

September 2025

Hello and welcome to our September newsletter



"Lordship Rec Terrapins", a memorable finding in the first Three Parks walk!

This month:

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

An update from the Haringey Circle team!

Welcome to our September newsletter. As we sadly say goodbye to summer, I hope you'll at least have great memories of Circle events during those long hot months. It's clear from your messages that you've really enjoyed the walks, loved the line dancing, as well as eating out together too.

This month there's even more on offer, for example our popular regular drop-ins, as well some surprises,, and of course news of our next lunch date.

Looking further ahead however, we would like to test your opinion on one or two ideas we have in mind! See below! Do let us know what you think.

Finally, we've quite a few additional members, so a big welcome to them all. We hope you'll find new friends and interests as our Circle gets ever larger.

Sharon Grant OBE
Chair, Haringey Circle.

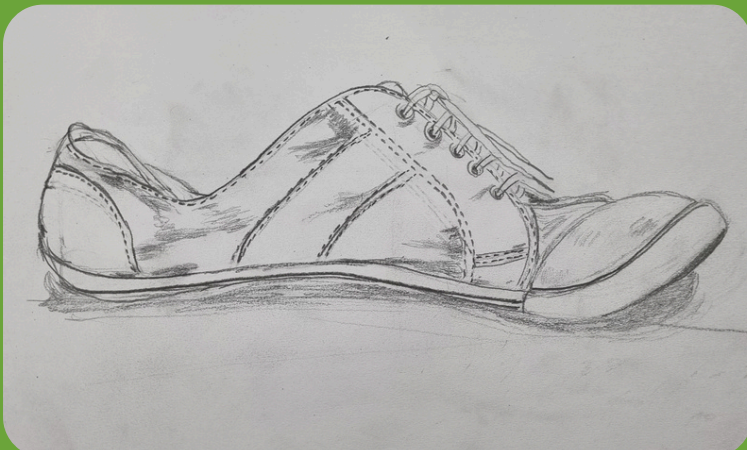
What we've been up to



We shared a Bank Holiday lunch together again in August and had a great turnout. Judging by how long people stayed, it was clear that both the conversation and the food were crowd pullers.

And our Dining Circle continued, this time a vegetarian meal at the welcoming Pureen restaurant in Turnpike Lane. Lots of members tried out this cuisine for the first time and were especially wowed by their dosas and delicious lime tea ..

For the creatively inclined, our art classes have proved popular and some stunning work has been produced. At the ceramic classes we hear there has been some hilarity however, as some members' vases didn't quite make the grade!



What we've been up to

As for our line dancing classes, the enthusiasm and skill development goes on and on – they all went to show off in a mass display in Newham a week or so ago!



We've also settled in well at Naya café for our regular Thursday drop in nice company, lovely food.

And finally our fabulous and very sunny walks every Sunday continue with new destinations added – so do join us if you can this month.



What's coming up this month?

CREATIVE WRITING (NEW START DATE)

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 5 week online course initially, with the possibility of extension if there is interest.

- Date and Time: **FRI 19th SEPTEMBER, 11am**
- Location: ONLINE (via Microsoft Teams)
- Registrations: [CLICK HERE!](#) or visit our website.

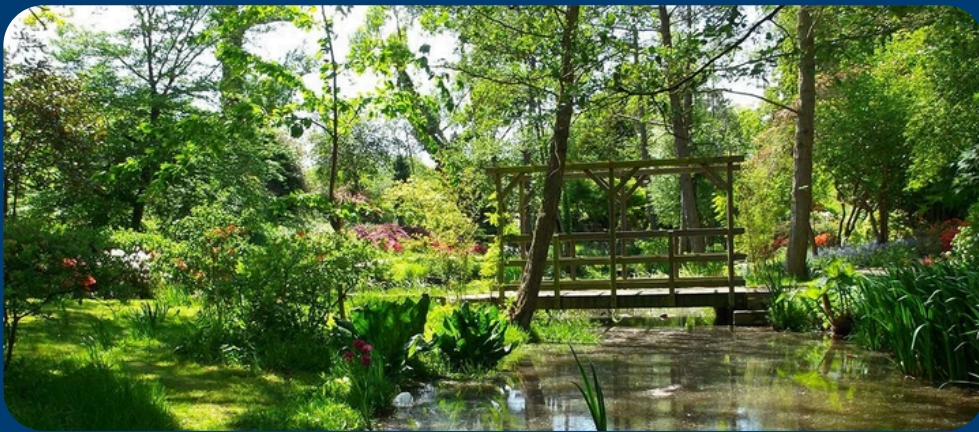


See our website
for
registrations!

What's coming up this month?

Trent Park Walk and Chat - Freedom Pass!

Discover the joy of walking, fresh air, and friendly company by joining our wellness walk at the stunning Trent Park! Whether you're looking for gentle exercise, a chance to meet new people, or simply a peaceful escape from the routine, this walk is for you.



Travel easily with your Freedom Card, enjoy gentle paths, and connect with fellow members along the way. Choose to meet at Wood Green or Cockfosters Station, and sign up in advance to help us keep everyone safe. Everyone is welcome, come along, move at your own pace, and make the most of a refreshing day outdoors!

- Date and Time: SUN 21st September, 11:30am at Wood Green Station or 12:00pm at Cockfosters Station
- Location: ONLINE (via Microsoft Teams)
- Registrations: [CLICK HERE!](#) or visit our website.

What's coming up this month?

DINING CIRCLE- Fourth edition

This month we'll be treating ourselves to an African/Caribbean buffet at the famous Gina's Restaurant 639 High Road N17 8AA. Friday 26th September 12.30 pm.

The spread will include meat and vegetarian / vegan options and a soft drink for an amazing £12. Savour delicious food with a vibrant fusion of African, Caribbean, and English cuisines prepared with fresh, natural ingredients and a menu designed to suit every palate and dietary preference.

Best book up now!

- Date & Time: FRI 26th September, 12:30PM
- Location: Gina's Restaurant 639 High Road N17 8AA
- Registrations: [CLICK HERE!](#) or visit our website.



Expect great flavours, a warm atmosphere, and carefully crafted dishes, join us at Gina's for a luncheon experience to remember!

What's coming up this month?

GOLF SESSIONS (6 week course)

We're offering a unique opportunity to members who fancy themselves as golfers! This is a first for us, and indeed for the wonderful Muswell Hill Golf Club which is heavily discounting its fee for Circle.

This will be a course of 6 group sessions, in which you can learn the basics, holding the club, putting, chipping etc. Equipment will be provided.

£5 donation per session, spaces are limited so make sure to secure your place.

Please note: this is a structured course; members are expected to attend all six sessions for the full experience and learning!



- Dates: weekly starting on Monday 29th September to 3rd November.
- Time: 11.00 am – 12.15pm (approx.)
- **£5 donation per session.**
- Location: Muswell Hill Golf Club, Rhodes Ave, London N22 7UT
- Registrations: [CLICK HERE!](#) or visit our website.

What's coming up this month?

ART CLASSES (8 week course)- Third iteration

We are very happy to introduce the third edition of our Art Classes! Thanks to the amazing creativity and feedback from our members, each course keeps getting better and better. We couldn't be more grateful for your inspiring work and continued support!



This new series continues to celebrate the creativity, curiosity, and imagination of everyone who joins. Designed for anyone who wants to explore art in a relaxed and supportive setting, the classes provide a space to experiment, play, and express yourself freely.

- Date and Time: WED 22nd October, 2pm to 3:30pm (approx.)
- Location: Bigbury Close, London, N17 8JQ
- Registrations and to JOIN THE WAITLIST: [CLICK HERE!](#) or visit our website.

What would you like to do?

We're listening – what do you think?

DayTime Disco?

We hear that DayTime Disco's are all the rage, and that some older people are flocking to venues in town during the afternoon on weekends to let their hair down to music of 70's and 80's!



It's been suggested that we can have our own, and we have a venue lined up locally, a DJ and all! So if we set this up in November, would you come along? Let us know below!

[TELL US HERE \(CLICK\)!](#)

What would you like to do?

We're listening – what do you think?

Pétanque

Some members enjoy playing pétanque, or boule, a form of lawn bowling, originating in France of course.



We have several pitches in the borough it seems, and some members would like others to play with! If you'd be keen we'll link you up in no time. Let us know!

[TELL US HERE \(CLICK\)!](#)

What would you like to do?

We're listening – what do you think?

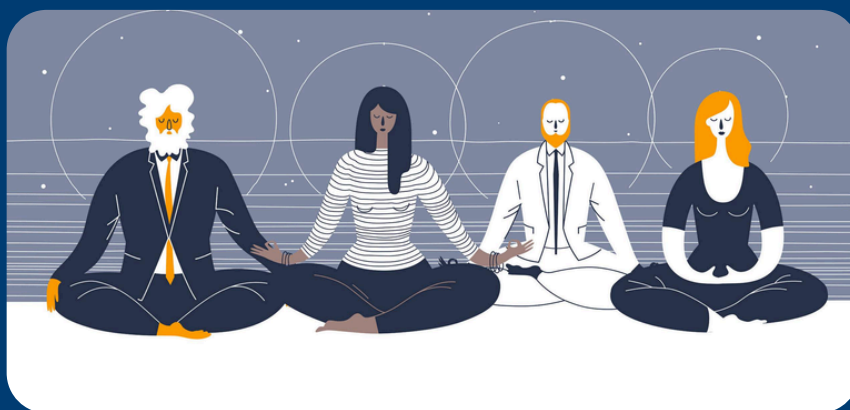
Are you still keen?

Some of you have already shown interest in these activities, and we are still checking who else might like to join.

Mindfulness – An introduction

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? 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.

[TELL US HERE \(CLICK\)!](#)

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

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

£5 donation to cover costs

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 & Brunch Meet Up/Drop In Wood Green

Every Thursday / 11.30am to 1pm

FREE to members

Join us for our weekly coffee and chat drop-in every Thursday. Take a break from the everyday and spend some time reminiscing, sharing stories, and connecting over a warm cup of coffee or tea, with a generous 20% on food items.

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: Naya Cafe & Deli, 748 Lordship Ln, London N22 5JU

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). And our walks are planned to have access to a toilets and resting space.

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

Venue: New weekly route emailed in advance!

Please do 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!

HARINGEY'S Age Well Festival



Celebrate Life and Community at Haringey's Age Well Festival!

Join us at Bruce Castle Park on Saturday 20 September for the Age Well Festival, a joyful celebration of Haringey's older residents. Haringey Circle will be there, along with a host of activities including live performances, workshops, health and wellbeing sessions, creative and physical activities, food and craft stalls, and opportunities to connect with local groups and neighbours.

DO COME ALONG TO HELP AND VISIT US!

Come early for the official opening by the Mayor of Haringey and enjoy the vibrant Purple Parade. Whether you're 9 or 90, celebrate ageing as a time of joy, growth, and connection—let's raise the profile of older people together while having a brilliant time!

- **Date & Time:** Saturday 20 September 2025, 12 noon to 5pm.
- **Location:** Bruce Castle Park, N17 8NS

HARINGEY'S

Age Well Festival



u3a learn,
laugh,
live

Celebrate Life and Community at Haringey's Age Well Festival!

In addition to our stall at the Age Well Festival, Haringey Circle wants to make a special mention of the Creative Writing Workshop run by U3A.

Amongst the many activities and opportunities to get to know local organisations and businesses, and the workshop will be held at the Writers' Corner in the Learning Zone from 1.30–2.30pm.

The session is co-organised by volunteers from the Over 50s Forum, who will also be on hand at the next stall for anyone interested in finding out more.

- **Date & Time:** Saturday 20 September 2025, 1:30pm to 2:30pm
- **Location:** Bruce Castle Park, Writers' Corner in the Learning Zone
- **Organisers:** University of the Third Age in collaboration with Haringey Over 50s Forum.

Coming up in September-October

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

October is Black History Month

Black History Month in the UK is a time to celebrate the achievements, culture, and contributions of Black individuals throughout history. Across communities, schools, and organisations, events, workshops, and talks help raise awareness, promote understanding, and inspire future generations to learn from and celebrate this rich heritage.



Haringey's Black communities have made, and continue to make, a significant contribution to all aspects of life in the borough, London, the UK, and beyond, through politics, culture, education, and community activism, making history every day. Haringey London is capturing these achievements through their Black History Haringey 365 webpages, where you can explore events, crafts, learning resources, quizzes, and over 600 years of Haringey's Black history, available 365 days a year.

See more information on Black History Haringey here: [Black History Haringey 365](#)

Interesting and other important dates this month!

- 16-22 September – Organic September
 - 21 September – World Alzheimer's Day
 - 22 September – World Car Free Day
 - 22-27 September – Organ Donation Week
 - 29 September – World Heart Day
 - 1 October – International Day of Older Persons
 - 1-31 October – Black History Month
 - 5 October – World Teachers' Day
 - 10 October – World Mental Health Day
 - 12 October – World Arthritis 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/>

