

March 2025

Hello and welcome to our  
March newsletter



The Flora in Contemporary Art Exhibition at  
the Saatchi Gallery\*

## This month:

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- | What we've been up to
- | Activities and events
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## An update from the Haringey Circle team!

The team at Haringey Circle has been working full on this month to expand our offering of activities and events. We have been building partnerships around the borough to encourage community building and shared events and activities.

We have seen a lot of enthusiasm from organisations and groups throughout the borough like the Community Hub, Reach and Connect, U3A, and others. We are excited to build new and interesting events for all of our members, both new and old, to enjoy!

There's still a lot more we'd like to do though, and we need your help! We're eager to find more people to help in planning new activities and events. If you've got an interest you'd like to bring to other members, or know someone else who has, then we'd love to hear from you!

Membership of Haringey Circle continues to be free and all of our currently running activities are free and accessible to all.

**Kevin Collins**  
Manager, Haringey Circle.

# What we've been up to

This month we've worked hard to add some exciting activities to our programme, and build enduring partnerships with likeminded groups in Haringey:



The team at Haringey Circle has spent this month creating new experiences for all of our members to enjoy. Many of our new and upcoming activities are planned and hosted in partnership with our many new friends in Haringey. We have been very glad to find so many enthusiastic organisations and groups in the borough who are looking to offer opportunities that are of interest to residents of Haringey. We are looking forward to another month of making friends and planning activities with your help!

## **We need your help!**

We're always looking for enthusiastic people to host activities and events. With our new activities rapidly growing, we need the help of more people to come along and support us with the planning and hosting of events that they are interested in.

This doesn't have to be a full time commitment, activity hosting will always be shared between a team of staff and volunteers.

We also want to ensure that everyone gets a chance to attend the activity that they are interested in. As places for some events is limited, we do ask you to book. We want to ensure that the booking process is as straightforward as possible, and that those who register are actually attending. Please let us know how we should stay in touch with you to ensure you're able to attend, and allow you to cancel as easily as possible so we can offer the place to somebody else!

## 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:

**Artful Codgers Art Classes:** Artful Codgers is returning this month in partnership with Reach and Connect. Keep an eye out for dates and times!

**Seated exercise with Candy:** Join us at the Community Hub on Thursdays for Candy's seated exercise class, designed for everyone, regardless of age or mobility level.

**Explore with your Freedom Pass:** Explore new places, and revisit old ones, with our days out with Freedom Pass, starting with our day out to Trent Park!



### Caribbean Cooking Classes

**"Cook & Taste Sessions:** Enjoy the lovely flavours of the Caribbean while connecting with others in a fun, social setting. Starting with nourishing, delicious one-pot dishes - affordable and flavoursome - rich stews to fragrant rice dishes - these wholesome meals are perfect for enjoying right away or freezing for later, making mealtime simple and stress free -let's cook and taste, then try out in your own kitchen."



## 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.

# Saatchi Gallery Tour and Workshop

Explore Flora in Contemporary Art and Culture

Get an exciting tour of the exhibition as well as the chance to create your own art piece with flowers

A special chance to attend the exhibition for free

Meet us at the Tottenham Town Hall on April 16th for this exciting day out!

## TAKE PART IN AN EXCITING WORKSHOP FOR FREE

If you would like to attend, register by 29th of March. Spaces are limited so do hurry!



Find out more about the Saatchi Gallery [here](#)

## 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 at the The Pavilion Cafe

Every Monday / 11.30am to 1.30pm

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 1.30pm every Monday morning.



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

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## Coffee Drop in 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!



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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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## Knitting

Every Monday / 10am - 12pm

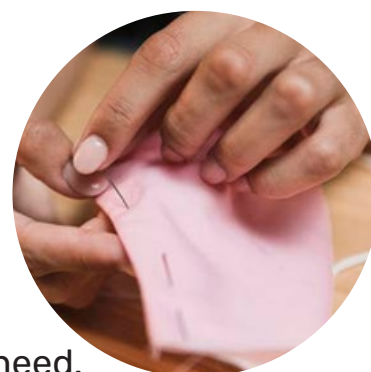
FREE to members

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



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**Venue:** Goan Community Centre, N17 6PW

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## Cooking Classes

Every Tuesday for 4 weeks only! Starting April 8th

FREE to members

Enjoy the lovely flavours of the Caribbean while connecting with others in a fun, social setting. Starting with nourishing, delicious one-pot dishes - affordable and flavoursome - rich stews to fragrant rice dishes - these wholesome meals are perfect for enjoying right away or freezing for later, making mealtime simple and stress free –let's cook and taste, then try out in your own kitchen. Celebrated author and cook Rosamund Grant shares her skills.



Please book as places are limited!

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**Venue:** Please enquire

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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

Every Wednesday / 11.30am to 12.30pm

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.



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

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## Seated Exercise with Candy

Every Thursday

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.



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

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## Activities and Events

Registration details are on the back page

### 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 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.

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

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# Your Freedom Pass

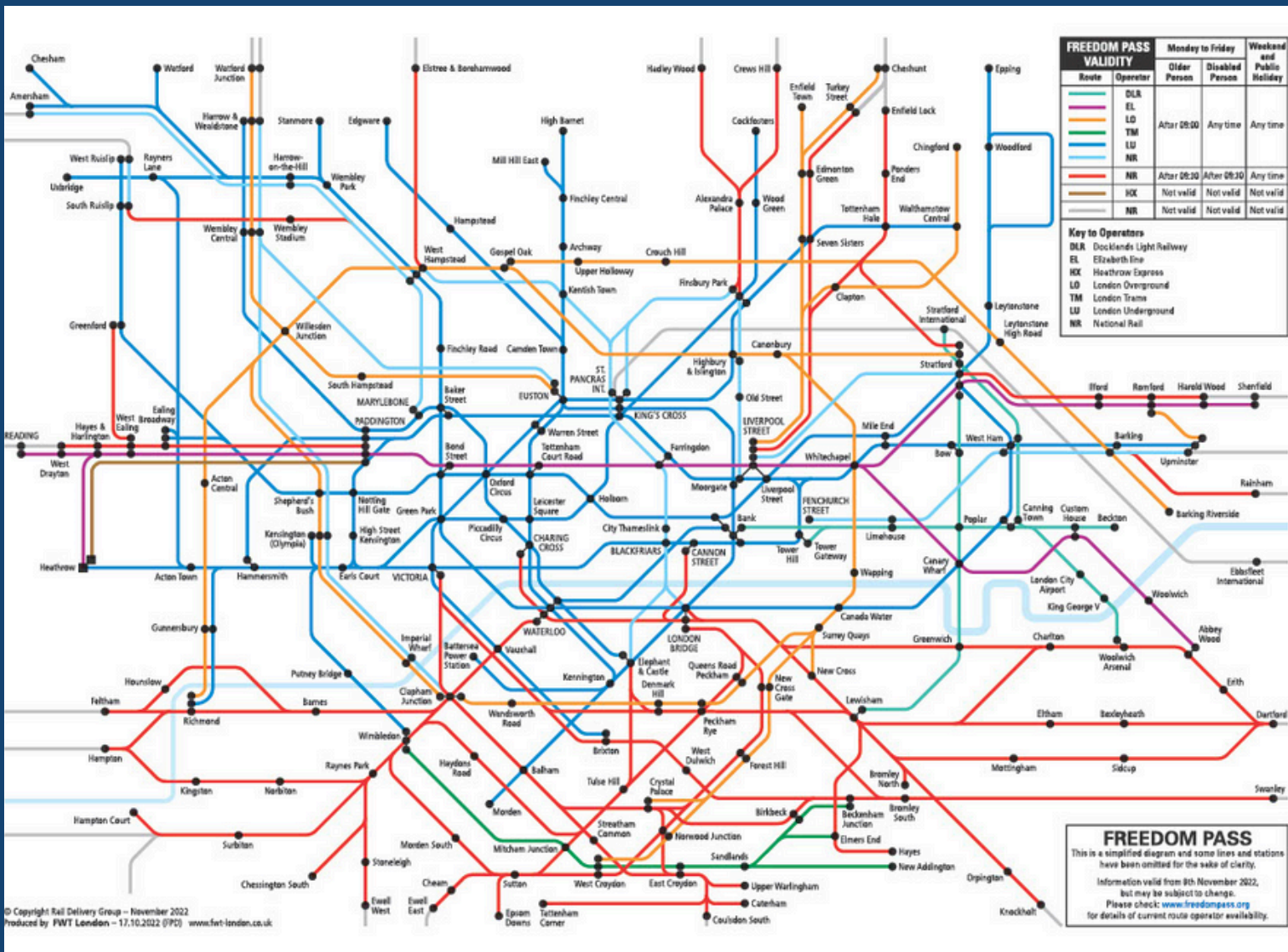
Did you know that you can travel to all of the locations on the map below for free with your freedom pass? We think we can make more use of it by getting out together!

For holders of the older person's freedom pass you can travel to all of these locations anytime except 4.30am-9.30am Monday to Friday. Holders of the disabled person's freedom pass can travel free at any time.

If you haven't already applied, you can apply for your older person's freedom pass [here](#) and your disabled person's freedom pass [here](#)

## Come and explore with us!

Come and explore the use of your freedom pass with us on Sunday the 6th of April at 11am, where we'll escape to Trent Park in Cockfosters for the morning! To register your interest, contact us using the details on the back page.



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## Ageing and Current Affairs

US President Donald Trump runs arguably the world's most powerful country in the world at the age of 78, having taken over from Joe Biden (82). Lately as we've all been hearing, he's been on the phone to Vladimir Putin (72) in Russia, to sort out a few problems.

Meanwhile your local MP's are relatively youthful by comparison, with David Lammy MP at 52, Catherine West MP now 58, with Bambos Charalambous MP also 58.

The youth vote however goes to Haringey Council leader Peray Ahmet, at a sprightly 49!

With so much going on in the world, if you're interested in starting a current affairs group, let us know.

## News from our partners



**DISABILITY  
ACTION  
HARINGEY**

### **Volunteering Opportunities with DAH:**

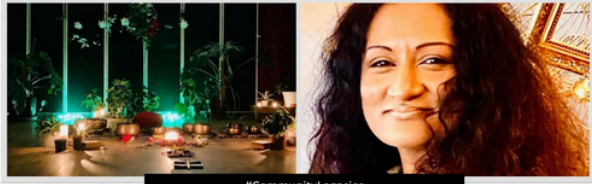
Volunteer Advice Worker:

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>

# The Community Hub in Wood Green

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



## 'Soundbath' with Cassandra Om

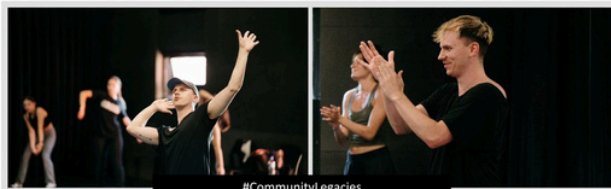
6 sessions on each Wednesday from 2nd April to 7th May 2025 6 to 7 pm.

Start each session with guided meditation, it's a sonic journey to attain spiritual enlightenment. These meditation sessions can help bring peace of mind, working through issues using tools such as mindfulness-based practices to help live with ease. Working with sound, it's a shape shifting energy as the unseen medium that creates change.

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](https://www.wisethoughts.org)



## 'Free Movement - an improvisation class for beginners' with Julian Nichols.

6 sessions on each Thursday from 3rd April to 8th May 2025 6 to 7pm

This class will delve into free, improvised movement designed to nurture the soul and help participants connect with their bodies. These workshops aim to boost confidence, encourage physical activity, and evoke uplifting emotional experiences. Ideal for 50+ age group. Loose clothing advisable.

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](https://www.wisethoughts.org)



## Yin Yoga for Opening and Releasing - with Sonia Trujillo De-Leon

Wednesday the 19th March 2025/ 2 to 3 pm / FREE - as a part of The National Lottery Open Week.

Yin Yoga is a gentle yet powerful practice that involves holding poses for longer periods to target deep connective tissues. This helps to release tension, improve flexibility, and promote a sense of calm and balance.

In this session, participants will be guided through a series of poses designed to open up the body and release stored tension. By focusing on deep, mindful breathing and maintaining each pose for an extended duration, the practice encourages a meditative state that enhances relaxation and mental clarity.

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

Limited spaces - Book in advance NOW: [wisethoughts.org](https://www.wisethoughts.org)



## Weekly Activity Group

Bollywood Dance & Chair Yoga (all chair based)

Every Monday starting 31st March

12-1pm

£3 per person, snacks provided after

Contact: jaya 07917 436 998 or  
Alka 07956 451 267 or E:  
[alkapatel@hotmail.co.uk](mailto:alkapatel@hotmail.co.uk)

# WHAT WOULD YOU LIKE TO DO?

## **Shared Reading**

Are you looking for others with whom you can share the joy of reading and explore new perspectives? Our shared reading sessions are the perfect opportunity to connect with fellow literature lovers. Join us in early April for a taster session - date tbc.

## **Pin Hole Photography**

Are you tired of the same old digital snapshots? Step into a world of mystery and creativity with pinhole photography! If you'd like to see the world through a different lens, reach out and let us know!

## **Chess Club**

Checkmate boredom! With 'Chess Masters: Engame' coming to BBC this month, why not become a chess master yourself? If you're interested in becoming a member of our chess club at the Oliver Tambo park cafe, let us know!

# News in Haringey!

Here's a couple of things going on in our borough that we thought you might be interested in.

## Repair Cafes:

Haringey has a series of fixing afternoons running to help you repair your broken stuff, saving money and the planet!

You can find full details of the repair cafes, including their locations and timings [here](#)



## What's on in Haringey?



- Friday 21 March: Daughters United are leading an empowerment workshop, entitled Beyond Limits: Women Rising Together
- Tuesday 25 March: Meet Christy Lefteri, an international best-selling author at Hornsey Library.
- Friday 28 March: Reach and Connect are hosting a Pride in Protest Banner Making workshop for over 50s.

# Did you know?

Here's a couple of bits of information that you might find interesting!

## DID YOU KNOW?

- Wales and Northern Ireland already have independent Commissioners to champion the needs of older people, and protect their rights. A House of Commons report this month strongly argued the England should have one too .
- The Office for National Statistics predicts that the population aged 65 and over in the UK is will increase by almost a third in the next 20 years.
- One in four people (24%) think it is embarrassing when people in their 50s and 60s go to concerts by the 21st Century's biggest music stars such as Taylor Swift or Dua Lipa, a new survey from the **Age Without Limits** campaign reveals.

One in three members of the public (31%) also think that people over 50 should always make sure that their outfits are "age-appropriate".  
2025

- In an increasingly digital and fast paced world, feelings of loneliness and social isolation have become alarmingly common, according to the World Health Organisation. About 25% of older people experience this, with several UK studies demonstrating a link to increased risk of ill health, depression and dementia.

# 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? We are seeking to create a space where people of different ages can engage and share their life experiences and skills, helping the community as a whole feel more connected to one another.

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



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



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