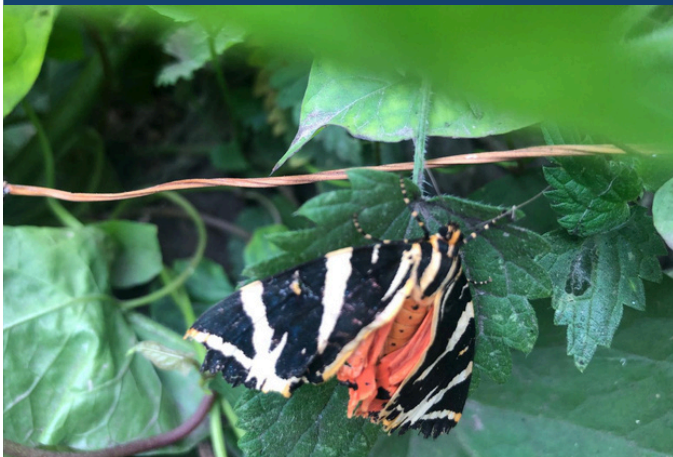


July 2025

**Hello and welcome to our  
July newsletter**



A beautiful Jersey Tiger Moth spotted  
by a member during our Sunday walk!

**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
- | Our Pick for Your Screen
- | Coming up in July-August
- | Watch this space

## **An update from the Haringey Circle team!**

Welcome to our July newsletter, and especially to even more new joiners! I hope you've all been managing during the heatwave? We had our busiest month ever last month as more and more have signed up for our growing programme of activities, despite the scorching conditions.

As you can see we have lots more on offer this month, and I hope there is something to tempt everyone to join in. Its clear there are new friendships being made between members,

and that many members are trying out activities and discovering new interests - and that's what Circle is all about. We've been delighted to win funding this month too from the PostCode Lottery and from the RSA Charity. This will enable Circle to grow even further, and has encouraged our small team enormously!

Sharon Grant OBE  
Chair, Haringey Circle.



# What we've been up to

The members came together for our very first Dining Circle at the delicious OITA in Wood Green, and what a treat it was! The food was full of flavour, the atmosphere was warm and welcoming, and most importantly, it was a wonderful opportunity to connect, share stories, and enjoy great company.

The Dining Circle is a new social gathering initiative from Haringey Circle, designed to bring members together in a relaxed and friendly setting over a shared meal. We will aim to regularly explore a different local restaurant or café, supporting local businesses while creating space for meaningful conversations and new friendships.

Our first outing truly set the tone, and we are already looking forward to the next one!

If you have a favourite local eatery you would love to recommend for a future Dining Circle, we would be delighted to hear from you. Just get in touch with the team and let us know!



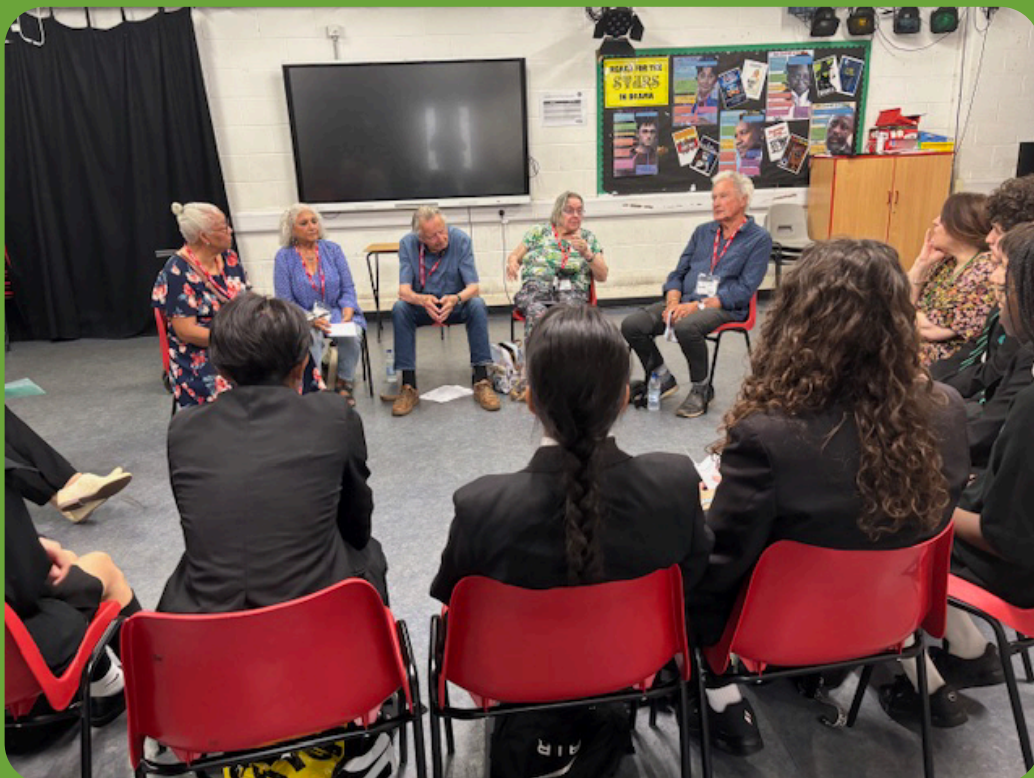


# What we've been up to

This month some of our members went back to school! The destination for a panel of our members on 10th July was Dukes Aldridge Academy school, just behind Spurs in Northumberland Park.

We went to meet with a group of teenage students as part of our intergenerational programme, to share with them the varied life experiences of our panel, 60 + years older than them. We shared our experiences of schooling back in the 1950's, of growing up in different countries, of family life and coping with life and work challenges – and pondered how different the lives of today's young people are by comparison.

We answered their questions about both our achievements and regrets – sometimes to their amusement!



# **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 to visit our donation page, or 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



# 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!



# What's coming up this month?

### Games and Arts & Crafts Sunday!

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 27th 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!

# What's coming up this month?

### Second Dining Circle: Taste of Somalia!

We are excited to invite you to our second Dining Circle meal on Weds 30th July at 12:30pm, held at Sabiib Restaurant, Haringay (5-6 Grand Parade, Green Lanes, London N4 1JX).

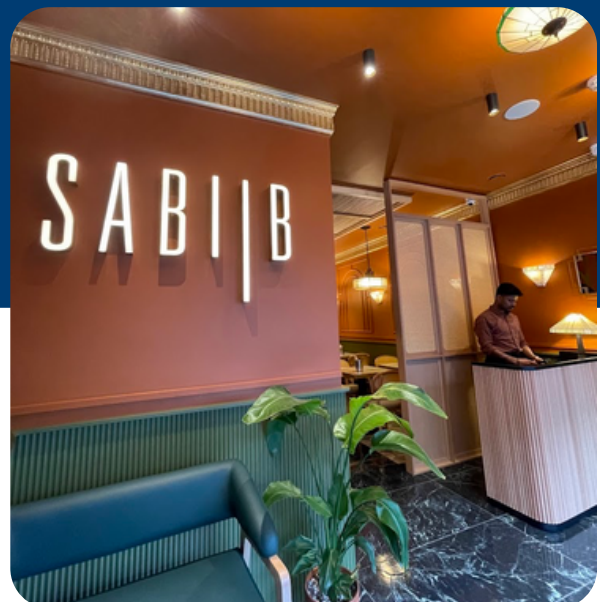
Enjoy a set menu (see more details in our website) of flavourful, home-style halal dishes, vegetarian options, and drinks, all for just **£12 per person**.

Expect tender meats, and vegetarian dishes, rich spices, and warm flatbreads that showcase the best of Somali cuisine - and of course great company!

Spaces are limited, so please book your place [HERE](#) or visit our website.



Sabiib Haringey promises a lot of delicious food, we hope to see you there!





# What's coming up this month?

### **Dog Walking Together! NEW**

You no longer need to walk alone with your four-legged friend! Join with other dog lovers at 10.00am on **Thursday 31 July**, and then every last Thursday in the month, 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 for registrations!



# What's coming up this month?

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

We are delighted to introduce a brand new Art Class, running weekly over 8 sessions, designed for anyone curious about getting creative in a relaxed and supportive setting. Each week you'll try different materials and techniques, from drawing and painting to mixed media, & plenty of encouragement along the way.

Art offers a powerful way to slow down, express thoughts and feelings that can be hard to put into words, and connect with the world, and ourselves, in a different, more mindful way. Through colour, shape, and creativity, we can explore new perspectives, process experiences, and find calm and joy in the simple act of making something with our hands.

- Start Date and Time: TUE 12th August, 2pm-3.30pm.
- Location: Sophia house, 19 Antill Road, Tottenham, London, N15 4AQ
- Registrations: [CLICK HERE!](#) or visit our website.

See the beautiful  
creations from our  
last art classes!



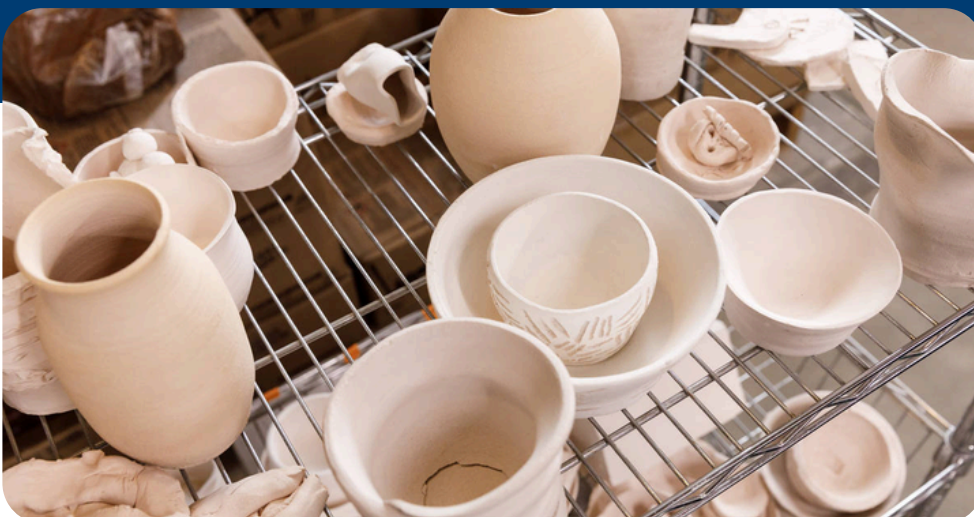
# What's coming up this month?

### **Ceramics Course (starting 13th August) NEW!**

We are announcing a brand new Ceramics Course starting on Tuesday 13th August at 2:00pm, held at the Community Hub. Running weekly over 8 sessions, this is a fantastic opportunity to explore your creative side in a relaxed, hands-on environment. You will learn the basics of working with clay, experiment with different techniques, and create your own unique pieces to take home, no experience needed!

We are especially prioritising members who have not taken part in similar creative courses before to encourage them to get involved!

- Start Date and Time: WED 13th August, 2pm-3.30pm.
- Location: The Community Hub, 8 Caxton Rd, London N22 6TB
- Registrations: [CLICK HERE!](#) or visit our website.



Expect clay, creativity, and a chance to make something truly your own, our new ceramics course starts this August!



## 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.



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**Venue:** Online.

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## 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!



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

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## 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!

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**Venue:** Online

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## 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.



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

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## 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.



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

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## Coffee & Creative Writing at OITA (starting July 24th)

Every Thursday / 11.30am to 1pm

FREE to members

Join us for our new themed drop-in sessions every Thursday at Green Rooms. We'll kick things off with a focus on creative writing and poetry, featuring special guests, including local authors. Come along, get inspired, and share your ideas!

Whether you want to unleash your creativity, share your ideas, or simply drop in for a friendly chat and meet new people, you are warmly invited to be part of this supportive and inspiring community.

Let your imagination flow and connect with others who love to create!



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

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## 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.



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

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## 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.



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**Venue:** Online

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## Weekend Walks

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 route each week, with the Walthamstow Wetlands, Alexandra Palace Park, and Parkland Walk being some of our favourites. Walkers range from 50 to 90 years of age - all are welcome!

All of our walks are designed to be accessible for people of all abilities. Our walks are usually an hour and a half long with optional turning back points for people who would prefer a shorter route.

Please register your interest in advance in case of cancellations due to weather conditions.



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**Venue:** New weekly route emailed in advance!

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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!

### **Photography Art**

We are considering offering a photography course that, beyond traditional learnings, would also explore creative techniques such as pinhole photography. Whether you are just starting out or looking to expand your skills, we would love to know if you are interested in joining.

### **Creative Writing**

Would you enjoy having a regular space to write creatively, share your work, and read with others who love stories and writing? Whether you're experienced or simply enjoy writing and reading for fun, a group like this could be a great way to explore your creativity and connect with others.

### **Walk and Dine**

Are you interested in taking part in a regular group that pairs leisurely walks with opportunities to enjoy a meal and great company? It's a lovely way to discover new spots, breathe in the fresh air, and connect with others over tasty food.



# WHAT WOULD YOU LIKE TO DO?

## TELL US HERE!

### **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.

We're thinking of starting some casual games at Bruce Castle, whether you're completely new or already a fan, it's a great way to get moving and meet others.

Would you be interested in joining? Let us know!



# 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.



# Our Pick for Your Screen

Here's an interesting programme to watch at home!

## Michael Mosley: Secrets of the Superagers



Want to live for ever?

Fascinating series begins this week in Channel 4! Michael Mosley: Secrets of the Superagers, a series that explores the secrets of a longer, healthier life. The first episode, The Brain, filmed before Michael Mosley's death in 2024, sees him meet people who seem to defy the usual rules of aging.

We'll be watching - will you?!

"Michael Mosley: Secrets of the Superagers" is available to stream for free on **Channel 4**. The series also streams on **Prime Video**. Additionally, it's available on **BBC iPlayer**!

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# Coming up in July-August

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

## Staying cool

Heatwaves in the UK during July and August have become increasingly common due to climate change. These periods of unusually high temperatures can last several days or even weeks and often lead to public health warnings.



Heatwaves can pose serious health risks, especially for older adults, young children, and anyone with underlying health conditions. High temperatures can lead to dehydration, heat exhaustion, and heatstroke if we are not careful. However, with a few simple steps, you can stay comfortable and enjoy the sunshine safely!

Make sure to drink plenty of water and try to stay indoors during the hottest parts of the day, usually between 11am and 3pm, and when you go outside, wear light, loose-fitting clothing and a hat and do not forget to use sunscreen to protect your skin. Keeping your home cool by closing curtains and using fans can really help. And if you can, check in with friends, family, or neighbours who might appreciate a kind word or a quick hello!

For more information visit the website: <https://haringey.gov.uk/environment/major-emergencies/hot-weather>

## Interesting and important dates this month!

- 19 July – 13 September 2025 – BBC Proms (Classical music festival, London)
- 21 July – 4 August 2025 – Edinburgh Festival Fringe (Scotland)
- 25 July 2025 – National Wine and Cheese Day (informal, socially noted)
- 1 August 2025 – Yorkshire Day
- 4 August 2025 – National Friendship Day (informal celebration)
- 8 August 2025 – International Cat Day (popular social media celebration)
- 12 August 2025 – International Youth Day (UN observance)
- 23 August 2025 – European Day of Remembrance for Victims of Stalinism and Nazism
- 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)



# 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](mailto: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](mailto:hello@haringeycircle.com)**



**Website: [www.haringeycircle.com](http://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/>**



**Haringey  
Circle**