WHAT ARE YOU DOING OVER THE **SUMMER HOLIDAYS?**

food support & free kids' activities in N15, N17 & N22









FOOD SUPPO FOR ANYONE IN N15, N17 & N22



LOCATIONS

COMMUNITY FOOD HUR

Tottenham Town Hall N15 4RY

Mondays, Wednesdays, & Fridays 5-6pm Saturdays 3-4pm

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

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:

- Q 0208 489 4431 (M-F: 9am-5pm)
- connectedcommunities@haringev.gov.uk HARINGEY CITIZENS ADVICE
- © 07845 013956 (M. W. F: 10am-3pm)

THE PEOPLE'S CHRISTIAN **FELLOWSHIP FOODBANK**

89 Broad Lane, N15 4DW

Wednesdays 12-1.30pm

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

ST. ANN'S LIBRARY

Cissbury Road, N15 5PU

Last Thursday of every month

(July 29th & August 26th) 2-5pm

Pre-cooked meals, fresh fruit and veg. Everyone welcome, no referral/voucher needed, take away food that day.

HIGHWAY HOUSE COMMUNITY

Fountavne Road, N15 4QL

Thursdays 12.30-15:30pm

Hot meals, fresh fruit & veg. Everyone welcome, no referral/voucher needed - same day pick up.

TOTTENHAM SEVENTH DAY ADVENTIST CHURCH

255 West Green Road, N15 5EG

Tuesdays 12-3pm, Saturdays 3-6pm

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

FIVE LOAVES FOODBANK

Triumphant Church International. 136 West Green Road N15 5AD

Every Sunday 1-2pm

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 Saturdavs 1-2pm

Food parcels with fresh fruit and yea. Everyone

welcome, no referral/voucher needed, take away food that dav.

GROW TOTTENHAM

Ashlev House, Ashlev Road, London N17 9LZ

Sat. home delivery only (emergency deliveries on other days if needed)

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@vahoo.com

OUR FORGOTTEN NEIGHBOURS

Outside Tottenham Town Hall

Every other Tuesday (20 Jul: 3.17 & 31 Aug) 3-5pm

Hot food - Jerk BBQ, non-perishable food & toiletries for anyone in need. Everyone welcome, no referral/ voucher needed, take away food that day.

C86ERZ STREET TEAM

Locations across N15, N17 & N22

Every other Tuesday (20 Jul: 3.17 & 31 Aug) 3-5pm

Distributing t-shirts, food, hydration, books, sun cream and non-essential items to anyone homeless. No voucher/referral needed, just drop your location to 07951714374

THE COMMUNITY COOK UP

Eric Allin Community Centre. Kenneth Robbins House.

Northumberland Park N17 0QA

Thursdays 11-2pm

Hot meals, groceries & other support... just ask! July 29th, Aug 26th Open Days with free food, music, children's activities. Community Meeting, Bike Project and Health Checks. Everyone welcome, no referral/ voucher. Social distancing and use of masks is encouraged so no-one feels unsafe.

SELBY 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.

IMPACT CUISINE

161 Park Lane, N17 OHJ

Wednesdays & Saturdays 4-6pm

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

Q 0208 8011169 • 07873 555 855 • 07904 651 803

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

OK FOUNDATION

7 Holcombe Road, N17 9AA

Every Thursday

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

- O7483 172781
- info@okfoundation.org

TOTTENHAM FOOD HUB

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

Tuesdays 11am-1pm

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

ANTWERP ARMS

168-170 Church Road, N17 8AS Tuesdavs 12:30-3pm

Opportunity to socialise and enjoy a hot meal. You can also register to pick up a hot meal to take away. Everyone welcome (no referral/voucher needed).

07922 080 721

WHEELY TOTS

Broadwater Farm, Croydon Block. Gloucester Road, N17 6JP

Saturdays 10:30am-12pm

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

O DOWNHILLS PARK CAFE

Downhills Park Rd, N17 6PD

Mondays, Tuesdays & Wednesdays

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

O7947 466 236

HARINGEY COMMUNITY FOODBOX

Commerce Road Community Centre.

52 Commerce Road, Wood Green, N22 8EP

Mondays-Fridays 11am-4pm

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

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

REFERENCE MAP



- **♥ COMMUNITY FOOD HUB (1) ← (1)**
- **♥ TOTTENHAM FOOD BANK (2) @**
- ▼ THE PEOPLE'S CHRISTIAN

 ▼ FELLOWSHIP FOODBANK
- SELBY FOOD HUB 😳 🚭
- **9 HOLY TRINITY CHURCH**
- ♥ FIVE LOAVES FOODBANK
 ■
- **♥ ANTWERP ARMS**
- **WHEELY TOTS**

- ♥ BOUNDS GREEN FOODBANK [®]
- **♥ HIGHWAY HOUSE COMMUNITY**
- **OUR FORGOTTEN NEIGHBOURS**
- **? THE COMMUNITY COOK UP**
- **9 GROW TOTTENHAM**
- **♥ TOTTENHAM FOOD HUB ◎**
- **9 OK FOUNDATION**
- ST. ANN'S LIBRARY

WEEKLY FOOD SUPPORT CALENDAR

COMMUNITY FOODBOX: 11AM - 4PM TOTTENHAM FOOD BANK: 12AM - 2PM COMMUNITY FOOD HUB: 5 - 6PM **C86ERZ STREET TEAM**



TUE

TOTTENHAM FOOD HUB: 11am - 1PM **COMMUNITY FOODBOX: 11AM - 4PM** TOTTENHAM SEVENTH DAY ADVENTIST CHURCH: 12 - 3PM SELBY CENTRE FOOD HUB: 2 - 4PM **BOUNDS GREEN FOOD BANK: 2 - 4PM**

OUR FORGOTTEN NEIGHBOURS:

(every other Tuesday)

COMMUNITY FOODBOX: 11AM - 4PM COMMUNITY FOOD HUB: 5 - 6PM THE PEOPLE'S CHRISTIAN FELLOWSHIP FOODBANK: 12 - 1:30PM **IMPACT CUISINE:** 4 - 6PM

C86ERZ STREET TEAM

THU

COMMUNITY COOK UP: 11AM - 2PM ANTWERP ARMS: 12:30 - 3PM HIGHWAY HOUSE: 12:30 - 3:30PM SELBY CENTRE FOOD HUB: 1:30-3:30PM ST ANN'S LIBRARY: 2-5PM (last Thursday of every month) **BOUNDS GREEN FOOD BANK: 2-4PM**

TOTTENHAM FOOD BANK: 5 - 7PM

COMMUNITY FOODBOX: 11AM - 4PM

SAT

WHEELY TOTS: 10:30am - 12PM **HOLY TRINITY CHURCH:** 1 - 2PM COMMUNITY FOOD HUB: 3 - 4PM TOTTENHAM SEVENTH DAY ADVENTIST CHURCH: 3 - 6PM **IMPACT CUISINE: 4 - 6PM C86ERZ STREET TEAM**

COMMUNITY FOODBOX: 11AM - 4PM COMMUNITY FOOD HUB: 5 - 6PM



FIVE LOAVES FOOD BANK: 1 - 2PM

OK FOUNDATION

FREE HOLIDAY CLUBS FOR KIDS RECEIVING FREE SCHOOL MEALS

BOOKING ESSENTIAL • TASTY MEALS DAILY

If your child receives Free School Meals they're also eligible for Haringey's fantastic free Holiday Clubs this summer, offering a range of fun activities from arts and crafts to nature and sport.

They're running five days a week, Mondays through Fridays at locations across Tottenham and Wood Green until the end of August.

Kids and young people of all ages can have fun with friends and learn something new in a safe, supportive environment, with tasty meals provided daily. (www.haringev.gov.uk./haf)

THRU LIFE • 12+ YEARS

Date: Mon-Fri 26 July-27 Aug. 6.30-8.30pm Venue: Ferry Lane

Fun football and fitness sessions to bring out the quality in young people through different positive learning outcomes.

DANCE CAMP • HR SPORTS ACADEMY • 5-14 YEARS

Date: 26 July-6 Aug. 9am-4pm Venue: New River Sports Centre

Explores different dances and stage presence. Develop skills & techniques through fun activities in small groups. Packed lunch & refillable water bottle must be provided & sport clothing worn.

Cost: £65/Free School Meals

- **9** 07903 107217/07947 530498
- info@hrsportsacademv.co.uk
- www.hrsportsacademv.co.uk



LIVING UNDER ONE SUN • ALL AGES

Date: Wed-Fri 28 July-27 Aug.

10.30am-4.30pm Venue: Down Lane Park

Fun family activities run in Down Lane Park, at Living Under One Sun Café, Choose from 6 activities a day, sessions are booked individually.

Free lunch provided.

Cost: Free/Free School Meals

comms@livingunderonesun.co.uk

MULTI SPORTS CAMP • HR SPORTS ACADEMY • **5-14 YEARS**

Date: 26 July-20 Aug. 9am-4pm Venue: New River Sports Centre & Markfield Park Multi-Use Game Area Explores different dances and stage presence. Develop skills & techniques through fun activities in small groups. Packed lunch & refillable water bottle must be provided & sport clothing worn.

Cost: £65/Free School Meals

- Q 07903 107217/07947 530498
- info@hrsportsacademv.co.uk
- m www.hrsportsacademv.co.uk

SOMEREORD GROVE ADVENTURE PLAYGROUND • 5-15 YEARS

Date: 26 July-27 Aug

Venue: Somerford Grove Adventure Playground Families: Mon-Fri 10am-1pm & Sat 10am-4pm Children & Young People only: Mon-Fri 1.30-5pm Free play, climbing, jumping, sliding, sand pit, camp fire, messy & wet play and lunches provided on request.

- O7807 100189
- sereena@haringey-play.org.uk

FOOTBALL CAMP • HR SPORTS ACADEMY • 5-14 YEARS

Date: 26 July-20 Aug. 9am-4pm Venue: Somerford Grove Adventure Playground Football coaching for boys & girls, Develop skills & techniques through fun activities in small groups. Packed lunch & refillable water bottle must be provided & sport clothing worn.

- Cost: £65 per week/Free School Meals
- O7903 107217/07947 530498 holidaycamps@hrsportsacademy.co.uk

O ELISION I IEESTVI E

Venue: Tottenham Green Leisure Centre For more information:

● 020 8885 7300 info@fusion-lifestvle.com

HARINGEY LIBRARIES

Holiday Clubs available at all local libraries. For more information:

© 020 8489 1400 • 020 8489 2700

MARKFIELD PROFJET

For children with Special Needs and Disability For more information:

020 8800 4134 enquiries@markfield.org.uk

STEP BY STEP

For children with Special Needs and Disability. For more information:

020 8802 2362 info@stepbystepkids.org.uk

GLADESMORE SCHOOL N15

For more information:

WILLOW SCHOOL N17

For more information:

- O20 8885 8800
- admin@thewillow.haringey.sch.uk

BROOK SCHOOL N17

For more information:

- O20 8808 7120
- admin@thebrooke.haringev.sch.uk

ROWLAND HILL NURSERY N17

For more information:

- 020 8808 6089
- admin@rowlandhill.haringev.sch.uk



FREE ACTIVITIES IN N15, N17 & N22 FOR ALL KIDS



NO BOOKING NECESSARY

JUST TURN UP AND JOIN IN

TPL LATE NIGHT BASKETBALL • 14+ YFARS

Date: 26 July-27 Aug. 1-3pm Mon-Fri & 7-9pm every day

Venue: Ducketts Common

Baskethall at Ducketts Common All abilities welcome.

- 07905 250042
- Get.Active@haringey.gov.uk

PLAY CHESS • ALL AGES

Date: 26 July-27 Aug, 7-9pm Venue: Finsbury Park cafe Learn, play and enjoy the wonderful

game of chess.

- 07941818617
- richard@chessinschools.co.uk

SUMMER YOGA • 11-21 YEARS

Date: Every Wed. 28 July-25 Aug 2.30-3.30pm Venue: Wood Green Library

Fun filled sessions that helps you stretch and flex. Just bring a matt.

Subodh info@wisethoughts.org

O BRUCE CASTLE PARK DALMAGE **ACTIVE MULTI-SPORTS • 6-15 VEARS**

Date: Mon-Fri 26 July-27 Aug, 1.30-3.30pm Venue: Bruce Castle Park

Come and enjoy weeks of exciting sporting activities. Get involved in a range of activities such as: Fitness session, Cricket, Basketball, Tennis Rounders Athletics and much more

07946 257245

Instagram: @dalmageactive

Q GET OUT GET ACTIVE WITH JL CIRCUS • ALL AGES

Date: 24 July. 12-4pm

Venue: Tottenham Hotpsurs Stadium Date: 24 July, 7 Aug, 4 Sept, 12-4pm

Venue: Wood Green Station

Date: 7 Aug. 12-4pm. Venue: Wood Green Mall

Fun packed day of different Get Out, Get Active activities free to try. Activities are open to everyone of all abilities. No matter what your interest or ability, GOGA has something to challenge you.

Get.active@haringev.gov.uk

SUMMER DANDIYA • 11-21 YEARS

Date: Every Mon. 26 July-23 Aug 4.30-5.30pm Venue: Wood Green Library

A fun filled 'Dandiva' dance session. Dandiva is a form of Indian folk dance. No experience necessary.

Subodh info@wisethoughts.org

O DOWNHILLS DARK DALMAGE **ACTIVE MULTI-SPORTS • 6-15 YEARS**

Date: Mon-Fri 26 July-27 Aug. 1.30-3.30pm Venue: Downhills Park

Come and enjoy weeks of exciting sporting activities. Get involved in a range of activities such as: Fitness session, Cricket, Basketball, Tennis Rounders Athletics and much more

O7946 257245

Instagram: @dalmageactive

TURN UP & PLAY • 5-16 YEARS

Date: 26 July-20 Aug Mon-Fri, 1-4pm Venue: The Frederick Knight Sports

5 aside and 7-a-side football on quality ball courts. a casport@btconnect.com

2TR CHESTNUTS PARK• 8+ YEARS

Date: Mon-Fri. 26 July-27 Aug. 3-5pm Venue: Chestnuts Park

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games

O7912 355883

JUMPING BEANS • 12 MTHS-5 VRS

Date: Every Tuesday, 10.30-11.30am Venue: Downhills Park & Lordship Rec

Broadwaters Children's Centre Provision over the summer holidays, Song, dance & parachute games. Downhills meet by the park Cafe, Lordship Rec meet by the model traffic area. Every Tuesday, Downhills Park by the café, 10.30-11.30am: Lordship Rec by the Model Traffic area 2-3pm

2TR BRUNSWICK • 8+ YEARS

Date: Mon-Fri. 26 July-27 Aug. 12-2pm Venue: Brunswick Park

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games.

07912 355883

2TR FAIRLANDS • 8+ YEARS

Date: Mon-Fri. 26 July-27 Aug. 12-2pm Venue: Fairlands

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games.

07912355884

LANGUAGE FUN CLUB 7-14 YEARS

Date: Every Monday 10am-3pm Venue: Grow Tottenham, Ashley House, Ashlev Rd. N17 9LZ

Free children's holiday activities including arts and crafts, storytelling, African cultural traditions, cookery lessons, homework support and much more. Encourages kids to develop critical thinking skills. Outdoors under a gazebo for COVID-19 safety.

07940 547 134 (Rose Dauko)

communityumbrella@yahoo.com

THE SANDBUNKER PLAY & YOUTH PROJECT • 6-15 YEARS

Date: 6.13.20 Aug. 1-5pm

Venue: The Sandbunker Community Centre

Sessions include free play, crafts, pool table, games and hang out with your friends!

© 07807100189 Sereena@haringev-plav.org.uk

MARTIAL ARTS • 6-11 YEARS

Date: Mon. Weds. Fri 26 July-20 Aug. 11am-12.30pm Venue: Tottenham Community Sport Centre

Non-contact Martial Arts, teaching techniques and fitness

O7399 028 633 esmond.francis@btinternet.com

PEDAL POWER • ALL AGES

Venue: Various

Cycling for people with learning disabilities, from moderate to profound needs catered to.

O749 037 0347 info@pedalpowercc.org

2TR HARINGTON PARK• 8+ YEARS

Date: Mon-Fri, 26 July-27 Aug, 12-2pm Venue: Hartington Park

These free football sessions for children 8+ are delivered on a turn up and play basis. All genders and abilities are welcome to take part in a mixture of drills, skills and fun football games

07912 355883

PROJECT 2020 • 10-19 YEARS

Date: Wed-Fri 4-27 Aug. 12-6pm Venue: Ground Floor, Kenneth Robbins House

Activities include: trips, music workshops, cooking club, arts & crafts, bike maintenance workshops. competitions, outdoor fun, pool, table tennis, air hockey, PlayStation and more

- O7790 379194 07816 119889
- Project2020@homesforharingev.org



SPORT CLUBS & ACTIVITIES WEEKLY CALENDAR



MARTIAL ARTS: 11AM - 12:30PM, Tottenham Community Sport Centre

2TR FOOTBALL: 12-2PM, Hartington Park

2TR FOOTBALL: 12-2PM, Brunswick Park

TPL BASKETBALL: 1-3pm, Ducketts Common

DALMAGE ACTIVE: 1-3PM,

Bruce Castle Park

DALMAGE ACTIVE: 1-3PM, Downhills Park

TURN UP & PLAY FOOTBALL: 1-4PM, Frederick Knight Sports Ground

2TR FOOTBALL: 3-5PM, Chestnuts Park

2TR FOOTBALL: 3-5PM, Fairland Park N8

SUMMER DANDIYA: 4.30-5.30PM, Wood Green Library

LATE NIGHT BASKETBALL: 7-9PM, Ducketts Common TUE

PLAY CHESS: 10:30AM - 3:30PM, Finsbury Park

JUMPING BEANS: 10:30-11:30AM, Downhills Park by the café

2TR FOOTBALL: 12-2PM, Brunswick Park

2TR FOOTBALL: 12-2PM, Hartington Park

TPL BASKETBALL: 1-3pm, Ducketts Common

DALMAGE ACTIVE: 1-3PM, Bruce Castle Park

TURN UP & PLAY FOOTBALL: 1-4PM, Frederick Knight Sports Ground

DALMAGE ACTIVE: 1:30-3:30PM, Downhills Park

JUMPING BEANS: 2-3PM, Wood Green Library

2TR FOOTBALL: 3-5PM, Chestnuts Park

2TR FOOTBALL: 3-5PM, Fairland Park N8

LATE NIGHT BASKETBALL: 7-9PM, Ducketts Common



MARTIAL ARTS: 11AM - 12:30PM, Tottenham Community Sport Centre

PROJECT 2020 • SUMMER
ACTIVITIES: 12-6PM,
Ground Floor, Kenneth Robbins House

Ground Floor, Kenneth Robbins House

2TR FOOTBALL: 12-2PM, Brunswick Park

2TR FOOTBALL: 12-2PM, Hartington Park

TPL BASKETBALL: 1-3pm, Ducketts Common

DALMAGE ACTIVE: 1-3PM, Bruce Castle Park

TURN UP & PLAY FOOTBALL: 1-4PM, Frederick Knight Sports Ground

DALMAGE ACTIVE: 1:30-3:30PM, Downhills Park

SUMMER YOGA: 2.30-3.30PM, Wood Green Library

2TR FOOTBALL: 3-5PM, Chestnuts Park

2TR FOOTBALL: 3-5PM, Fairland Park N8

LATE NIGHT BASKETBALL: 7-9PM,
Ducketts Common

SPORT CLUBS & ACTIVITIES WEEKLY CALENDAR

THU

PLAY CHESS: 10:30AM - 3:30PM, Finsbury Park

PROJECT 2020 • SUMMER ACTIVITIES: 12-6PM,

Ground Floor, Kenneth Robbins House

2TR FOOTBALL: 12-2PM,

Brunswick Park

2TR FOOTBALL: 12-2PM,

Hartington Park

TPL BASKETBALL: 1-3pm, Ducketts Common

DALMAGE ACTIVE: 1-3PM, Bruce Castle Park

TURN UP & PLAY FOOTBALL: 1-4PM, Frederick Knight Sports Ground

DALMAGE ACTIVE: 1:30-3:30PM,

2TR FOOTBALL: 3-5PM, Chestnuts Park

2TR FOOTBALL: 3-5PM, Fairland Park N8

LATE NIGHT BASKETBALL: 7-9PM, Ducketts Common

F

MARTIAL ARTS: 11AM - 12:30PM, Tottenham Community Sport Centre

PROJECT 2020 • SUMMER ACTIVITIES: 12-6PM.

Ground Floor, Kenneth Robbins House

2TR FOOTBALL: 12-2PM, Brunswick Park

2TR FOOTBALL: 12-2PM, Hartington Park

TPL BASKETBALL: 1-3pm,

SANDBUNKER PLAY & YOUTH PROJECT

1-5PM (6,13,20 Aug), The Sandbunker Community Centre

TURN UP & PLAY FOOTBALL: 1-4PM, Frederick Knight Sports Ground

DALMAGE ACTIVE: 1:30-3:30PM,

2TR FOOTBALL: 3-5PM, Chestnuts Park

2TR FOOTBALL: 3-5PM, Fairland Park N8

SELBY BASKETBALL: 3.30-5PM, Selby Centre

LATE NIGHT BASKETBALL: 7-9PM, Ducketts Common

SA

GET OUT GET ACTIVE W/JL CIRCUS

12-4PM 25 Jul, 7 Aug, 4 Sept: Tothenham Spurs Stadium; 24 Jul, 7 Aug: Wood Green Station; 4 Spet: Wood Green Mall;

TPL LATE NIGHT BASKETBALL: 1-3pm. Ducketts Common

NO BOOKING NECESSARY



SELBY BASKETBALL: 4-10PM, Selby Centre

TPL LATE NIGHT BASKETBALL: 1-3pm. Ducketts Common





FIND OUT MORE



www.linktr.ee.com/tottfoodbank







