

Summer 2022

Hello and welcome to our
Summer Newsletter



Social Activity Organiser, Lena Wigfall

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- Special day at the Old Vic.

Lena's Farewell

On 9th November 2020, I joined Haringey Circle as a Social Activity Organiser. This came after a year of frantic confusion, fear, frustration and furlough. Previously, I was working as a supervisor at the Piccadilly Theatre, and it was a good thing I decided to jump ship when I did, as it wasn't until almost a year later that staff were able to return to theatres!

A full year and a half later, almost to the day, the time has come for me to pack up my bags and move on once again. My time at Haringey Circle has certainly been eventful – I've seen lockdowns,

restrictions ease up, restrictions tighten again; and all the while our membership has steadily bloomed into the dynamic and varied Circle community that we have today.

It has truly been such a joy to get to know so many of you on a personal level, on walks, at lunches, and even sat on a boat sailing down the River Thames! I have so many highlights – strolling in the sunshine through the Buckingham Palace Royal Gardens, collecting shells on Margate beach, and enjoying an electric performance of 'A Christmas Carol' at the Old Vic to name but a few.

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I won't be forgetting any of you soon, and the kindness, enthusiasm and passion for life that you have shared with me is something that will stay with me always.

With all my love, Lena.

If you're a Gold Member, get more involved!

Are you a Gold Member who has been thinking about getting involved in our activities and events? Don't hesitate any longer - come and join us at a walk, lunch, coffee afternoon, musical performance or even the cinema if that's more your thing, we certainly have something for you!

Our lunch events take place on Wednesdays. They're hugely popular, and affordable too. Lunch at the Ferryboat Inn in Tottenham Hale (pictured) can cost just £6 for a generous and filling main course. Aside from enjoying the food, there are a host of friendly fellow members to chat with over the meal.

Our coffee afternoons, held at Tottenham Town Hall on the first Tuesday of every month, are a great and informal way to socialise over some complimentary refreshments. We often have hosted themed discussions on topics such as energy advice, access to digital and technological support, and how to improve our mental health and wellbeing.

If the arts and culture are more your thing, why not check your monthly programme to see what we have on offer this coming month? Past trips have included exclusive personalised



tours at the British Museum, matinee performances at the Old Vic, and in April we went to see 'A Handmaid's Tale' at the English National Opera.

We are looking for more members to get involved in leading and hosting various activities and events. If you have a hobby or interest that others may be interested in, or you'd like to lead a local walk, please volunteer.

We encourage you to visit the Windrush Collection exhibition between 20th-26th June at the Bernie Grant Arts Centre in Tottenham. Circle member, you'll get a discount if you take the option of a Caribbean lunch bowl.

Haringey Circle is here for you. Don't be shy in coming forward with ideas for activities to suit you.

Paul Kramer, Haringey Circle Manager

What is a Lifetime Mortgage?

I am often asked this and there is clearly some confusion between a Lifetime Mortgage and Equity Release. Simply, a Lifetime Mortgage is the product which allows you to release equity from your home without having to move. Before these products were available people would have to move from their property to downsize.



There are no monthly payments but of course this is not free money. Instead of a conventional loan, the interest is added to the amount you owe each month. Also, interest is compound meaning that the interest charged is on the amount you borrow plus any interest previously added. The total amount is usually repaid from the sale of your home after you have died or if you were to move out of your home into care.

Some examples of the use of a lifetime mortgage are as follows:

Example 1 - If you are simply looking to enjoy retirement to help pay for travel, a new car, or home improvements

Example 2 - To help family. You can borrow to raise money against your home to make gifts to children and grandchildren. In the process if you have an issue with Inheritance Tax this could improve the situation, although this is a whole new area where financial advice is essential.

Example 3 - If you have an existing mortgage on interest only and have no way to repay the capital, you may be able to replace the mortgage with a lifetime mortgage and you will not have ongoing interest payments to service. Your financial pressure can be removed if you have enough equity in your property.

There are many schemes available on the market where the interest rates and fees can vary tremendously. I am happy to provide more information for any member who is interested. Please be aware a Lifetime Mortgage is a loan secured by first charge against your property.

George Ttoui is a Chartered Financial Planner. If you wish to arrange a private consultation please call the office on 020 8882 6688 or send an email to george@burlington.uk.net

Website: www.sjpp.co.uk/burlington

Members enjoy Woodside Park history walk

by Cherry McAskill.

Our last Circle walk of May took us to Woodside Park: One house, four names, and Wood Green's oldest building.



Thomas William Smith Oakes, a City merchant from the East India Company, bought 10 acres of land on the Tottenham/Edmonton parish boundary (now Woodside Park) and built Westbury House in 1865 to accommodate his wife, ten children and various servants. The family remained in residence until 1874. The house was known as Earlham Grove House by the time it became part of the Chitts Hill Estate in 1875. The next occupants were the Smithies family. Mrs Catherine Smithies (1785-1877) founded

the Band of Mercy, a charitable organisation for young people, aimed at relieving suffering of animals. It eventually became part of the RSPCA. Thomas Bywaters Smithies (1816-1883) championed the struggles of the working man through the publication of journals like *The British Workman*, *The Family Friend*, *The Child's Companion*, and animal rights with *Our Four-footed Friends* and *Our Dumb Companions*.

In 1881 Earlham Grove House was sold to the Freehold House Property

Company Ltd., as part of the Chitts Hill Estate sale. It then passed into municipal ownership, and still is today.

Woodside House, as it was renamed in 1963, was occupied by the Wood Green Local Board of Health in 1890, and after the creation of Wood Green Urban District Council in 1883 it became Wood Green Town Hall.

In 1913 a side building was added to create a council chamber and police court. It remained the Wood Green Town Hall until 1958 when the municipal offices moved to the new Civic Centre. Another change of name occurred on 8th November 2018 when Haringey Council reopened the house as George Meehan House (named after the late leader of Haringey Council and councillor for 35 years) after considerable upgrading and it now houses the registrar's suite and various other meeting rooms.

With thanks to Oonagh Gay for leading the walk, and for her historical insights, and to Cherry McAskill for the article.

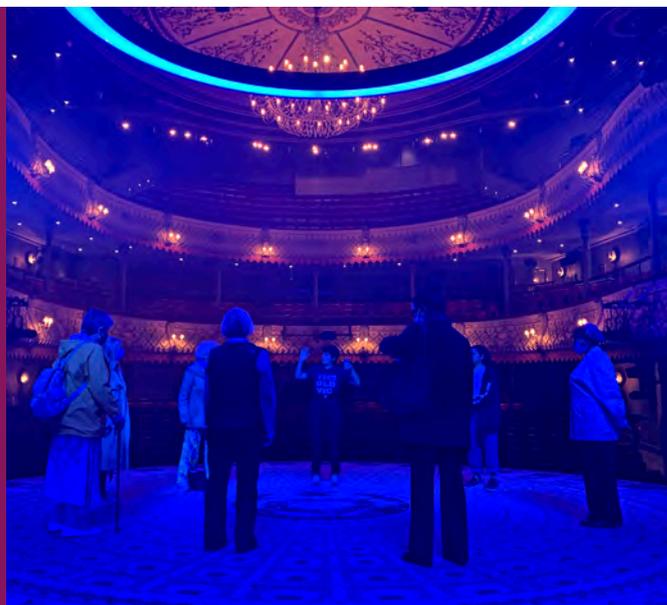
Wood Green's oldest building...

You can still see the entrance lodge to the Chitts Hill Estate, on the right-hand side of Green Lanes, just inside Woodside Park. Known locally as the 'Mushroom House', the Grade II listed building was erected in 1822 and is considered to be the oldest surviving building in Wood Green. The Lodge originally provided accommodation for the gatekeeper or other estate employees. In 1871, the census shows it was home to the coachman, his wife and six children plus a lodger!

With the creation of the municipal grounds in 1894, the building became a tearoom and continued as such until the 1960s. It was a children's playhouse in the 1970s and it became popularly known as the 'Mushroom House'. It became Grade II Listed in 1974 and at present it is in residential use.

A very special day at the Old Vic

Haringey Circle members were lucky enough to be invited to the Old Vic for a very special day out to celebrate the conclusion of our participation in the Community Club project.



On Wednesday 10th May Lena and a group of members enjoyed a fantastic Backstage Tour, in which we learned some fascinating facts (did you know the Old Vic as it is known today was founded by a woman, Emma Cons?) and were even able to get up on the stage itself to deliver some lines! It's safe to say that member Sarah G stole the show. We then enjoyed a matinee performance of 'The 47th' in the afternoon – a thought-provoking play on politics and human nature.

Here's what member Sally K had to say about the day:

Last week some of us paid a visit to the Old Vic theatre to learn about its history and to see how it works. There's a stone plaque on the wall outside saying it was laid on the 14th September 1816! So a very long time ago!

Next we were given a fascinating demonstration of lighting and all the different effects it can produce. We saw backstage left and backstage right and the bit in the middle. There were costumes on rails, mirrors for touching up makeup and all manner

of electric cables, ladders and bits of scenery. All this was in a very dim light as opposed to the very bright light of the stage.

We also learnt about the metal safety curtain, how heavy it is and how you must be sure to keep well clear when it's being lowered (once at every performance).

In the afternoon we saw The 47th which is a brilliant play depicting what could happen at the next US presidential election. It was horrifyingly believable! So all in all we had a wonderful and rewarding packed day out.

Gardening at Wolves Lane

It has been over eight months since we started our Gardening Club at the hidden oasis that is Wolves Lane Garden Centre.

Members get to choose from vigorous outdoor gardening such as weeding and clearing if they are feeling up to it, or more gentle sit-down activities indoors like potting plants and taking cuttings, as well as a variety of important projects, ranging from looking after plants to packing fruit and veg boxes for local residents.

A free lunch is always provided after all the hard work! In return, we've been given a small plot of land which is now developing nicely.



Haringey Circle members Rosa and Lydia are regulars at our gardening club.

If you would like to get involved in this activity, get in touch using the details on the back page.

Tottenham Hotspur Foundation and Haringey Circle launch telephone friendship circle



Haringey Circle has teamed up with the Tottenham Hotspur Foundation to put Spurs at the heart of conversations by launching a telephone friendship circle.

Running for 10 consecutive weeks, the telephone friendship circle is a fun way to meet and get to know new

friends where the common theme is Spurs, although many other subjects will be covered with contributors sharing their own stories and experiences.

The service is free, so if you would like to take part give us a call using the contact details on the back page.

Our 'At Home' Services



Our cleaning and domestic support, gardening and DIY/handy person services, are exclusive to Haringey Circle members.

Maybe you need help or support with gardening, or the repair of a garden fence or shed roof?

DIY or odd jobs that you can't do yourself, or a bit of help around the home with washing, ironing, hoovering, or tidying up?

If you need help or support with tasks in your home and garden that you may not be able to do yourself, our 'At Home' Services team can help.

These are paid services that give members access to a network of domestic staff, handy people and gardeners, all vetted and approved by us.

To find out about exclusive pricing or to book a service, contact us using the details on the back page.

Recipe of the season:

Hearty Caribbean Red Kidney Bean Stew

by Rosamund Grant

Serves 4

There are a variety of Caribbean 'stew peas' dishes - this one made with red kidney beans is vegetarian/vegan - quick, easy, nourishing and delicious for family meal or 'cook and freeze' meal. A great dish to involve children assembling the vegetables into a cold saucepan. It can be served with rice, bread, fried plantains or potatoes.

Ingredients

- 2 x 400g tinned or cooked red kidney beans, drained
- ½ can/200g chopped tinned tomatoes or 4 fresh tomatoes
- 1 medium onion, chopped
- 1 medium carrot or butternut squash, chopped
- 1 corn-on-the-cob, chopped
- 1 medium red / green peppers, chopped
- 2 vegetable stock cubes, crumbled
- 4 cloves garlic, crushed or chopped
- 2.5ml (½ tsp) cinnamon & 2.5ml (½ tsp) allspice
- 2 bay leaves & 2 sprigs fresh thyme or 1tsp dried thyme
- Chilli, black pepper & salt, to taste
- 350 - 450ml water
- 50g / (2oz) creamed coconut (see below)

Method

1. In a large saucepan, place all of the ingredients, except the creamed coconut.
2. Bring to the boil, stir then simmer boil for about 15 minutes.
3. Add the coconut. Simmer for a further 5 - 10 minutes, stirring in the coconut. as it melts.
4. Taste, adjust the seasoning if necessary, and then enjoy!

Cook's tips: The range of vegetables are optional - use some or all of them. The coconut comes in a block and if cut into six - use one or two pieces, to taste.

Rosamund Grant is a cookery consultant and author of several cookery books.





This event will be a combination of a Youth Fest and in celebration of the Jubilee



LOTS OF
FREE & FUN
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LORDSHIP REC N17
SATURDAY 4 JUNE
1PM TO 6PM



For more info:
get.active@haringey.gov.uk
www.haringey.gov.uk/people-need-parks



What is Haringey Circle?

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

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

There are two annual membership levels, 'Gold' at **£48 per year** (just £4 per month), and 'Silver' at **£10 per year**.

Gold provides access to:

- A varied calendar of activities and events.
- A quarterly newsletter.
- A network of local handy people and gardeners.*
- A 'Home Help' cleaning service.*
- Trusted traders such as plumbers and electricians.*

**These are pay for services offered at competitive rates to members, with a guarantee of vetted, well trained, friendly staff.*

'Silver' membership provides access to our 'At Home' services only.

To find out more, contact us using the details on the back 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 become a member, would like to be matched to a 'Walking Buddy', 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

If you'd like to send in a recipe idea, top 10 or any other suggestions for our newsletter, write to:

Freepost RTXY-BSRB-RCSS
Haringey Circle
Tottenham Town Hall
Town Hall Approach Road
London
N15 4RX

No stamp required.

