




HARINGEY PEOPLE

Spring 2023



From supporting health and wellbeing to reducing traffic and improving air quality, Haringey resident Francesca Savage explains the benefits of cycling.

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FROM THE LEADER



March is a month that I always look forward to. Not just because the days are getting longer and (hopefully) a bit warmer, but also because it's the month where we shine a light on the contributions made by and issues affecting women, through International Women's Day and Women's History Month.

As a young working-class woman of colour growing up in Haringey it always struck me that this incredible history was too often neglected and underappreciated. Now as the mother of a young daughter, it's become even clearer how important it is for us to recognise and celebrate the women who worked so hard and sacrificed so much for the rights and opportunities we enjoy today.

I was honoured and privileged to be given the chance lead this great borough and even more proud that eight out of my ten cabinet members are women.

I'm equally proud that we're working together with our residents to tackle the issues that matter most to women. Priorities for the next year that we outlined in our Corporate Delivery Plan in January include ensuring that more families from underrepresented groups benefit from free childcare entitlements, supporting residents through the cost of living crisis, providing holistic support for women who are victims of violence, and making our streets safer for women and girls.

Here in Haringey, we can look back on a rich history of inspirational women doing amazing things, from the suffragettes who fought for our voting rights to daredevils like Dolly Shepherd and Vera Turl – celebrated on the history page of this edition of Haringey People (page 25) – who pioneered the art of parachuting right here in our borough.

Throughout March we have an extensive programme of activities and events taking place right across the borough to mark Women's History Month. It's a great opportunity for all of us to learn about and honour this radical and diverse history, so I invite all residents to get involved by visiting our women's history pages at www.haringey.gov.uk/whm.

The fight for equality isn't over. The gender pay gap, the unequal burden of unpaid childcare and domestic work, and unacceptable levels of sexual violence and harassment are just some of the ways in which our society continues to fail women and girls. On both the local and national level, there's still a lot more progress to be made, and history to be written.

I look forward to working collaboratively with residents to make this plan a reality and taking a few steps towards a more equal future.

Peray Ahmet

**Cllr Peray Ahmet
Leader, Haringey Council**



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translationandinterpreting@haringey.gov.uk

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HARINGEY
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Subject Specific Events

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Thursday 16 March: 4pm-7pm

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See website for specific subjects. White Hart Lane, Tottenham, London N17 8HR



NEWS

ROAD RENAMED IN HONOUR OF JOHN LA ROSE

The late Black publisher, poet and essayist John La Rose has been honoured with a new street name in south Tottenham.

Haringey resident John La Rose (1927-2006) was an influential figure in the struggle for social justice and recognition for Black authors, artists and thinkers. He played a key role in founding New Beacon Books in Stroud Green, and later the Caribbean Artists' Movement.

Leader, Cllr Peray Ahmet said "I understand that there are strong opinions on both sides of this debate but I am glad that the change has finally been made following a long discussion. I also want to reassure residents that reports suggesting the costs were close to £200,000 are incorrect. In fact the project has cost less than half of that figure."



PROF GUS JOHN
Photo © Andy Mabbett

The writer, academic and education campaigner Professor Gus John welcomed the decision.

"I thought it was about time." Said Prof. John. "For us as Black people, the very notion of Black Boy Lane when we remember the era of enslavement was more or less [that we were] mascots to the rich and wealthy, and has connotations for us in how we came to be here at all.

"In this day and age, with a growing African population in this country and more and more African heritage people born here, it seems completely backwards and archaic to have a road called Black Boy Lane."

House numbers and postcodes will not be affected, and organisations including the Royal

Mail will continue to recognise the old name of the street for a transitional period of one year to minimise inconvenience for residents. During the transitional period, street signs will continue to include the former street name.

John La Rose's grandson, Renaldo La Rose, said that the La Rose family were "really proud" that John's legacy was being honoured with a new street name.

"John's work was of national and international significance but much of it started here in Haringey. We hope that through having his name memorialised in this way we will bring the message of his work – the urgent need for race equality and justice – to a new audience."

The renaming of the street was covered extensively by national media, including the BBC. Through the BBC's coverage of the story, they were able to reunite two childhood friends who grew up on the road and hadn't seen each other for over 40 years.



VICTIMS OF GENOCIDE REMEMBERED ON HOLOCAUST MEMORIAL DAY

On Sunday 29 January the Haringey community gathered at the Tottenham Hotspur Stadium for our special civic event to mark Holocaust Memorial Day.

Each year, communities across the UK and around the world come together to mark Holocaust Memorial Day and remember the 6 million Jews murdered during the Holocaust, alongside the millions of other people killed under Nazi persecution of other groups and during more recent genocides in Cambodia, Rwanda, Bosnia and Darfur.

The event featured performances from the Haringey Music Service Wind Trio and Vox Choir, as well as a speech from child survivor of the Holocaust Joan Salter MBE on how she and members of her family overcame great odds to escape Nazi persecution.



There were also speeches from Mayor Cllr Gina Adamou, Leader of Haringey Council Cllr Peray Ahmet, Leader of the Opposition Cllr Luke Cawley-Harrison, MP for Hornsey and Wood Green Catherine West, MP for Tottenham David Lammy, former Tottenham Hotspur Player Gary Mabbutt MBE, Holocaust educator Louise Heilbron and Chair of the Holocaust Memorial Day Committee Cllr Sheila Peacock.

The event closed with prayers and reflections led by faith leaders Rabbi Nicky Liss, Bibi Khan MBE, Father Staffan and Rt Revd Rob Wickham.

IMPROVING OUR HOUSING SERVICE

Haringey Council Leader Cllr Peray Ahmet and Chief Executive Andy Donald issued a joint statement on the action being taken to deliver significant improvements to housing services. They said:

"In December 2021, the council took the decision to bring housing management back under the direct control of the council. Last summer, once the transfer had been completed, we commissioned two independent reviews of the housing function. These reports highlighted some areas of strength, however, they also revealed a number of areas where the housing service being provided to our tenants and leaseholders was well below our expected standard.

As the full picture has become clear, we have taken a series of actions that we believe are necessary to deliver significant improvements. These include:

- The creation of a new cross-party, Housing Improvement Board, which is chaired by the Chief Executive
- The development of a Housing Improvement Plan which will be brought for approval to a public meeting of our Cabinet within weeks
- The development of a new damp and mould policy and a robust action plan to identify cases of damp and mould in our homes and deal with them quickly and effectively
- Taking the decision as Leader and Chief Executive to refer the council to the Regulator of Social Housing (RSH). This is an action that other local authorities have taken and is a way of bringing important independent oversight and transparency about the need for change."

HARINGEY MARKS LGBT+ HISTORY MONTH

A programme of events and activities took place in Haringey throughout February as Haringey celebrated LGBT+ History Month.

LGBT+ History Month takes place in February each year, providing an opportunity for all of us to learn about and celebrate the history and heritage of our LGBTQ+ communities.

The national theme for LGBT+ History Month this year was "Behind the Lens", celebrating LGBTQ+ peoples' contribution to cinema and film as directors, cinematographers, screen writers, producers, animators, costume designers and beyond.

Activities included banner-making workshops from community design studio El Warcha, as well as film screenings, talks and discussion groups.

Visit our LGBTQ+ Haringey 365 webpages to explore a range of resources to learn about and celebrate Haringey's rich and diverse LGBTQ+ heritage: www.haringey.gov.uk/lgbtqplus365



BUDGET SUPPORTS DAY-TO-DAY NEEDS OF THE VULNERABLE

Haringey Councillors recently passed the council's budget for 2023/24. It is a budget that invests an additional £16m in children's and adults' services to ensure we can meet the need of our most vulnerable residents; whilst at the same time ensuring all our services meet the high standards our residents and businesses expect. It continues investment for the long term in tackling the climate emergency; and for the public realm, such as cycling and walking infrastructure, roads, pavements and streetlights. Additional spending will also include money for parks and green spaces, school buildings and properties to provide high quality, temporary accommodation. The programme to deliver a new generation of council homes will continue, as well as substantial improvements for existing council homes. We know these are tough times and have made it a priority ensure residents are getting the support they need during these difficult financial times. In order to deliver all of this we have taken the difficult decision to increase council tax by 2.99%, plus the 2% Adult Social Care precept. We continue to provide a comprehensive discount system which means that thousands of residents, including care leavers, pay no council tax at all. Residents who are struggling financially, please visit www.haringey.gov.uk/HereToHelp. There is support and advice available.

DEPOSIT RETURN SCHEME TO LAUNCH IN OCTOBER 2025

Residents are set to benefit from the Deposit Return Scheme (DRS) which will be launched in October 2025 which will help to reduce litter.

The scheme will work by consumers paying a deposit on all drinks containers made from PET plastic, steel and aluminium cans. The deposit will be returned by retailers once the bottle or can is returned.

This will benefit residents and businesses as it will increase recycling and reduce littering on our streets, parks and waterways from plastic bottles and metal cans.

We are looking forward to hearing about the exact implementation details and want Defra/ the government to make an assessment on the financial impact this will have on councils.

Together the council, residents and businesses are determined to make Haringey a recycling borough and are continually working to meet the ambition of achieving 50% recycling, through our "Destination 50%" strategy.

THOUSANDS BENEFIT FROM THE LEGACY OF SCHOOL STREETS

Thousands of pupils across Haringey will benefit from safer and healthier journeys for years to come after we made five School Streets permanent.

Introduced as trials in 2021 and 2022, the schemes will support almost 3,500 children to walk, cycle and wheel to school and improve air quality and road safety at the school gates.

The Cabinet decision in January to retain the School Streets at Coleridge Primary, Earlham Primary, The Mulberry Primary, Harris Primary Academy and Harris

Academy Tottenham means Haringey has nearly 6km of safe walking and cycling zones outside schools for pupils at drop-off and pick-up during term-time.

Only people walking and cycling, and those with vehicle exemption permits, are eligible to enter the zone while the School Street is in operation.

Haringey has the fastest growing School Streets programme with 23 already implemented and consultation on a further 10 undertaken at the end of 2022 as part of our Streets for People initiative.

In making the five School Streets permanent we considered feedback from residents and the schools, alongside traffic monitoring.

For more information on the School Streets programme go to:

www.haringey.gov.uk/school-streets



Six fantastic reasons to choose CONEL over school next year

The College of Haringey, Enfield and North East London



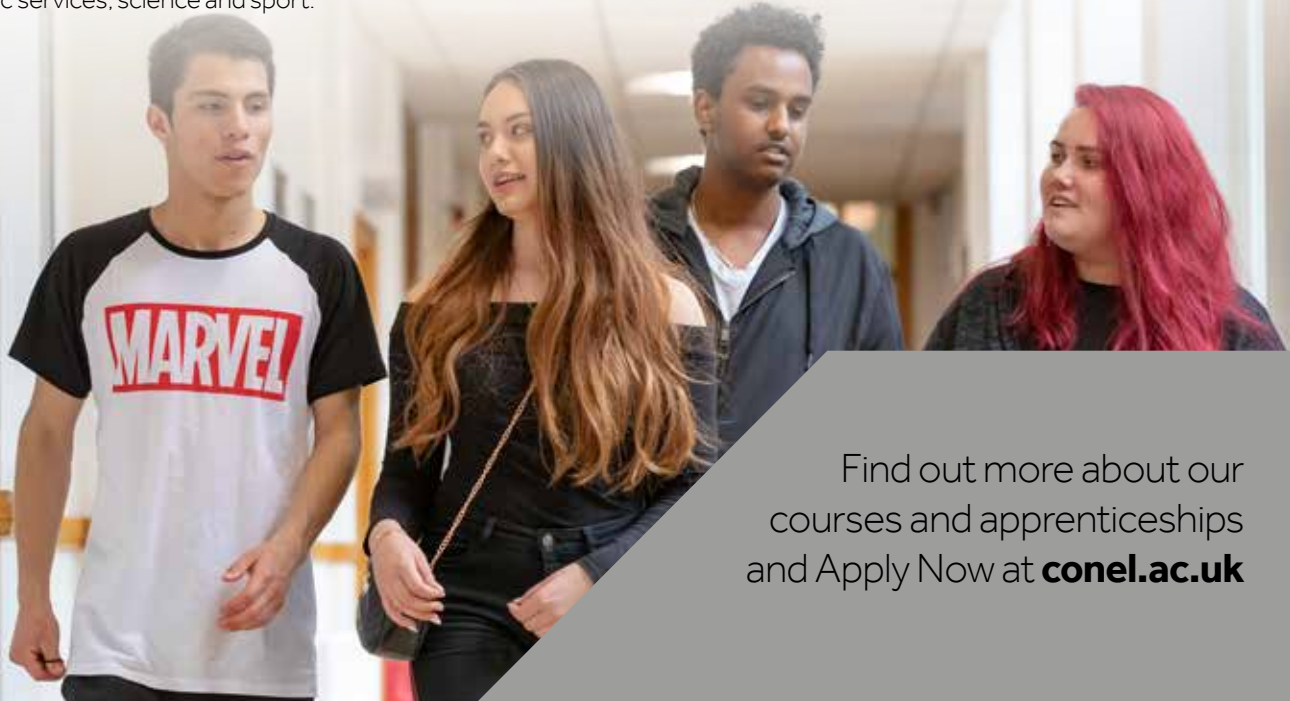
With the academic year well under way, Year 11 students are now settling into their final year of school and knuckling down ahead of their GCSEs next summer.

Many will also be thinking about their future, and it is important for them to realise that staying on at school sixth form is not the only or always the best option.

Here's six fantastic reasons why they should choose the College of Haringey, Enfield and North East London (CONEL) over school when it comes to taking the next step in their education.

- **A bigger choice of qualifications and pathways** – Whether you want to take the academic or technical route to university or employment we have the right course for you. Choose from A Levels, BTEC and City & Guilds diplomas and certificates, apprenticeships with top employers, along with our first T Levels.
- **A huge range of subjects** – We offer A Levels with City and Islington College along with courses in accounting and business, IT, creative media, construction, childcare, engineering, hair and beauty, music and performing arts, public services, science and sport.

- **Students are treated like adults** – There's no 'Yes Sir' or 'Yes Miss' here. Students are often on first name terms with the teachers and given the personal responsibility for getting their work assignments done. Of course, we will still encourage, motivate and support our students to succeed.
- **Make new friends** – A chance to widen your social circle and get to know more people. The more you broaden your horizons, the more opportunities that are presented to you in work and life.
- **Industry experienced teachers** – Many of our lecturers and tutors have worked in the fields they teach and are able to share first-hand knowledge and experience to give students the professional skills and realistic expectations of their future careers.
- **Fantastic enrichment and support** – Students benefit from a more rounded education including trips at home and abroad, talks from industry experts, debates and workshops, competitions, community projects, sports, clubs and societies, careers advice and support with UCAS applications.



Find out more about our courses and apprenticeships and Apply Now at conel.ac.uk



COMMUNITY SAFETY AND ENFORCEMENT IN HARINGEY

LOVE FINSBURY PARK

Finsbury Park isn't just one of the UK's best-loved parks - it's a unique part of London where 3 boroughs - Haringey, Islington and Hackney - meet.

In partnership with the London Boroughs of Islington and Hackney, the Metropolitan Police and the Friends of Finsbury Park, Haringey Council has launched Love Finsbury Park – a series of webpages dedicated to everything we are doing together to keep Finsbury Park and the surrounding areas safe and welcoming for everyone.

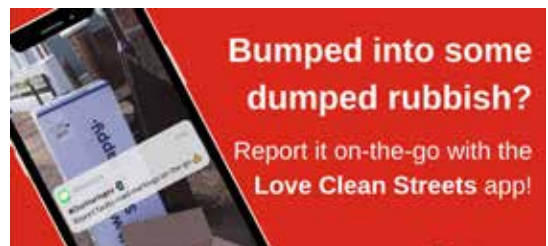
If you love Finsbury Park, make sure you check out the pages today: www.haringey.gov.uk/love-finsbury-park

HARINGEY LANDLORD FINED £2500 FOR LETTING UNLICENSED HMO

A Haringey landlord has been fined £2500 by the council's Private Sector Housing Team for letting an unlicensed HMO (House in Multiple Occupation) in Hornsey Park Road, N8.

The landlord was letting their three-storey property to seven unrelated tenants. With no adequate fire protection and detection system in place, the property posed a high risk to those living there.

Haringey's HMO licensing scheme has been in place since 2019, requiring landlords to obtain a license to let properties to three or more unrelated tenants who share a kitchen and bathroom or toilet facilities.



Bumped into some dumped rubbish?
Report it on-the-go with the Love Clean Streets app!

Download the app from the App or Google Play store now.



Help us catch people illegally dumping rubbish in Haringey! Watch our Wall of Shame videos and get in touch if you have any information that may help our investigations:



www.haringey.gov.uk/WallOfShame

All correspondence is treated in the strictest confidence.

WE ARE TAKING ACTION!

Between August - October 2022:



462 FPN's

issued for waste related offences between November 2022 & January 2023

363 ENVIRONMENTAL CASES

investigated between November 2022 & January 2023

The team have worked over

3,500 HOURS

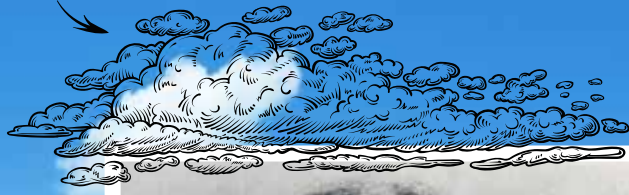
in the last three months



THE NAMER OF CLOUDS

In November we celebrated the 250th anniversary of the birth of Luke Howard, the pioneering meteorologist and Tottenham resident. Margaret Burr, founder of the Tottenham Clouds project, looks back at Howard's life and legacy.

stratocumulus clouds



Luke Howard is commemorated as 'Namer of Clouds' with the only English Heritage Blue Plaque in Tottenham. Before he developed his system for naming clouds, people spoke of clouds as 'essences' floating across the sky, and believed them to be impossible to categorise and name. Luke Howard recognised the need for a universal language for this global phenomenon and chose Latin, the language used by Linnaeus for his classification of plants and animals.

He identified three main categories of cloud - Cumulus (Latin for heap), Stratus (Latin for layer) and Cirrus (Latin for curl of hair) and an additional category of Nimbus, a rain cloud. The system he outlined for identifying clouds is used across the globe today.

The genius of Luke Howard's cloud classification scheme is that it provides a visual description of cloud types that are universally recognisable and linked to underlying atmospheric process.

observations: pressure, temperature, humidity, precipitation and evaporation: this data is used by urban climate scientists today. His rigorous

approach to measurement and analysis, seen in the pages of his *Climate of London* volumes, revealed the Urban Heat Island phenomenon and its causes. He identified that it is mostly a night-time event, deduced that the magnitude must be greatest in the centre of the city and correctly identified nearly all of the causes. It would be more than 150 years later before these insights could be tested by others with more sophisticated tools.

For this reason, Luke Howard is recognised by the International Association for Urban Climates as the father of urban climate science.



Cumulonimbus clouds

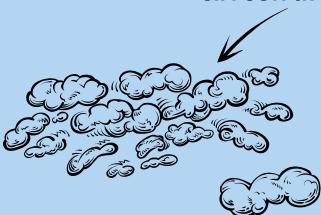
For more information, visit



www.tottenhamclouds.org.uk

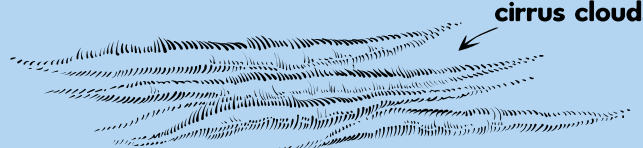
Bruce Castle Museum is marking Luke Howard's anniversary with the exhibition "Every Cloud" open until 26 March 2023. Find out more at www.brucecastle.org/exhibitions

cirrostratus cloud



What is less well known is that he was the first person to conduct scientific observations on the climate of cities (urban climatology). For over 30 years Luke Howard recorded accurate meteorological

cirrus clouds



IN PRAISE OF CYCLING AROUND THE BOROUGH



From supporting health and wellbeing to reducing traffic and improving air quality, Haringey resident Francesca Savage explains the benefits of cycling.



I live in Haringey with my partner Harith, and my son. I've been riding a bike for as long as I can remember, but a bike has been my primary mode of transport since I got my first 'proper' job back in 2009.

I took up cycling primarily as a money saving measure. I worked out if I cycled to work, I could save about £200 a month on a travel. So, I bought a bike for £250 and off I went. It wasn't until I started cycling, I realised all the additional benefits; I didn't need a gym membership, I had the freedom to go where I wanted, when I wanted and it was good for the environment.

Since 2009, lots has changed. I've met my partner and had a child. However, one thing that's remained the same is that I'm still using a bike to get around. Luckily, Harith is also a keen cyclist (something which jumped out at me on his online dating profile), and my son loves it too. We use our bikes to go everywhere, we cycle in all seasons and even take our bikes on holiday! Whilst London has a long way to go, the improvement to cycling infrastructure is making traveling by bike as a family much safer and more accessible.

If I was to give advice to anyone thinking of taking up cycling, I'd say, just go for it, I promise you won't look back. Not only is it great for your mind and body, it helps reduce traffic and improve air quality.

I've recently joined the Haringey Cycling Campaign, which is a local group that campaigns for better cycling facilities and safer, healthier streets for everyone. On the last Sunday of every month, we, along with Living Streets Haringey, organise a family friendly walk, wheel, ride. Last month's event saw more than 120 people riding, walking, scooting, rolling through the streets of Haringey; bells were ringing and big smiles were across everyone's face.

Our family friendly walk, wheel, rides are held on the last Sunday of every month. You can find out more information about the up and coming rides at:

 www.haringeycyclists.org

Everyone's welcome, the more the merrier!

 [@francesca_kms](https://twitter.com/francesca_kms)

 [@haringeycyclist](https://twitter.com/haringeycyclist)



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WE ARE THE CONSERVATION VOLUNTEERS

The Conservation Volunteers (TCV) in Haringey run practical projects and training days such as for conservation skills, species ID and more across parks and green spaces in Haringey.



Anna and Izzy from The Conservation Volunteers talked to us about all things conservation and volunteering.

ANNA POLE SENIOR PROJECT OFFICER, THE PADDOCK

"I have always loved nature and the outdoors: after studying wildlife conservation at uni I went on to volunteer with a number of different organisations including TCV. I really liked the way this charity worked to connect people with nature, particularly in urban spaces – so was very happy when this led to a job opportunity!

"I run the Wednesday and Friday project days at The Paddock. Volunteers are central to everything we do, it's not an exaggeration to say we wouldn't be able to look after greenspaces without them!

"A typical day with TCV might include anything from planting a wildflower meadow, to wading into a pond, building insect hotels or doing a butterfly survey. We also have volunteer roles with more responsibility, where people can learn more about the behind the scenes work in planning, preparation, and marketing of activities."

IZZY KNIGHT PROJECT ASSISTANT, THE PADDOCK

"I think TCV's strategy 'For people and green spaces: a thriving network for everyone' really reflects how I feel about green spaces. They are for everyone. No matter who you are, where you come from or your beliefs, green space is for you, to enjoy, to slow down, to reflect and heal.

"The main site that I work at is The Paddock Community Nature Park. The site has a really interesting history and has had many uses – water meadow, sports ground and for grazing. In the 1960s it was used to put the rubble from when the Victoria Line was built, which created the different levels on the site. It was then opened as a park in 2000.

"Volunteering is an opportunity to learn something new, engage with interesting people and leave with a sense of having helped to improve something. After one of our school classes, an 8-year-old pupil simply said (whilst holding a woodlice-covered log): 'Best. Day. Ever!'"



www.tcv.org.uk/london/haringey



020 8348 6005



A HUB FOR ALL

It's a Friday morning and the ground floor of the Broadwater Farm Community Centre is bustling. A group of 25 people from the local community chat enthusiastically amongst themselves, catching up after outdoor activity sessions of walking and cycling.



“It’s great here, everyone knows lots of different things and we can keep sharing what we know.”

“It’s good to meet friends, go for a walk, talk - it’s good, it helps me a lot,” says Doris, a Broadwater Farm resident.

The day’s activities are far from over, as people set up board games on the communal desk, a cooking class is just getting underway and, for those wishing to relax, there’s even the

opportunity to enjoy a foot massage. This is Broadwater Farm’s new Holistic Hub – a place where local people are invited to share and connect with one another.

This project came about after extensive outreach and conversations with local people carried out by Wheely Tots, a charitable social enterprise, that has been working on the estate since 2015. David Pitcher, CEO of Wheely Tots and his team have worked closely with residents to co-create the new space.

“Residents told us that they wanted a place to spend time with people

of all ages, learn new skills and share what they already know with others. They wanted a Hub where there are activities every day and that’s what we are doing here,” says David.

With a wide range of activities for all ages, from dance classes and roller-skating sessions, to yoga and cooking classes, the initiative has quickly become an integral part of the community and is a welcoming space for all.

“It’s great here, everyone knows lots of different things and we can keep sharing what we know,” says local community member Shelley.

Attendees of the Hub can expect a warm welcome, great conversations and creative activities.



If you are interested in taking part in any of the sessions, head to the **Broadwater Farm Community Centre on Adams Road, London N17 6HE** – every **Monday, Friday and Saturday** between **11-2pm** or leave a message at **07397 902255** or email **info@wheelytots.com** to find out more.

TRANSFORMING HARTINGTON PARK

A park in Tottenham is being transformed thanks to collaborative work between the council and residents. The co-chairs of the Friends of Hartington Park and Carbundle Passage explain how they did it.

Chloe Tait has been involved in the Friends group since it started. "It kicked off with an initial meeting of a few residents and our local councillor, Cllr Ruth Gordon, and it just grew from there."

Now she is co-chair of the group, which helps residents have their say in how the park in north Tottenham should be managed. Her fellow co-chair, Rachel Sheldon, got involved shortly afterwards through a communal litter pick. "It was just brilliant to see that local people were getting stuck in and taking things into their own hands."

Together with other members they organised the Great Get Together in 2019, where they invited the whole community to the park to talk about what changes they wanted to see. "It was amazing to see everybody come together," Rachel says.

This proved to be a springboard for further resident engagement and collaboration with the council, which has led to improvements including a new outdoor gym, play areas and new pathways to help park users feel safer. The Friends group has also worked with the council's Active Communities team to introduce activities to the park, including regular two-touch football sessions.



This has all had a transformative impact on residents.

"It shows that we can change things and that we can get things done," Rachel says. "And I think it's going to be amazing for people. It's really going to change how people feel about the park."

Chloe agrees: "We're very grateful to have been able to pull together this group to champion the park, because we want it to be the best it can be for anyone wants to enjoy it. Having access to high-quality green spaces in a really highly populated urban area is just fundamental."

What is their message for fellow residents who want to work with the council to bring about changes in their own local areas?

"Just do something and encourage other like-minded people to do something," says Rachel. "Let your councillors know, form a group if you can, and you can change things. And be passionate about it. It's worth it because you will see change."

Find out about Friends groups for your local parks on the Haringey Friends of Parks Forum website:



www.haringeyfriendsofparks.org.uk

Contact the Friends of Hartington Park and Carbundle Passage at hartingtonpark@gmail.com

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UK Power Networks keeps the lights on in your local area. We offer free priority support to anyone who needs a little extra help in case there is ever a disruption to your power supply. You could also get energy saving tips and help understanding your energy bills.

**UK
Power
Networks**
Delivering your electricity

If you or anyone in your household are unable to communicate in English, have a serious health issue or impairment, are of pensionable age or have a child under 5, make sure you register your details on our Priority Services Register using the QR code provided, visiting:



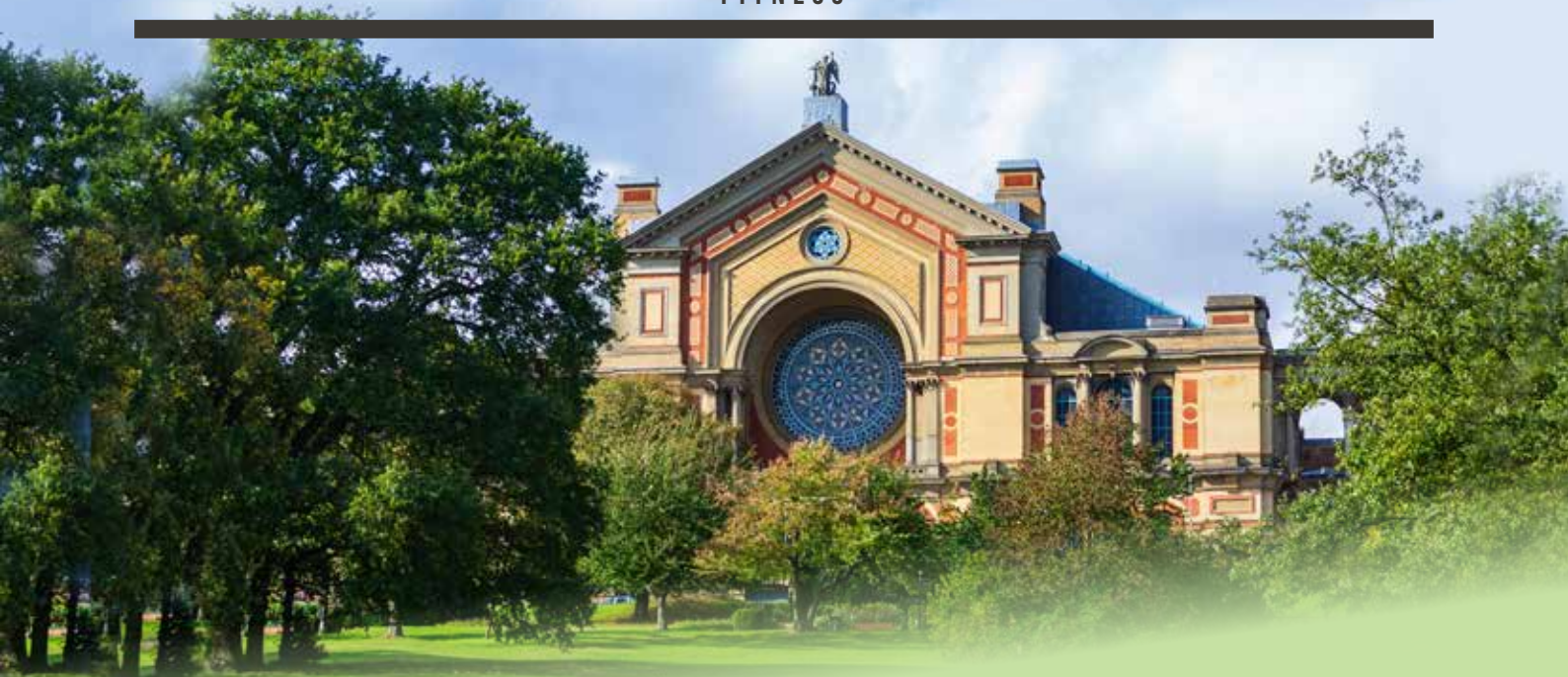
ukpowernetworks.co.uk/Priority



or calling our free number
0800 169 9970



Power cuts do not happen very often; if they do, you and your family will have access to tailored communication, a 24-hour priority support telephone number and other personalised support that could include hot meals. Our team uses real time language translation line to assist you should you need it when you call us.



WELLBEING WALKS

With spring on the horizon, residents across Haringey will be taking advantage of the warmer weather to head out for a stroll. In Wood Green, there's a group of people who meet for a walk and light exercise every week, come rain or shine.

Tottenham resident Sue is one of them. She has been joining these walks for over a year, since finding out about them from a leaflet in her GP's surgery.

"I love it. I'm very outdoorsy – always been like that since I was a kid, I love the outdoors. In a group it's safer than walking on my own. People are friendly and it gets me out of the house. I like to mix and socialise."

This walk is one of ten free local Wellbeing Walks organised by Haringey Walks and led by trained volunteer walk leaders. The importance of the social aspect of the walks is echoed by Mira.

"I have a chat with my friends I made here. I am here and looking forward every week to see them, to exchange what's happening in the world and news, illnesses, everything."

Mira recently had to take a few months

off from walking after recovering from major surgery, but this didn't stop her from keeping in touch with her fellow walkers.

"I kept in touch with them all the time through texting, and they send me videos of what they're doing. It was great that they didn't forget me. They're caring people, they wanted to know how I'm getting on after the operation. I couldn't wait to be ready to join them again after three months."

The walks depart each Thursday morning from outside the Staunton Group GP Practice on Bounds Green Road, which provides key support to help the walks go ahead, as well as letting patients know about the walks through its social prescribing service.

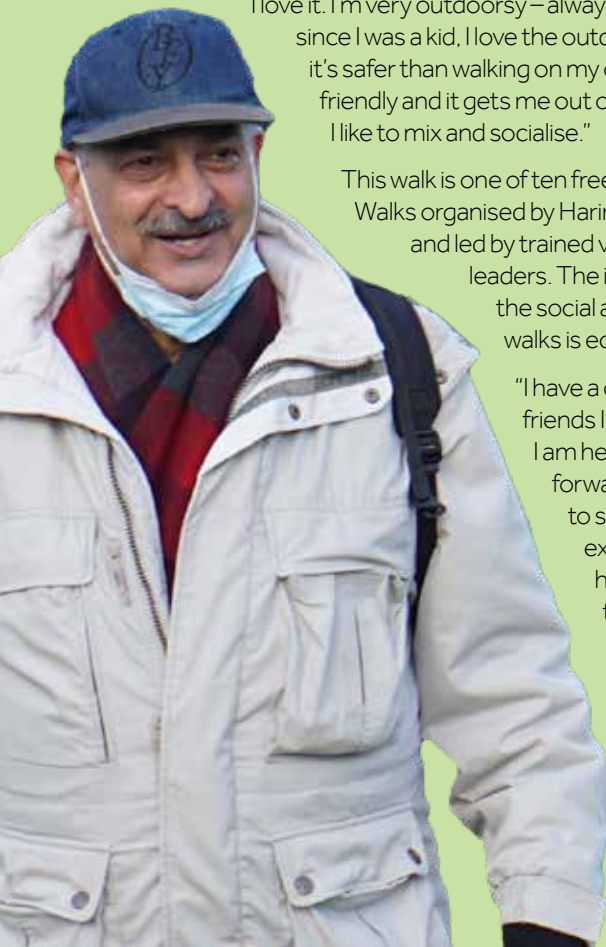
The health benefits of walking are a key aspect for Mourad, who joined five months ago.

"I want to get out of the house and feel like I'm doing something. Knowing these people, talking to them all the time - you feel like you have some relatives, some friends. I'm glad I lost a lot of weight, so I decided not to skip any of these sessions – Monday and Thursday I have to be here. Even if I'm late, I still have to come."

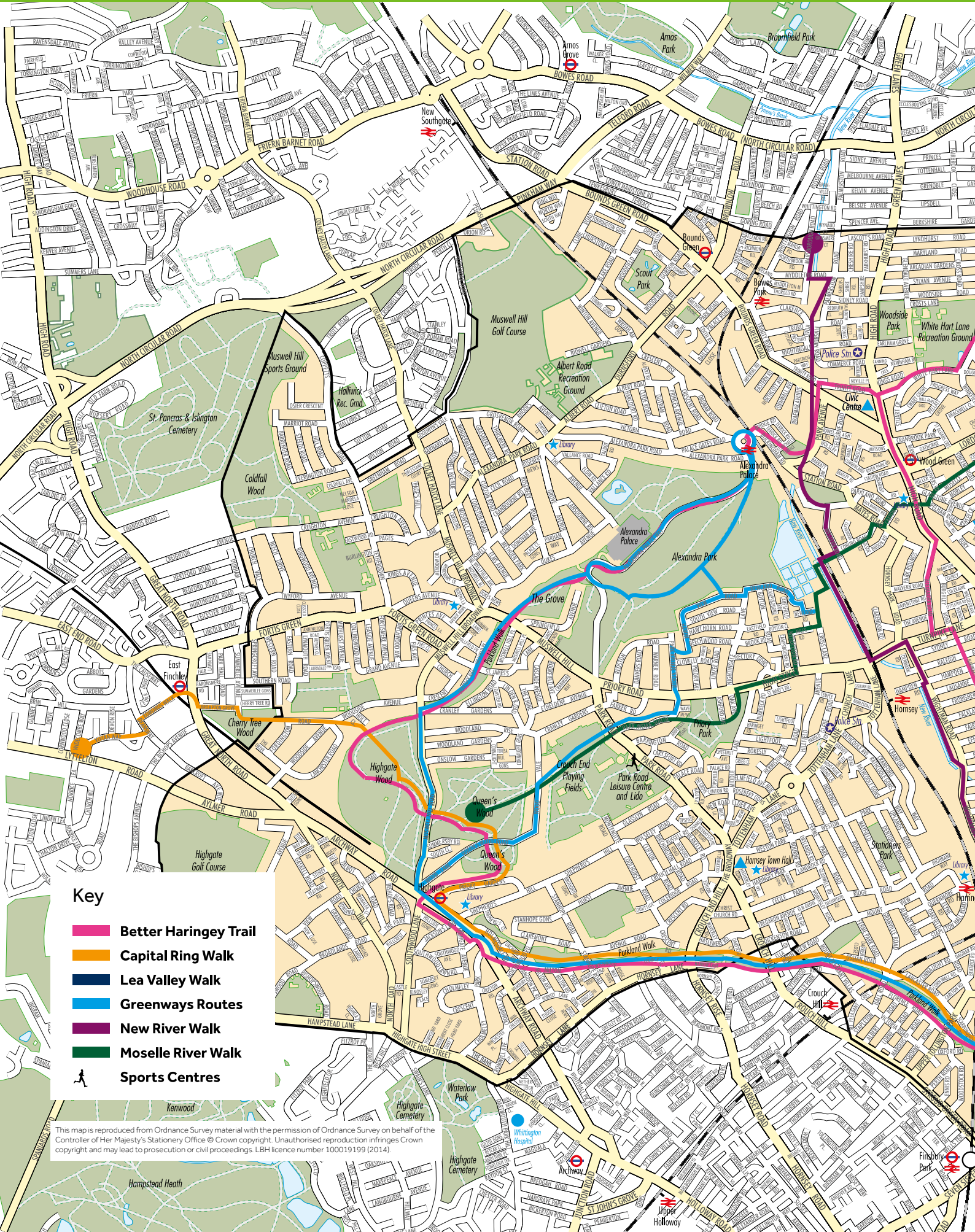
To find out more about your local Wellbeing Walk, call Lily on **07971 113 463** or visit the Walking Groups page



www.haringey.gov.uk/walking-groups



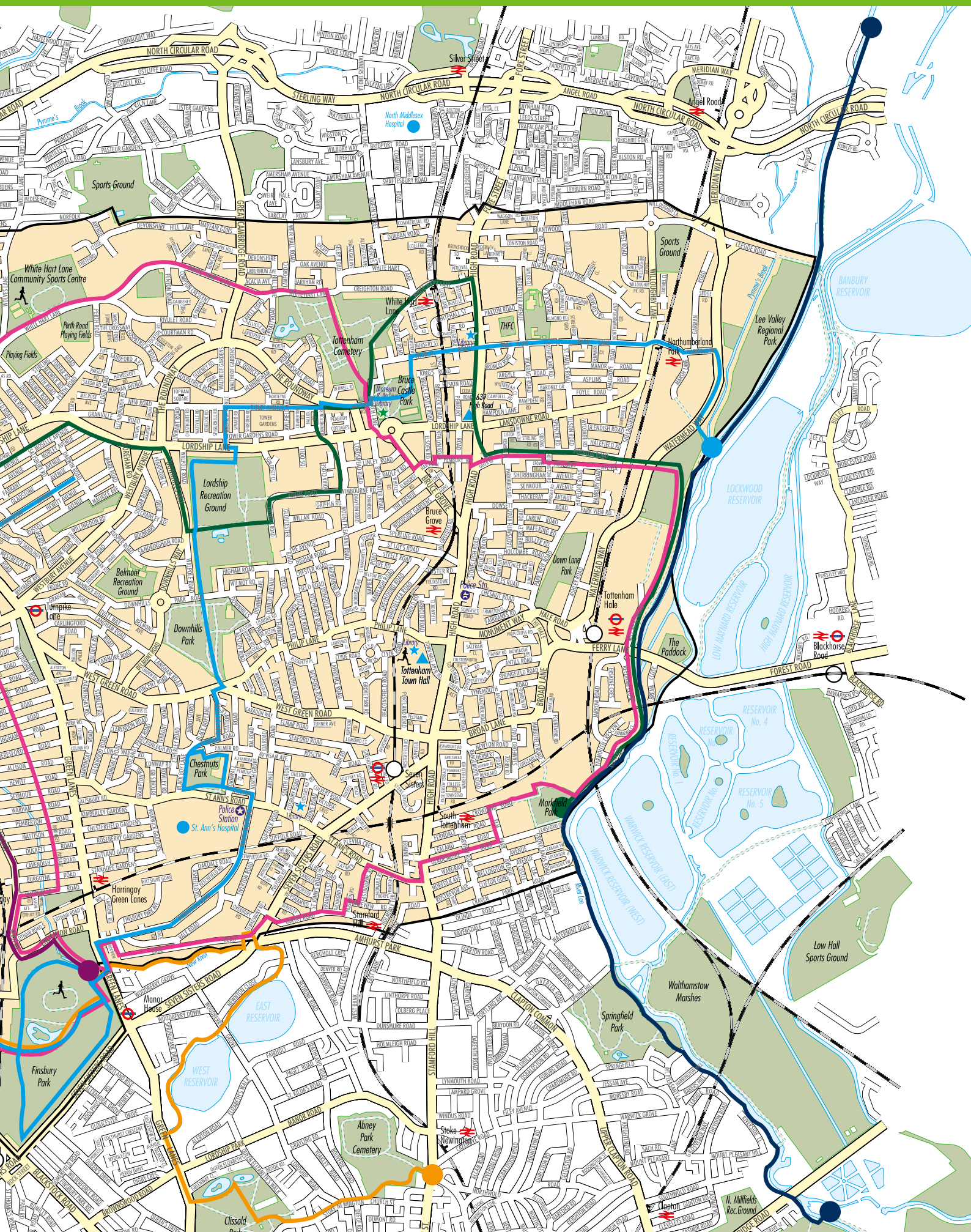
Trails around Haringey



Key

- █ Better Haringey Trail
- █ Capital Ring Walk
- █ Lea Valley Walk
- █ Greenways Routes
- █ New River Walk
- █ Moselle River Walk
- Sports Centres

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Haringey Wellbeing Walks are FREE and led by trained walk leader volunteers, offering group walks across Haringey's Parks and Green Spaces:

Most wellbeing walks start and end close to toilets and refreshments. The walks take place every week. Please arrive a few minutes before the scheduled start-time of the walk, where you will be welcomed by the walk leader. Wear appropriate footwear and bring water.

For further details on our Wellbeing walks or our Community walks in Haringey, please call Anita, Walks Co-ordinator on

 07973 571 921. Alternatively, contact Lily

 get.active@haringey.gov.uk or call

 07971 113 463.



Day	Time	Meeting Place	Leaders /Walking To	Duration
Monday	9:20am	Lordship Recreation Ground, at the gates near the traffic lights on Downhills Park Road N17 6NY	Storm & Gloria – Walking in Lordship Rec	30-45 mins
Monday	11:00am	Bottom gates of Alexandra Park N8 7HP (by Safestore).	Annette Meadows & Bridget Daly-Chandler Alexandra Palace	30-45 mins
Tuesday	9:15am	The Engine Room, Unit A, Eagle Heights, Lebus Street, N17 9FU	Janet King – Tottenham Marshes	60 mins
Tuesday	12:45pm	JS Medical Practice, Park Lane, N17 0JP (meet outside main entrance to practice)	James – walk & talk in Somerford Grove Open Space with return to the practice	30 mins
Wednesday	1:45pm	T on the Green, Bruce Castle Park Pavillion N17 8NJU	James – Two circuits of Bruce Castle Park, in a figure of 8 pattern.	30-45 mins
Wednesday	10:00am	Outside Café in Markfield Park, N15 4RB	Steve Woolnough & Bob Lindsey /Markfield Park/River Lea	45+ mins
Wednesday	11:15am	In the cafe at Queenswood Surgery N8 8JD	Anthony Carrick /Priory Park	45+ mins
Wednesday	5:00pm	Next to Cafe Forks & Green, West Green Road N15 4AB	Hanna Pitkanen /Downhills Park & Lordship Rec	45+ mins
Thursday	11:00am	Morum House GP practice 3-5 Bounds Green Road N22 8HE	Anita Yiannoullou 07973571921 X2 circuits of Nightingale gardens	30 mins
Friday	10:30am	Stonebridge Lock Waterside centre/Near toilets, N17 0XD	Janice Fraser /Tottenham Marshes	45+ mins



FOOD FOR THOUGHT AT HARINGEY SIXTH FORM COLLEGE



Students returning from their Christmas break were welcomed with some great news: from January 2023, Haringey Sixth Form College in Tottenham has introduced the free meal programme to all students. We caught up with Principal Lisa Westray, as well as students Jose and Mia, to find out how beneficial this new scheme is.



As the cost of living crisis continues to affect us all, the Haringey Sixth Form College team decided to start the New Year by giving a free hot meal to every student, irrespective of their needs and circumstances.

They know that their students will appreciate a nutritious hot lunch, and this will also support their health, wellbeing and fuel their learning. The aim is to help students to thrive in their learning and good nutrition is essential to enable them to do this – it helps them to stay focused and learn effectively.

“I usually have to ask my dad for money and sometimes he can’t give it to me but now that I can

come in to college and have a meal before my lessons it helps me to concentrate. I really appreciate what the college has done for us,” said Mia, a Health and Social Care student.

“I had to skip meals at times because I didn’t have the money but now the College is giving us lunch – it means I can be more focused with my course and not be hungry or think about food instead,” said Jose, an ESOL student.

Principal Lisa Westray added “As the cost-of-living crisis worsens, it’s important that our students know that we do all we can to support them. It has been brilliant to see so many benefiting from this initiative - hearing the appreciation from the students and how it’s taking the pressure off their families

has made it worthwhile! We are #MoreThanACollege.”

Haringey Sixth Form College prides itself on supporting its students and families – that’s why they have stepped up their support during these tough economic times. They will continue the scheme up to end of June this year and are hoping to resume in September 2023.

For more information about Haringey Sixth Form College, visit:

 www.haringey6.ac.uk

“Now that I can come in to college and have a meal before my lessons it helps me to concentrate. I really appreciate what the college has done for us.”

Haringey homecare manager receives national award for hard work and dedication



The registered care manager of Haringey's leading homecare provider has been named as the best care manager in the UK.

Terina Jones, who for the last three years has been a part of the team at Bluebird Care Highgate & Haringey, was recently awarded 'Care Manager of the Year' at a special awards ceremony in central London.

15 finalists were selected from over 100 nominations to attend an awards ceremony at the world-famous Fortnum and Mason.

Director of Bluebird Care Highgate & Haringey, George Morris, said; "Terina is incredible! Without her, Bluebird Care wouldn't be the award-winning organisation it is today. We care for some of the most vulnerable people in the borough, so having someone like Terina running the day-to-day operations of our care provision really does make a difference!"

Image - George Morris and Terina Jones



Bluebird Care Highgate & Haringey
Email haringey@bluebirdcare.co.uk
Tel 020 3835 5515

HARINGEY WRITER AND DIRECTOR AWARDED BEM IN 2023 NEW YEARS HONOURS



Haringey resident, writer and director Jason Young received a British Empire Medal (BEM) in the 2023 New Year's Honours List for services to writing and directing Caribbean stories during the COVID-19 crisis.

"I am so excited about this award," says Jason. "For me, this is the equivalent of winning a British Academy Film Award (BAFTA) for my work! In 2020 many Caribbean people died unexpectedly during the COVID-19 pandemic and were unable to share their historic legacy. Black people across the country have played a huge role in British history and I wanted to give these people a chance to talk about their experiences.

"During the first lockdown, (adhering to COVID-19 social distancing guidelines), I interviewed people of Caribbean descent for my documentary called 'Women in Church Leadership' which was

officially selected for screening in Brixton at the British Urban Film Festival in December 2021.

"Creating this documentary gave these inspirational individuals a platform where they could share their stories. They came to the festival to see the screening and now, Caribbean Christian audiences are interested in seeing themselves represented on screen. This has given them the opportunity to transition to the online world to make their own films and tell their own stories that are not currently reflected in television and cinema.

"Shortly after being considered for a British Independent Film Award, I

was told that I hadn't been longlisted, and therefore was not up for a BAFTA because to be considered, the documentary had to be screened in at least two film festivals. I then learnt however, that I would be awarded a British Empire Medal which was amazing and I couldn't be prouder."

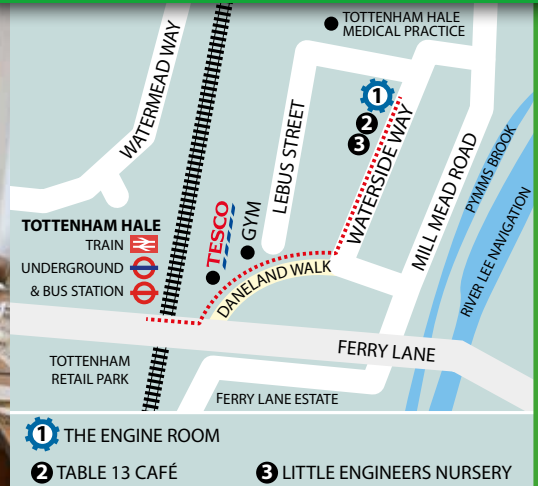
Jason's background in the creative arts in Tottenham stretches back to March 1993 when he played the role of Peter in Roger Jones's 'Mary Magdalene' musical which was performed at High Cross URC, St. John Vianney Catholic Church and the chapel at Middlesex University.

Charity work is also very important to Jason. He has previously supported multiple local charities including the Haringey Homeless Shelter at St. James Church in Muswell Hill and Barnet Homeless Shelter at St. Barnabas North Finchley. In 2013 he set up the Tottenham Food Hub to feed the poor and unemployed in the local community.

Jason believes Tottenham is a hub of productivity and creativity where local people can make a valuable contribution to wider society.

Book Tottenham's Five Star Centre now for just £100!

The Engine Room is rated as 5 star by nearly all users on Google and Hallshire so why not come and see for yourself what everyone is raving about? The most modern, well equipped, fully accessible and affordable community resource in Haringey. You can book now for any date in 2023 for just a £100 damage deposit which is fully refundable up to 2 weeks before your event if for any reason you choose to cancel. Discounted rates apply for residents of N15 and N17.



- **No quibbles** full refunds on any bookings cancelled at least 2 weeks in advance
- **Anti-COVID** measures in place including social distancing, free hand sanitizing and modern fresh air ventilation
- **Affordable** hire - Affordable hire Small Hall £40/hour* (max 50 people). Main Hall £65/hour* (max 100 people)
- **Convenient**, just three minutes from Tottenham Hale station, with parking close by (payable)

*THESE COMMUNITY RATES APPLY TO RESIDENTS OF N15 AND N17

Holding your event at The Engine Room provides vital resources to help us support the community of Tottenham. Book online now at www.engineerroom.org.uk/booking

E: info@engineerroom.org.uk W: www.engineerroom.org.uk T: 0208 808 5490 or 07957 193922



Advertise here

Advertise your local business here and get your message out to more than 95,000 homes in Haringey

Call **020 8489 3054** to book your space

Haringey
LONDON





DARING WOMEN OF THE AIR

The online Timeline of Women in Aviation from around the world includes women balloonists, parachutists and pilots from the past four centuries - but the names of two daring women and their extraordinary aeronautical careers associated with Haringey are unfortunately omitted.

The remarkable life of daredevil Edwardian parachutist Dolly Shepherd (1886-1983) at Alexandra Palace is becoming more widely known. Her story is celebrated in a (downloadable) walking trail at the Palace Amongst her many daring feats, Guinness World Records credits her as undertaking the first ever mid-air rescue in 1905.

Few will know of another pioneering woman parachutist - Vera Turl (1910 - 1984) of 30 Elm Park Avenue, Tottenham. In May 1934, Vera hit the headlines as the first woman to hold an Air Ministry professional parachute licence when parachuting at Brooklands motorcycling racetrack. Given the difficulty of steering parachutes in those early days, Vera would say, "If you hadn't landed in the sewage works, you hadn't jumped at Brooklands." If she landed on the racing track, drivers would screech to a halt and pick her up.

Newspaper reports at the time suggested Vera was the youngest ever parachutist. They claimed she was 20, but she was definitely a few years older. By 1934 Vera was married to Ronald Turl, from a Tottenham family.

Vera was in an aerobatics display team working with the Sky Devils Air Circus, undertaking parachute jumps. By 1940 Vera was also doing daredevil motorbike

tricks on the 'Wall of Death' for the George Formby film Spare A Copper.

During the Second World War, Vera joined the Air Transport Auxiliary as a Second Officer responsible for the parachute section. In 1945 she was based at White Waltham Airfield, Windsor. By 1943 the few women pilots based at White Waltham were (unusually) paid the same as male pilots of equal rank.

Check the the dolly shepherd walking trail at:



www.alexandrapalace.com/creative-learning/creative-learning-resource/resource-test/



Voter ID is coming...



As part of the Elections Act 2022, the UK Government is introducing a legal requirement for all voters to show photo ID when they go to vote in a polling station.

From 4 May 2023, you will need photo ID to vote in local elections and from 5 October 2023 in a General Election.

***There are no scheduled elections in Haringey until May 2024**

Acceptable forms of photo ID include:

- ✓ a UK or Northern Ireland photocard driving licence (full or provisional)
- ✓ a driving licence issued by the EU, Norway, Iceland, Liechtenstein, the Isle of Man or any of the Channel Islands
- ✓ a UK passport or a passport issued by the EU, Norway, Iceland, Liechtenstein or a Commonwealth country
- ✓ a PASS card (National Proof of Age Standards Scheme)
- ✓ an Oyster 60+ card
- ✓ a Freedom Pass
- ✓ an older person's bus pass
- ✓ a disabled person's bus pass
- ✓ a Blue Badge
- ✓ a National Identity Card issued by the EU, Norway, Iceland or Liechtenstein
- ✓ a Biometric Residence Permit (BRP)
- ✓ a Defence Identity Card (MOD form 90)
- ✓ an Anonymous Elector's Document (AED)

Your vote is important. Don't lose it.



If you don't have an accepted form of photo ID, don't worry - you can still cast your vote – but you will need to **apply for a free Voter Authority Certificate (VAC)** to take with you to the polling station instead.

For more information about Voter ID, including the full list of acceptable documents and how to get your free VAC, visit:

www.haringey.gov.uk/voter-id

Haringey
LONDON



The Rising Green Youth Hub project also aligns perfectly with The Haringey Deal.

Launched in response to feedback that told us that many residents don't feel they have as much influence as they'd like, and that we don't always seem to be as open to listening as we should be, The Deal sets out a series of commitments being made by the council about how we will work differently in the future.

FEEL GOOD VIBES ON THE UP AT RISING GREEN

Haringey youth rejoice at helping Wood Green-based youth hub win Best Social Value award

Talented young people from Haringey have scored another sterling success after helping the Rising Green Youth Hub scoop an ace accolade at an awards ceremony.

The Wood Green-based centre picked up the Best Social Value Project gong at the Thornton Education Trust's Inspire Future Generations Awards, with Rising Green being hailed as an 'exemplar project' that went further than just 'involving young people' by putting them 'at the very centre of the brief, purpose, process and delivery.'

Local young people gained valuable co-design, collaboration, co-production and communication skills along the way as well, resulting in them being 'empowered to create a completely bespoke space addressing their specific needs.'

Having been co-designed and co-produced by a group of young people known as the Wood Green Young Voices, the young people who regularly frequent the young hub are proud and elated to be associated with an ambitious and award-winning venture.

"That's impressive," enthused Leon, 15, from Tottenham, who is a dab hand in the kitchen and a

marvel when it comes to making bread muffins. "It's got good features and it's pretty dynamic and versatile, with lots of rooms – a music studio, quiet room, social room, games room and the kitchen. It's more versatile than most youth clubs and it's open until late as well, so that's another good feature."

Nekai, 15, spends most of his time there meeting new people, socialising and enjoying himself and having fun in the on-site music studio. He said: "You can just chill here and it's better than being outside. It's monitored and well looked after by the staff. It's alright."

Marvin, 16, from Wood Green, likes to make the most of the computers whenever he visits Rising Green. He commented: "It's a good place to go to for after-school activities and stuff like that. You can relax and talk to people here in the different rooms."

Congratulations and very well done to all the young people associated with the Rising Green Youth Hub and project partners including architects Freehaus, JA Projects, Diamond Build and photographer Ben Blossom.



This includes pledges to focus on:

- Building greater trust between the council and residents
- Getting the basics rights
- Learning when mistakes are made and putting things right quickly
- Empowering communities to make change happen for themselves
- Finding new ways to share power with residents and communities

For further information about The Haringey Deal, please visit the Haringey Council website:



www.haringey.gov.uk/deal

WHAT'S ON

Spring is finally here, and with warmer days ahead, there are so many fun things to do across the borough over the next couple of months.



ALEXANDRA PALACE, RAILWAY MODELLING SHOW

ALEXANDRA PALACE

Alexandra Palace Way,
N22

www.alexandrapalace.com

020 8365 2121



CRAFTERAMA

11 - 12 March 2023

Doors open 09:30

The Great Hall

Inspiration and shopping for crafters. Art stamps, mixed media, art journaling, die cutting, decopatch and much more. Join us for a crafty weekend of fun!

THE LONDON FESTIVAL OF RAILWAY MODELLING

18 - 19 March 2023

Doors open 09:30

The Great Hall

Regarded as one of the UK's biggest and best model railway exhibitions, The London Festival of Railway Modelling is the must-attend event for anyone interested in miniature railways.



THE AMAZING MAURICE - LIVE

9 April 2023

Cantilever Rights and Carrot Productions proudly present the world premiere of the animated feature film, The Amazing Maurice, with the score performed live by a full orchestra.

RAINBOW NATION CHARITY GALA 2023: ACTIONS SPEAK LOUDER THAN WORDS

15 April 2023

Doors open 18:30

Alexandra Palace Theatre

A fun, exciting, uplifting and thought-provoking variety show in our Victorian Theatre, starring Rainbow Nation Dance Academy members.

WOMEN'S YOGA & SOUND HEALING EXPERIENCE

19 April 2023

Doors open 19:00

A two-hour nurturing experience of Yoga & Sound Healing (no experience necessary) followed by a restorative Sound Bath, soothing you and supporting you to feel lighter, brighter and more relaxed.



ALEXANDRA PALACE, THE GREAT BRITISH TATTOO SHOW

THE CYCLE SHOW - ALLY PALLY

Friday 21 to Sunday 23
April 2023 - show times:
10am to 5pm

The UK's biggest cycling show will celebrate its 20th anniversary this April at the iconic Ally Pally. Three days showcasing all things cycling, from the biggest brands and stars of the sport.

Book tickets online:
www.cycleshow.co.uk

THE GREAT BRITISH TATTOO SHOW

13 - 14 May 2023
Doors open 11:00

The Great British Tattoo Show are back at Alexandra Palace in 2023 for two whole days of tattooing, entertainment, live music, and loads more!

This year we're focusing on the best tattoo artists from across the globe with a few little surprises

along the way! Bring your pocket money too, as we'll have plenty of traders on site selling tempting trinkets.

BLUE HOUSE YARD

A creative workspace in Wood Green combining creative space with public, retail, leisure and event space including pop-up shops and an artist market.

River Park Road, N22

BRUCE CASTLE MUSEUM

Bruce Castle Museum is a Grade I listed 16th century manor house which holds Haringey's local history collections, archives, and art exhibitions. The museum also runs regular historical and arts events.

Lordship Lane, N17

www.brucecastle.org

020 8808 8772

JACKSONS LANE

Jacksons Lane is a flagship arts and cultural venue in Haringey with a year-round programme of contemporary performance, arts



PROFESSOR SLUG'S HOUSE OF BUGS, JACKSONS LANE

participation, and cultural education.

Archway Road, N6

www.jacksonslane.org.uk

020 8341 4421

PROFESSOR SLUG'S HOUSE OF BUGS

5 March 2023

A show all about bugs. Professor Slug is an eccentric expert on invertebrates who helps bugs out with their buggy problems – and you can too!

ERNIE'S JOURNEY

19 March 2023

A magical circus theatre adventure for family audiences. The seamless integration of circus, physical theatre, stage magic, poetry and puppetry is a truly dazzling spectacle.

WHAT IS LEFT

30-31 March 2023

International award-winning dance and circus company Overhead Project bring their new show What is Left to the UK. Mixing contemporary dance with group acrobatics, the show explores our relationship with different spaces and how they influence our communication.



TOTTENHAM SPRING FESTIVAL

Saturday 25 March, 12 noon - 5pm

Town Hall Approach Road N15 4RY

Tottenham Spring Festival is a family friendly eco-themed Spring event presented by Haringey Council in partnership with Myddleton Road Market. Street food, local brewers, green and eco market stalls, local producers and growers, plus an array of fun free activities and performers.

Follow [@tottenhamfestivals](https://www.instagram.com/tottenhamfestivals) on Instagram for all the updates and email lucy@myddletonroadmarket.co.uk for stall enquiries.

YOUR COUNCILLORS

The easiest way to contact your councillors is via email or phone. Please leave a message at any time and they will respond as soon as they are able. You can check whether face-to-face surgeries are available for specific councillors by visiting: www.haringey.gov.uk/Councillors

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COUNCILLOR MICHELLE SIMMONS-SAFO (L)
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SOUTH TOTTENHAM

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