

June 2025

Hello and welcome to our June newsletter



Circle receiving an award for its commitment to building an Age Friendly Haringey from the Mayor of Haringey, Councillor Ahmed Mahbub.

This month:

- | Meet the team
- | What we've been up to
- | News and Information
- | What's coming up this month?
- | Activities and events
- | Your freedom pass
- | What would you like to do?
- | News from our partners
- | One Pot Chicken Recipe
- | Coming up in June
- | Watch this space

An update from the Haringey Circle team!

Welcome to our June Newsletter, and especially to our newest members receiving it for the first time. You're joining a growing and lively organisation with lots of opportunities to link up with others in the borough, and take advantage of the expanding programme of activities we offer.

In fact we're proud to have just won an award for our work as you can see!

However, there are still those who haven't yet joined, so this month we're urging you to spread the word to others who might like to become members.

Membership is free, and it's easy to join, just click [HERE](#)! You can always visit our website or email us and we will help with the process.

And you can also see, many members have had a great time this month. But there's more to come! As we head into summer, watch out for some new ideas – especially if you like your food -or have a dog!

Sharon Grant OBE

Chair, Haringey Circle.

Meet the team

The Intern: Zak

Hi everyone! My name is Zak. I'm currently in my second year at King's College London, studying Ancient History. I've been working as an Intern at Haringey Circle for a few months now, and some of you may recognise me from the weekly art classes with Alice or around various other events.

Having been born and raised in Liverpool, I've really enjoyed getting to know London and, more specifically, the people that live here. One aspect of the internship I've come to appreciate in particular is understanding intergenerational issues, such as how stereotypes about different age groups can have a serious effect on people's confidence.

If you feel that there are intergenerational issues which affect you, I would really appreciate it if you could complete the form below so that Haringey Circle can help bridge the gap and start a discussion.

I look forward to reading your responses.



Please complete the following form to help us challenge the Intergenerational issues that society faces:

[SURVEY HERE](#)

What we've been up to



We've been continuing our usual Sunday walks, enjoying some very hot weather in May on the Parkland Walk, requiring a stop for a pub lunch at the top of the hill! We also used our bus passes to take us up to Groveland Park in Winchmore Hill, where some members clowned around on the woodland playground facilities, but those opposite on our Woodberry Wetlands walk were much better behaved!

Our Monday café drop-ins of course are still very popular, and Nordic walking in Bruce Castle has been great hit!

And finally, a fair few of us went to the Circus! The acrobatic Showdown event at the Bernie Grant Arts Centre was incredible, and we appreciated the complementary tickets they provided for Circle Members



We've also started to look into providing some more cooking classes, following the success of the Caribbean One Pot Cooking classes in April and May – we'll be in touch, but in the meantime below is one of the recipes from that you can try.

On the bank holiday we again met for lunch at the Mossy Well and had a good time, with members from our different activities starting to meet up for the first time and making friends.

What we've been up to

Recently, Haringey Circle experimented with an art class for members. Over the past few months, members have met up every week on Tuesdays and have been exposed to a variety of art styles.

The first week started off with painting from a reference, where those involved were given a variety of options from hummingbirds to rolling hills. After this, members tried out some basic pottery, starting out with just a lump of clay before moulding it to form their desired shape. After drying, they were then painted in a variety of beautiful ways.

There are more sessions to come, and new skills to learn. And we have been delighted that participants felt the programme such a positive impact on their sense of well being.

"Having the chance to spend a few hours each week to sit, have a coffee and a chat while learning and being creative has meant such a lot to all of us"

Unfortunately, there are no more places on the current programme, but do let us know if you'd be interested a further one!



What's coming up this month?

New Line Dancing Class!

As our line dancing classes have become so popular, we are happy to announce that have launched a new class for different levels!

Advanced classes will now run from 10.30am to 11.30 am on Wednesdays and beginners classes will run from 12pm to 1pm.

Members following along to Carol's moves at one of our line dancing classes!



Interested in coming to talk to us?

We will be hosting drop in sessions every Monday from 1130am to 1.30pm at the Oliver Tambo and Bruce Castle Pavilion cafes. If there's something you'd like to share your thoughts on, come along and talk to us! See below.

What's coming up this month?

Our Haringey Dining Circle, NEW!

One thing we have learned from members is that they love food, and even better meeting together to share a meal.

Haringey of course is blessed with huge diversity of restaurants and eateries reflecting culinary delights from all over the world – but how many of them have we all sampled? We are on the case!

First off therefore we have arranged a fixed price Japanese lunch (£10) at OITA Wood Green, for members only – on Friday 27th June at 12.30. (Their Katsu curry is fab!) It's close to Wood Green tube, and accessible. Varied menu, vegetarian options available. But please, you must book, via our website events!

OITA Wood Green, will be the location of the first Dining Circle!



What's coming up this month?

Shared Reading, returning!

What is it? A poem, book or short story perhaps, is read by a trained facilitator and discussed in the group. No preparation needed!

Shared reading is enjoyed by many people. It can increase the ability to understand the emotions and thoughts of others, & also our thinking abilities and social skills. It's not only great fun, but can also begin a journey into much wider reading for some.

We've teamed up with Hornsey Housing Trust, who would welcome Circle members to their popular shared reading sessions.

Why not give it a try – there are sessions near you as follows:

- 18th June and 2nd July at Abyssinia Court 107 Weston Park, London N8 9PL
- 20th June at Margaret Hill House 77 Middle Lane, London N8 8NX
- 23rd June and 7th July at Palm Tree Court 4 Factory Lane, London N17 9FL

All sessions begin at 2pm and last an hour or so. However, you must book with us to ensure we can manage the group size, see our website.

[Click HERE](#) or see our website for registrations!



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 26 June, and then every last Thursday in the month, for a circular stroll around Alexandra Park – with a stop for coffee of course. (You're welcome even without a dog of course).

- Meeting point : Alexandra Park Station entrance.
- Total time 1hr -1hr.30 subject to coffee and chats!
- Terrain : Hills and flat, path and grass.

[Click HERE](#) or 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 at the The Pavilion Cafe

Every Monday / 11.30am to 1pm

FREE to members

Whether you'd like to see us host a new activity, you're interested in becoming involved, you want to come and give us feedback on an existing activity, or you'd just like to sit down with us for a coffee and a chat - come along to the The Pavilion cafe in the Oliver Tambo Recreation Grounds on Monday mornings to speak with us in person.

One of our team will be there to meet up and chat from 11.30am to 1pm every Monday morning.



Venue: The Pavilion Cafe, Durnsford Rd, London N11 2EP

Coffee Drop in and Nordic Walking at Bruce Castle Cafe

Every Monday / 11.30am to 1.30pm

FREE to members

If you'd like to speak with us in person but you can't reach The Pavilion cafe in Oliver Tambo Recreation ground, we will also be hosting drop in sessions in The Pavilion cafe at Bruce Castle.

Our manager will be at the cafe in Bruce Castle Pavilion from 11.30am to 1.30pm every Monday morning to hear your thoughts, come along and speak to us!



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

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

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.



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.

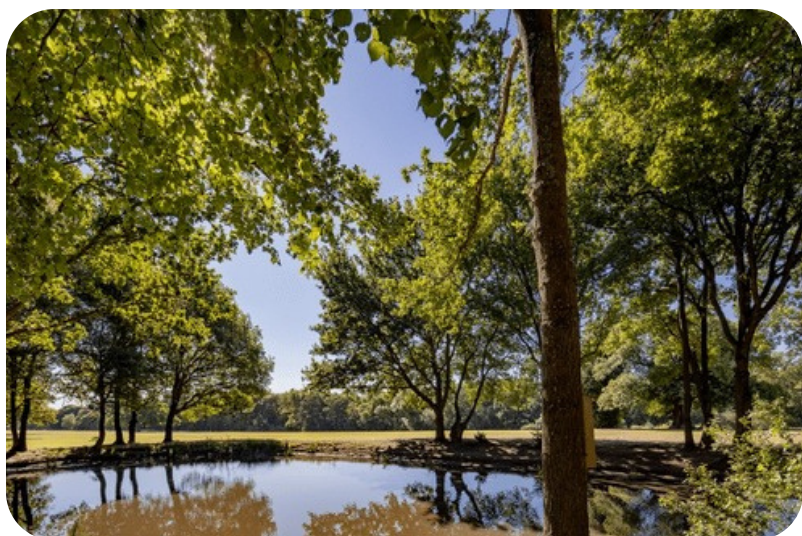
Your participation and attention help us make everything run smoothly and safely!

Your Freedom Pass: our next trip!



Our next freedom pass outing on 22nd June will again take us to the beautiful Trent Park in Enfield. Come and explore the scenic natural trails surrounded beautiful trees and plant life.

We will meet at Wood Green tube station at 11.30am. Those that wish to meet us at Cockfosters can meet us at the station at 12pm.



The beautiful Trent Park that we will be exploring on 22nd of June.

Freedom Pass

If you'd like to find out more about what travel entitlements you can benefit from with your Freedom Pass. Or, if you'd like to find out whether you're eligible. Click [HERE](#) to learn more.

If you're not sure what you're entitled to, or you have any questions, contact us and we'll happily help

WHAT WOULD YOU LIKE TO DO?

Exploring with our Freedom Passes

We've already visited some beautiful parks and nature trails using our Freedom Passes. Is there anywhere you've always wanted to see but never got the chance? Let us know.

Embroidery

Love embroidery? Want to meet new friends and unleash your creativity? If you're interested in starting an Embroidery Club at one of our hubs, let us know!

Pottery Classes

Are you interested in creating something truly unique? Some of our members are keen to start hosting pottery classes for others. If you have an interest in pottery and crafts, let us know!

News from our partners



**DISABILITY
ACTION
HARINGEY**

Volunteering Opportunities with DAH:

Volunteer Advice Worker:

We are looking for someone with experience of advice work and the benefits system to help us maintain an efficient and knowledgeable advice service, by facilitating a wide range of clients.

<https://reachvolunteering.org.uk/opp/volunteer-advice-worker>

News for you



**DISABILITY
ACTION
HARINGEY**

On the 3rd of July, DAH will host an event to talk to several Haringey MPs to hear directly from local people

As members may know the Government's proposed welfare reforms affecting benefits for disabled people and their carers, are very much in the news at the moment. Disability Action Haringey is holding a meeting on 3rd July to hear the views of local people about this, and has invited local MP's to attend. All are welcome to come along.

Event Details

Date: Wednesday 3rd July

Time: 6:00 – 7:30pm

Location: Winkfield Resource Centre, Winkfield Road, N22 5RP

Accessibility note: BSL Interpreters will be present

Hillside Court Memory Café: A Warm Space for Connection and Reminiscence

HILLDENE COURT MEMORY CAFE

2nd Friday of every month 1pm - 330pm

Open to all residents of Haringey

Hilldene Court

11 Alexandra Park Rd

Muswell Hill N10 2DB

Arts and crafts

Tottenham memories

chill out room

Nearest Station: Bounds Green Tube,
Alexandra Palace

Nearest Buses: 102, 134, 299, 43



The cafe offers a relaxed, comfortable, social gathering that allows people experiencing memory loss, their loved ones and carers to connect, socialise and get together.



Join us for a chat, cuppa and a walk down memory lane.



Refreshments can be enjoyed for a small fee

For more information, please contact Eveleen Hill: Eveleen.Hill@Haringey.gov.uk 02084440944

Get Active with Haringey's Free Parks Programme – Summer 2025

Haringey's People Need Parks programme is back this summer with a fantastic range of free, inclusive activities happening in parks across the borough. The sessions are open to everyone, with a special focus on supporting over 50s, women and girls, people with disabilities, and underrepresented communities to get active and enjoy the outdoors.

Activities include:

- Nordic Walking
- Yoga and Tai Chi
- Reggaectivity and Line Dancing
- Tennis and Pickleball
- Hula Hooping
- Circuit Training
- Multisport and Cycling for people with disabilities
- Walking Football and Netball

These friendly sessions are a great way to keep fit, meet new people, and explore Haringey's beautiful parks.

For more information and class programmes, please visit:
<https://www.haringey.gov.uk/leisure-parks-culture/parks-greenspaces/park-events/people-need-parks-events>

For more details contact:

get.active@haringey.gov.uk

www.haringey.gov.uk/people-need-parks

One Pot Cookery

Here is an exciting Chicken Cook-Up recipe to try at home!

Recipe Instructions

1. In a bowl, place the chopped chicken and season with the garlic, onion, soya sauce, thyme, ginger, stock cube, black pepper.
2. In a saucepan over medium heat, pour in the oil and add the seasoned chicken.
3. Cook, stirring for about 10 minutes, then add the rest of the ingredients.
4. Bring to the boil, then lower the heat to simmer, cover the saucepan.
5. Cook until the liquid is absorbed and the rice is cooked.
6. Garnish with spring onions and serve with a salad.

Suggestions

'Eat and Freeze' - portion out the Cook-up Rice, cool & freeze for later.

- ❖ *The chicken can be replaced with prawns or meat.*
- ❖ *For a vegetarian cook-up, use chopped butternut, sweet peppers or any favourite vegetables.*
- ❖ *Replace coconut milk with chicken or vegetable stock.*



Ingredients

- 2 or 3 boneless chicken thighs or chicken breast, cut up
- 2 cloves garlic, grated or garlic granules
- 1 medium onion, finely chopped
- 1 tbsp soya sauce
- 1tsp thyme; grated ginger (optional)
- Oxo stock cube, crumbled; Black pepper
- About 2 tbsp vegetable oil
- 2 chopped tomatoes or a little tomato puree
- 1/2 carrots, peeled and chopped or frozen mixed vegetables
- 450g (1lb) easy cook rice, washed
- 850 ml (1½ pints) coconut milk or chicken stock
- Chilli, to taste
- Chopped spring onions, to garnish (optional)

Coming up in June

Here's a couple of causes worth celebrating in the coming month

Pride Month

Pride is celebrated in the month of June, as that was the month when the Stonewall riots took place. The Stonewall riots were important protests that took place in 1969 in the US, that changed gay rights for a lot of people in America and around the world.



Pride month is about acceptance, equality, celebrating the work of LGBTQ+ people, education in LGBTQ+ history and raising awareness of issues affecting the LGBTQ+ community. It also calls for people to remember how damaging homophobia was and still can be. Pride is all about being proud of who you are no matter who you love. Whether you are an ally or part of the LGBTQ+ community, everyone is welcomed, valued, and essential. Pride is a time to celebrate love, authenticity, and the freedom to be exactly who you are. Together, we stand for inclusion, for justice, and for a world where everyone can thrive without fear. Your support, your voice, your story, it all matters.

For more information and events visit the website:
<https://www.haringey.gov.uk/leisure-parks-culture/culture/lgbtq-365/lgbtq-events>

Interesting and important dates this month!

- 15 June 2025 – Father's Day (third Sunday of June)
- 17 June 2025 – Clean Air Day (UK, usually mid-June, exact date varies yearly)
- 20 June – World Refugee Day
- 21 June – Summer Solstice (longest day of the year)
- 21 June – International Day of Yoga
- 22 June – Windrush Day (commemorating the arrival of the Windrush generation in 1948)
- 23 June – International Women in Engineering Day
- 26 June – Armed Forces Day (observed on the last Saturday in June)
- 26 June – International Day Against Drug Abuse and Illicit Trafficking
- 27 June – National PTSD Awareness Day

Coming up in June

Here's a couple of causes worth celebrating in the coming month

Windrush Events

The ship HMT Empire Windrush arrived at the Port of Tilbury on 21 June 1948 and its passengers disembarked a day later. The ship carried 492 Caribbean migrants, many of them veterans of the Second World War. The ship and its passengers have a symbolic status as the start of the Windrush Generation.

The Windrush Generation denotes the people who emigrated from the Caribbean to Britain between the arrival of the HMT Empire Windrush on 22 June 1948 and the Immigration Act 1971, including the passengers on the first ship.

For more information and event booking please visit the website:

<https://www.haringey.gov.uk/leisure-parks-culture/culture/black-history-haringey-365/national-windrush-day/windrush-event-listings>



Interesting and important dates for the Windrush events!

- 11–25 June – Storytime: Windrush (Ages 1–5) with Lashly Rose – Free, booking required
- 16 June, 5–7 pm – Film Screening: Pressure (15+)
- 18 June, 2–7 pm – Refugee Week Celebration – Stories of migration and resilience
- 19 June, 2–3 pm – Book Club: The Lonely Londoners by Sam Selvon – Hornsey Library
- 20 June, 3:30–4:30 pm – Windrush Ship Craft Session (Ages 4+) – Family-friendly workshop
- 20 June, 4–7 pm – Film Screening: Small Island (18+)
- 22 June – National Windrush 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 people of different ages and exchanging experiences? This month marks intergenerational week - a chance for people of different ages to come together and share their experiences. If you're interested in celebrating the occasion with us, let us know if you'd like to get involved.

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: www.facebook.com/HaringeyCircle

