

October 2025

Hello and welcome to our October newsletter



Members teeing off in style: a fun and friendly day at the Mussell Hill Golf club!

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 Oct/Nov
- | Watch this space

An update from the Haringey Circle team!

Welcome to our mid October newsletter. September has been great fun for some members, who have been trying some new activities, as you can see from the photo above!

Others are becoming budding authors! on our creative writing course, and we've been so very impressed by the quality of the artistic talent at the art class, and indeed the ceramics class.

There's more in store as we go into autumn, and we hope that there is something for everyone to enjoy, especially the many new members who have joined the Circle family over the summer.

We are also testing you out as we plan ahead for future activities and we have some questions for you below! So please do read on and come back to us with your views and ideas.

What we've been up to



We've been busy at Haringey Circle, getting creative and connecting!

We recently wrapped up our very first ceramics course and our second art course, both filled with laughter, colour, and plenty of hands-on fun. It's been wonderful to see members enjoying the chance to experiment, learn new skills, and take home their own beautiful creations.



What we've been up to

Our Dining Circle recently enjoyed a lovely lunch at the famous Gina's restaurant, known for its friendly atmosphere and fusion of African, Caribbean, and English cuisine. It was a wonderful gathering filled with great food, laughter, and the company of familiar faces and new friends alike!



Our Sunday walks have been a real treat this season, with autumn colours and dry weather adding to the enjoyment of these outings. Members have loved capturing the changing scenery & peaceful green spaces. We spotted these Egyptian geese at Walthamstow Wetlands and captured this view of the mansion on a hot September day in Trent Park.



What's coming up this month?

Sunday Wellness Walks- Upcoming Schedule

Enjoy fresh air, good company, and gentle exercise with our regular Sunday walks through some of North London's most beautiful parks. Each walk ends with the chance to pause for coffee and conversation!



To help with planning and preparation, our next walks are now scheduled in advance.

- Sunday 19th October – [Woodberry Down](#)
- Sunday 26th October – [Trent Park](#)
- Sunday 2nd November – [Walthamstow Wetlands](#)

More details and registrations via our [WEBSITE!](#)

What's coming up this month?

ART CLASSES (8 week course)- FULLY BOOKED

The third series of our Art Classes is sady now **fully booked**. However, we do hope to offer more classes and launch additional art courses in the future if there is sufficient interest, and we appreciate everyone's ongoing support. So, please do join the waitlist if you're up for this!



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 to JOIN THE WAITLIST: [CLICK HERE!](#) or visit our website.

What's coming up this month?

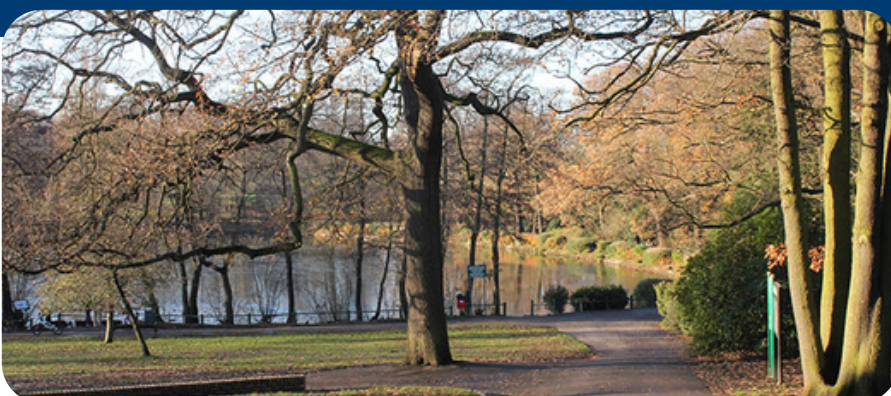
NEW! WALK AND DINE - Use your Freedom Pass!

We're trying a fresh way to enjoy good company, gentle exercise, and great local food, all in one outing!

We'll take the tube to Southgate, enjoy a 2 mile walk across the spacious Grovelands Park, to Winchmore Hill's Ambrosia Restaurant (fixed price £12 with 10 different options). Alternatively diners can come straight to Ambrosia if preferred, details on **booking which is essential**.

Afterwards, options are either the return walk or easy bus or train back to Haringey.

- Date and Time: FRI 24th October, 11:15am
- Location: Meet Wood Green Tube. or Southgate approx 11.30.
- Registrations: [CLICK HERE!](#) or visit our website.



See our website
for
registrations!

What's coming up this month?

BOWLS (Starter Lessons)

Step onto the green with us at Bounds Green Bowls Club for our Tuesday morning Bowls Starter sessions! Perfect for beginners and anyone curious to try something new, these sessions are a friendly, social, and active way to enjoy the outdoors, meet fellow members, and have some fun learning the game. No experience needed, just bring your enthusiasm and a smile!

Please note that there will be four sessions, with a £5 donation per session (to be paid at the club).



- Dates: TUE 4th November – TUE 25th November
- Time: 10am – 12am
- Location: Bounds Green Bowls & Tennis Club, 20 Goring Rd, N11 2DD (close to Bounds Green tube)
- Registrations: [CLICK HERE!](#) or visit our website.

What's coming up this month?

DINING CIRCLE- Fifth edition

This November, our popular Dining Circle is set to explore the rich and vibrant flavours of Turkish cuisine, a style of cooking beloved across Haringey.

Guests will be treated to a buffet-style feast straight from the grill, offering a variety of meats, and fresh vegetarian/vegan options to suit every palate. All this comes at a great value of £15, making it a delicious and affordable way to enjoy the flavours of Turkish cuisine while catching up with friends and fellow food lovers.

Best book up now!

- Date & Time: FRI 7th November, 12:30PM
- Location: Gokyuzu Turkish Restaurant, 26-28 Green Lanes N4 1LG
- Registrations: [CLICK HERE!](#) or visit our website.



What's coming up this month?

NEW! DAYTIME DISCO

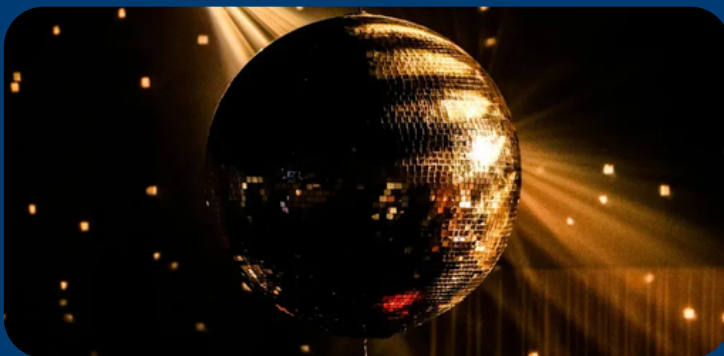
We've heard from many of you that you love the idea of joining in on the growing trend of Daytime Discos, and we couldn't agree more!



People all over London are heading out in the afternoons to enjoy the music of the '70s and '80s, have a dance, and share a laugh with friends. So, by popular demand, Haringey Circle will be hosting its own Daytime Disco! Make sure to save the date, Friday 21st November, and shine up those dancing shoes!

A small donation of £3 is requested (payment info provided after registration).

Booking is essential, so do not miss the chance and sign up!



Time to boogie and
shake off the
afternoon!

- Date & Time: FRI 21st November, 15:00 PM-18:00PM
- Location: Gina's, 639 High Rd, London N17 8AA
- Registrations: [CLICK HERE!](#) or visit our website.

What's coming up this month?

ARTS & CRAFTS SUNDAY- CARD MAKING!

In November, our regular Arts & Crafts Sunday will have a special twist with a festive card-making drop-in! Everyone is welcome, whether you're an experienced crafter or just looking for a fun, relaxed way to spend the morning.



You can create holiday-themed cards or any other type of card you like, share ideas with others, and enjoy a friendly, creative atmosphere. All materials are provided, so just bring your imagination and join us for a cheerful and crafty session.

Please let us know you are coming so we can bring the appropriate materials!

- Date & Time: SUN 30th November, 11:30 AM-2:00PM
- Location: The Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ
- Registrations: [CLICK HERE!](#) or visit our website.

What would you like to do?

We're listening – what do you think?

Gardening

We have been offered our own courtyard garden! Anyone interested in taking an interest in helping to make it bloom? This is likely to take shape in the new year, but planning can begin now if there is interest.



Decluttering

New Year is a time for a fresh start for many and in particular for those who feel its time to declutter their nest, and get rid of all those things you are hoarding in cupboards and drawers. A professional declutterer will talk to us about her experiences and offer some tips about how we might go about reclaiming space! Interested – do 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.

Storytelling?

Circle is planning to launch “Stories and Storytelling” sessions for older adults to listen to and share stories. From childhood tales and folk stories like Anansi and Brer Rabbit, to ghost stories of Socuyant, La Diabliesse, Jam Bull, and Rolling Calf. Share personal stories of migration, courtship, work, leisure, house parties, blues dancing, church life—anything!

A local storyteller with strong Haringey connections will guide the sessions, sharing tales and helping you tell your own, if you wish.

Starting next month – interested? Let us know!

Alexandra Technique - Resume in the New Year?

We've heard wonderful feedback about the recent Alexander Technique classes, with members finding them inspiring and beneficial. As the sessions proved so successful, we're now looking to gauge interest in resuming the lessons. If you'd like to take part in future classes, please let us know, your responses will help us plan the next series!

[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.

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

£ 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!

Friends at Hornsey Pétanque Club

Fancy trying something new outdoors?

Hornsey Pétanque Club is offering free starter sessions for anyone curious about Pétanque, a fun French boules game that is great for balance, coordination, and focus, all while enjoying friendly competition and social connection.



These benefits make pétanque excellent for both body and mind, while also offering a wonderful way to stay connected and active. It is ideal for all ages, especially those over 50 and it's a great way to try something new and engage in the community.

If you would like to take part, [just let us know HERE](#). We will pass your details to Hornsey Pétanque Club, who will arrange your free three taster sessions.



**DISABILITY
ACTION
HARINGEY**

Partner Spotlight: Disability Action Haringey

We are proud to work closely with Disability Action Haringey, a vital organisation supporting disabled people across the borough. Their work in advocacy, social inclusion, and accessible activities helps ensure everyone has the opportunity to take part fully in community life.

We invite members to discover the wide range of activities and support offered by Disability Action Haringey, sign up for updates, or get involved in their programmes if you're eligible. Working together with them helps build a stronger, more connected community, creating more opportunities for friendship, participation, and support for everyone.

[CHECK OUT DAH \(CLICK HERE\)!](#)

Coming up in October - November

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

October is Black History Month, Movember for men's health

Black History Month in the UK celebrates the achievements, culture, and contributions of Black individuals throughout history. In Haringey, Black communities have made (and continue to make) significant impacts in politics, culture, education, and activism. You can explore these achievements year-round through Black History Haringey 365, with events, workshops, crafts, learning resources, quizzes, and over 600 years of local Black history here: [Black History Haringey 365](#)

Movember is an annual campaign raising awareness of men's health issues, including mental health, suicide prevention, prostate cancer, and testicular cancer. Communities and organisations take part by growing moustaches, hosting events, and fundraising to support vital research and services. It's a great reminder to check in on men's health and start conversations throughout the month.



MOVEMBER

Find out more via Healthwatch Haringey: [Movember November 2025](#)

Interesting and other important dates this month!

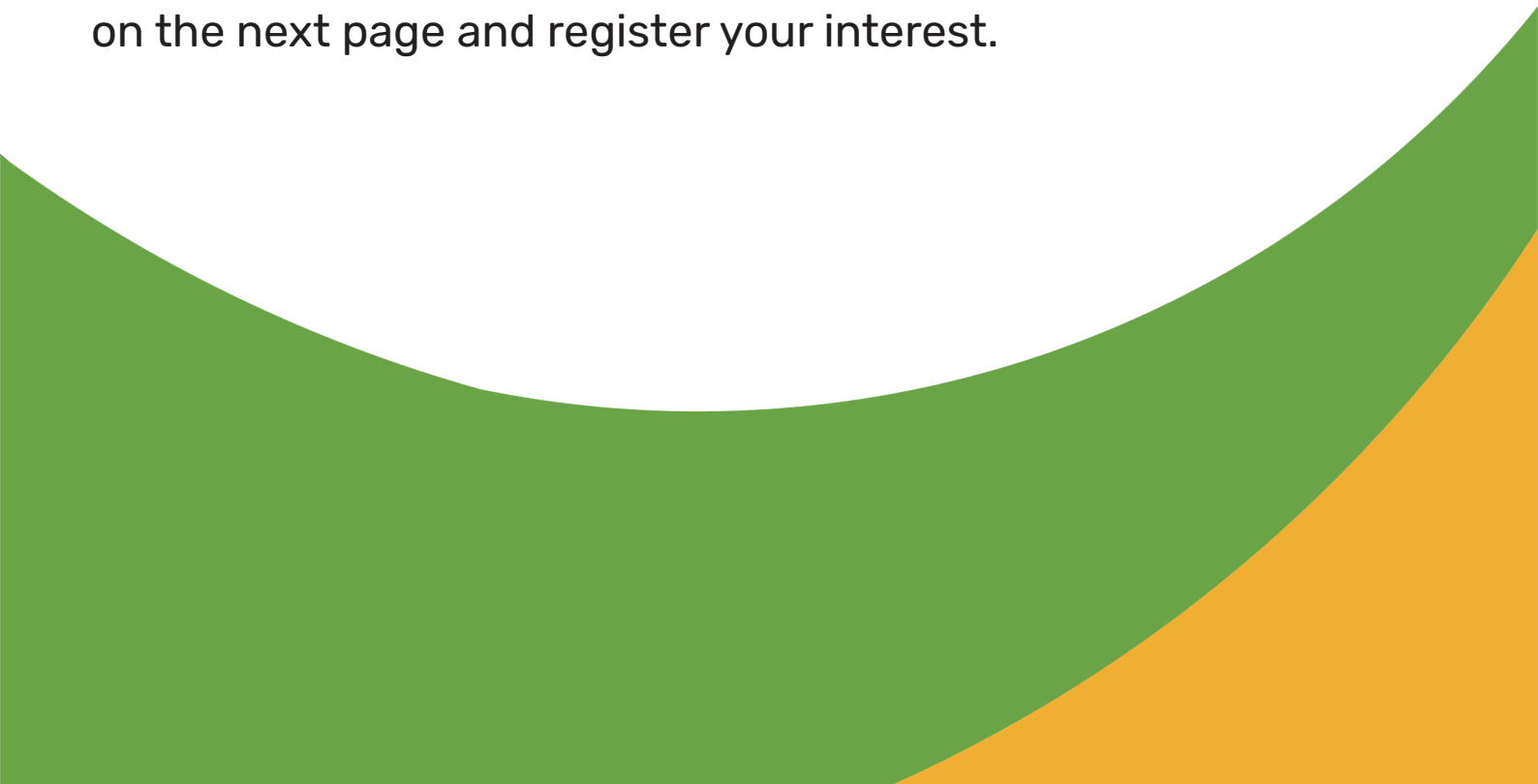
- 16 October – World Food Day
- 20 October – World Osteoporosis Day
- 24 October – United Nations Day
- 31 October – Halloween / Reformation Day
- 1 November – All Saints' Day
- 8 November – Remembrance Day (UK)
- 10-14 November – Anti-Bullying Week (UK)
- 14 November – World Diabetes Day

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.



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/>

In Memoriam

We are sorry to hear that our member Josephine Joseph has passed away.

