

May 2025

Hello and welcome to our May newsletter



Our members posing for a photo on a
Sunday walk!

This month:

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- | What's coming up this month?
- | Activities and events
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- | Did you know?
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An update from the Haringey Circle team!

This month we've seen more and more members get involved and many stepping forward to help us with organising and running events. We're very glad to see that our members are coming together as a community and are helping us to improve our offer to all of our members.

June will see celebrations across the UK for volunteers like ours during volunteers' week from the 2nd to 8th of June. We will also celebrate carers' week, for all of those amazing carers who support their loved ones. You can find more about this celebrations below.

Our activities continue to expand and new activities are added to our programme each month. In the coming month we will start to offer an advanced line dancing class with Carol and shared reading sessions. We will also be organising monthly lunch outings and Freedom Pass day trips.

Membership of Haringey Circle and access to our activities continues to be free. However, support is always needed to keep our activities running and free for members. If you'd like to support us by becoming a donor, or volunteering to help us run our activities, please see the pages below to find out how you can help!

Kevin Collins
Manager, Haringey Circle.

What we've been up to

Our cooking classes hosted by Rosamund Grant were the highlight of the month for us, and we were so glad to see that everyone enjoyed them:

Renowned cook and writer of several cookbooks Rosmund Grant hosted a series of Caribbean cooking sessions at Hildene Court in Muswell Hill. Circle members and residents were treated to a culinary display of one pot Caribbean cooking highlighting dishes including peas & rice with chicken, vegetable noodles and black eyed peas stew.

All participants were able to sample the food as it was prepared and even managed to takeaway a doggy bag for later.



one member commented
"This is lovely I would never have thought to use all these ingredients together"

Using a variety of known ingredients and some specific to the Caribbean, participants were shown a simple quick method of cooking.

Participants marvelled at the unique taste and introduction to new vegetables such as plantain and sweet potatoes

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 provide activities that are currently free. However, we cannot do this alone. Donations enable us to do more, so that we can

reach more people who need the social opportunities we can provide. Every contribution, makes a difference and helps our members pursue the interests they share. If you are able to, then please consider donating today. Together, we can continue to build a more socially connected community! If you'd like to donate, please click on the amount below to be taken to our donation page. If you'd like to donate a different amount than the options below,
please contact us directly.

£5

£10

£20

Activities and Events

What's coming up this month?

We are excited to bring you a whole host of interesting activities and events during the next month:

Shared Reading: Join us to explore literature together in our shared reading sessions. Each session, we read carefully chosen texts—stories, poems, or excerpts—and pause to reflect, discuss, and share thoughts. No prior preparation is needed; just come along and enjoy! We will confirm the start date and venue soon, so keep an eye out.

Lunch outing: This Spring bank holiday Monday (26th of May) we will host our second lunch outing to the Mossy Well in Muswell Hill. We will meet at 12.30pm. Please register your interest so we can book an appropriate space.



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

New Line Dancing Class!

As our line dancing classes have become so popular, we are happy to announce that we are launching a new class starting on the 23rd of May.

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



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.

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 Bruce Castle Park, we will also be hosting drop in sessions in The Pavilion cafe at Bruce Castle.

Our manager Kevin Collins will be at the cafe in Bruce Castle 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

Knitting

Every Monday / 10am - 12pm

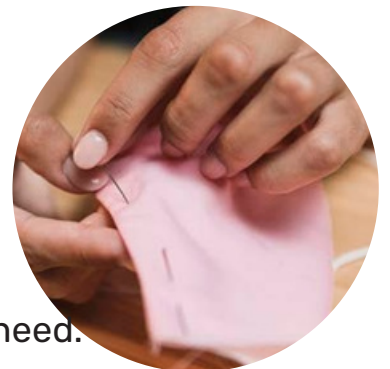
FREE to members

Join us for our new weekly knitting circle hosted by volunteer Candy. Come and knit whilst having a chat and sharing tips with other members.

Enjoy a delicious cuppa and a biscuit whilst you chat to new and old friends!

Book your place, and we will send you all the details you need. It's all free to attend!

Please note that the Goan Community Centre does not currently have lift access



Venue: Goan Community Centre, N17 6PW

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 flexibility, strength, and overall well-being, all while seated.



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 weekly walks every Sunday, starting at 11.30am. We explore a different route each week, with the Walthamstow Wetlands, Alexandra Palace Park, and Parkland Walk being some of our favourites. If there's a route you would like to explore, write in and let us know!

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!

Your Freedom Pass



Come and explore with us!

Our next freedom pass outing will 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

A Commissioner for Older People & Ageing?

There are 11 million people aged 65 or over in England. In ten years, this will grow to more than 13 million. Many believe England needs a Commissioner for Older People and Ageing in England, to act as an independent champion for older people and ensure that policymaking across government considers the long-term needs of our ageing population.

Wales and Northern Ireland already have commissioners who are improving the lives of older people and protecting their rights. England has an independent commissioner protecting children's rights but no one to do the same for older people.

A Commissioner for Older People and Ageing would address inequalities and give marginalised older people a voice, help government deal with the challenges of an ageing population, and to do more to help people to age well.

What do you think? Let us have your views!

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



**Pathways
Through
Dementia**

Clarifying your legal options



**On the 21st of May, Pathways through
Dementia will be hosting an online
seminar on lasting powers of attorney**

Please find below information about an upcoming event on arranging Lasting Power of Attorney delivered by Pathways through dementia.

"I am sure you understand the importance of planning ahead for dementia and how many people leave making a Lasting Power of Attorney (LPA) until it is too late. For Dementia Action Week we are hosting an online meeting where I go through the LPA forms page by page giving people the confidence to complete them in time and to ask questions along the way. If you know anyone who would be interested in this please highlight the event to them: [REGISTER HERE](#)"

The Community Hub in Wood Green

Our friends at the community hub have a whole host of fabulous activities and events coming up!

To find out more, or book your place, contact the community hub team at Office@thecommunityhub.org.uk

Wellness Tuesday



Gentle
Exercise
&
Self defence techniques

Tuesdays
10:30-11:30am
£1 - Members

Suitable for all abilities



8 Caxton Road
Wood Green
London N22 6TB

020 8889 6938
office@thecommunityhub.org.uk
thecommunityhub.org.uk

Senior Citizens Social Club



Drop in for a cup of tea,
a friendly chat and social

Free for senior members

Every Thursday 12pm-3pm

Starting on Thursday 15th May

Tea & biscuits provided



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



'Build your practice' with Farah Fernandes

6 sessions on each Wednesday from 5th February to 12th March 2025 / 2pm to 3pm

Rejuvenate your body. An introduction to the foundational yoga poses and breathing techniques for beginners and those revisiting yoga. Ideal for 50+ age group.

'Emotional Resilience' with Farah Fernandes

6 sessions on each Wednesday from 5th February to 12th March 2025 / 6pm to 7pm

Manage emotions and cultivating resilience through yoga and mindfulness offering heart-opening poses, grounding techniques, affirmation, meditation, stress reduction to help create inner harmony. Ideal for 50+ age group.

Fees £20 / £15 concessions for 6 sessions (individual session £5/£3) All fees are non-refundable and must be paid in advance, via bank transfer or in cash.

Venue: The Community Hub, 8 Caxton Road, (behind Wood Green Library) N22 6TB **Limited spaced Book in advance:**
wisethoughts.org



Here are some more classes offered at the Community Hub that you might find interesting!



Batik art workshop by Cassandra Om.

6 sessions on each Tuesday from 27th May to 1st July 2025 / 6 to 7 pm

From this ancient Indonesian art of printing fabric with dyes and a wax resist, we will create some easy simple designs, following an intricate process to produce some fabric art pieces to take home!

All materials are provided. No experience is necessary, just the desire to express your creativity in a fun and relaxed class.

All are welcome, let's create some beautiful art. Ideal for 50+.

Fees £20 / £15 concessions for 6 sessions (individual session £5/£3)

All fees are non-refundable and must be paid in advance, via 'Go Get Paid' (bank transfer) or in cash.

Venue: The Community Hub, 8 Caxton Road, (behind Wood Green Library) N22 6TB. **Limited spaces - Book in advance: wisethoughts.org**



**WISE
THOUGHTS**
www.wisethoughts.org

Yellow and Blue Productions

**the community
HUB**
haringey

**COMMUNITY
FUND**



Creative writing workshops with Mira Mookerjee, focused on the theme of movement.

6 sessions on each Thursday from 29th May to 3rd July 2025/ 6 to 7 pm.

In this six-week creative writing course, join writer and editor Mira Mookerjee to explore the theme of movement through poetry and short stories. We will be delving into the work of contemporary London writers and engaging in exercises to investigate how literature can reflect, challenge, and enrich our understanding of the world around us. You will learn how to write your own poetry and short stories, strengthen your creative voice and sharpen your craft. All are welcome, also ideal for 50+ age group.

Venue: The Community Hub, 8 Caxton Road, (behind Wood Green Library) N22 6TB

Fees £20 / £15 concessions for 6 sessions (individual session £5/£3) All fees are non-refundable and must be paid in advance, via 'Go Get Paid' bank transfer or in cash.



BOOK / register NOW wisethoughts.org

**WISE
THOUGHTS**
www.wisethoughts.org

Yellow and Blue Productions

**the community
HUB**
haringey

**COMMUNITY
FUND**

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.

Backgammon

Love strategy games? Want to meet new friends and challenge your mind? If you're interested in starting a Backgammon 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!

Did you know?

Here's an interesting article we came across on the benefits of Nordic Walking

The benefits of Nordic Walking

Our Nordic Walking sessions in Bruce Castle park have proven very popular with members, but did you know it's not just fun, but also incredibly beneficial for your health? According to the Harvard Medical School, Nordic Walking burns more calories and engages more muscles than traditional walking.

Nordic walking can also improve cardiovascular health, increase muscle strength, support weight loss, and support joint health. It can even help you sleep better!

If you're interested in finding out about the benefits of Nordic Walking for yourself, come and join us Mondays at 11am at the Bruce Castle Pavilion Cafe!

You can read the full article [HERE](#)



Coming up in June

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

Carer's Week 9th - 15th June 2025

The theme for Carers Week 9th – 15th June 2025 is 'Caring About Equality', calling for an equal society where carers are truly valued, recognised and supported. Each day of Carers Week will have a specific focus and highlight the different ways inequality impacts carers' lives:

- **Monday:** Health and social care
- **Tuesday:** Financial wellbeing
- **Wednesday:** Work and employment
- **Thursday:** Younger carers
- **Friday:** Older carers
- **Saturday:** Mental health and wellbeing
- **Sunday:** Reflections on Carers Week

Carers Week provides a vital opportunity to raise awareness of the challenges facing carers and to connect more carers to available support. There will be plenty of ways to get involved in the lead up to Carers Week - or by participating in the hundreds of events and activities that will be promoted throughout the UK and online during the week itself. Click the report below for more details on the impact of caring.

[* Carers UK, 2025, State of Caring - The impact of caring on carers' mental health and the need for support from social care services](#)

Volunteers' Week 2nd - 8th of June

Volunteers' Week is an annual UK-wide campaign held from the first Monday in June to celebrate and recognise the contributions of volunteers.

We're very lucky at Haringey Circle to have incredible volunteers that help us with hosting events, advocating on our behalf and even supporting with tasks that are essential to keep us going. We would like to sincerely thank everyone that has been involved and helped Haringey Circle become the organisation it is, we wouldn't have been able to do it without you!

You can find out more about volunteers' week [HERE](#)

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.

Watch this space!

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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 light 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

