

# What are **you** doing in Tottenham & Wood Green this spring?



- **Free Kids' Camps**
- **Free & Low-Cost Activities for all Ages**
- **Food Support & Advice  
in N15, N17 & N22**

# FOODBANKS & HUBS IN N17, N15 & N22

## COMMUNITY FOOD HUB

1<sup>st</sup> floor 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 when you arrive –  
same day collection. Remember to bring your own  
'bags for life.'

## 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.  
**Help Through Hardship:** 0808 208 2138  
Mon-Fri 9am-5pm (including help to maximise your  
income, navigate the benefits system and identify  
additional grants you could be entitled to)

**Haringey Citizens Advice:**  
07845 013956 (phone & WhatsApp)  
Mon, Wed, Fri 10-3.  
**Connected Communities:**  
[Connectedcommunities@haringey.gov.uk](mailto:Connectedcommunities@haringey.gov.uk)

## 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  
collection.

## THE COMMUNITY COOK UP

Eric Allin Community Centre, N17 0QA  
Thursdays 10-1pm  
Hot meals, groceries & other support... just ask!  
Everyone welcome, no referral/voucher.

## STREETS KITCHEN

Page Green Common, Seven Sisters, N15 4D  
Sundays 5-6:30pm  
Hot meal on the street, cakes and other necessities  
(gloves, sleeping bags etc) and advice especially for  
rough sleepers and homeless.

## DOWNHILLS PARK CAFE

Downhills Park Rd, N17 6PD  
Mon 4 - Wed 6 April, Mon 11-Wed 13 April  
Free kid's meals during school holidays for families in  
need. No referral/voucher needed.  
Limited service - call 07947 466 236 in advance to  
organise.

## TOTTENHAM SEVENTH DAY ADVENTIST CHURCH

255 West Green Road, N15 5EG  
Tuesdays 3-5pm, Saturdays 12.30-3pm  
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  
Sundays 1-2pm  
Food parcels for people in need locally. Referral only,  
contact your GP, DWP office, or educational establish-  
ment 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 – same day  
collection. Don't forget to bring your own 'bags for life'.

## HOMEGROWN IN TOTTENHAM

Ashley House, Ashley Road, London N17 9LZ  
Saturdays (home delivery only - emergency  
deliveries on other days if needed)  
Food parcels including 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 too!  
No voucher/referral needed.  
Phone: 07940 547 134 (Rose Dakou)

## EDIBLE LONDON

20-22 Bernard Road, N15 4NE  
Thursdays 12-4pm  
Pre-made hot vegan meals, suitable for everyone.  
Fresh fruit & veg.

## SELBY CENTRE FOOD HUB

Selby Park, 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  
Thursdays 12:30 - 2pm  
Food parcels with fresh fruit, veg and household  
essentials delivered to anyone in N17 & N15 in need.  
No referral needed, simply register in advance at:  
[www.OKFoundation.org](http://www.OKFoundation.org)  
Phone: 07483 172781

## LORDSHIP HUB CAFÉ FREE LUNCHES

Lordship Hub, Lordship Rec.  
Off Higham Road N17 6NU  
Thursdays 1-3pm  
Hot meals and food parcels. Everyone welcome, no  
referral/voucher needed - take away food that day.  
Phone: 0208 801 1169 / 07904 651 803  
Instagram: @UptownCuisine1

## RCCG FOODHUB

Bruce Grove Youth Centre, 513 High Road, N176SB  
From Sunday 1 May, 12-1.30pm  
Food parcels with fresh fruit, veg and household  
essentials. Everyone welcome, remember to bring your  
'bags for life.'  
Email: [info@rccgjesusassembly.org.uk](mailto:info@rccgjesusassembly.org.uk)  
Call: 07443 067 640  
[www.rccgjesusassembly.org.uk](http://www.rccgjesusassembly.org.uk)

## C86ERZ STREET TEAM

Locations across N15, N17 & N22  
24 hours a day until 17 April  
Distributing warm clothes, food and non-essential  
items to anyone homeless. No voucher/referral needed,  
just drop your location to 07951 714 374

## 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. Regular advice clinics on  
legal issues (housing, debt, welfare, employment &  
immigration).  
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 Advice Clinic 2:30-4pm

## BRIDGE OF HOPE

Ministry of Praise, 46 Manor Road,  
Tottenham N17 0JJ • Tuesdays 11am-2pm  
Free cooked meals, food hub, games, movie showings,  
quizzes, workshops, topical discussions and more  
including free training on IT, functional skills, security,  
health & social care.  
Email: [bridgeofhopeenquiries@gmail.com](mailto:bridgeofhopeenquiries@gmail.com) or call in  
to speak with our trainers Cherry and Elaine who'll be  
happy to chat and share more information with you.

## 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.

## HARINGEY COMMUNITY FOODBOK

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 1-4pm  
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.

# FOOD SUPPORT BY DAY

## MONDAY

**Downhills Park Café**  
(School Holidays Only)

**Haringey Community Foodbox**  
11am-3pm

**Tottenham FoodBank**  
12-2pm

**Community FoodHub**  
5-6pm

**C86erz**  
(24 hrs a day until 17 April)

## WEDNESDAY

**Downhills Park Café**  
(School Holidays Only)

**Haringey Community Foodbox**  
11am-3pm

**People's Christian Fellowship  
Foodbank**  
11-12:30vpm

**Community FoodHub**  
5-6pm

**C86erz**  
(24 hrs a day until 17 April)

## TUESDAY

**Downhills Park Café**  
(School Holidays only)

**Haringey Community Foodbox**  
11am-3pm

**Tottenham FoodHub**  
11-1pm

**Bridge of Hope FoodHub**  
11am-2pm

**Eat 17 Project, Antwerp Arms**  
12:30-4pm

**Bounds Green FoodBank**  
1-4pm

**Selby FoodHub**  
3-5pm

**Tottenham Seventh Day  
Adventist FoodBank**  
3-5pm

**C86erz**  
(24 hrs a day until 17 April)

## THURSDAY

**Community Cook Up**  
10-1pm

**Haringey Community Foodbox**  
11am-3pm

**Edible London**  
12-4pm

**Lordship Hub Café**  
**Free Lunches**  
1-3pm

**Bounds Green Foodbank**  
1-4pm

**Selby FoodHub**  
1:30 - 3:30pm

**Tottenham FoodBank**  
5-7pm

**C86erz**  
(24 hrs a day until 17 April)

## FRIDAY

**Haringey Community Foodbox**  
11am-3pm

**Community FoodHub**  
5-6pm

**C86erz**  
(24 hrs a day until 17 April)

## SATURDAY

**Wheely Tots**  
10am-11am

**Homegrown in Tottenham**

**Community FoodHub**  
5-6pm

**C86erz**  
(24 hrs a day until 17 April)

## SUNDAY

**Five Loaves Foodbank**  
1-2pm

**RCCG FoodHub**  
12-1:30pm (from 1 May)

**Streets Kitchen**  
5-6:30pm

**C86erz**  
(24 hrs a day until 17 April)



## FREE KIDS' CAMPS IN N15, N17 & N22

### HR SPORTS ACADEMY

#### MULTI-SPORTS CAMP

Markfield MUGA, Crowland Road N15 6UL  
Mon 4-Fri 8 April, 9am-4pm  
Free for Free School Meals (girls & boys, 5-15 yrs)

HR Sports Academy offer participants the chance to have fun and develop their skills and techniques in a variety of sports through fun and engaging drills, games and competitions. Athletics, tennis, hockey, basketball, football etc

#### FOOTBALL CAMP

Woodside High School, White Hart Lane N22 5QJ  
Mon 4-Fri 8 April, 9am-4pm  
Free for Free School Meals (girls & boys, 5-15 yrs)

Aims to improve the skills/techniques and confidence of our participants while having fun through the use of enjoyable and engaging drills, games and competitions. The camp is designed for boys & girls of all abilities.

#### MULTI-SPORT CAMP

Woodside High School, White Hart Lane N22 5QJ  
Mon 4-Fri 8 April, 9am-4pm  
Free for Free School Meals (girls & boys, 5-15 yrs)

Chance for participants to have fun and develop their skills and techniques in a variety of sports through fun and engaging drills, games and competitions. Athletics, tennis, hockey, basketball, football etc.

To book: <https://haringey.coordinate.cloud>  
holidaycamps@hrsportsacademy.co.uk  
Suitable for Disabilities.

### SELBY ACTIVE HOLIDAY CLUB

Mon 4-Fri 8 April, 10am-3pm  
(5-11yrs and 12-16yrs, advance booking needed)

Engaging and Fun using multi-sports, and enrichment activities like games, arts and crafts and swimming - make friends and keep active throughout the holidays. Free lunch & refreshments.

To book: <https://haringey.coordinate.cloud>  
Email: Behlu@selbytrust.co.uk,  
Lucy@selbytrust.co.uk  
Call: 020 8885 5499

### FOOTBALL (Casual use of 5 a side & 7 a side quality ball courts)

Frederick Knight Sports Ground, N17 0RT  
Mon 4-Fri 8 + Mon-Thu 14 April, 1-4pm  
(5-16yrs, booking not needed)  
Email: casport@btconnect.com  
Suitable for Disabilities.

### FOOTBALL

Down Lane Park/Recreation Ground N17 9EY  
(5-14 yrs, booking needed)  
Tue 5 April, 10-12pm: 6-10 years,  
Thu 7 April, 10-12pm: 11-14 years  
Tue 12 April, 10-12pm: 6-10 years,  
Thu 14 April, 10-12pm: 11-14 years  
The Chettle Court Rangers Football Club

Coaching and mentoring for young people, personal development & life skills opportunities.  
Email: [ccrfc@hotmail.com](mailto:ccrfc@hotmail.com) Call: 07835866008

### NON-CONTACT KICKBOXING FOR BOYS & GIRLS

Tottenham Community Sports Centre  
5, 6 & 8 April & 11, 13 & 16th April, 11-12.30pm  
(6-11 yrs, booking needed)

Sessions will include teaching techniques and fitness.  
Call: 07399 028 633  
Email: [esmond.francis@btinternet.com](mailto:esmond.francis@btinternet.com)

### MULTI SPORTS

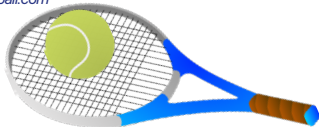
Bruce Castle Park, Lordship Lane, N17 8NU  
4 - 8 April & 11 - 14 April  
(6-15 years, no booking needed)

Come and enjoy 2 weeks of exciting sporting activities with Dalmage Active. Our sessions give you the opportunity to have fun and interact with friends. Get involved in a range of activities such as: Football, Archery, Cricket, Basketball, Tennis, Dodgeball, athletics and more.  
Call: 07946 257245  
Email: [admin@dalmageactive.co.uk](mailto:admin@dalmageactive.co.uk)  
Instagram: @dalmageactive  
Suitable for Disabilities.

### FOOTBALL BRUNSWICK PARK

Hartington Park  
5-8 April & 11-15 April  
(8+ yrs, no booking needed)

2TR's free football sessions for children 8+ are delivered on a turn up and play participation basis. Brunswick Park & Hartington Park 12-2pm, Chestnut Park 3-5pm All genders and abilities welcome to take part in a mixture of drills skills and fun football games.  
Call: 07912355883  
Email: [charlesbrowne@2tfootball.com](mailto:charlesbrowne@2tfootball.com)  
Suitable for Disabilities.



### CYCLING FOR ALL

Lordship Recreation Ground  
4 - 7 April & 11 - 14 April 11 - 3pm  
(All ages, booking needed)

Get out and gain cycling skills with Wheely Tots this Easter. Families welcome. Sessions for beginners and improvers. Four sessions each day for 45 minutes.

[www.wheelytots.com/sessions](http://www.wheelytots.com/sessions)  
Call: 07397 902255  
Email: [booking@wheelytots.com](mailto:booking@wheelytots.com)

### GEORGIAN TENNIS IN THE PARK

Down Lane & Downhills  
Mon 4- Fri 8, Mon 11- Thu 14 April

Daily free sessions during half term. Booking essential.

Down Lane Park N17 9AU  
4-7 yrs: 1-2pm, 8-11 yrs: 2-3pm.

Downhills Park N17 6PD  
4-7 yrs: 1-2pm, 8-11 yrs: 2-3pm.

Suitable for Disabilities  
Email: [parks@georgiansclub.com](mailto:parks@georgiansclub.com)  
To book: <https://clubspark.tia.org.uk/>  
[GeorgiansTennisinthePark/Community](http://GeorgiansTennisinthePark/Community)

### ST ANN'S LIBRARY

Cissbury Road, N15 5PU  
Tues 5th, Thurs 7th, Tues 12th, Thurs 14th  
(booking needed 5-11yrs)

Multi physical activities, nutritional education and creative activities.

To book: <https://haringey.coordinate.cloud>  
Email: [Vicky.rekoya@haringey.gov.uk](mailto:Vicky.rekoya@haringey.gov.uk)

### TIME FOR CHANGE KIDS CAMP

Lord Morrison Hall 38 Scale Road N17 9EZ  
Mon 4-Thu 7 April 8.30am - 12.30pm (4-12yrs)

A fun-packed activity holiday camp, designed to teach young people new skills to help them grow in confidence and make memories that last a lifetime. Activities include multi-sports, dance, arts & craft, team and confidence building workshops and inflatable fun sessions.

Email: [events@timeforchangekids.com](mailto:events@timeforchangekids.com)  
Call: Ann-Marie 07884 251 662  
To book: <https://haringey.coordinate.cloud>

### BRUCE GROVE YOUTH SPACE

Bruce Grove, 513 High Road, N17 6AR  
(11 - 19 years, up to 25 years if SEND booking essential)

Mon 4th & 11th 2-4pm: Cooking, Badminton, Basketball, 4-6pm: Chess, Table Tennis, Pod Casting, Football (TL), 4-8pm Open.

Tue 5th & 12th 2-4pm: Football (TL), Gardening, Dodgeball, 4-6pm: Drama, Music Production, Man's Group, Henna, 4-8pm Open

Wed 6th & 13th 2-4pm: Photography, Badminton, Short Tennis, 4-6pm: Girls' Group, Nail Art, Self Defence (Inclusion), Self Defence (Send), 4-8pm Open.

Thu 7th & 14th 2-4pm: Table Tennis, Chess, Young Entrepreneurs, 4-6pm: Cooking, Football, Music Production, 4-8pm Open, Roller Skating (bring your own skates).

Fri 8th = Day out in London city centre

An inclusive environment, fun activities including sports, gaming, creative outlets - dance, music, drama, and most importantly an environment where you will be supported by our staff and volunteers.

Book: [www.youthspace.haringey.gov.uk](http://www.youthspace.haringey.gov.uk)  
Call: 078 9682 3041  
Email: [alison.hackshaw@haringey.gov.uk](mailto:alison.hackshaw@haringey.gov.uk)  
Suitable for Disabilities

### TIME FOR CHANGE KIDS CAMP

Lord Morrison Hall 38 Scale Road N17 9EZ  
Mon 4-Thu 7 April 8.30am - 12.30pm (4-12yrs)

Weds-Fri: Multi-sport/Arts & Crafts 10.30am-12pm,  
Free Lunch 12-1pm (participants only), Multi-sport/  
Arts & Crafts 1.30-3pm.

Sats: 10.30am-12pm, Gardening & Food Growing/  
Multi Sports/Arts & Crafts 10.30am-12pm. Cycling  
11am-1pm, Dance 12-1pm  
To book: <https://haringey.coordinate.cloud>  
Email: [comms@livingunderonesun.co.uk](mailto:comms@livingunderonesun.co.uk)

### HARPA'S SOMERFORD GROVE ADVENTURE PLAYGROUND

Tue 5 - Sat 9 & Tue 12-Thu 14 April, 11-1pm & 1-5pm (5-15yrs, no booking needed)

Free play sessions, climbing, jumping, sliding, swinging, sand pit, campfire, messy & wet play. Booking required for family sessions 11am-1pm & 1pm-5pm children/young people only!

Email: [Sereena@haringey-play.org.uk](mailto:Sereena@haringey-play.org.uk)  
Call: 07807 100 189

### 📍 MULTI-SPORTS HOLIDAY CAMP

N17 Arena, Park Lane Tottenham  
Tue 5 & Tue 12 April, 12.30-1.30pm & 2-3pm  
(5-11yrs, booking needed)

Lunch is provided for children eligible for free school meals. If not eligible, please bring a packed lunch and water.

Email: [thf.activities@tottenhamhotspur.com](mailto:thf.activities@tottenhamhotspur.com)

### 📍 ST ANDREW'S HOLIDAY CAMP

Blooming Scent, 639 Enterprise Centre N17 8AA  
Mon 4-Fri 8 & Mon 11-Thu 14 April,  
9.30am-2.30pm (5-16yrs)

Multi-sports, arts & craft, day trips.

Email: [standrewsyouthdevelopments@gmail.com](mailto:standrewsyouthdevelopments@gmail.com)

Call Richard: 07956 298 469

To book: <https://haringey.coordinate.cloud>

### 📍 YOUR BIKE PROJECT

Ground Floor, Kenneth Robbins House, N17 0QA  
6, 8, 13 April, 1-3pm (11-18 yrs no booking needed)

Be inspired by qualified cycle trainers and mechanics and learn a range of skills: mending, fitting and riding bikes as well as journey planning.

Email: [yourbikeprojectuk@gmail.com](mailto:yourbikeprojectuk@gmail.com)

Call: 07397 902255

### 📍 THRULIFE HOLIDAY CAMP

Ferry Lane Cruyff Court, Jarrow Road, N17 9PS  
Mon 4-Fri 8 & Mon 11-Fri 14 April

Football, fitness, basketball and healthy food. Physical activity has been shown to stimulate chemicals in the brain that make you feel better and improve your overall emotional wellbeing.

Call: 07944854718

Email: [admin@thrulife.uk](mailto:admin@thrulife.uk)

To book: <https://haringey.coordinate.cloud>

### 📍 SPORT SOLUTIONS HOLIDAY CAMP

Lancasterian Primary School, Kings Road N17 8NN  
Mon 4-Fri 8 & Mon 11-Thu 14 April, (7-11yrs)

Fun packed activities including multi sports, arts & craft, food, nutritional education.

For more information call: Lindsay 07432 121 547

To book: <https://haringey.coordinate.cloud>

### 📍 HARINGEY LEARNING PARTNERSHIP

Commerce Rd, N22 8DZ • Tue 5 - Fri 8 April  
(10am-2pm)

Multi-sports, dance, arts & craft, food, team & confidence building workshops. Call: 020 8352 5925

### 📍 PROJECT 2020

#### EASTER PROGRAMME

Kenneth Robbins House, N17 0QA  
Wed 6-Fri & Tue 12-Thu 14 April, 12-6pm  
(10-19 years, no booking needed)

A fun and free programme of activities including Pool, PlayStation, Table Tennis, Music and Media workshops, Bike Maintenance workshop, Easter Egg Hunt, Art & Crafts, and more.

Email: [Project2020@homesforharingey.org](mailto:Project2020@homesforharingey.org)

Call: 07790 379 194

To book: <https://haringey.coordinate.cloud>

### 📍 HARPA'S SANDLINGS PLAY PROJECT

Sandbunker Community Centre, N22 6XS  
Wed 6 - Fri 8 & Wed 13-Thu 14 April, 12.30-4.30pm (5-15yrs, no booking needed)

Free play sessions, arts & crafts, soft archery, skipping, games and hang out with your friends.

Email: [Sereena@haringey-play.org.uk](mailto:Sereena@haringey-play.org.uk)

Call: 07807 100 189

To book: <https://haringey.coordinate.cloud>

### 📍 WOOD GREEN CENTRAL LIBRARY

High Road, N22 6XD  
Tues 5th, Thurs 7th, Tues 12th, Thurs 14th  
(booking needed 5-11yrs)

Multi physical activities, nutritional education and creative activities.

Email: [Sonja.de-leontrujillo@haringey.gov.uk](mailto:Sonja.de-leontrujillo@haringey.gov.uk)

To book: <https://haringey.coordinate.cloud>

### 📍 SHED ALBUM

McQueens Theatre, 4 Coburg Road, N22 6UJ  
Mon 11-Wed 13 April, 10am-4pm  
(11-16 yrs, booking essential)

We have been writing new music in Big Noise Choir the last year and are excited to record it. We are welcoming new singers to learn the music and join us in recording the album. Suitable for Disabilities.

Email: [info@haringeyshed.org](mailto:info@haringeyshed.org) /

[ashling@haringeyshed.org](mailto:ashling@haringeyshed.org)

Call: 07850 617 169 or 0208 243 8743

### 📍 SKY CITY CAMP

Community Centre, 65 Penwortham Court, 50 Mayes Rd, N22 6SR, Mon 4-Thu 7 April

Circus, enrichment and physical activities exclusive to Sky City (MTVH) residents only.

Email: [Saba.yazdani@mtvh.co.uk](mailto:Saba.yazdani@mtvh.co.uk)

Call: 07738714001

# Help fight back against the Cost of Living Crisis by volunteering at our local FoodBanks & FoodHubs!

- Gain experience, share your skills and learn new ones
- Build your confidence
- Empower local residents
- Get to know your neighbours
- Boost your career prospects



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

### Community Food Hub

Email [info@freedomspark.org](mailto:info@freedomspark.org) or turn up 1hr before opening time. All volunteers are entitled to pick up groceries for themselves.

### Selby Food Hub

Email [Sally@SelbyTrust.co.uk](mailto:Sally@SelbyTrust.co.uk)

### Bounds Green Foodbank

Email [VolunteerSupport@BoundsGreenFoodbank.org](mailto:VolunteerSupport@BoundsGreenFoodbank.org)

### Edible London

Email [info@ediblelongon.org](mailto:info@ediblelongon.org)



## #EndFoodPoverty

## LOW COST ACTIVITIES IN N15, N17 & N22

### YOLANDA'S BAND JAM

Bernie Grant Arts Centre

Wed 13 April, 2-3pm, 4.30-5.30pm (3-11 yrs)

Calling all children across Tottenham, Haringey and beyond! Come to see the live version of the award-winning CBeebies TV show, and share the joys of music with singing, dancing and playing. Join the jam with YolanDa and her brilliant band. Bop, bounce and boogie along with the whole family, learning all about music as you go!

**Cost: £10.** Suitable for Disabilities

Visit: [www.berniegrantartscentre.co.uk](http://www.berniegrantartscentre.co.uk)

Email: [engage@berniegrantartscentre.co.uk](mailto:engage@berniegrantartscentre.co.uk)

### LEARN TO SWIM CRASH COURSE

Dukes Aldridge Academy, Trulock Road, N17 0PG

Mon 4-Fri 8 & Mon 11- Thu 14 April,

30 min sessions 9am-12pm

(4+yrs booking needed)

An intensive block of swimming lessons for children from beginner to improver.

**Cost: Week 1= £30, Week 2 = £25**

[www.haringeyaquatics.org.uk](http://www.haringeyaquatics.org.uk)

Call: 07947 517003

Email: [Learn2oswim@haringeyaquatics.org.uk](mailto:Learn2oswim@haringeyaquatics.org.uk)

### SPOKEN WORD COLLECTIVE

The Cove Studio, 50-58 Markfield Road N15 4QF  
28 April

(Tickets available on Eventbrite/Pay on the Door)

Spoken is a platform for conversations and performance on issues affecting our communities. Championing the power of creative and cultural expression as a catalyst for social action.

What to expect: poetry – live performances by featured artists and special guests, open mic – 5 minute slots for spoken work performances, food – tasty Caribbean cuisine.

If you'd like to be considered for an open mic spot email [spokengift1@gmail.com](mailto:spokengift1@gmail.com)

Stay up to date on Instagram/Facebook/YouTube: @spokengift1

### CASUAL ROLLER SKATING

Tottenham Community Sports Centre, 701 High Rd, N17 8AD Tue 5-Thu 7 & Tue 12-Thu 14 April, 1.30-3pm & 3-4pm (5-14yrs, booking essential)

Skate to the latest music. We provide skates or bring your own. **Cost: £2 per session** Call: 07519249265 (office hours) Email: [casport@btconnect.com](mailto:casport@btconnect.com)

### WITTY DITTY DESIGNS CREATIVE KIDZ WORKSHOPS

Marcus Garvey Library, 1 Philip Lane, N15 4JA  
Tuesdays during term time 4-6pm, £3/5 All genders and abilities welcome.

A fun after school maker-space for children aged 6-11 years who love art, maker-craft, and technology. Using STEAM-based activities (science, technology, engineering, art and mathematics) and recycled household materials, kids will have the opportunity to combine art, 3D design and digital design each week. Witty Ditty's aim, is to empower local kids through creative learning to unlock their artistic talent, confidence and creative potential.

**First taster session is FREE,**

Contact Bee: 07903382242,

Email: [wittydittydesign@gmail.com](mailto:wittydittydesign@gmail.com)

Instagram: @WittyDittyDesigns

### THESE GIRLS DO! GIRLS & WOMEN OF ALL AGES

A varied programme of activities for girls and women to learn skills, increase self-confidence and enhance physical and mental wellbeing in a safe environment. **First session free.**

Broadwater Farm Community Centre, Adams Road, N17 6HE

Mondays: Yoga 5-6pm, Self Defence 6-7pm,

Basketball 7.30-8.30pm £3 cash only.

Wednesdays: Soca Dance 12pm-1pm £2.10 pay by card

Down Lane Park, Park View Road, N17 9AU

Women's Football 18+: Wednesdays from 6 April

7-8pm (free)

Girl's Football 12-14yrs: Wednesdays from 4 May 6-7pm (free)

Call Lily: 07971 113463

Email: [Isacgroup2021@gmail.com](mailto:Isacgroup2021@gmail.com)

Suitable for disabilities.

### DOX DANCE

Tottenham Community Sports Centre, 701 High Rd, N17 8AD

Tue 5- Thu 7 April & Tue 12-Thu 14 April  
(6-16 yrs, no booking needed)

These classes will be focusing on street dance. We encourage children to keep up their fitness in an enjoyable surrounding. 6-10 years 12-1pm, 11-16 years 1-2pm.

**Cost: £4 / £10 for 3 sessions**

Email: [info@doxdance.org](mailto:info@doxdance.org) Call: 07376 050840

Instagram: @DOX\_TV

### MARKFIELD PLAYScheme

Markfield Road N15 4RB  
Mon 4 – Fri 8 April, 10-3pm  
(9-19 yrs, booking needed)

Our Children's playschemes are here for children with disabilities and their siblings. At Markfield we have a huge accessible adventure playground and have space for many more outdoor activities, we make sure that we meet the play needs of our children by providing inclusive and sensory play sessions.

Email: [rwalton@markfield.org.uk](mailto:rwalton@markfield.org.uk)

Call: 0203 667 5232

### TASTER DAY, WOMEN LEADING WITH THE LAND

Sun 17 April, 11-12:30pm, 2-3.30pm (women only)

Expect to take in the essence of nature with a tour of our holistic site. You will meet the head gardener who will share with you the journey of birth and growth of the project and cultural appropriate tips of the land and food growing. Our intention is to support the sustainability of soil stewardship and land led enterprise for indigenous women. You will have the opportunity to explore and sign up to upcoming seasonal programmes and family days on the land. Please come dressed appropriately and comfortably. **All donations to support our project are welcomed (min £10 if you can).**

Email: [info@go-grow.org.uk](mailto:info@go-grow.org.uk)

### LADIES 1ST, HANDLE YOUR HEELS

The Fountain, 125 West Green Road, N15 5DE.  
First Friday of every month, free entry 7-8.30pm

For mature women 40+yrs in the community with no restrictions on height, size, faith or race. This fun workshop is about building your confidence to walk tall in your shoes, awareness of your posture and boosting your self-esteem. Ms MG will teach you the techniques of positioning, posture and precision to help you walk the runway of life.  
Instagram: @creative\_soulution



BE ACTIVE!  
SPORT!  
DANCE!

## FREE ACTIVITIES IN N15, N17 & N22

### UPSWING: CIRCUS

Bernie Grant Arts Centre –  
Paul's Square Courtyard  
Wed 13 April - 1 to 4.30pm  
(all ages, no booking needed)

Join our Artists in Residence for creative circus performances and daring drama! Don't miss this chance to be dazzled by amazing acrobatic artists and learn circus skills too!

[www.berniegrantartscentre.co.uk](http://www.berniegrantartscentre.co.uk)

Email: [engage@berniegrantcentre.co.uk](mailto:engage@berniegrantcentre.co.uk)  
Suitable for Disabilities

### EAST AFRICAN DRUMMING, DANCING AND CRAFTS

Lordship Rec Hub, N17 6NU  
16 April, 2-5pm (7+ yrs, no booking needed)

A drop-in workshop to teach East African Drumming, Dance and Handicraft making. Hecavo are a well-established collective who will provide you with tutors and materials for a fun, informative and lively participatory workshop learning East African and diaspora drum and dance rhythms and related crafts. This is a family activity.

Suitable for Disabilities.

Email: [hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk)

### EASTER EGG HUNT

Lordship Rec Hub, N17 6NU  
Sat 16 April, 2 - 5pm  
(up to 8yrs, no booking needed)

An Easter egg hunt that starts at The Lordship Hub and goes around the park. Eggs are found on a first come first served basis. Activity will run until 5pm, last participants should arrive no later than 4pm. Suitable for Disabilities. All children must be accompanied by an adult.

Email: [hello@lordshiphub.org.uk](mailto:hello@lordshiphub.org.uk)

### EASTER INFLATABLE FUN DAY

New River Sports Centre,  
White Hart Lane, N22 5QW  
Thu 14 April, 1-3.30pm  
(3+ years, family and friends welcome)

Book in Advance: <https://haringeycouncil.coordinate.cloud/project/27689>

Email: [New.river@haringey.gov.uk](mailto:New.river@haringey.gov.uk)

### EASTER TRAIL

Bruce Castle Museum, Lordship Lane N17 8NU  
Wed 6-Sun 10 April, 1.30-4.30pm & Wed 13-Thu 14 April, 1.30-4.30pm  
(4-13 yrs, no booking needed)

An Easter trail where young (and old) explorers can discover more about Bruce Castle. Pick up an activity sheet from reception and follow the clues. At the end of the trail, hand in the activity sheet to receive a prize. All children must be accompanied by an adult.

Email: [museum.services@haringey.gov.uk](mailto:museum.services@haringey.gov.uk)

Call: 0208 489 4250

Suitable for Disabilities

### FAMILY MULTI-SPORT AND SHAPE UP SESSION

N17 Arena, Park Lane N17  
Wed 6 & Wed 13 April, 2-3pm (5-11yrs & 18+ yrs)

Come and try a variety of sports with our coaches on N17 Arena, improving your fitness, learning a new sport and have some fun. Whilst the children play, parents and guardians can join us for a Shape up with Spurs Session - a physical activity programme, for men and women over 18yrs. The sessions are open to all levels of fitness, supporting you to move more, get fit and feel great!

Book in Advance:

[thf.activities@tottenhamhotspur.com](http://thf.activities@tottenhamhotspur.com)



### SPRINGTIME FUN

Bruce Castle Museum, Lordship Lane N17 8NU  
Wed 13 - Thu 14 April, 2-4pm (3-13yrs, no booking needed)

Join us in our courtyard and discover the history of the Kitchen Garden that would have been located in the grounds at Bruce Castle. Find out what might have bloomed in Springtime, try your hand at planting and take part in spring crafts, and storytelling. All children must be accompanied by an adult.

Email: [museum.services@haringey.gov.uk](mailto:museum.services@haringey.gov.uk)

Call: 0208 489 4250

Suitable for Disabilities

### PEDAL POWER INCLUSIVE CYCLING

New River Sports Centre,  
White Hart Lane, N22 5QW  
Wed 6 & Wed 13 April, 10am-2pm (1hr slots, 5yrs+)

Cycling club for young people and adults with learning disabilities. Carers and support workers are encouraged to join in. Trainers are qualified National Standards cycle trainers. Sessions include cycling for complete beginners on 2 wheels, or trikes games to improve cycling skills. Specialised bikes for a range of disabilities in a safe environment, with use of the track for cycling. Please wear suitable footwear.

Book in advance, email: [info@pedalpowercc.org](mailto:info@pedalpowercc.org)

### MAFIA MOVES RUNNING COLLECTIVE

Outside Tottenham Hotspur Stadium  
Saturdays 09:30 (09:45 start)

Empowering individuals through experiences driven through fitness and well-being. This is more than a 'fitness group' - your community needs you! Come ready to run 5km + hills rain or shine, great vibes and plenty of encouragement from the crew.

Instagram: [@mafiamoves\\_](https://www.instagram.com/mafiamoves_)

### BUILDING HEALTH & NUTRITION

The Pavillion, Chapman's Green,  
Perth Road, N22 5RB  
Every other Monday April 11 4:30-6:30pm

Free taster sessions to support health and nutrition every fortnight for 5 weeks.

Exploring mindset, food & drink, reducing sugar, benefits of apple cider vinegar, vitamins and minerals, breathing and stretching. Activities and snacks to taste also.

Call: Marie 07415 489 506.

Instagram: [@BreadlineLondon](https://www.instagram.com/BreadlineLondon)

### BROADWATER WELLBEING WEEK

A week of free and fun activities during April at Broadwater Farm Health Centre, to help you feel better, move more, stress less and connect with your community.

**Sat 2nd:** Reflexology 10-12pm, Gardening 10-4pm, Hand Massage 1-3pm, Health Coaching (all day).

**Mon 4th:** Connected Communities Coffee morning 10am-1pm, Health Coaching with OneYou 10am-1pm.

**Tue 5th:** Connected Communities drop-ins on housing, health, benefits, employment etc. Tune in to nature 11am-1pm, Community Gardening 12-4pm at Harmony Garden, Health Coaching (all day).

**Wed 6th:** Shape Up with Spurs 9-11am at BWF Community Centre. Move it or Lose it, over 50s class with SilverFit 11-12. Health Coaching (all day).

**Sat 9th:** Jewellery Making 11am-1pm, Art Workshop 1-3pm, Easter Egg Hunt 3pm, Health Coaching (all day).

Email: [Sean.Davey@yearhere.org](mailto:Sean.Davey@yearhere.org)

### TROVE MARKET

Lordship Recreational Ground  
(Lordship Hub), N17 6NU  
Sat 7th May, Sat 4 June, 11am-4pm

A fun community event in the park that takes place on the first Saturday of each month. Great stalls, delicious food. We hold space for adult sellers and young sellers to trade side-by-side, providing a platform for people to develop their entrepreneurial skills, test their business ideas and generate an income for themselves.

Lots of free activities for kids (drumming workshops, bike riding sessions, tech-inspired crafting, sports sessions, collage making, musical instrument making, interactive music sessions, face painting and much more!

Instagram/Facebook: [@OurKidsTrove](https://www.instagram.com/OurKidsTrove)

Email: [hello@OurKidsTrove.com](mailto:hello@OurKidsTrove.com)

### PRONTO RUN CLUB

Down Lane Park, Park View Road, N17 9AU  
Wednesdays: 6pm (5km community run),  
Saturdays: 9am (women only, beginners),  
Sundays: 8:30am (10km challenge me community run).

Meet outside the gym. Encouraging anyone to start running in a fun, friendly, supportive and inclusive environment. All sessions are free, starting with a warm up, and ending with a cool down.

Instagram: [@pronto\\_runclub](https://www.instagram.com/pronto_runclub)

## SEWN TOGETHER

Chestnuts Community Centre,  
280 St. Ann's Road, Tottenham, N15 5BN  
Mon 25 April – Sat 16 July,  
Free with all resources provided

**Mondays:** Eco Journaling, using recycled items  
10:30am–12:00 noon, Creative Money Talk, manage  
your finances with confidence 11:00–12:00 noon.

**Tuesdays:** Crochet, all levels 11:00am–12:30pm,  
Knitting, all levels 1:30–3:00pm, Creativity 1695, Art  
for Adults with Autism (E5) 4–6pm.

**Wednesdays:** Mind Mapping, "Rise up and reach  
all that is there for you" 10–11:30am, Digital Training  
and Support for Beginners, please bring your own  
devices. 1.30–3pm.

**Thursdays:** Pattern Cutting Beginners 11:00am–  
12:30pm, Introduction to Sewing 1–2.30pm.

**Fridays:** Digital Support Drop-In Clinic, please bring  
your own devices 10.30am–12:00 noon, Pampering  
& enrichment: 12:30–2pm.

**Saturdays:** Snacks and Chats, meet locals to talk  
about hobbies 2–4pm.  
Contact: Sandra 0777822 4342  
IG, Facebook, Twitter: @4u2newsmag

## CONSERVATION VOLUNTEERING

The Paddock Community Nature Park,  
Ferry Lane N17 9BS.

All levels welcome, inc. volunteers under 18 welcome  
(contact in advance for details).

**Saturday** 14 April, 10:30–12:30 special seed-sowing  
and seed swapping workshop.

**Wednesdays:** Practical Conservation Activities  
(minimum commitment 1 hour). Activities include  
meadow management, woodland work, vegetation  
clearance, path maintenance, woodwork, pond  
management and more!

**Fridays:** 10:00–11:00 Bird Survey Volunteering  
Session. A 15 minute highlight on bird species/topics,  
then a 45 minute guided transect survey on site. Data  
collected helps improve habitat for wildlife at The  
Paddock.

1 April Meadow, 8 April Butterfly, 22 April Pond, 29  
April Bumblebee, 6 May Meadow, 13 May Butterfly, 20  
May Dragonfly, 27 May Ladybird

**What to bring?** Suitable outdoor clothing and shoes.  
Binoculars (if you happen to have them). Packed lunch  
on Wednesdays. What's provided? Tools, survey  
guides, recording sheets, wildlife ID books and other  
equipment depending on the survey.  
Sign up: [thepaddock@tcv.org.uk](mailto:thepaddock@tcv.org.uk)  
[www.Tcv.org.uk/London/Haringey/thepaddock/](http://www.Tcv.org.uk/London/Haringey/thepaddock/)

## THE ENGINE ROOM

Lebus Street, N17 9FU

**Mondays:** 4.30pm, free Art Club for Primary School  
Children, 7pm, free Legal Aliens Theatre Group for  
speakers of English as a second language (migrants,  
refugees, asylum seekers, EOSL students etc).

**Tuesdays:** 10am, free Messy Play for babies/infants  
under 3 with an opportunity for parents/carers to  
network.

**Wednesdays:** 4.30pm, free Accelerate HomeWork  
Club, Years 6, 7, 8 & 9. 7pm.

**Thursdays:** 10am, free Messy Play for babies/  
infants under 3 with an opportunity for parents/  
carers to network. 7pm, free Compact Youth Club  
for 14–18 yrs.

**Saturdays:** Define Me Street Dance & Wellbeing  
Sessions for Girls. 30th April – 16th July, 1–3pm for  
girls aged 12–14yrs. Dance, wellbeing, food.

To register & secure your place  
email: [Shenika@defineme.net](mailto:Shenika@defineme.net)  
TikTok: @Defineme\_sheekz  
vemail: [info@engineeroom.org.uk](mailto:info@engineeroom.org.uk)  
Call: 0208 8085490

## GROW N22 GARDENING

Practical workshops throughout the gardening  
season...many hands make light work!

Wood Green Library Garden, 187–197A High Road  
N22 6XD Sat 2 April 08:30–12:00, Sat 9 April  
08:00–09:00.

Haringey Learning Partnership, Commerce Road,  
N22 8DZ, Sat 2 April 14:15–16:15, Tue 5 April 12:15–  
15:15, Tue 19 April 12:00–15:00.

George Meehan House, 294 High Road, N22 8JZ  
12:15–14:00pm Sat 2 April, Tue 5 April 07:30–  
10:45am, Tue 19 April 08:00–11:00.

Westbury Banks Nature Reserve, Westbury Avenue,  
N22 6RS, Sun 3 April 10:00–12:00, Sun 24 April  
10:00–12:00, Sun 8 May 10:00–12:00, Sun 22 May  
10:00–12:00, Sun 5 June 10:00–12:00, Sun Jun 19  
10:00–12:00.

All you have to do is turn up and you will be provided  
with guidance. **They're free and open to everyone**,  
providing a friendly atmosphere to crack on with the  
task in hand Instagram: @Grow\_N22

Latest dates & times:  
[www.GrowN22.com/Workshops](http://www.GrowN22.com/Workshops)

## BIG TIME BASKETBALL PROJECT

Free from Haringey Basketball for All  
Girls & Boys – all welcome,  
Coaching Development for 18+ yrs

**Ducketts Common, N15 3DX**  
Mon 4–Fri 8 April, 1–4pm & 5–7pm (lunch provided)  
Mon 11 April – Thur 14 April, 1–4pm & 5–7pm

**Selby Centre, Selby Road, N17 8JL**  
Fridays: 4–6pm 12–18yrs, 6–8pm 18+ yrs  
Sundays: 4–6pm U18yrs, 6–8pm 18yrs

**Somerford Grove, N17 0HL**  
Mon 4–Fri 8 April 1–3pm  
Mon 11 April – Thur 14 April 1–3pm  
Wednesdays: 4pm – 6pm  
Sundays: 1pm–2pm

**Broadwater Farm Community Centre  
MUGA, N17 6HE**  
Mon 4 – Fri 8 April 4–6pm  
Mon 11 April–Thur 14 April 4–6pm  
Mondays Women: 7:30–8:30pm  
Wednesdays: 6:30–8:30pm  
Sundays: 3:30–4:30pm

**Brunswick Park, N15 5ES**

**Get paid for doing something you love!**

Haringey Basketball for All will 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.**

Young people with both coaching qualifications and  
enhanced DBS certificates are eligible to work at After  
Schools Clubs, earning approx. £15p/h & London  
Basketball League paying up to £25p/h.

Contact:  
• Coach Hesketh: 07905 250 042  
email: [Hesketh.hba@gmail.com](mailto:Hesketh.hba@gmail.com)  
• Coach Jonathan: 07791 138 929  
email: [JonathanGyimah@googlemail.com](mailto:JonathanGyimah@googlemail.com)  
Instagram @HaringeyB4A



MAKE  
NEW FRIENDS

HEALTHIER, HAPPIER  
PLACES TO BE

PLAY WITH  
FRIENDS







    @TottFoodbank @theCommunityFoodHub

  @LordshipHub @AntwerpArmsAsoc

  @SelbyCentre @CommunityCookUp\_Tottenham

Photo credit: Bee Veronica Moore, Witty Ditty Kids Workshops, @WittyDittyDesigns.  
Thanks also to our talented club members, Vivi and Mabel