

WHAT

**ARE YOU
DOING**

IN

**TOTTENHAM AND WOOD
GREEN THIS FEBRUARY &
MARCH ?**

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Selby Active February Holiday Club

Selby Centre, Selby Road, Tottenham N17 8JL

Free Multisports and Enrichment Activities. Bring your own lunch but there will be free refreshments.

Dates & Times: Mon 13th Feb - Wed 15th Feb (10:30am-2:30pm everyday)
Drop-off from 10am (activities start at 10:30am) / Collection 2:30pm to 2:45pm

Book your place: <https://theselbytrust.coordinate.cloud/list>

Haringey Basketball 4 All

Skills and drills for all levels + small games including 1-on-1, 3-on-3 and 5-on-5 with free coaching and refereeing skills courses. Call / text 07905 240042 to be included in our B'ball WhatsApp group.

Tottenham Community Sports Centre, 701-703 High Road, N17 8AD

Dates & times: Mon 13-Thu 16 Feb, 10am-12 noon (8-14yrs)

FREE & no booking needed, just turn up!

Ducketts Common, Green Lanes, London N15 3EA

- **Dates & times:** Mon 13-Fri 17 Feb, 1-4pm (8-18yrs) 6-8pm (14-25yrs)

FREE & no booking needed, just turn up!

Down Lane Park, Park View Road, N17 9AU

- **Dates & times:** Wed 15 2-4pm & Sat 18 Feb 2-3pm (8-18yrs) sessions will also include wheelchair basketball. FREE & no booking needed, just turn up!

Selby Centre, Selby Road, N17 8JL

- Come and chill after your holiday camp - no need for adults to collect you until 5pm.

- **Dates & times:** Mon 13, Tue 14, Wed 15 & Fri 17 Feb, 3-5pm (8-18yrs)

FREE & no booking needed, just turn up!

Wheely Tots

Lordship Recreation Ground (MUGA), N17 6NU

Age-friendly cycling sessions. Families are welcome.

Dates & times: Fri 17 & Sat 18 Feb, visit www.wheelytots.com/sessions for times +bookings

FREE (donations welcome), Contact: 07397 902255 / booking@wheelytots.com

Thru Life

Ferry Lane Cruyff Court, Jarrow Road, Tottenham N17 9PS

Fun Football & Fitness.

Dates & times: Mon 13 - Fri 17 Feb (3-6pm)

FREE & no booking needed, just turn up!

Contact: 07944 854718/ admin@thrulife.uk

The Trove Market

Lordship Recreational Ground, N17 6NU

A fun community event in the park that takes place on the first Saturday of the month. Great stalls, delicious food. We hold space for adult 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.

Free activities for kids - art workshops, sports, card making, crocheting workshops, toddler music time, jewellery making and face painting and much more!

Dates & Times: Sat 4 March, 1 April, 6 May: 11am-4pm

Instagram: @TheTroveMarket.Tottenham Email: hello@OurKidsTrove.com

Children's Yoga

Broadwater Farm Community Centre, Adams Road N17 6HE

Free for girls 6+yrs - part of These Girls DO programme (boys welcomed & parents can join in too)

Dates & times: Mon 13 Feb (3:30-4:30pm)

Contact: sports.activities.group@gmail.com / get.active@haringey.gov.uk



Girls' Football

Markfield Park, Crowland Road, N15 6EB

Free for girls 12-16 yrs

Dates & Times: Wed 15 Feb, 3:30pm-5pm

Contact: 07971113463 / Get.active@haringey.gov.uk

Thru Life: Mentoring Thru Sports

Do you want to have fun, make friends and get fit at the same time? FREE sports programme for young people aged 10-17 yrs living in Haringey. Join our sessions and take part in exciting activities including football, basketball, boxing, fitness and themed workshops. Free for 10-17 yrs

- **Ferry Lane Cruyff Court**, Jarrow Road, Tottenham N17 9PS (Tottenham)

Every Thu from 19 Jan to 23 Mar (Tottenham) 5-7pm

- **New River Sports Centre**, White Hart Lane, Wood Green N22 5QW (Wood Green)

Every Friday from 20 Jan to Fri 23 Mar (Wood Green) 5-7pm

Booking: Complete online application form on www.thrulife.uk/our-offer/mentoring-thru-sports/

Contact: 07944 854718 / admin@thrulife.uk

HR Sports Academy NFL Flag Camp

Markfield Park MUGA, Crowland Road, London, N15 6US

A week of fun and quality NFL flag coaching for boys and girls to develop their skills and techniques through a variety of activities while practising social distancing in small groups. A packed lunch and refillable water bottle must be provided, and participants must wear appropriate clothing.

Dates & Times: Mon 13 Feb - Fri 17 Feb (Mon-Wed= Mixed, Thurs-Fri = Girls only) 11am-2pm, 12-18yrs

FREE Booking: Online via <https://www.hrsportsacademy.co.uk/camp>

Contact: 07903107217 / 07947530498 / holidaycamps@hrsportsacademy.co.uk

Bruce Castle Museum

Lordship Lane, N17 8NU

Discover fantastical creatures and magical beasts with arts and crafts at Bruce Castle this February. All children must be accompanied by an adult. FREE & no booking needed, just turn up!

Contact Info: museum.services@haringey.gov.uk

- **Wyvern Wings @ the Castle** (6-12 yrs) **Dates:** Sat 11 & Thur 16 Feb. **Time:** 1:30-3:30pm.

Find out what type of dragon a wyvern is, see if you can spot any at Bruce Castle & make a pair of wyvern wings-

- **Unicorn Horns @ the Castle** (3-8yrs) **Dates:** Sun 12 Feb, Wed 15 Feb. **Time:** 1:30pm-3:30pm. Uncover more about fantastical creatures and magical beasts by seeing a real narwhal horn and making a unicorn mask.

- **Dragon Ships** (6-12yrs) **Dates:** Sat 18 & Sun 19 Feb. **Time:** 1:30-3:30pm. In this clay-based workshop, hear the story of the Viking boat found on Tottenham marshes, discover the role of dragons in Norse mythology, and use clay to sculpt your own Viking Dragon ship.

'To The Whistle' Activity Camp

New River Sports Centre, White Hart Lane, London N22 5QW

The camp will boast a range of activities like Tennis, Archery, Team Games, Handball, Football and much more for kids aged 7-16yrs

Dates & Times: Tue 14 Feb & Thur 16 Feb (9:30am - 3:30pm)

Cost: £20 per day, £15 concessions, participants must bring a packed lunch with no nuts.

Booking: <https://tinyurl.com/ttwltdclass4kids> Contact: Ttwsportscamps@gmail.com

Kickboxing for Kids

Tottenham Community Sports Centre, 701-703 High Road Tottenham, London N17 8AD

Non-contact kickboxing for boys and girls aged 6-11 years. Sessions will include teaching techniques and fitness for 6-11 yrs. FREE & no booking needed, just turn up!

Dates: Mon 13 Feb - Fri 17 Feb

Contact: 07399 028 633



Mystery Bag Engineering Challenges

Markfield Beam Engine And Museum, Markfield Road, London N15 4RB

What's in the bag? Everything you need to make a catapult or a car! Book one FREE place per child, all children (5-10yrs) must be accompanied by an adult.

Dates & Times: Thurs 16 Feb (10am-1pm)

Booking: www.mbeam.org, Contact: info@mbeam.org

Ground Floor, Kenneth Robbins House, Northumberland Park, N17 0QA

Project 2020 will be running three days of activities for 10-19-yrs including Pool, Table Tennis, PlayStation, Music and Media workshop, Arts & Crafts, Cooking Club & Fitness sessions.

Dates: Wed 15 Feb (12-6pm) - Fri 17 Feb (12-7pm)

FREE & no booking needed, just turn up! Registration form completed upon arrival

Contact: 07790 379 194 / 0781 611 9889 project2020@haringey.gov.uk



Dalmage Active Multi-Sports Half Term Camp

Broadwater Farm Community Centre, N17 6HG (BWFCC) & Lordship Recreation Ground (MUGA), N17 6NU (LRG)

A week of exciting sporting activities – Archery, Basketball, Tennis, Rounders, Athletics, and much more. FREE & no booking needed, just turn up!

Dates & Times: Mon 13 - Fri 17 Feb (Mon, Wed & Fri @ BWFCC, Tue & Thur @ LRG) 12pm-4pm

Contact: 07946257245 | admin@dalmageactive.co.uk

Mafia Moves Run Club

Meet outside Tottenham Hotspur Stadium.

Dates & Times: Saturdays at 9:30am (9:45am start). Don't let the winter period push you into hibernation - consistency builds results. Bring your vibes and positive energy - come ready to run 5k whatever the weather. FREE & no booking needed, just turn up! Contact: Insta mafiamoves

Generation Girls with Mind in Haringey

Mentoring for Teenage & Young Women to achieve their goals dreams and aspirations.

- Workshops, to help you become the best version of yourself
- Group Sessions, focusing on coping strategies, overcoming challenging situations, healthy relationships, goals & ambitions
- Activities and opportunities to embrace new opportunities in new environments with team-building activities, trips, away days and excursions
Contact Natasha Forde to register your interest as a participant or volunteer! Email Natasha.Forde@mih.org.uk / 020 8347 2493

Free Knitting Workshop

Chesnuds Community Centre, 280 St Ann's Road N15 5BN

This workshop aims to make it easy to follow a set of written pattern instructions for hand knitting.. This life skill has enjoyable social aspects which support the feeling of calm and happiness using both sides of the brain, leading to positive mental wellbeing.

Fri 24 Feb, 1:30-3:30pm (all ages)

FREE & no booking needed, just turn up!

Sisters United with Rise Projects

Masjid Ayesha, 115 Clyde Rd, N15 4JZ. Thursdays 8-10pm. Join us for interactive activities - group discussions, health & wellbeing, personal development, book club & Islamic Fiqh studies. Contact mariam@riseprojects.org.uk 0208 6171760

Office Drop-In with Rise Projects

The Trampery, 639 High Rd, N17 8AA. 1-2-1 coaching & mentoring, CV & covering letter support, applying for apprenticeships.
Every Mon-Wed 10am-4pm. Book your appointment 0208 6171760

Rise & Shine Coffee Morning with Rise Projects

St. Ann's Library, Cissbury Rd, N15 5PU
Join us for a hot drink, chat and meet other women in your community.
Tuesdays 10am-12pm. Contact mariam@riseprojects.org.uk 0208 6171 760



Gardening Volunteering with Grow N22

Haringey Learning Partnership, 22 Commerce Rd (10am-14pm) Sat 11, 18 & 25 Feb, 4, 11, 18 & 25 Mar, Bulb planting.

George Meehan House, 294 High Rd (10am-2pm) Sun 12, 19 & 26 Feb, 5, 12, 19 & 26 Mar.

Gladstone Parklet, Gladstone Ave (10-11am) Tue 14, 21, 28 Feb, 4, 7, 14, 21 & 28 Mar, planter maintenance.

Westbury Banks Nature Reserve, Westbury Ave (10am-12pm) Wed 1, 8, 15, 22 Feb, develop a new marshland area next to the wildlife pond & tree planting workshop before planting elm tree saplings.

Free weekly yoga, pilates, 'chairobics', resistance sessions

George Marsh Centre for Wellbeing, St. Ann's Hospital (where St. Ann's Rd meets Hermitage Rd) N15 3TH

Dates & Times: Mondays 10:30am-12:30pm, join local coaches from Tottenham Hotspur. You can also get help from Connected Communities on housing and benefits, nutrition and health coaching, testing and counselling, library and computer access, relax and hydrate.

FREE & no booking needed, just turn up!

Yoga (Women only) with Rise Projects

Sky City Community Centre, 50 Mayes Rd, N22 6SR.

Wednesdays 12-2pm. Contact mariam@riseprojects.org.uk 0208 6171 760

Free Winter Workouts

Mondays:

- **Chair Exercise** (50+) Sophia House, Anthill Road N15 4AQ 2-3pm
- **Tai Chi**, (50+) Cypriot Community Centre, Earham Grove N22 5HJ 11am - 12pm

Tuesdays:

- **Chair Exercise** (50+) Community Hub, 8 Caxton Road N22 6TB 12-1pm

Wednesdays:

- **Line Dancing** (Parents & Toddlers), Cypriot Community Centre, Earham Grove N22 5HJ 2-3pm
- **Reggaetivity** (50+) Coombes House, 40 Bromley Road N17 0AR 10-11am
- **Stretch, Tone & Grow** (Women), Down Lane Park (LUOS) Park View Road N17 9EY 12-1pm

Thursdays:

- **Stretch, Tone & Grow** (50+) Latimer House 1-32 Latimer Road N15 6NW 12:30-1:30pm

Fridays:

- **Chair Exercise** (50+) Summer Hill Village 57-117 Summerhill Road N15 4HR 1:30-2:30pm
- **Yoga / Mindfulness** (50+) Neighbourhood Resource Centre 177 Park Lane N17 0HJ 11am-12pm

Saturdays:

- **Street Table Tennis** (50+) Lordship Rec N17 6NU Table Tennis Area 2-3pm
- **Martial Arts** (Girls & Women) Tottenham Community Sports Centre N17 8AD 1-2pm

Contact: get.active@haringey.gov.uk / 07971 113 463

Down Lane Park, Park View Road, N17 9AU

All sessions are currently free, starting with a warm-up and ending with a cool down. Friendly, supporting and inclusive environment meeting outside the main buildings.

- Wednesdays 6pm (mixed) 5km community run
 - Saturdays 9am (women only, beginners)
 - Sundays 10am (mixed) 10km+ community run training for the Hackney half marathon
- FREE & no booking needed, just turn up! Contact: Insta pronto_runclub

Read & Connect - Shared Reading Group

A different kind of reading group, where you can connect with neighbours to read, talk and share together. No need to complete reading in advance! FREE taster session for over '50's

- **Coombes Croft Library**, 4 High Rd, N17 8AG, Thu 16 Feb 2-4pm
- **St. Ann's Library**, Cissbury Rd, N15 5PU, Tue 7 Mar, 2-4pm

Contact: alice@reachandconnect.net / 07308 968 337

Free Walking & Talking Groups

Mondays:

- **Lordship Rec.** 9:20am (30mins) meet at gates near traffic lights on Downhills Park Rd N17 6NY

Tuesdays:

- **Tottenham Marshes** 9:15am (60mins) meet at Engine Room, Unit A, Eagle Heights, Lebus Street, N17 9FU
- **Somerford Grove** 12:45pm (30mins) meet at JS Medical Practice, Park Lane, N17 0JP

Wednesdays:

- **Bruce Castle Park** 1:45pm (30mins) meet at T on the Green, Park Pavillion N17 8NJ
- **Markfield Park** 10:00am (45+mins) meet outside Café N15 4RB
- **Downhills Park** 5:00pm (45+mins) meet at Forks & Green Café, West Green Rd N15 4AB

Thursdays:

- **Nightingale Gardens** 11am (30mins) meet at Morum House GP Practice 3-5 Bounds Green Road N22 8HE

Fridays:

- **Tottenham Marshes** 10:30am (45mins+) Stonebridge Lock Waterside centre, meet nNear toilets, N17 OXD

No booking needed, just turn up! Everyone welcome, contact: www.haringey.gov.uk/haringey-walks / 07971 113 463

Haringey Basketball 4 All

Skills and drills for all levels + small games including 1-on-1, 3-on-3 and 5-on-5 with free coaching and refereeing skills courses. Call / text 07905 240042 to be included in our B'ball WhatsApp group. Our regular weekly sessions continue as usual:

- **Selby Centre**, Selby Road, N17 8JL
Every Friday 4-6pm (8-16yrs) & 6-8pm (16-18+) £3
Every Sunday 4-6pm (8-16yrs) & 6-8pm (18+) £3 sessions will also include walking basketball focusing on GP referrals and people recovering from illnesses including, high blood pressure, cancer, mental health and cardiovascular issues.
- **Lordship Recreation Ground MUGA**, Lordship Lane, N17 6NU
Every Monday (8-18yrs) Free first taster session, then £3 weekly afterwards for girls and women only

Define Me - Street Dance, Fitness & Fun

Engine Room, Lebus St, N17 9FU

Dates & Times: Saturdays 11-11:30am (3-6yrs), 11:30-12:30 (6-9yrs), 12:30-1:30 (10-16yrs)

Contact email: Shenika@defineme.net

HR Sports Academy Multi Sports Holiday Camp

Woodside High School, White Hart Lane, N22 5QJ

A week of fun games and competitions which allow participants to develop their skills and techniques in a wide variety of sports while practising social distancing in small groups. A packed lunch and refillable water bottle must be provided - participants must wear appropriate clothing.

Dates & times: Mon 13-Fri 17 Feb, 9am-4pm

Cost: £65 for the week / £15 per day

Booking: <https://www.hrsportsacademy.co.uk/camp>

Contact: 07903107217 / 07947530498 holidaycamps@hrsportsacademy.co.uk

Tottenham Community Sports Centre, 701-703 High Road N17 8AD
Casual skating to the latest music. We provide skates or bring your own.
Dates & times: Tue 14–Thu 16 Feb, 1:30–3pm, 3–4:30pm (4–14yrs)
Cost: £2, Contact 07519249265



HR Sports Academy Football Camp

Woodside High School, White Hart Lane, London, N22 5QJ
A week of fun and quality football coaching for boys and girls to develop their skills and techniques through a variety of activities while practicing social distancing in small groups. Please visit our website for more information. A packed lunch and refillable water bottle must be provided, and participants must wear appropriate clothing.

Dates & times: Mon 13– Fri 17 Feb, 9am–4pm (5–15yrs)
Cost: £65 for the week or £15 per day
Booking: <https://www.hrsportsacademy.co.uk/camp>
Contact: 07903107217 / 07947530498 / holidaycamps@hrsportsacademy.co.uk

Haringey Shed: Music Making with Healthy Relationship Workshops

Haringey Irish Centre, Pretoria Road, London N17 8DX

A 3 day project where Tender will be delivering practical workshops around healthy relationships and young people will use the knowledge learnt to create musical bands. They will work in groups to write original songs, use instruments and perform their songs live at the end of the three days.

Dates & times: Mon 13-Wed 15 Feb, 10am-4pm

Cost: Pay what you can (recommended price = £45 for all 3 days)

Booking: 020 8243 8743 / info@haringeyshed.org



PAY WHAT YOU CAN

WARM SPACES IN

Wall of Kindness ‘pay it forward’ helps you to respond to someone’s you by being kind to somebody else in return - it’s a gratitude thing..

In some Warm Spaces in N15, N17 & N22 you may be able to pick up a food or drink item for free whilst keeping warm. If you see a **‘Warm Welcome’** sign in a shop, or window, residents have the option to pay for an extra cup of coffee, a pastry, or perhaps a sandwich for someone that may need it, and this voucher is placed on the ‘Wall of Kindness’. **The kindness starts with you!**

Anyone is welcome to take from the ‘Wall of Kindness’. Just pick up a voucher, take it to the counter, and the item on it’s yours for free. Just remember to pay it forward - with something as simple as a smile or an offer of help to somebody else who might need it.

SATURDAYS & SUNDAYS

- **Electric Grubb Cafe**, 286 High Rd, N15 4AJ (11am-9pm) Wall of Kindness Scheme. Everyone welcome.

MONDAYS:

- **St. Ann’s Church Hall**, 2 Avenue Rd, N15 5JH (10am-12pm) free Wi-Fi, tea, coffee and refreshments. Everyone is welcome.
- **Electric Grubb Cafe**, 286 High Rd, N15 4AJ (11am-9pm) Wall of Kindness Scheme. Everyone is welcome. Winkfield Resource Centre, 22 Winkfield Rd, N22 5RP (10:30-2:30pm) Wall of Kindness Scheme.
- **Cypriot Community Centre**, Earlham Grove, N22 5HJ (11am-4pm) Warm space with TV, games and chat - EVERYONE welcome!

TUESDAYS:

- **St. Ann’s Church Hall**, 2 Avenue Rd, N15 5JH (10am-12pm) free Wi-Fi, tea, coffee and refreshments. Everyone is welcome.
- **Electric Grubb Cafe**, 286 High Rd, N15 4AJ (11am-9pm) Wall of Kindness Scheme. Everyone welcome.
- **Antwerp Arms**, 168 Church Rd, N17 8AS (11am-2pm) Free tea, coffee and sit-down lunch (50 spaces available) everyone welcome.
- **Ministry of Praise**, 46 Manor Rd, N17 0JJ (12 noon-3pm) Free refreshments and activities - EVERYBODY welcome!
- **Northumberland Park Resource Centre**, 177 Park Lane, N17 0HJ (11am-2pm) Free tea, coffee and conversation - everyone welcome
- **Cypriot Community Centre**, Earlham Grove, N22 5HJ (11am-4pm) Warm space with TV, games and chat - EVERYONE welcome!

WEDNESDAYS:

- **Chestnuts Community Centre**, 280 St. Ann's Rd, N15 5BN (11am-1pm)
Free tea, coffee & conversation - everyone welcome.
- **Electric Grubb Cafe**, 286 High Rd, N15 4AJ (11am-9pm) Wall of Kindness Scheme. Everyone welcome.
- **Eric Allin Centre**, 240 Northumberland Park, N17 0QA (8am-5pm) Free tea, coffee, biscuits & hot food. Women with / without children only.
- **Broadwater Children's Centre**, Adams Rd, N17 6HE (11am-3pm) Fun, interactive sessions, board games, quizzes, children's activities, light snacks and refreshments. Families with children only.
- **Engine Room**, Eagle Heights, Hale Village N17 9FU (12 noon - 2:30pm)
Free tea, coffee, biscuits and chat - everybody's welcome.
- **St. Paul the Apostle Church**, 22 Bradley Rd, N22 7SZ (12 noon - 3pm)
Free tea, coffee, lunch and games - all are welcome!
- **Sky City Community Centre**, 65 Penwortham Court, N22 6 SR (11:30am-2:30pm) Free refreshments & activities. Women with / without children only.
- **Cypriot Community Centre**, Earlham Grove, N22 5HJ (11am-4pm)
Warm space with TV, games and chat - EVERYONE welcome.

THURSDAYS:

- **Electric Grubb Cafe**, 286 High Rd, N15 4AJ (11am-9pm) Wall of Kindness Scheme. Everyone welcome.
- **Lordship Hub Cafe**, Lordship Recreation Ground, Higham Rd, N17 6NU (11am-2pm) Free tea, coffee and lunch (40 spaces available) everyone most welcome
- **Commerce Rd Community Centre**, 52 Commerce Rd, N22 8EP (11am-2pm) Free tea, coffee and biscuits - all welcome.
- **Cypriot Community Centre**, Earlham Grove, N22 5HJ (11am-4pm)
Warm space with TV, games and chat - EVERYONE welcome.

FRIDAYS:

- **Electric Grubb Cafe**, 286 High Rd, N15 4AJ (11am-9pm) Wall of Kindness Scheme. Everyone welcome.
- **St. Mary's Church**, Lansdowne Rd, N17 9XE (8:30am-3pm) Free refreshments, microwave available to heat your own food, chat & companionship - everybody's most welcome.
- **Ministry of Praise**, 46 Manor Rd, N17 0JJ (12 noon-3pm) Free refreshments and activities - EVERYBODY welcome!
- **Broadwater Farm Community Centre**, Adams Rd, N17 6HE (11am-3pm) Free refreshments, chat and activities - everyone most welcome.
- **Commerce Rd Community Centre**, 52 Commerce Rd, N22 8EP (11am-2pm) Free tea, coffee and biscuits - all welcome.
- **Cypriot Community Centre**, Earlham Grove, N22 5HJ (11am-4pm)
Warm space with TV, games and chat - EVERYONE welcome.



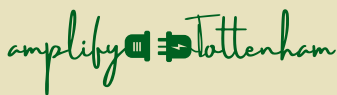
There's a rich tapestry of free and low-cost **grassroots** activity happening in Tottenham and Wood Green on any given day.

This booklet amplifies what's happening across our **community**, so we can come together whatever the weather...

Old timer or pickney, zoomer or MAMIL there's something inside that's perfect for **YOU!**

Organising something in the ends during April or May?
Email us at amplifytottenham@gmail.com so we can include it in the next edition.

Photo Credits: **The Trove Market**



AMPLIFY
TOTTENHAM
COMMUNITY
BOOKLET