

## **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
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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

## **REACH and CONNECT GROUPS!**

### **WOOD GREEN LIBRARY 50+ ALL NATIONS CONVERSATION CAFE!**

**Venue:** The Health Suite, First Floor, Wood Green Library

**Dates:** Every Thursday

**Time:** 2-3.30pm

**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



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

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

**When:** Starting on Tuesday 22nd April 2025 from 2pm to 3.30pm, continuing weekly

**Time:** from 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



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

Haringey Reach and Connect, in partnership with Haringey Circle brings you a FREE, arts-based, creative, relaxed, well-being group. Our aim is to have FUN, UNWIND and feel GOOD! No previous art experience necessary.



**When:** Tuesday 22nd April 2025 1:00– 3:00 pm (face-to-face group) - now fully booked

**Where:** **Shaftesbury Hall - Herbert Road, Bounds Green, N11 2QN**

**Contact:** **Alice Martin** Tel: 07308 968 337

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



## 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**



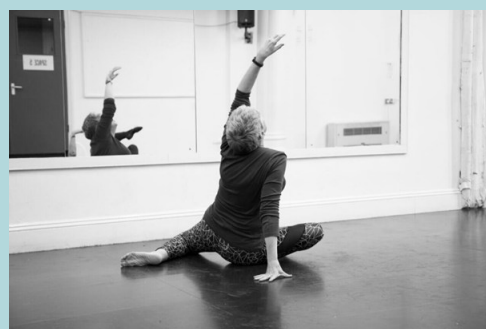
### OVER 50'S DAMN FINE DANCE

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.

### YOGA

**THE YOGA WELL** – Low Cost Yoga for Every Body

**St Ann's Library**

**Thursdays 10-11am**

Yoga originated in ancient India and is now practiced the world over by people of all faiths and all levels of fitness/flexibility. These classes are for everyone aged 18 to 80 plus! Exploring natural relaxing ways to gently build strength, ease aches and pains, sooth the nerves, balance the mind and lift the spirit. Please wear stretchy, comfy

clothing - mats provided. Advanced booking only at [www.theyogawell.co.uk](http://www.theyogawell.co.uk)

**£2.50 per person (some free places available)**





## **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.

### **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

40+Duke's Aldridge Academy, Trulock Road, Tottenham, London, N17 0PG

**Men's Walking Football 50+** -Tuesdays

6:00pm-7:30pm

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

Email:

[Foundation@tottenhamhotspur.com](mailto:Foundation@tottenhamhotspur.com)

or

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

Website - <https://www.tottenhamhotspur.com/the-club/passionate-about-tottenham/our-work/>



## **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.

Fun and engaging routines to boost your energy and lift your spirits.

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)



## MEN ON THE MOVE

Join your walk leaders for a gentle 45 minute weekly walk for men over 50. Walk with other local male residents. Wellbeing walks start and end nearby to toilets and refreshments. Wear appropriate footwear and bring water. We look forward to welcoming you.

### Meeting Point:

Outside the Goods Office Café

**Address:** 1-3 Ferme Park Road, Stroud Green, N4 4DS

**Day:** Every Wednesday

**Time:** 2:30pm

**Contact:** [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk) or 07971 113 463

**Duration:** 45mins linear (ending at Finsbury Park Café by the Lake) All men are welcome!



## ONE YOU WALKS

As part of our Move More programme, ONE YOU 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 Café (opposite the Tennis courts) N17 8NU	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 Museum, N17 8NU	Rebecca & Phyllis A walk around the park	45+ mins
Wednesday	11:15am	In the cafe at Queenswood Surgery N8 8JD	Anthony 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 Café	45mins
Wednesday	5:00pm	Next to Cafe Forks & Green, West Green Road N15 4AB	Hanna Downhills Park & Lordship Rec	45+ mins
Thursday	11:00am	Morum House GP practice 3-5 Bounds Green Road N22 8HE	Anita X2 circuits Nightingale Gardens	30 mins
Thursday	10:30am	Lordship Rec at the Rockstone Gate Lordship Lane N17 6AB	Winsome Lordship Recreation walk ending at Lordship Hub	45+ 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 Museum, N17 8NU	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 25<sup>th</sup> October 2024

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.

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## SILVER FIT (FREE 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

- Yoga at Lordship Hub
- Nordic Walking in the park
- Badminton and table tennis at Broadwater Farm Community Centre.

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

First Session FREE

Membership fee: £5

Sessions: £1 for members or £2.50 non-members

Venue: The Hub— Lordship Recreation Ground N17 6NU



**inspired by 2012**

**SILVER FIT** <sup>®</sup>

**Haringey**  
LONDON

**Silver Tuesdays**  
Fun and Fitness Sessions

**Where?**  
The Hub,  
Lordship Recreation Ground,  
off Higham Road,  
Tottenham,  
London,  
N17 6NU

**Who?**  
Age 45 and over  
Whether you have never exercised before or are a seasoned pro. Meet new friends and get healthy doing it!

**When?**  
**Every Tuesday**  
- 10.30am Meet at The Hub for registration  
- 11.00am Activities start  
- 12.00pm onwards - Refreshments at The Hub

**What?**  
**All fitness levels catered for**  
- Nordic Walking  
- Silver Cheerleading  
- Yoga  
- Badminton

**£1 members**  
**£2.50 non-members**  
per session  
**First session free**  
Membership £5.00/annum  
**Free for over 65s!**

[www.silverfit.org.uk](http://www.silverfit.org.uk)  
[info@silverfit.org.uk](mailto:info@silverfit.org.uk)  
tel: 07450 611155

[silverfitcharity](https://www.facebook.com/silverfitcharity)  
[@silverfitorg](https://twitter.com/silverfitorg)

Lordship Hub Co-op  
Community building in every sense

## LINE DANCING

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!

**VENUE: St Ann's Library** – Cissbury Rd, London N15 5PU

**TIME: Tuesdays 1pm – 2pm**

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

## FREE WORK OUT CLASSES

### **Mondays:**

Tai Chi: 11am – 12pm

Chair Dance Exercise: 1 – 2pm

### **Thursdays:**

Line Dancing: 10 – 11am

### **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: Earlsam Grove, Wood Green, London N22 5HJ.

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





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## 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

- **Chair based Exercise**

Mondays 11:00– 12:00

- **Stretching and Mobility Class**

Tuesdays 9.30:00- 10:30 am

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

Fridays from 10:00 to 11:00am



## MAGIC MONDAYS - HEALTHY HEARTS

Come and have a chat, a hot drink, meet new people, bring friends and play games.

Learn about FREE Haringey Heart Health Services:

Haringey Walks with James (Nordic Walking),

OneYOU Haringey

- Be Smoke free
- Weight Management
- Alcohol reduction support
- Free NHS Health checks

**FREE** refreshments available.

**Every Monday from 11:00am–2:00pm**

**Venue: THE PAVILLION**

**SPORTS AND CAFÉ** –Bruce Castle Park, Lordship Lane,



### Magick Monday's Healthy Hearts

JOIN US EVERY MONDAY  
FROM 11AM - 2PM

AT PAVILION BRUCE CASTLE PARK  
STARTS MONDAY, 6 JANUARY 2025

PAVILION SPORTS AND CAFE (BRUCE CASTLE PARK, LORDSHIP LN, LONDON N17 8NJ)

- HAVE A CHAT AND HOT DRINK
- MEET NEW PEOPLE
- BRING FRIENDS
- PLAY GAMES.

LEARN ABOUT AND JOIN FREE HARINGEY HEART HEALTH SERVICES

•HARINGEY WALKS WITH JAMES DOING NORDIC WALKING

•ONE YOU HARINGEY - BE SMOKE FREE •MOVE MORE •WEIGHT MANAGEMENT •ALCOHOL REDUCTION

•NHS HEALTH CHECKS)

•FREE REFRESHMENTS AVAILABLE

**STARTS 6/01/25 AT 11AM**



PIC•COLLAGE

## FREE HULA HOOP SESSIONS FOR ADULTS

Every Monday evening at **TOTTENHAM GREEN LEISURE CENTRE**. 7.00pm to 8.00pm.

All adults welcome.

Music and Hoops provided!

**Contact Sara - 07932 566 508**

## CHAIR-ASSISTED YOGA

Fridays 10:15am –11:30am

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

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## **FREE PICKLE BALL**

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**



## **LINE DANCING AT THE CYPRIOT CENTRE**

For residents aged over 50

Every Thursday 10.00am to 11.00am

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

Venue: **CYPRIT CENTRE**, Earlham Grove, N22 5HJ



## **CANDY'S DANCE STARS**

Fridays 2:00 PM – 3:00 PM

Venue: **HORNSEY COMMUNITY CENTRE**, N8 9LP (bottom of Mayfield Road near Weston Park)

Dance class for over 50s. Ballroom, line dancing and Latin mix. Join in the fun and laughter in a friendly atmosphere where you will feel healthy and happy making a difference to your lives at an affordable £5.00! Drop-ins welcome. See also overleaf for more places.

Schedule: Term time only.

Contact: Candy Fernandes – [candydancestars@hotmail.com](mailto:candydancestars@hotmail.com) T: 07961 044 079

## **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.

With a discounted membership you can use the facilities at any time.

## **50 PLUS NORDIC WALKS - STATIONERS PARK**

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

Mondays, 2.00pm to 3.00pm

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

## **YOGA**

**Venue:** Community Hub Haringey

8 Caxton Road, Wood Green, N22 6TB

Mondays & Thursdays 10:00am to 11:15am. £5 per session for a drop-in. £3 for members.

**FREE TENNIS COACHING** – commencing in the spring –various parks—visit <https://www.tennisforfree.com/>



## **REGGAETIVITY**

Continuing until the **end of May**  
**Tottenham Green Leisure Centre**  
 Thursdays 10:00am and 6:30pm  
**Paignton Park N15 6NT**  
 Saturdays 11:00am



From **12th April until end of May**

**Elizabeth Place N15**

Saturdays 2PM  
 and

**Sophia House, Antill Rd N15**

Mondays 2pm

CONTACT—Sekhem Arts—Email: [sekhemarts@gmail.com](mailto:sekhemarts@gmail.com) for further information

## **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)

**CYPRLOT CENTRE** - Woodside Park, N22

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

**BROADWATER COMMUNITY CENTRE** - Tottenham N15

Fridays: Chair Dance - 11:15am - 12:15pm (FREE)

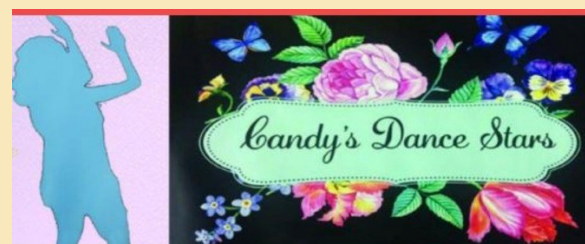
**HORNSEY VALE** - 60 Mayfield Road N8

Fridays: Chair Dance - 2pm - 3pm (£5)

**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](#)

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## 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)

TCV 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:

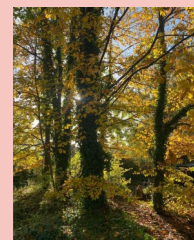
<https://www.tcv.org.uk/railwayfields/volunteering/>

**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, Haringey, 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.

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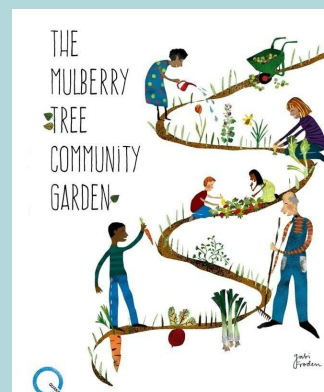
## MULBERRY COMMUNITY GARDEN

**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/mulberrytreecommunitygarden/>



## 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.

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

### **KNITTING CLUB AT THE SANDLINGS**

On Wednesday mornings between 10am and 12pm the centre hosts a knitting club allowing those aged 60 plus to bond over teas, coffees and invigorating conversation.

Address:

The Sandlings, Glynne Rd, Noel Park, N22 6XS

Email address: [sandlingsandbunker@outlook.com](mailto:sandlingsandbunker@outlook.com)

### **SEWING, KNITTING, MENDING & REPAIR**

#### **ALEXANDRA PARK LIBRARY**

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

No booking necessary.

### **CROCHET CLUB**

#### **ST ANN'S LIBRARY**

2-3pm every other Saturday

Bring your own yarn and crochet hook (double knit yarn and 3.5mm or 4mm hook if you are a beginner)

### **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

## 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)



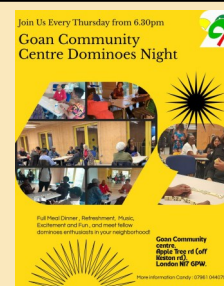
## GOAN COMMUNITY CENTRE DOMINOES NIGHT

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



## CROCHET GROUP

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

Any skill level welcome!

VENUE: Common Park, Roj Cafe Ducketts, London N8 0EP Just Opposite Turnpike Lane Station

## JACKSONS LANE SINGING FOR WELL BEING

Every Tuesday from 13th May to 22nd July 2025

Time: 2:30-4:00pm

Contact: Maxime Singleton - Creative Engagement Officer

Tel: 020 8340 5226

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



## 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](#)

AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
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## 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.  
To reserve a title, please visit: [libraries.haringey.gov.uk/bookshelf](https://libraries.haringey.gov.uk/bookshelf) or ask at the counter.

### 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-profit association.



### 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!**  
Just drop-in!



<b>AREA KEY</b>	<b>WEST OF THE BOROUGH</b>	<b>EAST OF THE BOROUGH</b>	<b>CENTRAL AREAS</b>	<b>ALL AREAS</b>
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## **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 FUNCTIONAL SKILLS IN ENGLISH AND MATHS**

**BERNIE GRANT CENTRE** – N15 4RX

Every Tuesday from January 2025

Telephone: 07934 902 963 to find out more

## **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



## **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

Do drop by for more information.

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

Mob: 07930 108355

## **SENIOR CITIZENS SOCIAL CLUB**

Every **Thursday** 12– 3pm - starting 15th May 2025

Venue: The Community Hub Haringey, Caxton Road, N22

Tea and biscuits provided.



AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
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## **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: 02093410783

## **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

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## **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: [goldenyears@embraceuk.org](mailto:goldenyears@embraceuk.org)



AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
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## SHELTERED HOUSING ACTIVITIES - ALL OVER 50s WELCOME

contact [sekhemartz@gmail.com](mailto:sekhemartz@gmail.com)

### **Mondays**

**Chair Exercise** Summerhill Village 1pm – 3pm (Free)

**Over 50's 'lets talk' group** Lowry house 26 Pembury Rd Tottenham N17 8LS 11:30am – 230pm

28<sup>th</sup> every month - Judith E: [Judith.mcdonagh@haringey.gov.uk](mailto:Judith.mcdonagh@haringey.gov.uk)

### **Tuesdays**

**Bingo** Palace Gates, Breamar Ave, Woodgreen N22 from 2pm – 3:30pm Ongoing

E: [Jerome.daniels@haringey.gov.uk](mailto:Jerome.daniels@haringey.gov.uk)

**Dominoes club** Summerhill village, Summerhill Rd, Tottenham, N15 4HR from 1pm – 6pm Ongoing

E: [Belina.gemda@haringey.gov.uk](mailto:Belina.gemda@haringey.gov.uk) (Free)

**Conversation café** Bedale House 23 Boyton Rd Hornsey N8 7AZ from 2pm – 330pm 22<sup>nd</sup> April Ongoing

Alessandra Santos [Alessandra@reachandconnect.net](mailto:Alessandra@reachandconnect.net)

**Caribbean cook and taste** Hilldene Court 11 Alexandra Park Rd Muswell Hill N10 2DB from 12pm – 230pm

8<sup>th</sup> April - 29<sup>th</sup> April [Eveleen.hill@haringey.gov.uk](mailto:Eveleen.hill@haringey.gov.uk) (Free)

**Garden walk and a cuppa** 151-203 Stonebridge Road Tottenham N15 5PB from 1pm – 2pm 15<sup>th</sup> April - 3<sup>rd</sup> June

Janelle Oswald [janelleoswald79@gmail.com](mailto:janelleoswald79@gmail.com) (Free)

### **Wednesdays**

**Garden walk and a cuppa** William Rainbird House, Beaufoy Road, Tottenham, N17 8AY from 10am – 11am from 15<sup>th</sup> April to 3<sup>rd</sup> June. E: Janelle Oswald [janelleoswald79@gmail.com](mailto:janelleoswald79@gmail.com) (Free)

**Bingo** Bracknell Close, Woodgreen, N22 from 2pm – 4pm

Ongoing, with Hakim E: [Hakim.besigye@haringey.gov.uk](mailto:Hakim.besigye@haringey.gov.uk) £1.00

**Bingo** Lowry House 26 Pembury RD Tottenham N17 8LS 2pm – 3:30pm

Ongoing, with Judith [Judith.mcdonagh@haringey.gov.uk](mailto:Judith.mcdonagh@haringey.gov.uk) £1.00

### **Thursdays**

**Bingo** Alfred Findlay House 2pm – 4pm

Ongoing, with Hakim [Hakim.besigye@haringey.gov.uk](mailto:Hakim.besigye@haringey.gov.uk) £1.00

**Let's Talk (Conversation)** Bracknell Close, Woodgreen, N22 from 2pm – 4pm

Ongoing, with Hakim E: [Hakim.besigye@haringey.gov.uk](mailto:Hakim.besigye@haringey.gov.uk) £1.00

**Chat and sew** The Lindale's, 24 Grasmere Rd, Tottenham, N17 0HE from 1pm – 3pm

Ongoing, with Aysel E: [Aysel.erdagli@haringey.gov.uk](mailto:Aysel.erdagli@haringey.gov.uk) £1.00

### **Fridays**

**Garden walk** Lowry house 26 Pembury Rd Tottenham N17 8LS from 11am-12pm

Ongoing, with Anita E: [anita@sanjurotrainingsystems.com](mailto:anita@sanjurotrainingsystems.com) (Free)

**Memory café** Hilldene Court 11 Alexandra Park Rd Muswell Hill N10 2DB from 1pm – 3:30pm, 2<sup>nd</sup> Friday of the month Eveleen E: [Eveleen.hill@haringey.gov.uk](mailto:Eveleen.hill@haringey.gov.uk) Free

**Haringey Men's Explorers Club** Harmony Hall (N17) from 1pm – 4pm Ongoing £1.00

**Bingo** Summerhill Village, Summerhill Road, Tottenham, N15 4HR from 2pm – 4pm

Ongoing, with Maxine E: [Maxine.lowe@haringey.gov.uk](mailto:Maxine.lowe@haringey.gov.uk) £2.00

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 us or 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.

## DIGITAL SUPPORT

### THE DIGITAL INCLUSION SERVICE

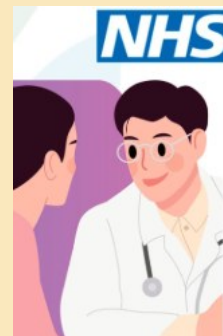
The Haringey GP Federation offer a Digital Inclusion Service. They have care navigators who will contact you and support you with accessing online health services like the NHS App, Patient Access etc.

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 speak to Joanne Stewart on 077857 625 719



### 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 Library** (N8 9JA)  
on the 2nd & 4th Weds (each month), 10:30am - 12pm

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

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



### SELBY CENTRE - DIGITAL SUPPORT

Learn basic on-line skills until mid April 2025

Drop-ins Mondays and Fridays 10am–12 noon  
Book in a 30 minute 1-2-1 drop in with a community trainer expert  
Call 0208 885 5499

Email: [reception@selbytrust.co.uk](mailto:reception@selbytrust.co.uk)

Venue: The Selby Centre, Selby Road, Tottenham, N17 8JL



### 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)

## 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.

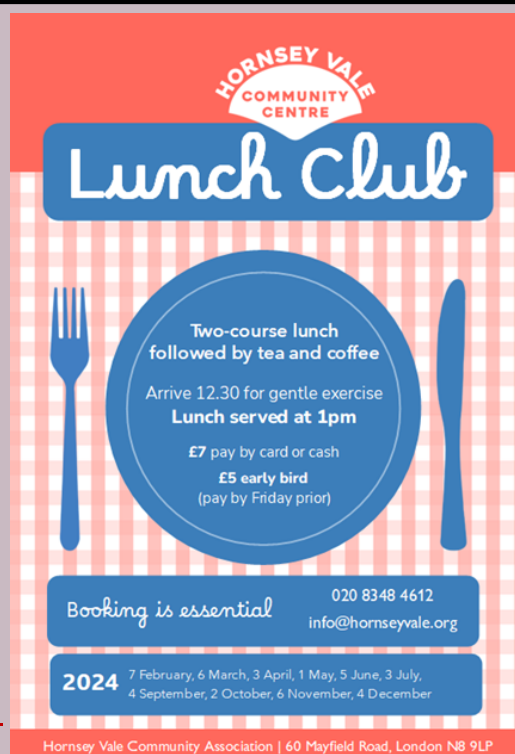
No Lunch Club in January or August.

### 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.

## HEALTH at the HUT

at The Bridge Community Hut Tewkesbury Road N15 6SE  
COOKING ON BUDGET class for adults  
Wednesdays 11:00am-2:00pm  
To register or book a session please contact Nurys 07470673098 or  
[nurys@bridgerenewaltrust.org.uk](mailto:nurys@bridgerenewaltrust.org.uk)

## 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 0NP  
**Fridays:** 10.30am - 1.30pm Tel - [020 8340 3300](tel:02083403300)

AREA KEY	WEST OF THE BOROUGH	EAST OF THE BOROUGH	CENTRAL AREAS	ALL AREAS
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## **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.



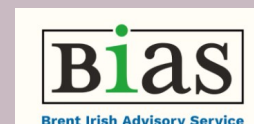
## **BRENT IRISH ADVISORY SERVICE**

### **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

Senior citizens share a light lunch of sandwiches and cake followed by a varied programme of quizzes and invited guests.

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)



## **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

## LOOKING AFTER YOUR MENTAL HEALTH!

### 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](#). 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.

# The Haringey Wellbeing Network

## Wellbeing Activities Timetable

Monday	<b>Womens Group</b> 2:pm - 3:30pm			
Tuesday	<b>Coffee Morning (Drop-in)</b> 11am - 12:30 pm			
Wednesday	<b>Breakfast Club (Drop-in)</b> 9:45 am - 11:15 am	<b>Gardening Group</b> 11am - 12:30 pm	<b>Creative Space</b> 1:30 - 3pm	<b>Singing for Wellness &amp; Joy</b> 2pm - 3pm
	<b>Tea &amp; Natter (Drop-in)</b> 3pm - 4:15pm			
Thursday	<b>Walking Group</b> 12 pm - 1 pm			
Friday	<b>Gardening Group</b> 11:00 am - 12:30 pm	<b>Service Users Only</b>  Lunch Club Friday 29th November 12:30pm - 2pm <small>(No food or refreshments served)</small>	<b>Yoga Group</b> 1 pm - 2 pm	

### Contact Us On :

E: [HaringeyWellbeingNetwork@mih.org.uk](mailto:HaringeyWellbeingNetwork@mih.org.uk)  
Activities only direct line 02088379413

Mob: 07508 511 128

### MAGNOLIA

A safe space for black women who have experienced child loss to come together and support one another. COME AS YOU ARE- no criteria or judgement.

Contact Launa – 07534911205

or email [undermagnolia@gmail.com](mailto:undermagnolia@gmail.com)

### 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, **LOTS** of different activities, one-to-one support, person centred

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

T: 07392 193430

[TottenhamTalking@bridgerenewaltrust.org.uk](mailto:TottenhamTalking@bridgerenewaltrust.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>
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## **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



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## **DEMENTIA FRIENDLY ACTIVITIES & INFORMATION**

**Dementia Friendly Haringey information can be found [here](#).**

### **DEMENTIA-FRIENDLY SCREENINGS AT CROUCH END PICTUREHOUSE**

**Where?** Crouch End Picturehouse, 165 Tottenham Lane, Crouch End, N8 9BY

Relaxed screenings are specially designed to make cinema-going easier and more accessible to those who may need additional support when they visit. These screenings are ideal for neurodivergent audiences of all ages, those living with dementia, and their families, friends, and carers, but all are welcome. Relaxed screenings will show films without adverts or trailers. Lights are left on low, the volume is reduced, and the audience is free to move around and take breaks from the screen whenever needed.

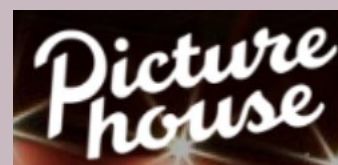
Typically showing:

A family-friendly film every third Sunday of the month

A classic film every last Friday of the month (with interval)

Please note that on occasion the regular slot may change.

Make sure to check local [listings](#) ahead of your screening.



### **DEMENTIA-FRIENDLY SCREENINGS AT FINSBURY PARK**

**Where?** Finsbury Park Picturehouse. Unit 1 Cinema LS, 17 City North Place,, N4 3FU

Who's it for? All, but screenings are designed to be accessible to people living with dementia, carers, and friends. Check local [listings](#) ahead of your screening.

## **CARERS FIRST**

**MONTHLY MEETINGS** – 2nd Wednesday of the month

1:30pm – 3:30pm

The Engine Room, Unit B A Eagle Heights, Lebus Street, Tottenham, N17 9FU

**Carers  
First**

**CARERS INFORMATION CAFÉ** – first Tuesday of the month

10:30 – 12 noon

Cypriot Community Centre, Earlham Grove, Wood Green

Check for future events [here](#).

## **CARERS COFFEE MORNING**

ABIDE CHURCH HALL, 145 Park Road, Crouch End, N8 8JN.

Thursdays 11am– 1pm

Contact: Sue – [suehessel@hotmail.com](mailto:suehessel@hotmail.com)

## **SUPPORT GROUP**

FOR RELATIVES, FRIENDS, CARERS OF LOVED ONES WITH DEMENTIA

**HAYNES DEMENTIA HUB** 151 Park Road, Crouch End, N8 8JD.

Every second Thursday 4:30pm– 6pm

Contact: – [Dementiafriendly@haringey.gov.uk](mailto:Dementiafriendly@haringey.gov.uk)

**SENSING A PLACE** – hands on heritage for people living with dementia and their carers!

Come along to Bruce Castle for morning tea and the opportunity to look at our collections and share stories. Please email [museum.services@haringey.gov.uk](mailto:museum.services@haringey.gov.uk)

Alternatively, call 020 8489 4250 and select 'option 2'

## CAFÉ PALAIS

at ALEXANDRA PALACE

Step back in time with the Café Palais, a FREE stylish 1920s café and monthly event for older people, people living with dementia and carers. Come along, get dressed up, and enjoy creative and artistic activities, hot drinks, scrumptious cakes, and French pastries! Café Palais events will be taking place on the last Monday of every month from 2PM – 4PM. We will be organising different artistic activities every month!

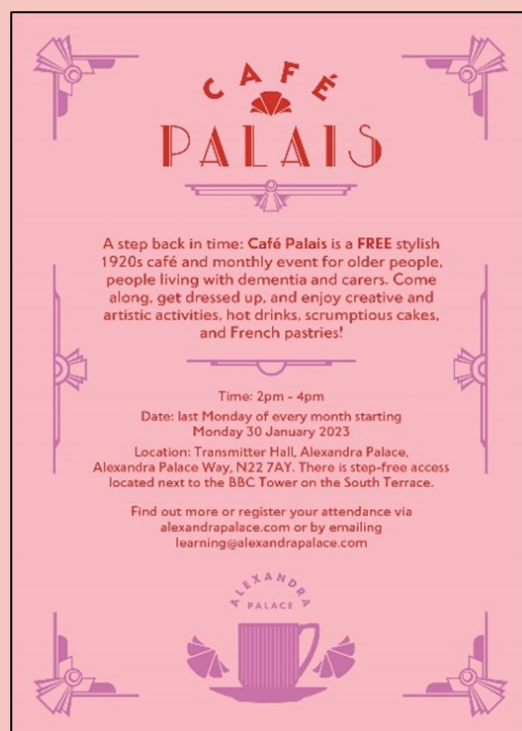
Please see link below for anyone who would like to book online, people are also welcome to just turn up. Secure your

FREE place by clicking here: [Tickets](#)

Contact [learning@alexandrapalace.com](mailto:learning@alexandrapalace.com) for more information.

The address is

Transmitter Hall, Alexandra Palace, Alexandra Palace Way, N22 7AY



## SINGING FOR THE BRAIN - HARINGEY

Join the Singing for the Brain group and meet new people in a friendly, fun and social environment. Singing improves your brain activity, wellbeing and mood, and you don't need to be a good singer to benefit. Join us for fun vocal warm-ups and sing a wide variety of familiar and new songs. The group is hosted by friendly and experienced group leaders.

Sessions at the **SPURS STADIUM** run every **Tuesday** from 10.30am to 12.30pm—Singing for the Brain sessions at the stadium, please email [simon.wears@tottenhamhotspur.com](mailto:simon.wears@tottenhamhotspur.com).

Sessions at **ALEXANDRA PALACE** take place in the Transmitter Hall every **Thursday** 2-4 pm – Transmitter Hall, Alexandra Palace, Alexandra Palace Way, N22 7AY – please call to register.

You can contact Haringey Alzheimer's Society Telephone: 07522 219 363 (Tuesday-Thursday)  
Email: [Haringey@alzheimers.org.uk](mailto:Haringey@alzheimers.org.uk)

## THE PARK THEATRE

**MONDAY REMINISCENCE**— <https://parktheatre.co.uk/event/reminiscence/>

Time: 10.30-12.30

Dates: Mon 13 Jan – Mon 31 Mar 2025 \*\*No session Mon 17 Feb. \*\* FREE

**WEDNESDAY TOGETHER IN TIME SINGING GROUP**— <https://parktheatre.co.uk/event/together-in-time-singing-group/>

Time: 11.00-13.00

Wed 15 Jan – Wed 26 Mar \*\*No session Wed 19 Feb.\*\* FREE

If you're interested in joining, either of the above groups, or know anyone who is, please email our Creative Engagement Manager, **Carys Rose Thomas** ([carys.thomas@parktheatre.co.uk](mailto:carys.thomas@parktheatre.co.uk))

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## 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

## ADULT AUTISM SUPPORT

### **MAKING MUSIC WITH GEORGE** (1st Tuesday of the month) - Free Event for autistic adults

This session invites you explore varied ways of making music. You will have the opportunity to create music using electrical equipment as well as traditional instruments such as guitar, piano and ukulele.

Time - 2.00pm to 3.30pm

Dates: 7 January 2025, 4 February 2025, 4 March 2025, 1 April 2025, 6 May 2025, 3 June 2025

Venue: Chad Gordon Campus, 20B Waltheof Gardens, Tottenham, N17 7HS

If you are an autistic adult and would like the link to join this session, or would like more information, please email us at: [autismhub@haringey.gov.uk](mailto:autismhub@haringey.gov.uk).

### **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 8200F

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

#### Activities timetable

Table: Winkfield activities timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Exploring Collage</u> 10.30am-12 noon	<u>Art and Design Class</u> 10.30am-12 noon	<u>Pottery</u> 10am-12 noon	<u>Painting and Mixed Media</u> 10.30am-12 noon	<u>Mixed Fabrics and Textile Designs</u> 10.30am-12 noon
<u>Chair-based exercise with THSE</u> 10.45am-12 noon	-	<u>Mosaic/Ceramic</u> 1-2.45pm	<u>Sing-Along</u> 11.15am-12.15pm	<u>Arts and Crafts and Bead Works</u> 1-2.30pm
<u>Textiles</u> 1-2pm	-	<u>Dare To Dance</u> 1-2pm	<u>Massage</u> 12.45-2pm	<u>Knit and Natter</u> 1.30-2.30pm
<u>Chair Yoga</u> 1-2pm	-	<u>Coffee and Computers</u> 2-3.30pm - first and third Wednesday of each month	<u>Painting and Drawing Class</u> 1-2.30pm	-