



# Exciting activities happening in a park near you for 2024!



**Free activities include table tennis,  
Tai Chi, yoga and much more!**

**For more details contact:**  
[get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)  
[www.haringey.gov.uk/people-need-parks](http://www.haringey.gov.uk/people-need-parks)

**Haringey**  
LONDON

## Programme Overview

These sessions are offered free to all residents in Haringey, with an aim of encouraging people who are less active, over 50s, girls and women, people with disabilities and BAME communities to get involved.

We hope you will find something for you to enjoy, plus help you and your family to become more active, meet new friends and enjoy our wonderful parks.

Some activities will require booking so please check the website (see link below) for details beforehand!

**[www.haringey.gov.uk/people-need-parks](http://www.haringey.gov.uk/people-need-parks)**

or for more details contact:

**[get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)**



## What's on?

### Brunswick Park

Brunswick Road N15

<b>Fridays</b>	<b>Activity</b>	<b>Time</b>	<b>Group</b>
8 Jun - 27 Sep	Table Tennis	6pm - 7pm	All

### Bruce Castle

Lordship Lane N17 8NL

<b>Fridays</b>	<b>Activity</b>	<b>Time</b>	<b>Group</b>
7 Jun - 26 Jul (8 weeks)	Tennis	6pm - 7pm	Family

### Chestnuts Park

St Ann's Road N15



<b>Tuesdays</b>	<b>Activity</b>	<b>Time</b>	<b>Group</b>
4 Jun - 24 Sep (17 weeks)	Tennis	12pm - 1pm	50+ & Reach and Connect
<b>Wednesdays</b>			
5 Jun - 25 Sep (17 weeks)	Tennis	4pm - 5pm	Send Power Haringey



## Down Lane Park

Park View Road N17

	Activity	Time	Group
<b>Fridays</b> 7 Jun - 27 Sep (17 weeks)	Tennis	2pm - 3pm	Women



## Downhills Park

Downhills Park Road N17

<b>Fridays</b> 7 Jun - 27 Sep (17 weeks)	<b>Activity</b>	<b>Time</b>	<b>Group</b>
	Tennis	12pm - 1pm	Women
<b>Wednesdays</b> 3 Jul - 28 Aug	Hula Hoops	7pm - 8pm	All

## The Grange

32-34, White Hart Lane, N17 8DP

<b>Thursdays</b> 1 Aug - 19 Sep (8 weeks)	<b>Activity</b>	<b>Time</b>	<b>Group</b>
	Circuit Training	11am - 12pm	Women

## Finsbury Park

Endymion Road N4



<b>Saturdays</b> 9 Jun - 28 Sep (17 weeks)	<b>Activity</b>	<b>Time</b>	<b>Group</b>
	Cycling	2 - 3pm	People with Disabilities
<b>Tuesdays</b> 4 Jun - 24 Sep (17 weeks)	Multisport	11am - 1pm	

## Lordship Hub Cafe

Higham Road N17

	Activity	Time	Group
<b>Saturdays</b> 20 Jul - 24 Aug	Self Defence	10:30 - 11.30 am	Women & Girls
<b>Tuesdays</b> 2 Jul - 27 Aug (9 weeks)	Hula Hoops	7 - 8pm	All

## Lordship Rec

Higham Road N17

	Activity	Time	Group
<b>Saturdays</b> 9 June - 28 Sep	Table Tennis	4pm - 5pm	All

## Love Lane Play Area and Green Space

Charles House N17

	Activity	Time	Group
<b>Thursdays</b> 6 June - 25 Jul (8 weeks)	Circuit Training	11am - 12pm	50+

## Nightingale Gardens

Palace Gates N22

<b>Tuesdays</b>	<b>Activity</b>	<b>Time</b>	<b>Group</b>
4 Jun - 24 Sep	Nordic Walks	11am - 12pm	SH

## Northumberland Park Resource Centre

Park Lane N17



<b>Friday</b>	<b>Activity</b>	<b>Time</b>	<b>Group</b>
7 Jun - 27 Sep	Yoga	11am - 12pm	All



# Women and Girls Need Parks

## MAKE SPACE

### Report harassment against women & girls

Report to the police via **999** if in an emergency, **101** for all other non-emergencies.

Report any incidents online via **True vision**



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# Women and Girls need Parks

## MAKE SPACE

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Report to the police via **999** if in an emergency, **101** for all other non-emergencies.

Report any incidents online via **True vision**



## Domestic abuse support services and helpline

### HARINGEY DOMESTIC ABUSE HELPLINE

Mon-Fri, 10am-5.30pm

**0300 012 0213**

### NIA HELPLINE

Support for women and girls of all ages who are affected by domestic abuse

**0300 012 0213**

Mon-Fri, 10am-5.30pm

**IDSVA@niaendingviolence.org.uk**

### HEARTHSTONE

Support for anybody affected by domestic abuse

**020 8489 3411**

**hearthstone.domesticviolence@haringey.gov.uk**

Monday-Friday, 9am-4pm

### PIONEER GIRLZ

Empowering teenage girls

Meet at The Engine Room, Unit A, Eagle Heights, London, N17 9FU

Every Wednesday

4.30-6pm (11 -14years)

6-8pm (15-18years)

**0208 808 5490**

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## O.R. Tambo Rec

Albert Road N22



Tuesdays	Activity	Time	Group
4 Jun - 9 Jul	Tai Chi	10am - 11am	50+

## Priory Park

Middle Lane N8

Thursdays	Activity	Time	Group
20 Jun - 25 Jul 22 Aug - 29 Sep	Tai Chi	1pm - 2pm	50+



## Stationers Park

Mayfield Road & Denton Road N8

	Activity	Time	Group
<b>Mondays</b> 3 Jun - 30 Sep	Nordic Walks	2pm - 3pm	50+

## Woodside Park

High Road N22

	Activity	Time	Group
<b>Mondays</b> 17 Jun - 22 Jul 2 Sep - 30 Sep	Tai Chi	11am - 12pm	50+
<b>Thursdays</b> 6 Jun - 26 Sep	Line Dance	10am - 11am	50+

## Sheltered Housing



	Activity	Time	Group
<b>Fridays</b> 7 Jun - 26 Jul 6 Sep - 27 Sep	Garden Walks (Hilldene Court N10 2DB)	11am – 12pm	HFH residents + invited local friends / referrals  Contact: E:shactivities@ haringey.gov.uk T:07794 257 914
<b>Fridays</b> 7 Jun - 26 Jul 6 Sep - 27 Sep	Garden Walks (Clements House N17 9UQ)	1pm - 2pm	
<b>Tuesdays</b> 4 Jun - 24 Sep	Garden Walks (Latimer House N15 6NW)	11am - 11.45am	
<b>Wednesdays</b> 5 Jun - 25 Sep	Garden Walks (Willaim Atkinson N17 8AY)	10am - 11am	
<b>Fridays</b> 7 Jun - 27 Sep	Garden Walks (Palace Gates N22 7AR)	2pm - 3pm	
<b>Tuesdays</b> 4 Jun - 24 Sep	Garden Walks (Stonbridge Road N15 5PB)	12pm - 12.45pm	
<b>Fridays</b> 7 Jun - 27 Sep	Garden Walks (Lowry House N17 8LZ)	11am - 12pm	
<b>Mondays</b> 3 Jun - 24 Jun 1 Jul - 8 Jul	Chair Exercise (Summer Hill N15 4HR)	1pm - 2pm	
<b>Wednesdays</b> 5 Jun - 26 Jun 3 Jul - 10 Jul	Reggaectivity (Coombes House N17 0AR)	12pm - 1pm	

## Provider Contact Details

Activity	Email/Website	Contact No.
Cycling	<a href="http://www.pedalpowercc.org">www.pedalpowercc.org</a>	07490 370 347
Hula Hoops	<a href="mailto:sarahall52@gmail.com">sarahall52@gmail.com</a>	07932 566 508
Multisport – Finsbury Park	<a href="http://www.accesstosports.org.uk/bookings">www.accesstosports.org.uk/bookings</a> <a href="mailto:info@accesstosports.org.uk">info@accesstosports.org.uk</a>	
Tai Chi - Oliver Tambo Rec	<a href="mailto:nicolaforward@aol.com">nicolaforward@aol.com</a>	
Reggaetivity & Chair Yoga	<a href="mailto:sekhemartz@gmail.com">sekhemartz@gmail.com</a>	07888 015 334
Self Defence	<a href="mailto:theresathomas85@hotmail.com">theresathomas85@hotmail.com</a>	07973 528 293
Tai Chi – Priory Park & Woodside	<a href="mailto:paulomckay@yahoo.co.uk">paulomckay@yahoo.co.uk</a>	
StreetTT	<a href="mailto:admin@streettt.com">admin@streettt.com</a> <a href="https://streettt.com/">https://streettt.com/</a>	
Tennis	<a href="mailto:parks@georgiansclub.com">parks@georgiansclub.com</a> Chestnuts: Lennie Charles <a href="mailto:lennie.charles@googlemail.com">lennie.charles@googlemail.com</a> Downhill and Down Lane: <a href="http://www.accesstosports.org.uk/bookings">www.accesstosports.org.uk/bookings</a> <a href="mailto:info@accesstosports.org.uk">info@accesstosports.org.uk</a> Bruce Castle: <a href="mailto:poetken888@gmail.com">poetken888@gmail.com</a>	
Garden Walks	<a href="mailto:get.active@haringey.gov.uk">get.active@haringey.gov.uk</a>	
Nordic Walks:	<a href="mailto:Js015f3547@blueyonder.co.uk">Js015f3547@blueyonder.co.uk</a> <a href="mailto:anita@sanjurotrainingsystems.com">anita@sanjurotrainingsystems.com</a>	
Yoga/Mindfulness	<a href="mailto:martusienki@gmail.com">martusienki@gmail.com</a> <a href="mailto:chiaradoesyoga@gmail.com">chiaradoesyoga@gmail.com</a>	
Line Dance	Candy Fernandes <a href="mailto:goancentre23@gmail.com">goancentre23@gmail.com</a>	
Circuit Training	Tashan Dalmage <a href="mailto:tashand@dalmageactive.co.uk">tashand@dalmageactive.co.uk</a> & Chanelle Farrell <a href="mailto:Chanelle.Farrell@haringey.gov.uk">Chanelle.Farrell@haringey.gov.uk</a>	

For all walks information contact:

**e: [anita@sanjurotrainingsystems.com](mailto:anita@sanjurotrainingsystems.com) m: 0044 (0)7973 571 921**

Link to map of Haringey parks: **[www.haringey.gov.uk/map-haringey-parks](http://www.haringey.gov.uk/map-haringey-parks)**

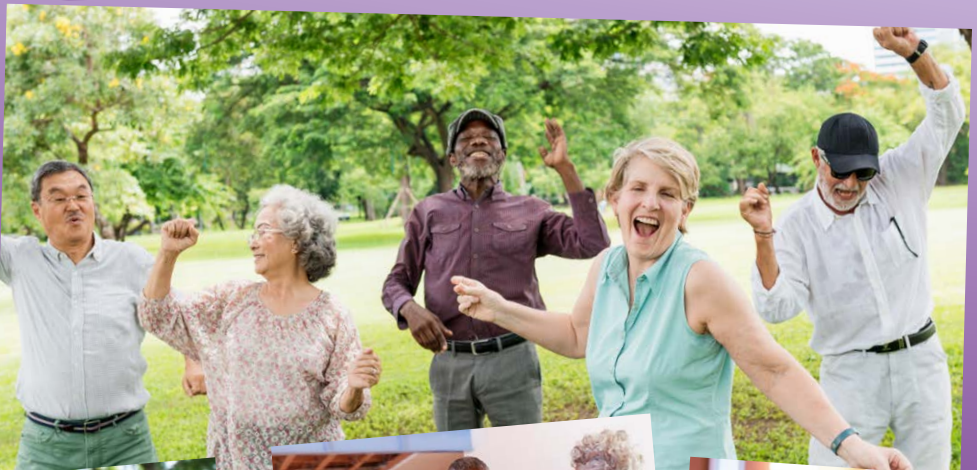
For more details contact: **[get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)**

# Haringey's 1st Age Well Festival 2024

**Sat 21  
September**

12pm – 5pm  
**Bruce Castle Park  
and Museum**

**Save the date!**



**Partners:**

**Haringey**  
LONDON

**NHS**  
North Central London  
Integrated Care Board

**ALEXANDRA**  
PALACE

**Oldalone UK**  
Helping to fight loneliness

**pavilion**  
sports & café

**Public Voice**

**CODE 1**



**Sign up for  
updates here:**

**hello@reachandconnect.net**  
[new.haringey.gov.uk/events/  
haringey-age-well-festival-2024](https://new.haringey.gov.uk/events/haringey-age-well-festival-2024)

People Need Parks





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