

what are  
**YOU DOING**  
*in* **TOTTENHAM**  
*and* **WOOD GREEN ?**  
this winter

**FOOD SUPPORT • FREE WINTER CAMPS FOR KIDS  
FREE & LOW COST ACTIVITES FOR EVERYONE  
in N15, N17, and N22**



[f](#) [@](#) [t](#) [w](#) [i](#) [t](#) @TottFoodbank @theCommunityFoodHub [i](#) [n](#) [s](#) [t](#) @LordshipHub @AntwerpArmsAsoc

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# FOODBANKS & FOODHUBS IN N17, N15 & N22

## COMMUNITY FOOD HUB

Tottenham Town Hall, N15 4RY

Mondays, Wednesdays, & Fridays 5-6pm

Saturdays 4-5pm

Open Christmas Eve, closed Christmas Day

Fresh fruit, veg, bread, dairy, meat and ready meals.

Everyone welcome, no referral voucher needed. Just register in person with a volunteer and take home food that day.

## TOTTENHAM FOOD BANK

Ground Floor Tottenham Town Hall, N15 4RY

Mondays 12-2pm & Thursdays 5-7pm

3 days of emergency long life food, toiletries and household products. Referral only for Haringey residents in crisis – apply in advance, collect in person.

CONNECTED COMMUNITIES:

📧 [connectedcommunities@haringey.gov.uk](mailto:connectedcommunities@haringey.gov.uk)

HARINGEY CITIZENS ADVICE

☎️ 📞 07845 013956 (M, W, F; 10am-3pm)

## THE PEOPLE'S CHRISTIAN FELLOWSHIP FOODBANK

89 Broad Lane, N15 4DW

Wednesdays 11-12.30pm

Food parcels including fruit, veg, household products. Everyone welcome, especially homeless, unemployed and low-paid. No referral/voucher needed – same day pick up.

## EDIBLE LONDON

20-22 Bernard Road, N15 4NE

Thursdays 12-4pm

Pre-made hot meals, fresh fruit, veg and ambient surplus. Everyone welcome, no referral/voucher needed – same day pick up. Don't forget to bring your own bag for life.

## DOWNHILLS PARK CAFE

Downhills Park Rd, N17 6PD

20 December - 5 January (Mon-Wed)

Free kid's meals during school holidays for families in need. No referral/voucher needed. Limited service - call in advance to organise. ☎️ 07947 466 236

## TOTTENHAM SEVENTH DAY ADVENTIST CHURCH

255 West Green Road, N15 5EG

Tuesdays 12-3pm, Saturdays 3.30-6pm

Open Christmas Day

Food parcels including fresh fruit and veg. Everyone welcome, no referral/voucher needed, take away food that day.

## FIVE LOAVES FOODBANK

Triumphant Church International,  
136 West Green Road, N15 5AD

Open Christmas Day

Food parcels for people in need locally. Referral only, contact your GP, DWP office, or educational establishment to get a voucher.

For more information, call 0208 800 6001.

## HOLY TRINITY CHURCH

Holy Trinity Parish, Philip Lane, N15 4GQ

Saturdays 1-2pm

Food parcels with fresh fruit and veg. Everyone welcome, no referral/voucher needed, take away food that day.

## GROW TOTTENHAM LANGUAGE FUN CLUB

Ashley House, Ashley Road, London N17 9LZ

Saturdays (delivered door to door)

Food parcels inc. cooked meals, fresh fruit and veg. Priority for families who are refugees, asylum seekers and those with No Recourse to Public Funds. Help to access other support also. No voucher/referral needed.

☎️ 07940 547 134 (Rose Dakuo)

📧 [communityumbrella@yahoo.com](mailto:communityumbrella@yahoo.com)

## THE COMMUNITY COOK UP

Eric Allin Community Centre,

Kenneth Robbins House,

Northumberland Park, N17 0QA

Thursdays 10-1pm (closed 23/12 & 31/12)

Hot meals, groceries & other support... just ask!  
Everyone welcome, no referral/voucher.

## SELBY CENTRE FOOD HUB

Selby Road, N17 8JL

**Tuesdays 2-4pm, Thursdays 1:30-3:30pm**

Food parcels including fresh fruit and veg. Everyone welcome, no referral/voucher needed, take away food that day.

## TOTTENHAM FOOD HUB

Living Room (Opposite Tottenham Job Centre),  
Tottenham High Road, N17 8AA

**Tuesdays 11am-1pm**

Food parcels with fresh fruit, veg and personal hygiene items for anyone in need – homeless, unemployed and low income. No referral/voucher needed, take away food that day.

## OK FOUNDATION

7 Holcombe Road, N17 9AA

**Every Thursday**

Food parcels with fresh fruit, veg and household essentials delivered to anyone in N17 & N15 in need. No referral needed, to organise a parcel contact:

☎ 07483 172781

✉ info@okfoundation.org

## LORDSHIP HUB CAFÉ FREE LUNCHES

Lordship Hub, Lordship Rec.  
Off Higham Road N17 6NU

**Thursdays 1-3pm**

Hot meals and food parcels. No referral needed, help us avoid food waste by registering in advance at:

☎ 07483 172781

✉ info@okfoundation.org

## EAT N17 PROJECT

Antwerp Arms, 168-170 Church Road, N17 8AS

**Tuesdays 9:30am-4pm**

Opportunity to build your cooking skills, learn how to grow vegetables in our garden, enjoy a hot meal, socialise and play games.

You can also register to pick up a hot meal to take away.

Everyone welcome (no referral/voucher needed).

Call 07922 080 721 to register.

• Cooking 9:30-12:30 • Gardening 10:30-12:30 • Lunch 12:30-2:30 • Games and much more 2:30-4pm.

• Food hampers for individuals and families registered with the project from 23rd December

## C86ERZ STREET TEAM

Locations across N15, N17 & N22

**Fridays 7pm till late during Dec & Jan**

Distributing warm clothes, food and non-essential items to anyone homeless. No voucher/referral needed, just drop your location to 07951 714 374.

## IMPACT CUISINE

161 Park Lane, N17 0HJ

**Monday & Wednesdays (when supplies avail.)**

**Saturdays 4-6pm**

**Open Christmas Day**

Hot meals and food parcels. Everyone welcome, no referral/voucher needed - take away food that day. To organise delivery:

☎ 0208 8011169 • 07873 555 855 •  
07904 651 803

## HARINGEY COMMUNITY FOODBOX

Commerce Road Community Centre,  
52 Commerce Road, Wood Green, N22 8EP

**Mondays-Fridays 11am-3pm**

Emergency food & essential supplies. Delivery can be arranged in special circumstances.

For Haringey Residents by referral only: contact Homes for Haringey staff, local GP, DWP office, or educational establishment.

## BOUNDS GREEN FOODBANK

St Michaels Hall, 37 Bounds Green Road, N22 8HE

**Tuesdays & Thursdays 2-4pm**

Food Parcels available to anyone in need in the local area (N11, N13, N22). Chat with our trained volunteers if you need more help...we're here to help!

Everyone welcome, no referral/voucher needed - take away food that day.

## WHEELY TOTS

Broadwater Farm, Manston Block,  
Adams Road, N17 6JP

**Saturdays 10-11am**

Referral needed, visit the Foodbank a week in advance to register your interest. If your application is successful you will be given a time slot for the following Saturday via text message, so you'll be able to confirm attendance.

# FOOD SUPPORT BY DAY

## SUNDAY

Five Loaves Foodbank 1-2pm

## MONDAY

Community Foodbox 11-3pm  
Tottenham Foodbank 12-2pm  
Community Food Hub 5-6pm

## TUESDAY

Tottenham Food Hub 11-3pm  
Bounds Green Foodbank 2-4pm  
Community Foodbox 11-3pm  
Eat 17 Project 9:30-4pm  
Selby Centre Food Hub 5-6pm

## WEDNESDAY

People's Christian Fellowship  
Foodbank 11-12:30pm  
Community Foodbox 11-3pm  
Community Food Hub 5-6pm

## THURSDAY

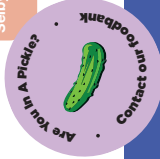
Community Cook Up 10-1pm  
Tottenham Foodbank 5-7pm  
Bounds Green Foodbank 2-4pm  
Community Foodbox 11-3pm  
Edible London 12-4pm  
Lordship Hub Café 1-3pm  
OK Foundation 12:30-2pm  
Selby Centre Food Hub 1:30-3:30pm

## FRIDAY

Community Food Hub 5-6pm  
Community Foodbox 11-3pm  
C86erz Street Team 7pm - late

## SATURDAY

Wheely Tots 10-11am  
Holy Trinity Church 1-2pm  
Community Food Hub 4-5pm  
Tottenham Seventh Day  
Adventist Church 3-6pm  
Impact Cuisine 4-6pm



# food for **NEIGHBOURS** **IN NEED** on Christmas Day

## LANGUAGE FUN CLUB

🕒 12-3PM  
📍 ASHLEY HOUSE, ASHLEY ROAD,  
LONDON N17 9LZ W

Christmas Dinner for homeless and neighbours in need.  
No referral or voucher needed.  
Please arrive on time.



Contact **Rose** if you'd like to sponsor a hamper for a family in need:  
📞 07940 547 134

## TOTTENHAM SEVENTH DAY ADVENTIST CHURCH

🕒 Saturdays, 12-3pm  
📍 255 West Green Road, N15

Food parcels including fresh fruit and veg. Everyone welcome, no referral/voucher needed, take away food that day.

## XMAS DAY AT LORDSHIP REC

🕒 10am - 5pm  
📍 Lordship Rec Ground, N17 6NU

The Hub will stay open for anyone looking to share friendly conversation and a free festive meal.  
Bring food/drink to share if you can!  
**Everyone welcome.**

## UPTOWN CUISINE

🕒 7AM-12PM  
📍 161 PARK LANE, N17 0HJ

Christmas Breakfast/Lunch for Northumberland Park and Park Lane Residents and Children eligible for Free School Meals.

👉 Volunteers needed  
on 24th December 5-7pm.

Contact **Jeffrey** if you'd like to sponsor a hamper for a family in need:  
📞 07873 555 855



**Is **your child** eligible for  
Free School Meals?**

**37%** of kids  
in need  
who are eligible for  
Free School Meals  
**are still missing out**

## Do you get any of the following?

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit** (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on** - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit** - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Then **your child** may be able to get **Free School Meals Monday to Friday** through to at least **31 March 2022**.

**!** Don't forget, kids eligible for Free School Meals are **●** qualify for Free Holiday Camps outside of term time.

**FREE  
SCHOOL  
MEALS** = **FREE  
HOLIDAY  
CAMPS**



**Local Foodbanks in N15, N17 & N22 can help you to apply – ask a volunteer for help today!**

# FREE WINTER HOLIDAY CAMPS ACROSS N15, N17 & N22

Kids eligible for Free School Meals get priority

Advance booking recommended: [www.Haringey.gov.uk/haf](http://www.Haringey.gov.uk/haf)

## SELBY CENTRE

Selby Road N17 8JL

**December 20, 21, 22, 23 • 10am - 3:30pm**

Registration starts at 10am.

Activities 11am-3pm.

Collection 3-3:30pm.

• **5-11 Years:** Multi-Sports & Activities: Basketball, Boxing, Football, Minis Boot Camp and more. Enrichment workshops, art, nutrition, soft play, wellbeing activities etc.

• **12-16 Years:** Multi-Sports & Activities: Basketball, Boxing, Football, Minis Boot Camp and more. Enrichment workshops, music etc.

Lunch and refreshments provided.

**Contact:** Behlul@Selby.Trust.co.uk

## THRU LIFE

Jarow Road, Tottenham Hale N17 9PP

**December 20, 21, 22, 23, 29, 30. • 10am-2pm**

Registration starts at 10am.

Activities 11am-3pm.

Collection 3-3:30pm.

**8-16 Years:** Fun, free football and fitness sessions.

Physical and physiological fitness, technical excellence, stopping and scoring goals, possession with a purpose, small-sided games and matches, trophies and leadership awards.

**Contact:** 07944 854 718

## SPORTS SOLUTIONS

Chesnut Community Centre,  
280 St. Ann's Road, Tottenham, N15 5BN

**December 20, 21, 22, 23.**

Multi sports activities, free lunch and healthy eating information.

**Contact:** Lindsay 07432 121 547

## ST. ANDREW'S YOUTH HOLIDAY CAMP

Broadwater Farm Community Centre, N17 6HE

**December 20, 21, 22, 23, 27, 28,**

Dodgeball, Football, Dance, Arts & Craft,

Basketball, cricket, tennis

**Day Trips:**

- Thu 23rd - Cinema,
- Tue 28th - Ice Skating,
- Thu 30th = Bowling

**Contact:** Richard 07956 298 469

[standrewsyouthdevelopment@gmail.com](mailto:standrewsyouthdevelopment@gmail.com)

## TOTTENHAM GREEN LEISURE CENTRE

1 Philip Lane, Tottenham N15 4JA

**December 20, 21, 22, 23.**

**5-11 Years:** Magical and action-packed days including social activities, multi sports and swimming. Yule want to act fast to book a spot for your child at this jam-packed festive camp.

## FREE SWIMMING

Tottenham Green Pool, 1 Philip Lane,  
Tottenham N15 4JA

**December 20, 21, 22, 23, 24, 27, 28, 29, 30, 31**

Have a splashing time at free swimming for 1 child and 1 accompanying adult. Collect a free packed lunch and activity pack on your first visit.

**EITHER:** Book your session online and bring your HAF e-voucher to claim free entry.

**OR:** Drop in's available, please call in advance to check your timeslot is available. Don't forget to bring ID as proof of residence and received benefits to sign up for concession discounts.

**Contact:** 020 8885 7300





## **MARCUS GARVEY LIBRARY**

1 Philip Lane, Tottenham N15 4J

December 21, 22

**5-11 Years & 12-15 Years:** Emergency Exit Art creates unforgettable events and participatory experiences using visual performance, processions, puppetry and music. Arts, music, drama are used to share tips and tools students can use in their everyday lives to improve their wellbeing and identify and manage their feelings.

**Caribbean lunch provided by Uptown Cuisine.**

## **NEW RIVER SPORTS CENTRE**

White Hart Lane N22 5QW

December 20, 21, 22, 23 • 9.30am-3.30pm

Book 1 day or all 4 days.

• **3-8 Years:** Mini Rugby, Softplay/Inflatables, Arts & Crafts, Festive Baking, Fruit Corner, Healthy Eating, Santa's Grotto, U8's Diddy Dance, Spanish Class, Mini Motzarts, Little Cubs Stay & Play Creche

• **8-16 Years:** Zorb football, Haringey Rhinos Touch Rugby, London Skolars Touch Rugby, Art & Crafts, Soft play/inflatables, Team games, Archery, Fencing, Festive Baking.

Christmas concert performance on Thursday 23rd for parents, guardians, families and friends to come watch.

**Email:** Mobashar.Mahmood@Haringey.gov.uk

## **KINETIC SPORT**

Harris Academy, Ashley Road,  
Tottenham, London, N17 9LN

December 20, 21, 22, 23.

Football training sessions and nutritional education programme, with the highest quality coaching and facilities. Boys ages 15 and 16 only.

**Contact:** Academy@kinetic-foundation.org.uk

## **WOOD GREEN LIBRARY**

187 High Street, N22 6XD

December 21, 22.

**5-11 Years & 12-15 Years.**

• **Morning session:** Emergency Exit Art creates unforgettable events and participatory experiences using visual performance, processions, puppetry and music. Arts, music, drama are used to share tips and tools students can use in their everyday lives to improve their wellbeing and identify and manage their feelings.

• **Afternoon session:** First Kick Sports coach with a passion for sports including basketball, taekwondo, football, boxing, cheerleading, street dance, athletics and more.

**Caribbean lunch provided by Uptown Cuisine.**

## **SKY CITY HOUSING (RESIDENTS ONLY)**

Wood Green Shopping Centre, N22

December 20, 21, 22, 23.

7- 16yrs

The team from Jackson's Lane will help you to develop your physical and performance skills, in addition to nutritional training and delicious hot lunches.

Free Jackson's Lane Inclusive Youth Circus Workshop. Expect to drop balls, fall off pyramids, get dizzy doing forward rolls, trip over skipping ropes and accidentally knock a neighbour with your diablo!

**Limited places available,  
email [jlcircus@jacksonslane.org.uk](mailto:jlcircus@jacksonslane.org.uk)**

**HEALTHY LUNCHES  
PROVIDED DAILY.  
BRING A WATER BOTTLE.**

# FREE WINTER HOLIDAY CAMPS BY DAY: DECEMBER

## MON 20

New River Sports Centre, N22

Sky City Housing (Residents Only) N22

Selby Centre, N17

St. Andrew's Broadwater Centre N17

Kinetic Sport, Harris Academy N17

Thru Life, N17

Tottenham Green Leisure Centre, N15

Free Swimming, Tottenham Green Pool N15

Sports Solutions, Chesnut N15

## TUE 21

New River Sports Centre, N22

Wood Green Library, N22

Sky City Housing (Residents Only) N22

Selby Centre, N17

St. Andrew's Broadwater Centre N17

Kinetic Sport, Harris Academy N17

Thru Life, N17

Tottenham Green Leisure Centre, N15

Free Swimming, Tottenham Green Pool N15

Marcus Garvey Library, N15

Sports Solutions, Chesnut N15

## WED 22

New River Sports Centre, N22

Wood Green Library, N22

Sky City Housing (Residents Only) N22

Selby Centre, N17

St. Andrew's Broadwater Centre N17

Kinetic Sport, Harris Academy N17

Thru Life, N17

Tottenham Green Leisure Centre, N15

Free Swimming, Tottenham Green Pool N15

Marcus Garvey Library, N15

Sports Solutions, Chesnut N15

## THU 23

New River Sports Centre, N22

Sky City Housing (Residents Only) N22

Selby Centre, N17

St. Andrew's Broadwater Centre N17

Kinetic Sport, Harris Academy N17

Thru Life, N17

Tottenham Green Leisure Centre, N15

Free Swimming, Tottenham Green Pool N15

Sports Solutions, Chesnut N15

## FRI 24

Free Swimming, Tottenham Green Pool N15

**BE ACTIVE!**

**SPORT!**

**DANCE!**

**Kids eligible for Free School Meals get priority**

**Advance booking recommended: [www.Haringey.gov.uk/haf](http://www.Haringey.gov.uk/haf)**

# FREE WINTER HOLIDAY CAMPS BY DAY: DECEMBER

**MON 27**

Free Swimming,  
Tottenham Green Pool  
N15  
St. Andrew's Broadwater  
Centre N17

**TUE 28**

Free Swimming,  
Tottenham Green Pool  
N15  
St. Andrew's Broadwater  
Centre N17

**WED 29**

Thru Life, 17  
Free Swimming,  
Tottenham Green Pool  
N15  
St. Andrew's Broadwater  
Centre N17

**THU 30**

Thru Life, 17  
Free Swimming,  
Tottenham Green Pool  
N15  
St. Andrew's Broadwater  
Centre N17

**FRI 31**

Free Swimming,  
Tottenham Green Pool  
N15  
St. Andrew's Broadwater  
Centre N17

**PLAY WITH  
FRIENDS**

**MAKE  
NEW FRIENDS**

**! HEALTHY LUNCHES  
PROVIDED DAILY.  
BRING A WATER BOTTLE. !**

**Kids eligible for Free School Meals get priority**

**Advance booking recommended: [www.Haringey.gov.uk/haf](http://www.Haringey.gov.uk/haf)**



@TottFoodbank

@theCommunityFoodHub

# FREE ACTIVITIES IN N15, N17 & N22

## MAFIA MOVES RUN CLUB

Tottenham Hotspur Stadium  
Saturdays from 1st January 2022, 9:30am  
(9:45am start)

Don't let the winter period push you into hibernation – consistency builds results.  
Come ready to run, whatever the weather.  
Bring your vibes and positive energy.

## SEWING & CRAFTING

Chesnut Community Centre,  
280 St. Ann's Road, Tottenham, N15 5BN  
Mondays 10:30am-12pm

Build your skills, make friends, nurture your wellbeing.

Contact: Sandra 07888 678 780

## BRUCE GROVE YOUTH SPACE

Bruce Grove Tottenham, N17 6AR  
Tuesdays, Thursdays & Fridays 11 - 19 Years.  
Open from 6th Jan

Activities:

Arts & Crafts • Gardening • Love Me Natural • music • sports • pool • table tennis • cooking and much more.

## JACKSON'S LANE CIRCUS WORKSHOPS (TERM TIME)

- Mondays @Tottenham Green, N15
- Wednesdays @Sky City Community Centre, N22
- Thursdays @Triangle Children's Centre, N15

Juniors: 8-12 Years 4-5:15pm, Seniors 13-18 Years  
5:15-6:30pm

Email: [jlcircus@jacksonslane.org.uk](mailto:jlcircus@jacksonslane.org.uk)

## LANGUAGE FUN CLUB (7-14YRS)

Ashley House, Ashley Road, London N17 9LZ  
Thu 23rd December, 10am-3pm,  
Free activities and Christmas dinner for children and young people  
Phone: 07940 547 134 (Rose Dakou)

## BIG TIME BASKETBALL PROJECT

Free across Tottenham, everyone welcome: all ages, abilities and genders

Closed Dec 24 - Jan 7

Selby Centre, Selby Road N17 8JL

Fridays:

- 4-6pm: 12-18 Years
- 6-8pm: 18+ Years inc. Coaching Development

Sundays:

- 3-4pm: Walking Basketball for parents/adults
- 4-6pm: U18 Years
- 6-8pm: 18 Years+ inc. Coaching Development

Northumberland Park – Somerford Grove Ball  
Cage MUGA, N17 0PJ

Players of all ages, coaching Development 18+

- Wednesdays: 4-6pm
- Sundays: 1-2pm

Broadwater Farm Community Centre MUGA, N17

Players of all ages, coaching Development 18+

- Wednesdays: 6.30-8.30pm
- Sundays: 1.30-3.30pm

Get paid doing something you love!

We can support you with funding, mentoring and training to become a qualified Basketball coach:

- Introduction to Coaching Basketball Award (previously Level 1)
- Basketball England Level 2 Club Coach Award

Gain employment part time or full time as a qualified coach, teaching and coaching across Haringey and London.

You'll need both coaching qualifications and enhanced DBS certificate to be eligible for work at After Schools Clubs, earning approx. £15p/h & London Basketball League paying up to £25p/h.

Contact:

- Hesketh 07905 250 042 [hesketh.hba@gmail.com](mailto:hesketh.hba@gmail.com)
- Jonathan 07791 138 929

## LIVING UNDER ONE SUN

LUOS Community Hub & Community Café,  
Down Lane Park, N17

(Closed 18 December–8 January)

### **Mondays:**

- **9:30-10:30am:** Yoga Group
- **12:30-3pm:** Sewing Class

### **Wednesdays:**

- **9:30-10:30am:** Running Club, 16+ Years

### **Saturdays:**

- **9-10am:** Women's Walking Group – Get Me Started  
0–5km for complete beginners

- **11am-1pm:** Cycle Repairs & Training with Dr Bike  
(bikes provided, or bring your own)

**Email:** [Comms@LivingUnderOneSun.co.uk](mailto:Comms@LivingUnderOneSun.co.uk)

## CONNECTING PEOPLE & GREEN SPACES

## THE TROVE MARKET

Lordship Recreation Ground, N17 6NU  
First Saturday of every Month, 11am–4pm

Free meals for kids, sports sessions, art workshops and face painting.

**Contact:** [Hello@OurKidsTrove.com](mailto:Hello@OurKidsTrove.com)

## QUILT CLUB

Eade Road Studios, Haringey Warehouse  
District N4 1DN  
**Wednesdays 4-9pm**

Learn to sew (hand and machine), share skills, make a quilt or cushion. Repurpose old clothes or bed linen. Meet your community

**Email:** [niclouwooll@gmail.com](mailto:niclouwooll@gmail.com) Instagram: [quilt\\_club\\_7sisters](#)

## CONSERVATION VOLUNTEERING

The Paddock Community Nature Park,  
Ferry Lane N17 9BS

- **Wednesdays 10am-3pm:** conservation activities
- **Fridays 10-11am:** Bird Survey
- **Fridays 11:15am-12:15pm on the following dates:**
  - 17 December: Festive Bird Folklore Walk
  - 21 January: Annual Review of the Meadow and Fungi Surveys
  - 28 January: Annual Review of Invertebrates and Pond Surveys

**What to expect:** an introduction to a species/topic, followed by a guided transect survey of the whole site. The data collected helps improve habitat for wildlife in the location.

### **To book a place:**

[www.TCV.org.uk/London/Haringey](http://www.TCV.org.uk/London/Haringey) by booking onto multiple sessions helps you gain a deeper understanding of seasonal cycles, and improve identification skills.

**Contact:** Cassandra 07483 045 713 / Anna 07483 045 734. Email: [ThePaddock@tcv.org.uk](mailto:ThePaddock@tcv.org.uk)

## PRONTO RUN CLUB

Down Lane Park, Outside Gym  
Park View Road, N17 9AU

- **Wednesdays at 6pm,** 5km community run
- **Sundays at 8:30am,** 10km challenge me community run

Encouraging anyone to start running in a fun, friendly supportive and inclusive environment. Running can improve your physical and mental health, lessen feelings of loneliness and isolation, reduce stress, depression and anxiety.

All sessions are currently free, starting with a warm-up, and ending with a cool-down.

**Contact:** Andrea

## HEALTHIER, HAPPIER PLACES TO BE



# LOW COST ACTIVITIES IN N15, N17 & N22

## 📍 THESE GIRLS DO!

Broadwater Farm Community Centre, Adams Road, N17 6HE  
Every Monday 5-9pm (10 Jan – 28 Feb)

A varied programme of activities for girls and women.  
Suitable for disabilities.  
Cost: £3 (first session free).

Learn skills, increase self-confidence and enhance your wellbeing in a safe environment.

- 5-6pm: Yoga (Women)
- 7:40-8:40pm: Dance (Promoting Carnival arts and dance) (Age 10+)
- 7-8pm: Chair Yoga and Relaxation (Women)
- 7:40-8:40pm: Athletics (Age 15+)
- 6-7pm: Self Defence (Women)
- 5-6:15pm: Girls' Football (U12's)
- 6:20-7:35pm: Girls' Football (U15's)

Contact: Lily 07971 113 463, lsacgroup2021@gmail.com

**YOGA!**

## 📍 DEFINE ME - STREET DANCE

The Engine Room, Lebus Street N17 9FU  
Saturdays

- 11-11:30am for 3-6 Years
- 11:30-12:00pm for 7-9 Years
- 12:00-1pm 10 years+ = Competition Team

Contact: Shenika 07753 622 742 • Shenika@DefineMe.net • TikTok @defineme\_sheekz

**DANCE**

## 📍 WOMEN LEADING WITH THE LAND

Saturday 15th January - 19th February (6 weeks)  
10:30am - 15:30pm

Full cost of the programme £66.66 (£11.11 per session).

A 6-week grassroots programme with the focus on teaching and sharing skills in land cultivation, food growing and enterprise skills for Women of African and Caribbean heritage to become SoilSistars.

Through reconnecting with the land, you will take part in practical horticultural activities that complement and support mental, physical, nutritional and spiritual wellbeing. We will explore traditional afrakan holistic practices and how to grow cultural heritage foods with love.

Email: Sandra info@go-grow.org.uk • Insta: @GoGrowWithLove

**GROW!**

# Enjoying the **Tottenham & Wood Green** Food Support & Activities Booklet?

You can help Tottenham's community organisations to secure a **Tesco Community Grant** that will continue to fund this booklet full of 'little helps for N15, N17 & N22' throughout 2022.

The Haringey community project with the highest number of votes will receive £1,500 in funding.

Voting commences in the following Tesco stores from the first week of January 2022 and continues until 31st March 2022.

Tottenham Hale Village Express	N17 9NE
Tottenham West Green Express	N15 3QR
South Tottenham/Seven Sisters Superstore	N15 4AJ
Wood Green Express	N22 8JD
Turnpike Lane Express	N22 6BS
Wood Green Lordship Lane Express	N22 5JH
Bounds Green Rd Express	N11 2PP
Crouch End Express	N8 8DU
Hornsey High St Express	N8 7NX
Salisbury Haringay Express	N8 ORX
Highgate High St Express	N6 5JG

To vote, you will need to make a purchase within store of any value. You will receive one token per transaction and it's not necessary to purchase a carrier bag in order to receive a token.

**Ask a Tesco colleague for your blue token & get voting!**

## Your local Foodbanks & Food Hubs urgently need volunteers

- Gain experience & learn new skills
- Build your confidence
- Help empower Tottenham residents
- Get to know your neighbours
- Boost your career prospects



## Get in touch if you can support neighbours during 2 shifts each month:

- **Community Food Hub:** Info@FreedomsArk.org  
(turn up & volunteer 30 mins ahead of opening time)
- **Selby Centre:** Sally@SelbyTrust.co.uk
- **Bounds Green Foodbank:** VolunteerSupport@BoundsGreenFoodbank.org
- **Community Cook Up:** CommunityCookUp@gmail.com
- **Edible London:** info@ediblelondon.org
- **Tottenham Foodbank:** Volunteers@Tottenham.Foodbank.org.uk  
(Induction training needed)



    @TottFoodbank @theCommunityFoodHub

  @LordshipHub @AntwerpArmsAsoc

   @SelbyCentre @CommunityCookUp\_Tottenham