



WHAT ARE YOU DOING OVER THE OCTOBER HALF TERM?

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



Haringey
LONDON

Tottenham
foodbank



@TottFoodbank

@theCommunityFoodHub

FOOD BANKS AND FOOD HUBS IN N15, N17 & N22



LOCATIONS

COMMUNITY FOOD HUB

1st floor, Tottenham Town Hall, N15
Mondays, Wednesdays, & Fridays 5-6pm, Saturdays 4-5pm
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

Ground floor, Tottenham Town Hall, N15 4RY
Mondays 12-2pm & Thursdays 5-7pm
3 days of emergency long life food, toiletries and household products. For Haringey Residents in crisis by referral only – apply in advance, collect in person.

CONNECTED COMMUNITIES:

 connectedcommunities@haringey.gov.uk

HARINGEY CITIZENS ADVICE

 07845 013956 (M, W, F; 10am-3pm)

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 pick up.

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


TOTTENHAM SEVENTH DAY ADVENTIST CHURCH

255 West Green Road, N15 5EG
Tuesdays 12:30-3pm, Saturdays 3-6pm
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
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.

GROW TOTTENHAM

Ashley House, Ashley 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)

HIGHWAY HOUSE COMMUNITY

Fountainy Road, N15 4QL
Thursdays 12.30-15:30pm
Hot meals, fresh fruit & veg. Everyone welcome, no referral/voucher needed – same day pick up.

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, take away food that day.

📍 THE COMMUNITY COOK UP

Eric Allin Community Centre, Kenneth Robbins House,
Northumberland Park, N17 0QA

Thursdays 10am-1pm

Hot meals, groceries & other support... just ask!
Everyone welcome, no referral/voucher.

📍 SELBY CENTRE FOOD HUB

Selby Road, N17 8JL

Tuesdays 2-4pm, Thursdays 4:30-6:30pm

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

Every other Tuesday from 26/10 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

☎ 07483 172781

📍 LORDSHIP HUB CAFE FREE LUNCHES

Lordship Hub, Lordship Rec. Off Higham Road N17
6NU

Thursdays 1-3pm

Hot meals and food parcels. No referral needed, help us
avoid food waste by registering in advance at:

🌐 www.OKFoundation.org

☎ 07483 172781

📍 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 call:

☎ 0208 801 1169 / 07873 555 855 / 07904 651 803

📍 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. You can also register to pick
up a hot meal to take away. Call to register

☎ 07922 080 721

Cooking 9:30-12:30. Gardening 10:30-12:30, Lunch
12:30-2:30, Games and much more 2:30-4pm

📍 ENERGETIC CAFE

Living under one sun
Mondays 9:30am - 12:30pm

Decrease your energy bills, advice about insulation,
apply for discounts and grants. Don't forget to bring
your recent electricity, gas and water bills with you, so
we can help - breakfast is on us! Free mind and body
fitness session 11am-12pm

📍 WHEELY TOTS

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

Saturdays 11am-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.

📍 DOWNHILLS PARK CAFE

Downhills Park Rd, N17 6PD

Mon 25 – Wed 27 Oct

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

☎ 07947 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 Haringey Residents by referral only: contact Homes
for Haringey staff, local GP, DWP office, or educational
establishment.

GET HELP TO BUY FOOD AND MILK



DID YOU KNOW...

40% OF ELIGIBLE HOUSEHOLDS ARE YET TO SIGN UP FOR HEALTHY START VOUCHERS?

What is Healthy Start?

If you're pregnant or have children under the age of 4, you can get free vouchers or payments every 4 weeks to spend on:

- Cow's milk
- Fresh, frozen or tinned fruit and vegetables
- Infant formula milk
- Fresh, dried and tinned pulses
- You can also get free Healthy Start vitamins

Who can apply?

You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least 1 child that's under 4. In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible if:

- You're under 18 and pregnant, even if you are not claiming any benefits
- You claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- You or your partner get Working Tax Credit run-on only.

- Working Tax Credit run-on is the WTC you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week

How do I apply?

Call the helpline on 0345 607 6823 and ask them to send you an application form by post. Local foodbank in N15, N17 and N22 also have a supply of application forms and can support you to complete them. You can also ask a midwife or health visitor for a form. You'll receive your vouchers by post every 4 weeks.

How much will the vouchers be worth?

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old
- This money will stop after your child's 4th birthday, or if you no longer receive benefits.

Where can I use Healthy Start Vouchers?

In any retailer that's registered to take part in the scheme, including Aldi, Asda, Lidl, Morrisons, Sainsbury's and Tesco; additionally corner shops and pharmacies.

HELP TO APPLY



@Communitycookup_tottenham

@selbycentre

FREE ACTIVITIES IN N15, N17 & N22 FOR ALL KIDS



NO BOOKING NECESSARY
JUST TURN UP AND JOIN IN

📍 TPL BASKETBALL • 14+ YEARS

Date: Mon 25 - Fri 29 October, 1-4pm

Venue: Ducketts Common, Harringay Ladder,
N15 3DX

All abilities welcome – suitable for disabilities.

Get paid doing something you love! We can support you to become a basketball coach:

- Basketball Coaching Activator (for U14 Years)
- Introduction to Coaching Basketball Award (previously Level 1)
- Basketball England Level 2 Club Coach Award

☎ 07905 250042

📍 YOUR BIKE PROJECT • 11-18 YEARS

Date: Wed 27 & Fri 29 Oct, 1-3pm

Venue: Off Road Hub, Ground Floor, Kenneth Robbins House, Northumberland Grove, N17 0QA

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

Tools and bikes provided, or bring your own.

🌐 www.YourBikeProject.uk

📍 LANGUAGE FUN CLUB • 7-14 YEARS

Date: Mon 25 – Thu 28 Oct, 10am-3pm, Fri 29 Oct, 12-8pm (Halloween party – parents and guardians welcome).

Venue: Indoors at Grow Tottenham, Ashley House, Ashley Road, London N17 9LZ

Free children's activities including arts and crafts, storytelling, African cultural traditions, cookery lessons, homework support and much more.

☎ 07940 547 134 (Rose Dauko)

📍 DALMAGE ACTIVE MULTI-SPORTS CAMP • 6-16 YEARS

Date: Mon 25 - Fri 29 October

Venue: Bruce Castle Park (ball court), Lordship Lane, N17 8NU

Outdoor games – football, archery, cricket, basketball, tennis, rounders, athletics. Prizes to be won

☎ 07946 257245

🌐 www.DalmageActive.co.uk

📍 MARTIAL ARTS • 6-11 YEARS

Date: Tue 26, Wed 27 & Fri 29 Oct, 11am – 12:30pm

Venue: Tottenham Community Sport Centre 701 High Road, N17 8AD

Fun, free non-contact martial arts, teaching techniques and fitness.

☎ 07399 028 633 📧 esmond.francis@btinternet.com

📍 LIVING UNDER ONE SUN HALF TERM ACTIVITIES • 4+ YEARS

Date: Wed 27 – Sun 31 Oct

Venue: LUOS Community Hub & Community Café, Down Lane Park, N17

Wednesdays (9:30-10:30am) Women & Girls' Beginner's Running Group

W, Th, F, Sa (10:30am-12:30pm) Multi-Sport, 5 Years+

W, Th, F, Sa (10:30am-12:30pm) Arts & Crafts,

Celebrating Black History 4 Years+

W, Th, F (12:30-1:30pm) Free lunch for all participants

W, Th, F, Sa (2-4pm) Café Story/Human Library, All ages

W, Th, F (11am-12:30pm) Hula Hoops and Skipping, 6+ Years

Saturdays (11am-1pm) Cycle Training with Dr Bike, (bikes provided, or bring your own), All ages

Sunday (12-8pm) Celebration Festival – Family Fun & Food

🌐 comms@livingunderonesun.co.uk

BRUNSWICK PARK 2TR FOOTBALL • 8+ YEARS
Date: Mon 25 - Fri 29 October, 12-2pm
Venue: Brunswick Park
Drills, skills and fun football games. All genders and abilities welcome
☎ 07912 355883

HARTINGTON PARK 2TR FOOTBALL • 8 YEARS+
Date: Mon 25 - Fri 29 October, 12-2pm
Drills, skills and fun football games. All genders and abilities welcome
☎ 07912 355883

CHESTNUTS PARK 2TR FOOTBALL • 8 YEARS+
Date: Mon 25 - Fri 29 October, 3-5pm
Drills, skills and fun football games. All genders and abilities welcome
☎ 07912 355883

CASUAL FOOTBALL • 5-16 YEARS
Date: Mon 25 - Fri 29 October, 1-4pm
Venue: Frederick Knight Sports Ground
Free use of all-weather ball courts. Suitable for disabilities
✉ Casport@btinternet.com

SOMERFORD GROVE ADVENTURE PLAYGROUND • 5-15 YEARS
Date: Mon 25 Oct (girls only) 10:30am-1pm, Wed 27 - Fri 29 Oct 10:30am-1pm & 1:30-5pm, Sat 10am-4pm
☎ 07807 100189
✉ Sereena@haringey-play.org.uk

BRUCE GROVE YOUTH SPACE OCTOBER HALF TERM ACTIVITIES
Date: Mon 25 - Fri 29 October, 3-7pm
Venue: 10 Bruce Grove Tottenham, N17 6AR
Activities: Arts & Crafts, Gardening, Love Me Natural, music, sports, pool, table tennis, cooking and much more.
☎ 0208 4931103

SELBY ACTIVE • 12-16 YEARS
Date: Mon 25 - Thu 28 Oct, 11am-3pm
Venue: Selby Centre, Selby Road, N17 8JL
Volleyball, badminton, running, dance, arts & crafts, music workshops: including studio sessions.
Refreshments provided, bring your own lunch!
✉ Selbytrust.co.uk

PROJECT 2020 OCTOBER HALF TERM ACTIVITIES • 10-19 YEARS
Date: Wed 27 & Fri 29 Oct 12-6pm, Thu 28 Oct 12-7pm
Venue: Kenneth Robbins House, Northumberland Grove, N17 0QA
Activities: Cooking Club, Your Bike Project (fixing bikes), Create 2020 (music production & DJing), Arts and Craft, PlayStation, Table Tennis, Pool and much more.
☎ 07790 379194
✉ Project2020@homesforharingey.org

SISTER SYSTEM STUDY CLUB, YOUNG WOMEN • 13-19 YEARS
Date: Tue 26 - Thu 28 Oct 11am-3pm
Venue: SS Hub, The Trampery, 639 High Road, Tottenham N17 8AA
✉ Sistersystem.org

**BE ACTIVE
SPORT
DANCE**

LOW COST ACTIVITIES IN N15, N17 & N22



NO BOOKING NECESSARY - JUST TURN UP AND JOIN IN!

📍 THESE GIRLS DO! GIRLS AND WOMEN OF ALL AGES

Date: Every Monday 5-9pm

Venue: Broadwater Farm Community Centre, Adams Road, N17 6HE

Learn skills, increase your self-confidence and enhance physical and mental wellbeing £3 (first session free). Suitable for disabilities

☎ 07971 113464

📍 BIG TIME BASKETBALL SKILLS & DRILLS

Fridays 4-6pm 12-18 Years

Sundays 4-6pm U18 Years

6-8pm 18 Years+

Venue: Selby Centre, Selby Road, N17 8JL

£3/5 All genders and abilities welcome.

All abilities welcome – suitable for disabilities.

Get paid doing something you love! We can support you to become a basketball coach:

- Basketball Coaching Activator (for U14 Years)
- Introduction to Coaching Basketball Award (previously Level 1)
- Basketball England Level 2 Club Coach Award

📍 MARKFIELD OCTOBER PLAY SCHEME • 6-16 YEARS

Date: Mon 25 - Fri 29 October, 10am-3pm

Activities: Arts and crafts, cooking, music, football, basketball, trampoline, sensory and messy play. Facilities: Soft play and sensory room, adventure playground and zip wire, swings, slides and sandpit.

☎ 0208 667 5232

✉ jseaden@markfield.org.uk

📍 MY AFK OCTOBER HOLIDAY PROGRAMME • 14-18 YEARS

Date: Mon 25 - Fri 29 October

Venue: Ability House, 15a Tottenham Lane, Hornsey, London N8 9DJ

Two activities a day throughout the week for young people with disabilities: Martial Arts, Creative Movement, Pedal Power, Trampolining, Drama, Yoga, Stand Up Comedy, Multi-Sport, Go Ape (Ally Pally), Musical Theatre.

🌐 www.my-afk.org

☎ 020 8347 8111

✉ Jake.Watson@my-afk.org

**PLAY WITH
FRIENDS &
MAKE
NEW ONES**

OUR LOCAL FOODBANKS & FOOD HUBS URGENTLY NEED MORE VOLUNTEERS. GET IN TOUCH TODAY IF YOU CAN SUPPORT NEIGHBOURS DURING 2 SHIFTS EACH MONTH

GAIN EXPERIENCE & LEARN NEW SKILLS
BUILD YOUR CONFIDENCE
HELP EMPOWER TOTTENHAM RESIDENTS
GET TO KNOW YOUR NEIGHBOURS
BOOST YOUR CAREER PROSPECTS

