 mins
Monday	11:00am	Inside Chestnuts Community Centre 280 St Ann's Rd N15 5BN	Paul & Neil A walk around Chestnuts Pk	45 mins
Monday	2:00pm	Hornsey Vale Community Centre, inside room 1, Mayfield Road N8 9LP	James Stationers Park circular	45 mins
Tuesday	9:45am	The Engine Room, Unit A, Eagle Heights, Lebus Street, N17 9FU	Janet Tottenham Marshes	60 mins
Tuesday	2pm	Bruce Castle Park Cafe (opposite the Tennis courts) N17 8NJ	James Two circuits of Bruce Castle Pk	30-45 mins
Wednesday	10:00am	New River Sport & Fitness Centre N22 5QW, (meet inside reception)	Qasim walk through the open green spaces of New River Centre	35 mins
Wednesday	10:00am	Outside Café in Markfield Park N15 4RB	Steve & Bob Markfield Park/River Lea	45+ mins
Wednesday	10:30am	Russell Park Café, N22 6PU	Rich A circular walk to Belmont Rec	45 mins
Wednesday	10:45am	Bruce Castle Park, in front of the Pavillion Café N17 8NJ	Rebecca & Phyllis A walk around the park	45+ mins
Wednesday	11:15am	In the cafe at Queenswood Surgery N8 8JD	Ray Priory Park	45+ mins
Wednesday	2:30pm	The Goods Office Café, Ferme park Road N4 4DS	Guillaume & Tom - Men on the Move Parkland Walk Finsbury Park Cafe	45mins
Wednesday	5:00pm	Next to Cafe Forks & Green, West Green Road N15 4AB	Hanna Downhills Park & Lordship Rec	45+ mins
Thursday	10:30am	Lordship Rec at the Rockstone Gate Lordship Lane N17 6AB	Winsome Lordship Recreation walk ending at Lordship Hub	45+ mins
Thursday	11:00am	Morum House GP practice 3-5 Bounds Green Road N22 8HE	Anita X2 circuits Nightingale Gardens	30 mins
Friday	10:30am	Stonebridge Lock Waterside centre/Near Café N17 0XD	Janice Tottenham Marshes	45+ mins
Friday	10:45am	Bruce Castle Park, in front of the Pavillion Café N17 8NJ	Rebecca & Phyllis A walk around the park	45+ mins

Please contact: Anita: 07973 571 921 or Lily: 07971 113 463 or E: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk) Updated 29/07/2025



For older and more vulnerable residents, please take a look at the Garden Walks. These take place in a number of locations across the Borough.

The weekly walks take place in the gardens or nearby green space at the following Haringey supported housing residencies. All Haringey residents 50+ and their carers are welcome to attend.

AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
----------	---------------------	---------------------	---------------	-----------

## HARINGEY SILVER FIT (for over 60s)

Silver Fit are fitness sessions run for over 45's. Sessions are open to men and women. It doesn't matter whether you have never exercised before or have many years of experience.

Sessions take place every Tuesday from 11:00 to 12:00 at The Hub, Lordship Recreation Ground, from 10.30 am (activities start at 11.00), followed by refreshments and socializing at 12.00-ish. Choose from Nordic Walking (limited to 12 people), silver cheerleading (pom poms provided), yoga or badminton (£1 members, £2.50 other. First session free. Membership £12/ year)

If you would like more information telephone 07721 419 518 or email [info@silverfit.org.uk](mailto:info@silverfit.org.uk)

As of 19th August, all Haringey sessions will be £3 and need to be booked in advance.

<https://www.silverfit.org.uk/haringey/>

Venue: The Hub— Lordship Recreation Ground N17 6NU



## FREE WORK OUT CLASSES

### **Mondays:**

**Tai Chi** - 10am to 11am

**Chari Exercise** - 1pm-2pm

### **Thursdays:**

**Line Dancing:** 11:30 to 12:30pm Contact: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)

**Drama Classes:** 7:30- 9:30pm

### **Saturdays:**

**Yoga:** 9:30-11am

Help relax and de-stress stress, build confidence and improve your posture.

Please email [nshannon2u@hotmail.co.uk](mailto:nshannon2u@hotmail.co.uk) for more information (yoga).

Phone : 02088812329

Email : [cycc6363@gmail.com](mailto:cycc6363@gmail.com)

Location: Cypriot Centre Earlham Grove, Wood Green, London N22 5HJ.

Bus Routes: 329, 121, 141, 232 (Announcement stop – "Nightingale Road")



## YOGA

**What:** Gentle Hatha class for over 50+ men and women.

**Where;** Northumberland Park Neighbourhood Resource Centre, Park Lane, N17

**When;** Every Friday 11-12pm

### **FREE CLASSES**

**Contact:** Marta 07701044011



## FREE HULA HOOP SESSIONS FOR ADULTS

Every Monday evenings at **TOTTENHAM GREEN LEISURE CENTRE** will recommence from 6th October. All adults welcome.

7.00pm to 8.00pm.

Please contact – [Get.Active@haringey.gov.uk](mailto:Get.Active@haringey.gov.uk)



## CONNECTING WELL / WEEKEND WALKS

Every Sunday starting at 11.30am, Haringey Circle members explore a different route each week, with the Walthamstow Wetlands, Alexandra Palace Park, and Parkland Walk being some of the favourites. Sign up for free here: [hello@haringeycircle.com](mailto:hello@haringeycircle.com) or call 020 3196 1894



<b>AREA KEY</b>	<b>WEST OF THE BOROUGH</b>	<b>EAST OF THE BOROUGH</b>	<b>CENTRAL AREAS</b>	<b>ALL AREAS</b>
-----------------	----------------------------	----------------------------	----------------------	------------------

## HEALTH AT THE HUT

To register or book a session and find out the venue, please **contact Nurys** 07470673098 or [nurys@bridgerenewaltrust.org.uk](mailto:nurys@bridgerenewaltrust.org.uk)

- **Women's Fitness session**

Mondays 10:00- 11:00 am

Wednesdays 10:00 – 11:00am

- **Mens 50+ Fitness**

Mondays 6:00–7:00pm

- **Yoga and mind fullness (Women only)**

Fridays from 10:00 to 11:00am



## NORDIC WALKING AT BRUCE CASTLE PARK

with Haringey Circle

**FREE** James, our friendly and trained Nordic walking guide, will lead the way through a fun and energetic 30-45 minute walk, helping you improve your posture, strength, and overall fitness.

You'll also get to enjoy the stunning natural surroundings of the park while boosting your health!

**Every Monday from 11:00am–11:45am**

**Venue: THE PAVILLION SPORTS AND CAFÉ** –Bruce Castle Park, Lordship Lane, N17 8NJ

Call: 020 3196 1894

Email: [hello@haringeycircle.com](mailto:hello@haringeycircle.com)

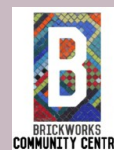


## CHAIR-ASSISTED YOGA

**Fridays** 10:15am –11:30am

Brickworks Community Centre – 42 Crouch Hill, N4 4BY Tel: 0207 263 1067

<https://hanleycrouch.org.uk/events-timetable/>



## LINE DANCING

**Every Wednesday** 10:30am to 11:30pm (advanced) and 12pm to 1pm (beginners)

**Venue:** The Community Hub, 8 Caxton Rd, N22 6TB

Call: 020 3196 1894

Email: [hello@haringeycircle.com](mailto:hello@haringeycircle.com)

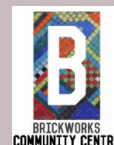


## THAI CHI

**Tuesdays** 8:00 pm - 9:00 pm

Brickworks Community Centre – 42 Crouch Hill, N4 4BY Tel: 0207 263 1067

<https://hanleycrouch.org.uk/events-timetable/>



## PEOPLE NEED PARKS

**NEW FREE Down Lane Sessions!** 50 plus LINE DANCING AND TURKISH KURDISH WALKS

**Venue:** Down Lane park 43A Park View Rd, London N17 9AU

**Line Dance** - Thursdays – 4pm to 5pm

**Turkish Kurdish Walks** - Wednesdays 12-1pm until 26th November

Contact: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)



## FREE PICKLE BALL 50+

Fun and easy to play! Starts in March (indoor and then outdoor late April) All adults welcome.

Every Tuesday at **CHESTNUTS PARK TENNIS COURTS, N15 5BN**.

1:30pm to 2:30pm. Pickleball is a combination of tennis, badminton

and table tennis. It's played on a much smaller court than tennis with softer and slower ball.

All equipment provided! **Contact Lennie- 07534 738 806**



## AQUA AEROBICS

An aerobic workout without traumatic impact on the joints. Results include increased muscular tone, flexibility, and cardiovascular endurance. No swimming experience needed.

Venue: **TOTTENHAM GREEN LEISURE CENTRE** 1 Philip Lane, Tottenham, N15 4JA .

TIME: Every Tuesday 12:15pm to 1:00pm.

Book here: <https://haringey.gladstonego.cloud/book>

Concessions available – contact the centre

If you're 65 and over you can get discounted and free memberships.

A free membership lets you use the facilities between Monday and Friday, 9am to 5pm.



## 50 PLUS NORDIC WALKS - STATIONERS PARK

**Venue:** Stationers Park, Mayfield Road, London, N8 9LP

Mondays, 2.00pm to 3.00pm (until 29th September 2025)

**For more details contact:** [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)

## THAI CHI 50+

**Venue:** O.R. Tambo Rec, Albert Road N22

Tuesdays from 3rd June to 22nd July (8 weeks) 10am - 11am

For more details contact email: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)



## THAI CHI 50+

**Venue:** Priory park, Middle Lane, N8

Thursdays from 5th June to 25th September (17 weeks) 1pm - 2pm

For more details contact email: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)

## MOSELLE COMMUNITY PROJECT

**Venue:** Broad Water Farm Community Centre, Adams Road N17 6HG

**Every Friday** from 10am - 3pm

Walking group at 10am, Tea & Coffee, Arts & Crafts, Knitting, Lunch, Jewellery making and sewing, Bingo.

Delicious food, hot drinks, cooking on a budget, board games, activities, massage and lots of chat in a friendly and informal setting. Join us on Fridays, 10am to 3pm in the cafe area at Broadwater Farm Community Centre.



## SILVERSPOKES ON YER BIKE! WEEKLY BIKE RIDES FOR SENIORS (50+)

Improve your knowledge of London's cycling routes. Guided weekly rides along safe routes around north and central London. Sign up by following the link below or emailing them at: [silverspokeslondon@gmail.com](mailto:silverspokeslondon@gmail.com)

[book here](#) Length: 2-3 hours (with coffee/cultural stops). Rides start at the central cafe in Finsbury Park leaving 9:30 am on Fridays. You will need: A bike, helmet, water.



## **REGGAETIVITY**

**Reggaetivity** will recommence from 6th October

Venue: Tottenham Green Leisure Centre

Thursdays 10:00am and 6:30pm

CONTACT—Sekhem Arts—Email: [sekhemarts@gmail.com](mailto:sekhemarts@gmail.com) or [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)



## **YOGA 50+**

Recommencing on 6th October

**Tottenham Green Leisure Centre**

Mondays 5pm - 6:15pm

## **CANDYS DANCE STARS**

**YMCA** - Tottenham Lane N8

**Mondays:** Dance 2pm - 3pm (£5)

**GOAN COMMUNITY CENTRE** - Apple Tree Road N17

**Tuesdays:** Chair Dance - 2pm - 3pm (£3)  
Dance - 3:15pm - 4:15 pm (£3)

**Wednesdays:** Dance - 7pm - 8:30 pm (£5)

**ENGINE ROOM** - Tottenham Hale, N17

**Wednesdays:** Dance - 10:45am - 11:45am (FREE)

**CYPRIOT CENTRE** - Woodside Park, N22

**Thursdays:** Chair Dance - 10am - 11am (FREE)

**BROADWATER COMMUNITY CENTRE** - Tottenham N15

**Fridays:** Chair Dance - (FREE)

**HORNSEY VALE** - 60 Mayfield Road N8 11:15am - 12:15pm



**For more information**

contact Candy Mobile: 07961044079

Email: [candydancestars@hotmail.com](mailto:candydancestars@hotmail.com) or

[goancentre23@gmail.com](mailto:goancentre23@gmail.com)

## **WELLNESS TUESDAYS**

**THE COMMUNITY HUB (HARINGEY)**

**Every Tuesday from 10:30am to 11:30am**

Gentle exercise and self-defence techniques

**Cost £3.00 non-members & £1 for members**

Suitable for all abilities

Location: **The Community Hub (Haringey)**

**Address:** 8 Caxton Road, Wood Green, London, N22 6TB Tel - 0208 889 6938



## **SILVER CYCLING AT LORDSHIP REC**

**Every Friday at 1:30 PM**

**Venue:** Lordship Recreation Ground (Multi-Use Games Area or MUGA near the Adams Road Entrance) Broadwater Farm Community Centre Adams Road London N17 6HG

Learn to ride a bike or improve your skills and confidence with [Wheely Tots](#) in Lordship Recreation Ground. This session is for adults aged 60+ and has limited spaces. Let them know you will attend and if you need to borrow a bike. Book [Here](#)

## **CIRCUS SKILLS FOR 50+**

**Venue:** Jacksons Lane, 269a Archway Road, N6 5AA

Wednesdays, 11.30am to 1.00pm ( 24th Sept - 3rd Dec 2025)

## **REGGAETIVITY**

Venue: Coombes House 40 Bromley Road N17 OAR

Wednesdays 12noon - 1pm

CONTACT—Email: [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)

<b>AREA KEY</b>	<b>WEST OF THE BOROUGH</b>	<b>EAST OF THE BOROUGH</b>	<b>CENTRAL AREAS</b>	<b>ALL AREAS</b>
-----------------	----------------------------	----------------------------	----------------------	------------------

## GARDENING and OUTDOORS!

### MUSEUM OF HOMELESSNESS - COMMUNITY TUESDAY

No need to book tickets, just drop in

If you are experiencing homelessness or struggling, (by which we mean street homelessness, squatting, temporary accommodation, hostels, shelters, living in cars, boats, vans or any other form of homelessness, poverty or addiction) drop in on a Tuesday after 11:00am and get involved from there. **Including art, gardening, a community meal (served at 1:30pm), and recovery group.**

#### **How To Attend:**

No need to book tickets, just drop in.

#### **Location:**

Manor House Lodge

Seven Sisters Road, London, N4 2DE



### VOLUNTEER WITH TVC (THE CONSERVATION VOLUNTEERS)

TVC gets people outside, active, joining in, playing a vital role in the health and wellbeing of many people's lives.

**On Mondays** the Biodiversity Action Team has sessions at a range of wild spaces in and out of the borough. Volunteering days at **Railway Fields** and in many other green spaces around the borough of Haringey are Tuesdays, Wednesdays, Thursdays and Sunday

#### **How To Attend:**

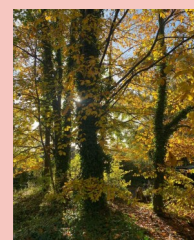
<https://www.tcv.org.uk/railwayfields/volunteering/>

**Contact Tel:** 07767 112085

**Email:** [clare.street@tcv.org.uk](mailto:clare.street@tcv.org.uk)

#### **Location:**

Various locations but primarily at Railway fields - 381, Green lanes, Haringey, N4 1ES



### THE GARDENS RESIDENTS' ASSOCIATION

#### **Community Gardening**

**First Saturday of the month 10:00 - 13:00**

Current residents of the Gardens N4 area can subscribe to the gardens residents email group.

[groups.io/g/gardensresidents](https://groups.io/g/gardensresidents)

**Email:** email [gardensresidents@gmail.com](mailto:gardensresidents@gmail.com)

**Location:** Doncaster Gardens, Harringay, N4 1HX



### HARMONY GARDENS

#### **Community Gardening**

Harmony Gardens is a community garden located by Broadwater Farm Community Centre. It is a friendly and tranquil place for locals to grow their own delicious fruits and vegetables, all while learning new skills and staying active. Volunteers welcome whether you know about gardening or not. **Join Tues & Fri from 12pm - 5pm** in the spring and summer months.

**Email:** For more info email [foharmonygardens@gmail.com](mailto:foharmonygardens@gmail.com)

**Venue:** The entrance to Harmony Gardens is on the corner of Adams Road/Freedom Road, next to the Broadwater Farm Community Centre. You can also follow the signs in Lordship Rec if coming via the park.

AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
----------	---------------------	---------------------	---------------	-----------

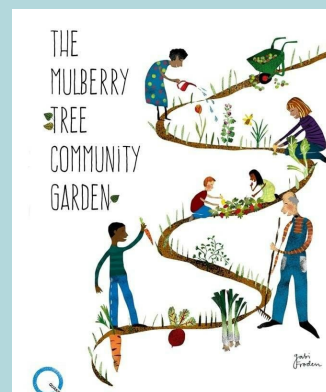
## MULBERRY COMMUNITY GARDEN

**Venue:** next to Aldi @ 594, High Road, N17 9TA

The Mulberry Community Garden is open to everyone and they especially welcome asylum seekers, refugees and other migrants to join in, get to know the neighbourhood and find a sense of belonging. You will be able to take veg, herbs and fruit home with you and we share recipes and ideas for cooking. Lunch, tea coffee, tools and gloves provided plus transport costs for those on low incomes.

If you'd like to know more please feel free to contact Jo directly on 07736 320920

Join the group on Facebook here: <https://www.facebook.com/groups/mulberrytrecommunitygarden/>



## GROW 22

GrowN22 hosts two community workshops every week;

Every Thursday at [Hornsey Library](#) from Noon until 2pm

Every Saturday at [Haringey Learning Partnership](#) from Noon until 2pm

Contact - 07847499992

## GARDENING GROUP AT MIND IN HARINGEY

**Every Wednesday** from 11:00 AM - 12:30 PM

Venue; Mind in Haringey, Station House, 73c Stapleton Hall Road, N4 3QF

**Contact:** 0208 340 2474 Email—[admin@mih.org.uk](mailto:admin@mih.org.uk)



## RAILWAY FIELDS

The Friends of Railway Fields open the site to visitors the **THIRD Saturday of every month and the SECOND and LAST Sunday of the month** and some bank holidays (volunteer dependent, so please check our social media before setting out). There are also some special events such as the Dawn

Chorus Walk and their Saturday nature sketching (for over 18's only).

Keep an eye on our social media and events page for details of those.

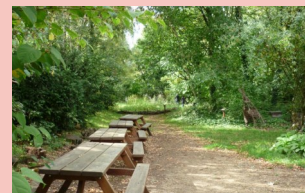
<https://friendsofrailwayfields.wordpress.com/>

Find us at 381 Green Lanes, N4 1ES (large gates near the railway bridge, opposite Haringay Green Lanes overground station).

Activities are free but donations are very welcome.

Dogs are welcome but must be kept on leads at all times. Please clean up after your dog.

Please note there are no toilet facilities available.



“Coming here has helped me go to other places and reconnect with my friends.”

— Group member

”



## ARTS & CRAFTS!

### STUDIO 14 WITH LUCY

Contact Lucy - 07976457382

Mondays and Fridays 12-4pm Term-time only (check first)

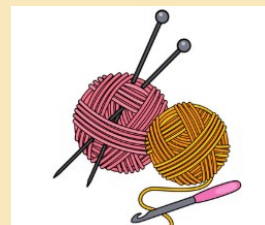
Studio 14 ,Unit 5 Gaunson House, Markfield Road, N15 4QQ

### SEWING, KNITTING, MENDING & REPAIR

#### ALEXANDRA PARK LIBRARY

Saturdays between 2:30 and 4pm – bring your own project.

No booking necessary.



### THE SEWING WORKSHOP

#### COOMBES CROFT LIBRARY

Wednesdays 1-3pm

Come along to create your project and carry out long overdue repairs. Bring your patterns and materials. Skilled guidance is available to enable you to explore your creativity.

### CHARITY KNITTING GROUP

#### HORNSEY LIBRARY

Tuesdays 2 to 4pm

Making items for dementia patients, things like twiddlemuffs, shawls, lap blankets and cannula sleeves. These have been donated to hospitals, care homes, etc. All welcome to join - materials provided. Donations of wool, buttons, ribbons etc appreciated.

### KNITTING & CROCHET GROUP

#### MARCUS GARVEY LIBRARY

Knitting and crochet club for adults on Fridays between 3pm and 4:30pm. Bring along your needles and wools and come and join us!

### FRIDAY FIBRE FEAST CRAFT GROUP

A drop-in knitting, crochet and textile craft group. Bring along your project and craft together with like minded people of all ages. **every Friday lunchtime** from 12noon to 2pm

email [hello@fourottercraftstudio.com](mailto:hello@fourottercraftstudio.com)

VENUE: Four Otter Craft Studio, Blue House Yard, N22 7TB

### PAPER SOCIAL

FREE Intergenerational (all ages) workshop shredding pulping and recycling. Be part of Haringey's first community paper mill. Just drop in.

Wednesdays (term-time only) 3:30-5:30pm

Venue: Clements House , 1 Siddons Road, N17 9QU

For more info email: [papersocialn17@gmail.com](mailto:papersocialn17@gmail.com)



## CONNECTIONS PEER ART GROUP

Artist-led activities in the library including hot drinks and mural activity.

**St Ann's Library every Wednesday**

**Time:** 11am to 1pm

Cissbury Road, N15 5PU

## SPEED SKETCH NIGHT

Every Monday at 6.30-8.30pm

The Village Green Pub

122 Fortis Green Road, Muswell Hill, London N10 3HN

Every Monday at 6.30-8.30pm

£10 or £5 concessions

Numbers are limited so reservation advised.

Email: [tanyagoodmanbailey@gmail.com](mailto:tanyagoodmanbailey@gmail.com)



## FRIENDS OF RAILWAY FIELDS ART GROUP

Free drop in, monthly nature drawing group for adults every

**third Saturday of the month**

Beginners welcome, basic materials provided

Feel free to bring your own art materials and sketchbook

Refreshments provided, donations welcome.

Meet at the cabin at Railway Fields at 10am - 1pm

Contact [friendsofrailwayfields@gmail.com](mailto:friendsofrailwayfields@gmail.com)



## CROCHET GROUP

Come together to learn, create, and connect through the art of crochet

Any skill level welcome!

**Venue:** Ducketts Common Park, Roj Café, Ducketts, London N8 0EP Just Opposite Turnpike Lane Station

**Time:** 2pm-4pm, every **Thursday**

Roj Cafe Ducketts Common Park, London N8 0EP,

T: 07912 177 579

## THE ALL GOOD BOOK SHOP

Address: 35 Turnpike Lane, Wood Green, United Kingdom

T: 020 8341 0783 E: [control@allgoodbookshop.co.uk](mailto:control@allgoodbookshop.co.uk)

### Knitting and Crafting

Tuesdays 2-4pm

Address: 35 Turnpike Lane, Wood Green, United Kingdom

T: 020 8341 0783

### Art Club

(every other Wednesday) 7pm £5 donation

Artists of all abilities are welcome. Each session has a theme to inspire creativity but there is no set image to create, allowing attendees to explore their own skills and interests. A range of art materials is supplied, but bringing your own supplies is also welcomed. £5 suggested donation. Register on

[Meetup](#)



## KNITTING GROUP

**Every Tuesday** 10am to 12pm

**Venue:** Goan Community Centre, N17 6PW

Hosted by volunteer Candy for Haringey Circle members

Sign up for free here: [hello@haringeycircle.com](mailto:hello@haringeycircle.com) or call 020 3196 1894



AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
----------	---------------------	---------------------	---------------	-----------

## MISCELLANEOUS

### ADULT EVENTS AT LOCAL LIBRARIES

<https://libraries.haringey.gov.uk/news/get-the-latest-whats-on-in-libraries>

#### Book Groups

Members meet once a month to discuss the book they have been reading.

### TOTTENHAM PENSIONERS BINGO

Tottenham Pensioners

2-4pm

Tottenham Green Leisure Centre (every Monday)

<https://ho50s.org.uk/diary/>

### FREEHOLD COMMUNITY MEN'S SHED

Muswell Hill, N10 2EY

Web : <http://mensshed.freeholdcommunity.org/>

Phone: Chris Faulkner - 07935 324 578

Mondays 10am to 3:30pm

Tuesdays 10am to 3:30pm

Thursdays 10am to 3:30pm

**Bring your own Lunch**

The Men's Shed is a place where men can get together, join in activities and talk about what's on their mind. It is a fully equipped workshop where skilled and unskilled men can share time with each other, swap yarns and work together on community projects. Men's Sheds is a charitable not-for



### MUSEUM OF HOMELESSNESS COMMUNITY TUESDAY

No need to book tickets, just drop in

If you are experiencing homelessness or struggling, (by which we mean street homelessness, squatting, temporary accommodation, hostels, shelters, living in cars, boats, vans or any other form of homelessness, poverty or addiction) drop in on a Tuesday after 11:00am and get involved from there. Including art, gardening, a community meal (served at 1:30pm), and recovery group.

How To Attend:

No need to book tickets, just drop in.

Location:

Manor House Lodge

Seven Sisters Road, London, N4 2DE



### BRACKNELL CLOSE 50+ ALL NATIONS CONVERSATION CAFE!

**Venue:** Bracknell Close Community Lounge

**Dates:** Every Thursday

**Time:** 2-3.30pm

**Come along to practice your conversation skills and meet some friendly faces!**

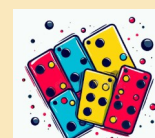
### GOAN COMMUNITY CENTRE DOMINOES NIGHT

Every Thursday from 6:30pm

Full dinner, music, refreshment and fun

VENUE: Goan Community Centre - Apple Tree Rd, London N17 6PW

Contact: Candy - 07961 044079



<b>AREA KEY</b>	<b>WEST OF THE BOROUGH</b>	<b>EAST OF THE BOROUGH</b>	<b>CENTRAL AREAS</b>	<b>ALL AREAS</b>
-----------------	----------------------------	----------------------------	----------------------	------------------

## **BRICKWORKS COMMUNITY CENTRE** - runs a range of activities for the over-50s.

### **Tranquil Health and Wellbeing workshops:**

Find the peace you are looking for at our monthly workshops. The accent is on therapeutic activities, designed to increase mental and physical wellbeing. The sessions are organised by Glenda Daniel, who has considerable experience of working with older people suffering from loneliness and depression. Once a month, scheduled on a Saturday 12-4pm

### **Arsenal bowls:**

Brickworks hosts a weekly indoor bowls session for the over 55s, run by Arsenal staffer Mark Antoniewicz. The mat is 40ft long; the fun, endless. Mondays, 12pm – 2pm. Free of charge.

**Venue:** Brickworks Community Centre, 42 Crouch Hill, Finsbury Park, London N4 4BY

To find out more, ring 020 7263 1067 or go to [admin@hanleycrouch.org.uk](mailto:admin@hanleycrouch.org.uk)

## **FREE SINGING FOR WELLBEING**

**Jacksons Lane** – 269a Archway Road, London, N6 5AA

Every Tuesday from 23rd September to 16th December 2025 12:30pm- 2:00pm

Telephone Maxime: 07563 142901 or email [maxime@jacksonslane.org.uk](mailto:maxime@jacksonslane.org.uk)

## **REPAIR FIXERS (Repair cafés)**

Help with getting things mended (electrical and electronic stuff, furniture, ornaments, jewellery, garden tools, etc).

Various venues around Haringey.

Book a free slot here:

<https://www.eventbrite.co.uk/e/lordship-hub-repair-cafe-registration-510116591457?aff=oddttdtcreator>

Email–[info@haringeyfixers.org](mailto:info@haringeyfixers.org)

## **ALL NATIONS OVER 60s WELL BEING GROUP**

Tai chi, dominoes, knitting, painting and crafts, tea and refreshments!

Every **Tuesday** 1pm – 4pm

Venue: Collage Art, Art Space2, 4 Coburg Road, Wood Green N22 6UJ

Contact: Elaine - 07506 204012



## **U3A CROUCH END & DISTRICT**

Are you retired or semi retired? Join U3A for lively talks and interest groups, run by members for members. Find out more here: <https://cedu3a.org.uk/>

## **THE WELCOME CLUB**

**TOTTENHAM GREEN LEISURE CENTRE.**

Meets every Tuesday from 10am to 12pm.

Bingo and conversation – drop by for more information.

Contact: [beverleysamaroo@hotmail.com](mailto:beverleysamaroo@hotmail.com)

Mobile: 07930 108355



## **COFFEE MORNINGS BY HOPEC**

Discover, connect and create!

Every **Monday** 11:30am – 12:30pm

Venue: Wood Green Library Wood Green N22 6XD

Contact: 07869558880





## SONGS AND SMILES

Designed for children aged 0-4, their parents/guardians and older people, this just might be the most heart-warming hour of your week. Equal parts communal playdate, all-ages singsong and intergenerational friendship group, Songs & Smiles tackles social isolation through human connection.

**Mondays** at 11:00am

**Spring Lane Care Home**

170 Fortis Green, London, N10 3PA

**Tuesdays** at 11:00am

**Priscilla Wakefield House**

Rangemoor Road, London, N15 4NA

**Fridays** at 11:00am

**Lorenzo House**

9 College Road, London, N17 8EA

Book here: <https://thetogetherproject.org.uk/songs-smiles-booking#North-London>



## SHARED READING GROUPS

### TUESDAYS

**2.30pm** Hornsey Library, Haringey Park, London N8 9JA

### WEDNESDAYS

**2.30pm** Marcus Garvey Library, 1 Philip Lane, N15 4JA (drop-in)

### THURSDAYS

**11:00am** Noel Park Big Local Community Hub, Russell Park, via Russell Avenue, N22 6PU Phone Ari-ane; 7881107661 (drop-in)

**2.30pm** Coombes Croft Library, 4 High Road, N17 8AG (drop-in)

**1.30pm** Jacksons Lane Arts Centre, 269a Archway Road, N6 5AA (Diane's Book Group—contact Maxime on 020 8340 5226 - for this group)



## LGBTQ+ READING GROUP

Group reading on the first Tuesday of the month at The All Good Book Shop 35 Turnpike Lane, N8 0EP.

Phone: 02083410783



## HARINGEY MEN'S EXPLORER'S CLUB

Get out and about with the Men's explorer's group—lead a healthy and active life!

Fridays from 1pm—4pm

Venue: 35 Bigbury Close, N17 8JQ

Tel: 07551 660 291



## OVER 60'S CINEMA CLUB

Usually at the Finsbury Park Picturehouse

The title of the film will be released on the Wednesday before and you will have to join the Over 50s Forum to be kept up to date, but you do not have to be a member to come along. It costs £7.00 and you'll need to join Silver Screen (free & painless!). You'll also get coffee/tea (hopefully biscuits too!) Stay for a drink and a chat in the members' lounge after the film. This is a joint venture with the Hornsey and Tottenham Pensioners Action groups.

We'd really like to encourage as many over 60's to join – you don't need to be a member of the Forum so you're always welcome to bring a friend.

Any difficulties or queries – text or phone 07915 477009

## **CREATIVE WRITING WORKSHOPS**

### **CREATIVE WRITING**

Occurring on the last Wednesday of every month at 11 am (FREE)

Venue: **Northumberland Park Resource Centre**, 117 Park Lane, N17 0HJ



### **FORTNIGHTLY WRITING GROUP**

The ALL GOOD BOOKSHOP has hosted this fortnightly writing group since 2010, giving feedback, support and a safe space for discussion ever since.

Every two weeks, participants meet in the shop at 7pm. Entry is £5 (which goes towards the venue as well as snacks/drinks).

The groups usually run for two hours. People can read out their recent work, receive feedback, and also act as part of a support group offering answers to writing questions.

Find out more on this [Meetup Group](#).

Where: 35 Turnpike Lane, Wood Green, London, N8 0EP, United Kingdom

E: [control@allgoodbookshop.co.uk](mailto:control@allgoodbookshop.co.uk)

T: 020 8341 0783

## **OLD ALONE**

### **BORN TO HAVE FUN**

2:00 - 6:00On the second Saturday of the month

(Different venues -varied programs - bookings only)

### **COMMUNITY HUB DAY**

2:00 - 7:00On the last Saturday of the month

(Different venues -varied programs - bookings only).

### **GUITAR LESSONS SATURDAYS**

2:00 - 3:30pm

51-203 Stonebridge Road, High Road, South Tottenham, N15

For information contact Luisa: 077 610 74785 Email—[info@oldaloneuk.org.uk](mailto:info@oldaloneuk.org.uk)



## **FREE STROKE SUPPORT GROUP**

**Finsbury Park Café** (near the pond in the park)

First Tuesday of month drop-in

11am to 12:30pm

## **NEW RIVER SHANTY CREW**

Folk songs and shanties for all abilities – Dementia friendly!

Thursdays 1:30-3:30pm

Venue: Shaftesbury Hall, Herbert Road N11 2QN

Contact Alisa on 07877122666

£6 per session £5 when paid monthly—FREE TRIAL SESSION



## **EMBRACE GOLDEN YEARS PROJECT**

Social connection & fun, community Coffee Mornings, classic Bingo nights

**Selby Centre**, Selby Road, N17 8J

Contact: 0208 801 9224 or

E: [post@embraceuk.org](mailto:post@embraceuk.org) or

Website: <https://octagon-tetra-35r7.squarespace.com/contact>



## DIGITAL SUPPORT

### THE DIGITAL INCLUSION SERVICE

The Haringey GP Federation offer a Digital Inclusion Service. They have care navigators who will contact you and support you with accessing online health services like the NHS App, Patient Access etc.

Operating hours: Monday to Friday, from 9am to 5pm

The service is borough wide and operates from Haringey libraries and community centres, including:

- Hornsey Library
- Marcus Garvey Library
- Wood Green Library
- Northumberland Park Resource Centre
- Selby Centre

Call 0203 0742710 or find out more [here](#)



### COFFEE & COMPUTERS

1-to-1 Support, **Winkfield Centre (N22 5RP)**  
on the 1st & 3rd Weds (each month), 2pm - 3:30pm

1-to-1 Support, **Hornsey Vale Community Centre (N8 9LP)**  
on the 2nd & 4th Weds (each month), 12:30pm - 2pm

Any questions/comments, or problems with the form, please email us on [info@coffeecomputers.org](mailto:info@coffeecomputers.org) or call/WhatsApp the C&C helpline on 07999 042497

Digital Skills Workshop at **The Engine Room (N17 9FU)**

Tuesdays 11:30am. Click [here](#) to register

Book-in for EACH session you would like to attend. You can do this via the [ONLINE FORM](#)

Email: [info@coffeecomputers.org](mailto:info@coffeecomputers.org)

Phone/WhatsApp: **07999 042497**

(Click link above on your phone to send us a WhatsApp message).



### OLD ALONE - IT LESSONS

#### BEGINNERS SATURDAYS

11:30 - 1:30 pm

Latimer House Communal Lounge, 1-32 Latimer Road, N15 6NWIT

#### LEVEL 1 SATURDAYS

1:30 - 3:30pm

Latimer House Communal Lounge, 1-32 Latimer Road, N15 6NW

For information contact Luisa: 077 610 74785 Email—[info@oldaloneuk.org.uk](mailto:info@oldaloneuk.org.uk)



### TECH, TEA, AND BISCUITS (TTAB)

This is a free, community-based initiative to help older adults overcome digital exclusion.

**Venue:** Broadwater Farm Community Centre, N17 6HE

Every Wednesday 10:30-12:30pm

To book contact: 020 3928 9370.

## MEALS!

### HORNSEY VALE LUNCH CLUB

Hornsey Vale Lunch Club is back, why not come along on for an excellent two-course lunch and tea or coffee with great company.

Lunch is from 12.30, with food service at 1pm and they'd love to welcome you! Call them to ask when the next one is booked in for £5.00 if booked on prev. Friday, £7 if on the day.

Address: Hornsey Vale Community Centre , 60 Mayfield Road, Crouch End, N8 9LP

Bookings essential to allow us to plan: please call the office on 020 8348 4612 or

Email Emma on [Communityinfo@hornseyvale.org](mailto:Communityinfo@hornseyvale.org)

Lunch Club 2025 dates:

4 June, 2 July, 3 September, 1 October, 5 November, 3 December.


No Lunch Club in January or August.

### HORNSEY VALE COMMUNITY SOUP CAFE

This year, the Small Hall will be open each Monday from 11am to 2.30pm. Soup will be served from 12-2:30pm.

Join in fun activities and tell us what you would like to see and do at Hornsey Vale. They have a growing collection of games (Jenga anyone?!) and have some activities planned for the Spring term, including singing.

Cafe runs term time only—please call the office on 020 8348 4612 for more information



**HORNSEY VALE COMMUNITY CENTRE**

## Lunch Club

Two-course lunch followed by tea and coffee

Arrive 12.30 for gentle exercise  
**Lunch served at 1pm**

£7 pay by card or cash  
£5 early bird (pay by Friday prior)

Booking is essential 020 8348 4612  
info@hornseyvale.org

**2024** 7 February, 6 March, 3 April, 1 May, 5 June, 3 July, 4 September, 2 October, 6 November, 4 December

Hornsey Vale Community Association | 60 Mayfield Road, London N8 9LP

### ANTWERP ARMS

**Free** Tuesday Community Lunch + chat and games

– food served from 12:30– 1:00pm

Address: 168-170 Church Rd, London. N17 8AS

T: 020 8216 9289



### CAFÉ AT ABYSSINIA COURT

Café for lunch and activities held every Wednesday from 1:00 – 3:00pm

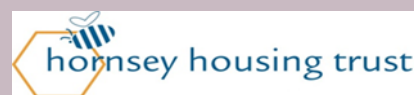
A place for people to get together, have lunch and get involved with activities or just have a cup of tea and chat.

All Welcome!

Abyssinia Court: Weston Park (corner of Denton Road) N8 9PL

Contact Office: 020 8340 6374

Barbara – 07540 913 992



### OVER 50S COFFEE MORNING AT THE LORDSHIP REC HUB

Every THURSDAY morning @ 11am (free Coffee\Tea provided,

20p donation appreciated) and there are a variety of people to meet and get to know.

Use the entrance opposite the lake and it's the first door you see opposite you to the right as you go in. Just drop in.



## ST JAMES' CHURCH

### TEATIME

St James Church do a Teatime group for over 60's.

Every Wednesday (term time only) 2.30 - 3.30pm.

Tea, triangular sandwiches with the crust cut off and usually an activity; quiz, plus guest speakers/performers.

### MONDAY NIGHT MEAL

St James Church do a Monday night meal

6.30 - 8.30pm.

Come as you are and pay as you feel.



## ST SAVIOUR'S FINSBURY PARK

### FREE COMMUNITY LUNCH

**Every 2nd and 4th Friday of the month** - everyone welcome - just come along to St Saviour's Church, Hanley road N4 3DQ

## WELCOME SPACE

Free simple lunch and good company!

Venue: **ST PAUL THE APOSTLE**, Station Road, Wood Green N22 7SZ.

Time and day: 12pm-3pm

Every **Wednesday**!



## THE LUNCH CLUB AT BRICKWORKS

Venue: 42 Crouch Hill, Finsbury Park, London N4 4BY

**Friday** is a big day for BRICKWORKS club members:

We start with exercise: chair-based yoga, from 10:45am to 11:45am, followed by a chance to chat and socialise. A three-course lunch is served at 1pm.

The Lunch Club organises regular trips, in and out of London; maybe a day on the river or a dance workshop at Sadler's Wells.

If you are interested in joining the Lunch Club, please speak to reception - 020 7263 1067.

## THE DOVE EFFECT

Venue: St Philip Church - 197 Philip Lane N15 4HJ

Hot meal and clothing, **every Tuesday** 6:15 - 8:45 pm - Contact 07955635278



## OLDER TURKISH PEOPLE'S PROJECT

A weekly Luncheon Club for Turkish speaking elderly where they come to socialise and interact with each other.

**Venue:** TCWP - 140a, Falkland Road, N8 ONP

**Fridays:** 10.30am - 1.30pm Tel - [020 8340 3300](tel:02083403300)

## FOODCYCLE - FREE MEAL

**FREE** 3 course Meal

Every **Wednesday** at 6.30pm

Venue: St. Paul's Church Hall, 60 Park Lane N17 0JR

Open to all no registration required!



## JACKSONS LANE

Address: 269A Archway Rd, London N6 5SS

**SOCIAL LUNCH - £5**

12pm - 2pm

**Last Tuesday of every month**

Contact: Maxime Singleton - Creative Engagement Officer

EMAIL: [maxime@jacksonslane.org.uk](mailto:maxime@jacksonslane.org.uk)

A monthly Social Lunch has been a staple at Jacksons Lane for many years, compered by, performed at and attended by members of the local community.

A delicious two course meal is served by our café, A La Mesa.

Tea, coffee and biscuits are also a given as we settle in for an afternoon of performances.

Alongside our community acts, singers and drag queens wow the audience with sets throughout the event. It is a warm and welcoming space for both regulars and new faces.

## COMMUNITY CAFÉ

Muswell Hill Methodist Church every Thursday.

Join them every Thursday between 10am - 12pm for cake and refreshments.

All are welcome!

Pay what you can.



## BRENT IRISH ADVISORY SERVICE

### ACTIVE AGEING LUNCH CLUB

Lunch Club every Friday from 25th April 2025 (excluding Bank Holidays) from 12 noon - 3pm

Venue: Hornsey Vale Community Centre, 60 Mayfield Road, N8 9LP

Call 020 8459 6655



## SENIORS LUNCH CLUB

at The Wood Green Salvation Army

Tuesdays, once a month, 12.30 - 3pm during term time.

£3 per person.

Contact Major Paula Knight for more details:

Email: [paula.knight@salvationarmy.org.uk](mailto:paula.knight@salvationarmy.org.uk) Office answer machine: 020 8888 9466



## COFFEE MORNING

**Alexandra Park Library**

Tuesdays 10.30-12.30pm

Friendly and informal coffee morning with Supporters of Alexandra Park Library, everyone welcome.

## WARM WELCOME SPACE

**Hornsey Moravian Church Priory Road N8 7HR**

Tuesdays 1pm-4pm Refreshments, games and puzzles

T: 02083406800

## ST BENET FINK COMMUNITY LUNCH CLUB

Venue: St. Benet Fink Church Hall, 75 Walpole Rd, London N17 6BH

Friendly chat, boardgames + 2 course meal with tea/coffee - £5

**3rd Saturday of every month** - To book please contact Calum: 07581781756

E: [SBFLunchClub@gmail.com](mailto:SBFLunchClub@gmail.com)

AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
----------	---------------------	---------------------	---------------	-----------

## HARINGEY SHELTERED HOUSING ACTIVITIES

Day	Activity	Venue	Time	From	To	contact	Cost
Monday	Reggaeactivity (exercise class)	Sophia House 19 Antil Road Tottenham N15 4AQ	2pm – 3pm	16 <sup>th</sup> June	25 <sup>th</sup> September	Maxine <a href="mailto:Maxine.lowe@haringey.gov.uk">Maxine.lowe@haringey.gov.uk</a>	Free
Monday	Over 50's 'lets talk' group	Lowry house 26 Pembury Rd Tottenham N17 8LS	1130am – 230pm	28 <sup>th</sup> every month	28 <sup>th</sup> every month	Judith <a href="mailto:Judith.mcdonagh@haringey.gov.uk">Judith.mcdonagh@haringey.gov.uk</a>	£1.00 Lunch provided
Monday	Musical Memories	Spanswick Lodge Waldeck Road N17 3EN	11am – 1230pm every fortnight	11 <sup>th</sup> August	15 <sup>th</sup> September	Maxine <a href="mailto:Maxine.lowe@haringey.gov.uk">Maxine.lowe@haringey.gov.uk</a>	Free
Monday	Art Club (resident led)	Cranley Dene Court 152 Muswell hill Rd N10 3JH	10am – 12pm	4 <sup>th</sup> August	Ongoing	Sharon <a href="mailto:Sharon.white@haringey.gov.uk">Sharon.white@haringey.gov.uk</a>	£1.00 Refreshments
Tuesday	Bingo	Palace Gates Breamar Ave Woodgreen N22	2pm – 330pm	Ongoing	Ongoing	Jerome <a href="mailto:Jerome.daniels@haringey.gov.uk">Jerome.daniels@haringey.gov.uk</a>	£1.00 Refreshments
Tuesday	Dominoes club	Summerhill village Summerhill RD Tottenham N15 4HR	1pm – 6pm	Ongoing	Ongoing	Belina.gemda@haringey.gov.uk	Free
Tuesday	Conversation café	Bedale House 23 Boyton Rd Hornsey N8 7AZ	2pm – 4pm	22 <sup>nd</sup> April	Ongoing	Alessandra Santos <a href="mailto:Alessandra@reachandconnect.net">Alessandra@reachandconnect.net</a>	£1.00 Refreshments
Tuesday	Coffee Morning	Lowry House 26 Pembury Road Tottenham N17 8LS	11am – 1230pm	5 <sup>th</sup> August	Ongoing	Judith <a href="mailto:Judith.mcdonagh@haringey.gov.uk">Judith.mcdonagh@haringey.gov.uk</a>	£1.00 Refreshments
Wednesday	Board games	Campbell Court (4 <sup>th</sup> floor	12pm – 2pm	5 <sup>th</sup> August	Ongoing	Judith	£1.00
Wednesday	Diabetes talking session	Coombes House (1 <sup>st</sup> floor communal lounge) 40 Bromley Rd N17	10am – 12pm	20 <sup>th</sup> August	One off	Aysel <a href="mailto:Aysel.erdagli@haringey.gov.uk">Aysel.erdagli@haringey.gov.uk</a>	Free
Wednesday	Bingo	Bracknell Close Woodgreen N22	2pm – 4pm	Ongoing	Ongoing	Hakim <a href="mailto:Hakim.besigye@haringey.gov.uk">Hakim.besigye@haringey.gov.uk</a>	£1.00 Refreshments
Wednesday	Musical memories	Summerhill village Summerhill Road N17 4HR	11am – 1230pm	13 <sup>th</sup> August	27 <sup>th</sup> August	Maxine <a href="mailto:Maxine.lowe@haringey.gov.uk">Maxine.lowe@haringey.gov.uk</a>	Free
Wednesday	Diabetes talking session	Harmony Hall Bigbury Close N17	12pm – 2pm	27 <sup>th</sup> August	One off	Loy <a href="mailto:Loy.obote@haringey.gov.uk">Loy.obote@haringey.gov.uk</a>	Free
Wednesday	Bingo	Lowry House 26 Pembury RD Tottenham N17 8LS	2pm – 330pm	Ongoing	Ongoing	Judith <a href="mailto:Judith.mcdonagh@haringey.gov.uk">Judith.mcdonagh@haringey.gov.uk</a>	£1.00 Refreshments
Thursday	Follow your art with Pauline	Cranley Dene Court 152 Muswell hill Rd N10 3JH	11am – 1pm	1 <sup>st</sup> and 3 <sup>rd</sup> Friday	Monthly	Pauline Holmes <a href="mailto:paulinejholmes@gmail.com">paulinejholmes@gmail.com</a>	Free
Thursday	Follow your art with Pauline	Brookside House 195 Lordship Lane N17 8LZ	2pm – 4pm	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday	Monthly	Pauline Holmes <a href="mailto:paulinejholmes@gmail.com">paulinejholmes@gmail.com</a>	Free
Thursday	Bingo	Alfred Findlay House	2pm – 4pm	Ongoing	Ongoing	Hakim <a href="mailto:Hakim.besigye@haringey.gov.uk">Hakim.besigye@haringey.gov.uk</a>	£1.00 Refreshments
Thursday	Let's Talk (Conversation social group)	Bracknell Close Woodgreen N22	2pm – 4pm	Ongoing	Ongoing	Hakim <a href="mailto:Hakim.besigye@haringey.gov.uk">Hakim.besigye@haringey.gov.uk</a>	£1.00 Refreshments
Thursday	Musical Memories	Sophia House 19 Antil Road Tottenham N15 4AQ	11am-1230pm	14 <sup>th</sup> August	28 <sup>th</sup> August	Maxine <a href="mailto:Maxine.lowe@haringey.gov.uk">Maxine.lowe@haringey.gov.uk</a>	Free

**The Broadway Brunch Tea Parties are back! Please see the posters at your scheme or contact Maxime to find out more:**  
**Maxime@jacksonslane.org.uk**

<b>AREA KEY</b>	<b>WEST OF THE BOROUGH</b>	<b>EAST OF THE BOROUGH</b>	<b>CENTRAL AREAS</b>	<b>ALL AREAS</b>
-----------------	----------------------------	----------------------------	----------------------	------------------

## HARINGEY SHELTERED HOUSING ACTIVITIES

Thursday	Chat and sew	The Lindale's 24 Grasmere Rd Tottenham N17 0HE	1pm – 3pm	Ongoing	Ongoing	Aysel <a href="mailto:Aysel.erdagli@haringey.gov.uk">Aysel.erdagli@haringey.gov.uk</a>	£1.00 Refreshments
Thursday	Antisocial Behaviour information session	Brookside House 195 Lordship Lane Tottenham N17 8LZ	2pm – 4pm	14 <sup>th</sup> August	One off	Judith <a href="mailto:Judith.mcdonagh@haringey.gov.uk">Judith.mcdonagh@haringey.gov.uk</a>	Free
Thursday	Bingo	Keynes Close Fortis Green N2 9NE	2pm – 4pm	31 <sup>st</sup> August	Ongoing	Sharon <a href="mailto:Sharon.white@haringey.gov.uk">Sharon.white@haringey.gov.uk</a>	£1.00 Refreshments
Thursday	Antisocial Behaviour information session	Lowry House 26 Pembury Road Tottenham N17 8LS	2pm – 4pm	28 <sup>th</sup> August	One off	Judith <a href="mailto:Judith.mcdonagh@haringey.gov.uk">Judith.mcdonagh@haringey.gov.uk</a>	Free
Thursday	Arts and Crafts (resident led)	Palace Gates Breamar Ave Woodgreen N22	11am – 1pm	31 <sup>st</sup> July	Ongoing	Jerome <a href="mailto:Jerome.daniels@haringey.gov.uk">Jerome.daniels@haringey.gov.uk</a>	£1.00 Refreshments
Thursday	Antisocial Behaviour information session	William Rainbird House Beaufoy Road Tottenham N17	2pm – 4pm	11 <sup>th</sup> September	One off	Aysel <a href="mailto:Aysel.erdagli@haringey.gov.uk">Aysel.erdagli@haringey.gov.uk</a>	Free
Thursday	Antisocial Behaviour information session	Bracknell Close Woodgreen N17	2pm – 4pm	25 <sup>th</sup> September	One off	Hakim <a href="mailto:Hakim.besigye@haringey.gov.uk">Hakim.besigye@haringey.gov.uk</a>	Free
Thursday	Antisocial Behaviour information session	Harmony Hall Bigbury Close Tottenham N17	2pm – 4pm	9 <sup>th</sup> October	One off	Loy <a href="mailto:Loy.obote@haringey.gov.uk">Loy.obote@haringey.gov.uk</a>	Free
Friday	Follow your art with Pauline	Spanswick Lodge waldeck Road N17 3EN	11am – 1pm	1 <sup>st</sup> and 3 <sup>rd</sup> Friday	Monthly	Pauline Holmes <a href="mailto:paulinejholmes@gmail.com">paulinejholmes@gmail.com</a>	Free
Friday	Karaoke and exercise	Bedale House 23 Boyton Rd Hornsey N8 7AZ	12pm – 3pm	15 <sup>th</sup> August	One off	Sarah <a href="mailto:Sarah.green-fried@haringey.gov.uk">Sarah.green-fried@haringey.gov.uk</a>	Free
Friday	Garden walk	Lowry house 26 Pembury Rd Tottenham N17 8LS	11am-12pm	Ongoing	Ongoing	anita <a href="mailto:anita@sanjurotrainingsystems.com">anita@sanjurotrainingsystems.com</a>	Free
Friday	Memory café	Hilldene Court 11 Alexandra Park Rd Muswell Hill N10 2DB	1pm – 330pm	2 <sup>nd</sup> Friday of the month	2 <sup>nd</sup> Friday of the month	Eveleen <a href="mailto:Eveleen.hill@haringey.gov.uk">Eveleen.hill@haringey.gov.uk</a>	Free Cost of refreshments
Friday	Haringey Men's Explorers Club	Harmony Hall (N17)	1pm – 4pm	Ongoing	Ongoing	Jerome <a href="mailto:Jerome.daniels@haringey.gov.uk">Jerome.daniels@haringey.gov.uk</a>	£1.00 Refreshments
Friday	Bingo	Summerhill village Summerhill Road Tottenham N15 4HR	2pm – 4pm	Ongoing	Ongoing	Maxine <a href="mailto:Maxine.lowe@haringey.gov.uk">Maxine.lowe@haringey.gov.uk</a>	£2.00
Friday	Over 50s Prayer Group	Lowry house 26 Pembury Rd Tottenham N17 8LS	5pm – 9pm	Ongoing	Ongoing	Judith <a href="mailto:Judith.mcdonagh@haringey.gov.uk">Judith.mcdonagh@haringey.gov.uk</a>	£1.00 Refreshments
Saturday	ESOL English Lessons	Latimer House 1-32 Latimer RD N15 6NW	10pm – 12pm	Ongoing	Ongoing	CONTACT LUISA: 07761074785 <a href="mailto:info@oldalone.org.uk">info@oldalone.org.uk</a>	Free
Saturday	Guitar Lessons Beginners	Latimer House 1-32 Latimer RD N15 6NW	12pm – 1.30pm	Ongoing	Ongoing	CONTACT LUISA: 07761074785 <a href="mailto:info@oldalone.org.uk">info@oldalone.org.uk</a>	Free
Saturday	IT/mobile skills - Beginner	Latimer House 1-32 Latimer RD N15 6NW	1.30pm – 3.30pm	Ongoing	Ongoing	CONTACT LUISA: 07761074785 <a href="mailto:info@oldalone.org.uk">info@oldalone.org.uk</a>	Free
Saturday	Dance Lessons All levels	Latimer House 1-32 Latimer RD N15 6NW	3.30pm – 5pm	Ongoing	Ongoing	CONTACT LUISA: 07761074785 <a href="mailto:info@oldalone.org.uk">info@oldalone.org.uk</a>	Free
Last Saturday of the month	Community Hub Days	Latimer House 1-32 Latimer RD N15 6NW	3.30pm – 7.30pm	Ongoing	Ongoing	CONTACT LUISA: 07761074785 <a href="mailto:info@oldalone.org.uk">info@oldalone.org.uk</a>	Free
Various	Broadway Brunch	Various (posters displayed in schemes)	Monthly 1230pm-330pm	Ongoing	Ongoing	CONTACT MAXIME: <a href="mailto:Maxime@jacksonslane.org.uk">Maxime@jacksonslane.org.uk</a>	£5 Hot meal provided

A reminder that if you have any family or friends who are 50+, they are welcome to join activities! We really enjoy carers key workers family and friends too.

Please get in touch by emailing [shactivities@haringey.gov.uk](mailto:shactivities@haringey.gov.uk) to discuss any ideas for projects and activities you may have and how we can collaborate to enhance the opportunities available to older and vulnerable adults across Haringey.

**IMPORTANT PLEASE READ:** Please contact the named facilitators before attending any activities on the timetable. This is to ensure that facilitators know to expect you and to provide access to the building.



# HARINGEY SHELTERED HOUSING ACTIVITIES (continued)

*Let's Get Creative!!*



## Follow Your Art Timetable :

### Art Sessions 2025

**Cranley Dene Court: 152 Muswell Hill Rd, London N10 3JH**

**Dates:** Thursdays: 6th Nov, 20th Nov, 4th Dec

**Time:** 11am-1pm



**Brookside House: Brookside House, 195 Lordship Lane, Tottenham, London, N17 6LZ**

**Dates:** Thursdays: 13th Nov, 27th Nov, 11th Dec

**Time:** 2- 4pm

**Spanswick Lodge - Spanswick Lodge, Waldeck Road, Tottenham, London, N15 3EN**

**Dates:** Fridays: 7th Nov, 21 Nov, 12 Dec

**Time:** 11am-1pm

### Christmas Decorations Workshops 2025

<b>Friday</b>	28 <sup>th</sup> Nov	Sophia House, N15 4AQ	2pm-4pm
<b>Monday</b>	1st Dec	Alfred Findlay, N22 6SJ	11am- 1pm
<b>Tuesday</b>	2nd Dec	Coombs House, N17 0AW	2pm-4pm
<b>Thursday</b>	4th Dec	Cranley Dene, N10 3JH	11am-1pm
<b>Friday</b>	5th Dec	Bigbury Close, N17 8JQ	11am-1pm
<b>Monday</b>	8th Dec	Bracknell Close, N17 8JQ	2pm-4pm
<b>Tuesday</b>	9th Dec	Priory House, N8 7HS	2pm-2pm
<b>Thursday</b>	11th Dec	William Rainbird, N17 8AY	11am-1pm
<b>Thursday</b>	11th Dec	Brookside House, N17 6LZ	2pm-4pm
<b>Friday</b>	12th Dec	Spanswick Lodge, N15 3EN	11am-1pm



**Memory Café Art Sessions - Hilddene Court, 11 Alexandra Park Road, Muswell Hill, London, N10 2DB**

**Dates: Fridays**

November 14<sup>th</sup>

January 9<sup>th</sup>

February 13<sup>th</sup>

**Time:** 1:30pm-2:30pm



## LOOKING AFTER YOUR MENTAL HEALTH!

### HARINGEY WELLBEING NETWORK



The Haringey Wellbeing Network

The Haringey Wellbeing Network is a free service available to all residents in Haringey. We accept self-referrals and referrals from agencies.

Please complete the referral form [here](#). Email: [Haringeywellbeingnetwork@mih.org.uk](mailto:Haringeywellbeingnetwork@mih.org.uk)

Address: Haringey wellbeing Network Administrator, Station House, 73c Stapleton Hall Rd, London, N4 3QF.

Text message us to request a referral: 07508511128

Or call us: 0208 340 2474 (option 1).



Criteria to access HWN services are:

- A resident of Haringey or registered with a Haringey GP
- You must be aged 18 and over

The Wellbeing Network works with its clients to improve their mental and physical health, which can be achieved through a programme of activities and agreeing on a set of goals. The service works towards supporting people to make positive changes in their lives.

### HARINGEY SERVICE USER & CARER FORUM

#### **YOUR VOICE MATTERS!**

Working together to improve mental healthcare for Haringey residents

2nd Monday or every month 2-3:30pm

Everyone is welcome –simply turn up!

Venue: Chestnuts Community Centre or online (Teams)

Contact [AISHA.HOSSAIN@NHS.NET](mailto:AISHA.HOSSAIN@NHS.NET)

### TOTTENHAM TALKING

**Venue:** CHESTNUTS COMMUNITY CENTRE, N15 5BN

Peer led mental Health support with **LOTS** of different activities, one-to-one support, person-centred.

Tottenham Talking is a great space to make friends, improve your well-being, mingle with peers in the local community, and maybe even pick up a new hobby.

Contact details: [tottenhamtalking@bridgerenewaltrust.org.uk](mailto:tottenhamtalking@bridgerenewaltrust.org.uk)

### CHESTNUTS BEREAVEMENT & GRIEF SUPPORT GROUP

Every Tuesday between 11:00 AM – 1:00 PM

Venue: Chestnuts Community Centre, 280 St Anns Road, London N15 5BN

Facilitated by Sheila Ramsamy

Come as you are. No judgement. No pressure. Just support.

For more information: Tel: 020 8442 7640

<b>AREA KEY</b>	<b>WEST OF THE BOROUGH</b>	<b>EAST OF THE BOROUGH</b>	<b>CENTRAL AREAS</b>	<b>ALL AREAS</b>
-----------------	----------------------------	----------------------------	----------------------	------------------

## **MENTAL HEALTH CONTACT NUMBERS FOR SUPPORT**

- Samaritans. To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or visit some branches in person. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day).
- SANEline. If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).
- National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (6pm to midnight every day).
- Shout. If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.
- Mind. If racism is affecting your mental health, contact Mind for support and help.
- Switchboard. If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.
- 999 if you need immediate and urgent support for your mental health
- Local Crisis Team number, if you are in a Mental Health Crisis: 0800 953 0223

## **PAVILION RC CLUB**

FREE twice monthly event for people in Recovery Services

Reclaim your life, embrace recovery! The RC Club welcomes you on your journey to sobriety.

Discover the healing power of hobbies and connect with fellow peers, who understand your unique challenges.

1st Friday of the month: Race day, stunts and prizes

3rd Friday of the month: Pit stop, learn how to drive and maintain RC Cars

Times: 12–3pm

Venue: Chapmans Green Pavilion, Perth Road, N22 5RB

9 mins walk from Wood Green tube, buses 144/W3 stop outside

Contact: Jason 07732791954

## **WOMEN'S SPACE AT THE PAVILION**

Every Tuesday

Please note the Women's Space group is now from (11:00am–1:30pm) until end of March 2025 and this group is primarily but not exclusively for those who may have had alcohol or drug abuse in the family, but not exclusively for this.

There is also a new group running at the Pavilion every Wednesday from 11–5pm where women can come to extend and develop their creative practices.

Tel: 07958 504 759

Venue: Chapmans Green Pavilion, Perth Road, N22 5RB

9 mins walk from Wood Green tube, buses 144/W3 stop outside

## BE A VOICE IN YOUR COMMUNITY

### **HARINGEY OVER 50S FORUM** covers the whole borough.

They hold a monthly speaker/discussion meeting and a monthly cinema club.

There are occasional social, picnics and outings too.

Membership is £8 per calendar year – see ‘membership’ page on their web site.

Tel. 07915 477009 – requests for call back are best by text, so that names and numbers are quite clear.

E-mail [info@ho50s.org.uk](mailto:info@ho50s.org.uk)

### **HORNSEY PENSIONERS’ ACTION GROUP:**

The Hornsey Pensioners Action Group was started over twenty five years ago as the Highgate and Muswell Hill Pensioners Action Group. It is a non-party political organisation affiliated to the National Pensioners Convention and the Greater London

Pensioners Association. It holds monthly social meetings and talks, usually at Hornsey Parish Church Hall, bottom of Cranley Gardens N10, from 1.30 to 3pm on the third Wednesday in every month.

Tel. 0208 883 9571.

E-mail [janet.rmshapiro@gmail.com](mailto:janet.rmshapiro@gmail.com)

Website [www.hornseypensionersactiongroup.org.uk/](http://www.hornseypensionersactiongroup.org.uk/)

### **HARINGEY PENSIONERS ACTION GROUP, TOTTENHAM AND WOOD GREEN BRANCH:**

Representing older people in Haringey and surrounding Boroughs. Holds monthly meetings with a variety of speakers.

There are 350 members who can go on four day trips a year plus two four day holidays and 3 tea parties a year.

There is also a Big Bingo session twice a year, and an annual Christmas dinner.

Membership is £8 per year.

Contact Cllr Sheila Peacock, [sheila.peacock@haringey.gov.uk](mailto:sheila.peacock@haringey.gov.uk) Tel. 0208 885 6193 or just turn up at Broadwater Farm Community Centre the second Tuesday afternoon of the month.

### **OLDER PEOPLE’S REFERENCE GROUP:**

This is a small group set up to liaise with the Council and the NHS about older people’s services. It is often looking for new members.

Contact via Public Voice, 0203 196 1900

## FIND YOUR LOCAL COUNCILLOR

Find your local councillor, what councillors do, how to become a councillor, allowances and expenses.

<https://www.minutes.haringey.gov.uk/mgFindMember.aspx>

<https://www.minutes.haringey.gov.uk/mgCommitteeMailingList.aspx?ID=0>

<https://haringey.gov.uk/council-elections/councillors-wards/haringey-wards>



## ADULT AUTISM SUPPORT

### INFORMATION AND ADVICE (appointment only)

Meet with the staff team for advice, signposting and advocacy support

**Days:** Tuesday and Thursday **Time:** 10am to 12 noon

Please email us at [autismhub@haringey.gov.uk](mailto:autismhub@haringey.gov.uk) or call/text 07542664431.

### TAPESTRY with Eliot Drop-in

Join us for our exciting tapestry drop-in sessions with Eliot.

**Days:** 2nd and 4th Tuesday of the month **Time:** 2pm to 3.30pm

### MUSIC MAKING WITH GEORGE

**Days:** 1st and 3rd Tuesday of the month **Time:** 2pm to 3.30pm

### ART FOR WELLBEING

Monthly wellbeing therapeutic art group.

**Days:** 2 Wednesdays per month. **Time:** For dates and times please email [autismhub@haringey.gov.uk](mailto:autismhub@haringey.gov.uk)

### GARDENING GROUP

Join us for our weekly gardening group.

**Days:** Tuesday and Thursday **Time:** 1pm to 3.30pm

### AFTERNOON SOCIAL DROP-IN

A relaxing space for autistic adults to meet and socialise.

Activities on offer include, board games, video games, quizzes, book library, and crafts.

**Days:** Tuesdays and Thursdays **Time:** 2pm to 4pm

## WINKFIELD CENTRE

Winkfield Road, Wood Green, N22 5RP

If you would like to join any of the activities below, please contact the centre by email or phone.

Tel 020 8489 8200

Email: [wrc@haringey.gov.uk](mailto:wrc@haringey.gov.uk)

- Collage | Art and Design | Painting and mixed media | Textiles - 8 classes for only £48
- Massage - £6 per session
- Chair Yoga | Dare To Dance - £4 per session
- Sing-Along | £2 per session
- Pottery | Mosaic/Ceramic - £150 for 7 classes
- Chair Based Exercise | Coffee and Computers | Knit and Natter - free