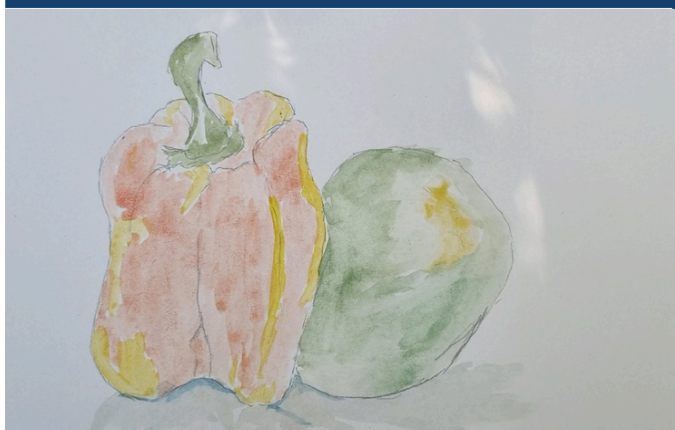


August 2025

**Hello and welcome to our
August newsletter**



An impressive painting created by a member during the first Art class!

This month:

- | What we've been up to
- | News and Information
- | What's coming up this month?
- | Activities and events
- | What would you like to do?
- | News from our partners
- | Stop Scams in Their Tracks
- | Coming up in August-Sept.
- | Watch this space

An update from the Haringey Circle team!

Welcome to our August newsletter, and again hello to new members that joined this month.

The hot weather has encouraged members to get out and about, and its clear lots of new friendships have been made! Our Sunday walks have been so enjoyable, and there's been a big boost in the attendance at our popular line dancing, and other activities.

We've also been dining out together, to explore the wealth of restaurant traditions in the borough. Many of us will be wanting to re-visit after trying Somali food for the first time earlier this month!

This month's dining opportunities will be our usual bank holiday social lunch, and later on a feast at a highly recommended Indian restaurant. We hope you'll book your place for that!

Read on for several more new things you might like to try this month. And then there is also our Thursday morning chatty coffee drop ins – see you there!

Sharon Grant OBE
Chair, Haringey Circle.



Members' Profile

ATTENTION, could this be you?



We were inspired by our diverse, knowledgeable, and experienced members, and we want to celebrate and share their stories! We are excited to launch a new **Members' Profile** section and invite you to contribute.

You can tell us about your hobbies, interests, personal experiences, or even fun facts that make you unique. If you prefer, you can remain completely anonymous.

This is a wonderful opportunity to highlight the rich variety of talents, perspectives, and experiences within our community. By sharing your story or thoughts, you will help create a vibrant space where members can connect, learn from one another, and feel celebrated. Please send us your details and become part of this exciting new initiative!

Calling All Haringey Circle Members: Become a Walk Leader or Host!

We love our regular Sunday walks, they are a wonderful way to get outside, enjoy good company, and explore our local area together. To keep these walks going strong, we like some help!

We are looking for members who might be interested in leading or hosting a walk now and then.

The commitment is flexible, you won't need to lead every week, just occasionally when it suits you. Whether it's planning the route, welcoming walkers, or simply guiding the group, your support would make a big difference.

You will have the full support of the Haringey Circle team every step of the way, with guidance and assistance to help you feel confident and comfortable in the role.

If you enjoy walking and would like to get involved in a new way, please get in touch via email or fill out [THIS FORM](#). No experience is needed, just enthusiasm!

Help us keep our Sunday walks vibrant and welcoming, we look forward to hearing from you!



We need your help!

Become a friend of Haringey Circle.

At Haringey Circle, we are committed to turning the later years of our members into the time of their lives! We want to continue to provide activities that are free. Donations enable us to do more, so that we can reach more people who need the social opportunities we can provide.

Your donation will help us, for example, to purchase more Nordic walking poles, provide materials for a photography course, or develop new activities that bring people together and inspire creativity.

Every contribution makes a real difference, enabling more members to enjoy shared interests and social opportunities that enrich their lives.

If you are able to support us, please consider donating today. Click on one of the amounts below, or go to our website to visit our donation page, otherwise contact us directly if you would like to give a different amount.

Thank you for helping us do more for our community!

£5

£10

£20

What we've been up to

Our second Dining Circle took members to Sabiib, where we enjoyed a delicious Somali feast. From the rich, aromatic flavours to the warm and welcoming atmosphere, the evening was a perfect way for everyone to connect, share stories, and enjoy each other's company.

Sabiib provided an excellent experience, with beautifully spiced Somali dishes that delighted the senses. From tender stews and fragrant rice to fresh breads and flavorful sauces, every bite was a celebration of authentic flavours. For this, we are excited to continue exploring more local eateries in the future!

The Dining Circle is Haringey Circle's new initiative to bring members together over meals at local restaurants. Each gathering is an opportunity to try different cuisines, support local businesses, and create a relaxed space for conversation and friendship.

If you have a favourite restaurant or café you would love to see featured in a future Dining Circle, please get in touch with the team, we would love to hear your suggestions!



What's coming up this month?

CREATIVE WRITING

Have you ever thought you have story to tell, but have hesitated to put pen to paper? Writing is a wonderful way of getting your imagination flowing and your words shaped into stories. Our Creative Writing session requires no qualification or expertise in grammar, spelling or English Language, and is non-competitive and non judgmental.

Our course leader is an experienced facilitator and short story writer. This will be a 4 week online course initially, with the possibility of extension if there is interest.

- Date and Time: FRI 12th September, 11am
- Location: ONLINE
- Registrations: [CLICK HERE!](#) or visit our website.



See our website
for
registrations!

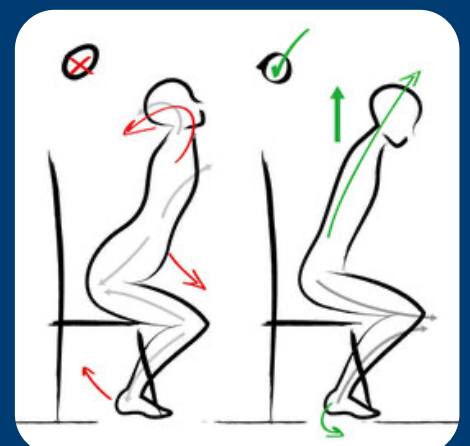
What's coming up this month?

ALEXANDER TECHNIQUE with Tanya (5 week course) - Walk, Stand & Sit With Ease

This technique has attracted thousands over time, who suffer from back, neck hip and shoulder discomfort. Local qualified practitioner Tanya has agreed to provide our members with a limited number of sessions. Ageing well starts with how you move. Getting older doesn't have to mean feeling stiff or achy. Many of the everyday habits we pick up, like walking with our heads down, can actually create unnecessary stress on our bodies. The good news? These habits can be changed.

Join our welcoming and sociable class where we explore simple yet powerful ways to move with more ease and comfort. Learn to notice your daily movements and discover techniques that support your body, not strain it. Let us move smarter together.

- Dates: weekly starting on Tuesday 9 September - 6 October, 11.30am - 12.15pm.
- First session free, voluntary donation £5 thereafter
- Location: Hill Dene Court, 11 Alexandra Park Road, N10 2DB
- Registrations: [CLICK HERE!](#) or visit our website.



What's coming up this month?

DINING CIRCLE- Third edition!

This month we're responding to several members' demands to try healthy vegetarian and vegan dishes and we will be dining at the highly recommended Puraan restaurant at 10 Turnpike Lane. Expect large portions and a wide variety of vegetarian and vegan dishes, or classic Indian curries, free options too -all for a fixed price of £12 for Circle members.

Booking required!

- Date & Time: FRI 5th September, 1PM
- Location: Puraan Indian Vegetarian and vegan Restaurant, 10 Turnpike Ln, London N8 0PT
- Registrations: [CLICK HERE!](#) or visit our website.



Expect vibrant flavors, warm atmosphere, and a chance to savor a meal crafted with care, join us at Puraan in Haringey for a dining experience like no other!

What's coming up this month?

ART CLASSES- Still Time to Create Together

Art Classes Are Back, Come Discover What's New!

We are delighted to introduce a brand new Art Class, running weekly over 7 sessions, designed for anyone curious about getting creative in a relaxed and supportive setting.

Classes are already underway, but there are still a few open spots if you'd like to join us.

Art offers a powerful way to slow down, step away from the rush of daily life, and express thoughts and feelings that can be hard to put into words. It's a chance to connect with the world, and ourselves, in a more mindful, present way.

- Date and Time: TUE 19th August, 2pm-3.30pm.
- Location: Sophia house, 19 Antill Road, Tottenham, London, N15 4AQ
- Registrations: [CLICK HERE!](#) or visit our website.



See the beautiful drawing/collage made by a member during the last art course.

What's coming up this month?

BANK HOLIDAY SOCIAL LUNCH- Returning

As is our tradition, we'll be sharing the August Bank Holiday together once more on Monday 25th at Weatherspoons in Muswell Hill. All welcome, a great chance to renew acquaintances over lunch, or to meet new ones who attend different activities to yours!

- Date: MON 25th August (Bank holiday)
- Time: 12:30 PM (until whenever!)
- Location: The Mossy Well (Wetherspoons), 258 Muswell Hill Broadway, N10 3SH
- Registrations: [CLICK HERE!](#) or visit our website.



Throwback to the first Bank Holiday lunch at the mossy Well, we hope to see old and new faces this August!

What's coming up this month?

Dog Walking Together! (MONTHLY)

You no longer need to walk alone with your four-legged friend! Join with other dog lovers at 10.00am on **Thursday 28th August** for a circular stroll around Alexandra Park – with a stop for coffee of course.

No dog? No worries! You are warmly welcome to come along, enjoy the friendly atmosphere, and spend time with some lovely four-legged companions. It is a great way to connect, with or without a pup of your own.

- Meeting point : Alexandra Park Station entrance.
- Total time 1hr -1hr.30 subject to coffee and chats!
- Terrain : Fairly flat, path and grass.
- Registration: [CLICK HERE!](#) or visit our website.



See our website too
for registrations!

What's coming up this month?

Games and Arts & Crafts Sunday! (MONTHLY)

Join fellow members for a friendly gathering filled with games, creativity, and connection. Enjoy board games, card games, bingo, or take part in arts and crafts like abstract painting. Bring along your own knitting, book, drawing, or crochet, or simply come for the warm drink and good company.

Whether you want to get creative, have some fun, or just relax, this is a welcoming space for everyone. There is no pressure to join in, take it at your own pace!

- Date and Time: SUN 31 AUG July, 11am-2pm
- Location: Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ
- Registrations: [CLICK HERE!](#) or visit our website.

See our website for
registrations!



Monday Quiz Night

Every Monday / 7pm to 8pm

FREE to members

Join us for a night of fun, laughter and friendly competition at our weekly Monday quiz night.

Test your knowledge on a host of topics, from history and science to pop culture and sports - all hosted online so you can get involved from the comfort of your own home.



Venue: Online.

Coffee Drop in and Nordic Walking at Bruce Castle Cafe

Every Monday / 11.00am to 1.30pm

FREE to members

Join us at the Pavilion Café in Bruce Castle Park for a relaxed drop-in session where you can have a chat, meet others, and enjoy some friendly company. Alongside the social drop-in, we will also be offering gentle Nordic walking, an enjoyable way to get moving, connect with nature, and boost your wellbeing at your own pace.

Our manager and Nordic walking instructor James will be there, drop in for a chat, share your thoughts, or join the walk. All are welcome!



Venue: The Pavilion Sports and Cafe, Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ

Spanish Classes with Julia

Every Tuesday / 5pm to 6pm

FREE to members

Would you like to learn Spanish in a relaxed and fun environment? Join our Social Activity Coordinator Julia for Spanish classes every Tuesday afternoon from 5pm to 6pm.



The class will be hosted online with a fun excursion every 4 weeks to practice what the class has learned in a real life environment!

Venue: Online

Line Dancing (Advanced)

Every Wednesday / 10.30am to 11.30am

FREE to members

We are now offering advanced line dancing classes for our members who are looking to challenge themselves with complex movements.

This class, led by Carol, still offers a relaxed learning environment where everyone can come to exercise and have fun, whilst also offering the opportunity to learn more advanced methods.



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

Line Dancing (Beginner)

Every Wednesday / 12pm to 1pm

FREE to members

Would you like to exercise but have fun at the same time? Join Circle friends for a creative line dancing class that will get you to move and groove.

Improve your balance, fitness and coordination in a social and fun setting, led by our line dance teacher Carol. This class is designed for people who are new to line dancing or who haven't tried it before. Movements are done at a more relaxed pace.



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

Coffee & Chat at OITA

Every Thursday / 11.30am to 1pm

FREE to members

Join us for our weekly coffee and chat drop-in every Thursday at Green Rooms. Take a break from the everyday and spend some time reminiscing, sharing stories, and connecting over a warm cup of coffee or tea.

Whether you want to swap memories, chat about your passions, or simply enjoy friendly company, this is a relaxed, welcoming space to reflect, laugh, and be inspired by the experiences of others. Everyone is welcome, especially new members, come along and join the conversation!



Venue: OITA Wood Green, 13-27 Station Road, London N22 6UW

Seated Exercise with Candy

Every Thursday / 2pm to 3pm

FREE to members

Candy's seated exercise class is designed for everyone, regardless of age or mobility level. This engaging and low-impact program helps improve circulation, muscle strength, and flexibility without putting strain on joints, strength, and overall well-being, all while seated!

Discover how a little movement can make a big difference in your day.



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

Friday Quiz Night

Every Friday / 5pm to 6pm

FREE to members

Join us for a night of fun, laughter and friendly competition at our weekly Monday quiz night.

Test your knowledge on a host of topics, from history and science to pop culture and sports - all hosted online so you can get involved from the comfort of your own home.



Venue: Online

Weekend Walks: Discover Nature

Every Sunday / 11.30am to 1pm

FREE to members

Join us on our popular Sunday walks each week, starting at 11.30am. We take a different green route each week, with the Walthamstow Wetlands, Alexandra Palace Park, and Parkland Walk being some of our favourites. We explore the flora and fauna in each walk, with surprising discoveries and beautiful scenery.



All of our walks are designed to be accessible for people of all abilities. Our walks are usually an 1.5 hours, with optional turning back points for people who would prefer a shorter route and two different pace groups that meet for coffee at the end (striders and amblers). Additionally, all our walks plan to have access to a restroom and resting space.

Please register your interest in advance in case of cancellations or changes.

Venue: New weekly route emailed in advance!

Please remember to sign up in advance for all activities, as this is very important for health, safety, and planning purposes. Also, keep an eye on your email and our website for any updates or changes to events.

Your participation and attention help us make everything run smoothly and safely!

WHAT WOULD YOU LIKE TO DO?

TELL US HERE (CLICK)!

Mindfulness - an introduction

Anyone heard about Mindfulness? Want to find out more?

Mindfulness is said by many to be highly beneficial to both our minds and our bodies, helping us to focus on positive emotions, and reducing negative emotions and stress. It offers a way of focusing on the present moment in our lives, noticing thoughts, feeling and sensations without judgement.

Would you like to hear more about Mindfulness? We are planning an online talk in early September if you would like to log on. Please let us know if you would like to sign up to find out more.

Pickle ball at Bruce Castle Park

Looking for a fun, social way to get active? Pickleball might be just the thing! It's a fast-growing sport that blends tennis, badminton, and table tennis. Played with paddles and a lightweight plastic ball on a smaller court, it's easy to learn and great for all ages and skill levels. Would you be interested in joining? Let us know!



Repair Vouchers

Need something repaired?

Live in North London? Fix it, don't ditch it!

Toaster broken? Kettle giving up? Londonrecycles is offering anyone living in North London (Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest) 50% off the cost of electrical and electronic product repairs.

To get a voucher, fill out the [APPLICATION FORM HERE](#). Your voucher will be emailed to you, and you can use it at a [participating business](#) near you. There's 3 in Haringey!

**Get 50% off electrical repairs
from April to September 2025**

1. Apply for a repair voucher



Fill out an application form on londonrepairvouchers.co.uk

2. Check your inbox



A printable QR code will be emailed to you as soon as one becomes available.

3. Get repairing



Visit a participating shop and get 50% off the cost of electrical repair.

4. Share with friends and family



Let us know how it went via our short survey and keep on repairing!

News from our partners



Need something done?

Haringey Circle is happy to offer a referral for members needing a task completed by GoodGym. GoodGym are a community of people who get fit by doing good.

GoodGym volunteers take part in runs, walks and cycles, stopping off along the way to help isolated people with various tasks.

Signing up to have a task completed is completely free!

GoodGym provides help with tasks such as:

- Furniture removal and furniture assembly
- Various tasks involving heavy lifting
- Support with technology.

Please be aware that there may be wait times, and some tasks might have limitations based on what volunteers can safely and practically complete.

To find out how you can benefit from GoodGym services, contact us using the details on the back page.



Stop Scams in Their Tracks

Here's an interesting video to watch regarding staying safe from bank card fraud!

The Metropolitan Police: card fraud informational video



Dear Members,

As you might already know there are some unpleasant people about who are looking to get their hands on our money! Bank card fraud is sadly quite common nowadays, and we all need to do what we can to protect ourselves from becoming victims of it.

This video (click above) has been produced by the Metropolitan Police, to raise awareness of some of the tricks that criminals are now using to access people's bank accounts. We thought it was worth sharing with you, and I hope you will take a look. Better to be safe than sorry!

In the meantime, please be careful who you give your card details to!

Coming up in August- September

Here's some important information to keep in mind over the coming month.



Rethink: Reduce, Reuse, Repair

Recycling is an important way to reduce waste, protect the environment, and make the most of our resources.

In Haringey, the council provides guidance on what can and cannot be recycled, as well as how to prepare items for collection. By following these simple steps, you can help ensure that more materials are successfully recycled and less ends up in landfill.

Beyond “traditional” recycling, it is also important to consider whether an item can be repaired or reused before disposing of it. Small fixes, like sewing a tear, replacing a battery, or updating a part, can extend the life of many products. Creative reuse can also give old items a new purpose—glass jars can become storage containers, and worn-out clothes can be turned into cleaning rags or craft projects. By embracing reuse and repair, we not only save money but also help the local community and the planet.

See more information on repairing and recycling here: [Recycling](#) and [Haringey Fixers](#)

Interesting and important dates this month!

- 12 August 2025 – International Youth Day (UN observance)
 - 15 August 2025 – Assumption of Mary (Christian observance)
 - 19 August 2025 – World Humanitarian Day
 - 25 August 2025 – National Park Week begins (UK-wide outdoor activity awareness)
 - 26 August 2025 – August Bank Holiday (England, Wales, Northern Ireland; last Monday in August)
 - 1 September 2025 – World Letter Writing Day
 - 8 September 2025 – International Literacy Day
 - 13 September 2025 – Roald Dahl Day
-

Watch this space!

We have a number of opportunities for everyone to get involved. Please continue to check in for more details.

Volunteering: We're always looking for enthusiastic people to come and volunteer with us. Whether it's leading an activity, helping us with day to day tasks, or assisting with the creation of new events - there's always something to do. If you're interested in getting more involved, reach out to us via the contact details below!

Intergenerational Community Building: Are you interested in connecting with others? If this sounds like something you would enjoy, we would love to hear from you! We are exploring opportunities to bring people together to learn from one another, build friendships, and strengthen community connections.

To find out more and get involved, please reach out via the contact details on the next page and register your interest

How would you like us to communicate with you?

As part of our work to expand our communications with members and potential members, we are reviewing how we communicate with those who are interested in the activities and events we host. We would like to ensure that we have an open door policy, and as such that it is as easy as possible for you to get in touch with us. Please do let us know what your preferred method of communication is. Reach out to us and let us know at hello@haringeycircle.com. Alternatively, you can reach us on 02031961894 or visit one of our drop in sessions.

It is also important for us to be able to guarantee spaces on our activities to as many people as possible. If you would like to attend, please reach out and register with us. If you cannot attend an event, please let us know so we can offer the space to somebody else.

What is Haringey Circle?

Haringey Circle is a membership-based programme open to anyone over the age of 50 and those with disabilities in Haringey.

We provide **activities**, and **events** to help over 50s and those with disabilities in Haringey to connect, get active, keep learning, and to stay as independent as possible.

Signing up to become a member is completely FREE.

This provides access to:

- | A varied calendar of activities and events.
- | Opportunities to be involved in the planning and hosting of events
- | Referrals for services from third party groups such as GoodGym

We aim to increase social connections, reduce isolation and loneliness, and improve the wellbeing and self-esteem of Haringey residents. Based around a varied social calendar developed by members and volunteers, our membership programme helps to grow diverse friendship groups that offer practical and social support.

To find out how you can get involved, and to benefit from this growing and innovative membership programme, contact us using the details on the final page.





Got an idea for an activity or event?

Maybe you'd like to form a neighbourhood walking group, morning coffee group, or need help setting up a regular exercise class.

We can help and support you to develop activities and hold community events in your neighbourhood. If you have an idea

and need help getting it off the ground then get in touch.

Contact us / Sign-up for activities or membership

If you want to register for any of our activities, would like to register your interest for volunteering, would like to become a member, or have an idea for an activity, then get in touch between 9.30am and 5.30pm - Monday to Friday:



Call: 020 3196 1894



Email: hello@haringeycircle.com



Website: www.haringeycircle.com



Twitter: [@haringeycircle](https://twitter.com/haringeycircle)



Facebook: [Haringey Circle Hub](https://www.facebook.com/groups/2066298017126477/)
<https://www.facebook.com/groups/2066298017126477/>

