



**Exciting activities happening
in a park near you for 2025!**



**Free activities include Table Tennis,
Tai Chi, Yoga and much more!**

For more details contact:
get.active@haringey.gov.uk
www.haringey.gov.uk/people-need-parks

Haringey
LONDON

Programme Overview

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

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

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

www.haringey.gov.uk/people-need-parks

or for more details contact:

get.active@haringey.gov.uk



What's on?

Bruce Castle

Lordship Lane N17 8NL

Fridays 6 Jun - 25 Jul (8 weeks)	Activity	Time	Group
	Tennis	6pm - 7pm	Family

Chestnuts Park

St Ann's Road N15

Tuesdays 3 June to 23 Sept (17 weeks)	Activity	Time	Group
	Pickle Ball	1:30 – 2:30pm	50+

Downhills Park

Downhills Road N17



Fridays 6 Jun - 26 Sep (17 weeks)	Activity	Time	Group
	Tennis	12 – 1pm	Women
	Tennis	1 – 2pm	Women
Wednesday 3 July to 3 Sept (10wks)	Hula Hoops	7-8pm	Adults

Elizabeth Place

Lawrence Road N15 4LA

Wednesday 4 Jun - 20 Sep (12 weeks)	Activity	Time	Group
	Circuit Training	4pm - 5pm	All

Finsbury Park

Endymion Road N4



Tuesday 3 June to 15 July and 2 to 16 Sept (10 weeks)	Activity	Time	Group
	Multisport	11am- 1pm	People with Disabilities
Friday 25 July to 29 August (6 weeks)	Multisport	11am - 1pm	People with Disabilities
Saturday 7 June to 26 Sept (17 weeks)	Cycling	2-3pm	People with Disabilities

The Grange

32-34, White Hart Lane, N17 8DP

Thursday 5 June to 25 Sept (17 weeks)	Activity	Time	Group
	Circuit Training	11 - 12pm	Women

Lordship Rec

Higham Road N17

Thursday	Activity	Time	Group
17 July to 4 Sept (8 weeks)	Table Tennis	5 -6pm	Adults

Neighbourhood Resource Centre

Park Road N17 OHJ



Fridays	Activity	Time	Group
6 June to 25 30 Sept (17 weeks)	Yoga	11am - 12pm	All

O.R. Tambo Rec

Albert Road N22

Tuesdays	Activity	Time	Group
3 June to 22 July (8 weeks)	Tai Chi	10am - 11am	50+

Paignton Park

Eastbourne Road N15 6NT

Wednesdays	Activity	Time	Group
4 June to 20 Aug (12 weeks)	Circuit Training	6-7pm	Adults
Wednesday	Activity	Time	Group
4 June to 20 Aug (12 weeks)	Table Tennis	7-8pm	Adults

Priory Park

Middle Lane N8

Thursdays 5 June to 25 Sept (17 weeks)	Activity	Time	Group
	Tai Chi	1pm - 2pm	50+

Project 2020

Kenneth Robbins House Northumberland Park Grove N17 0QA

Saturday 6 Sept to 4 Oct (5 weeks)	Activity	Time	Group
	Calisthenics session	12 – 2pm	Girls and Women

Stationers Park

Mayfield Road & Denton Road N8

Mondays 2 Jun - 29 Sep	Activity	Time	Group
	Nordic Walks Meeting point: Hornsey Vale Community Centre, inside room 1, Mayfield Road N8 9LP	2pm - 3pm	50+



Tottenham Green

Philip Lane N15

	Activity	Time	Group
Thursdays 5 June to 25 Sept (17 weeks)	Reggaectivity	10-11am	50+
	Reggaectivity	6:30 - 7:30pm	50+
Monday 2 June to 29 Sept (17 weeks)	Yoga	5 – 6:15m	50+
Monday 2 June to 4 Aug (10 weeks)	Hula Hoops	7 – 8pm	Adults

Woodside

High Road N22 8YX

	Activity	Time	Group
Monday 2 June to 29 Sept (17 weeks)	Tai Chi	11am-12pm	50+
Thursday 5 June to 25 Sept (17 weeks)	Line Dance	10-11am	50+



Women and Girls need Parks

MAKE SPACE

Report harassment against women & girls



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


Report any
incidents online
via **True vision**



Domestic abuse support services and helpline


HARINGEY DOMESTIC ABUSE HELPLINE

Mon-Fri, 10am-5.30pm


 **0300 012 0213**

NIA HELPLINE

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


 **0300 012 0213**

Mon-Fri, 10am-5.30pm

 **IDSVA@
niaendingviolence.org.uk**

HEARTHSTONE

Support for anybody affected by
domestic abuse


 **020 8489 3411**

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

Monday-Friday, 9am-4pm

PIONEER GIRLZ

Empowering teenage girls
Meet at The Engine Room, Unit A,
Eagle Heights, London, N17 9FU
Every Wednesday
4.30-6pm (11 - 14years)
6-8pm (15-18years)

 **0208 808 5490**

Haringey
LONDON

Wood Green Common

Station Road N22 7SY

Saturday 12 July to 27 Sept (12 weeks)	Activity	Time	Group
	Girls Netball	1 - 2pm	Girls and Women
Saturday 12 July to 27 Sept (12 weeks)	Walking Netball	2 - 3pm	Women
Thursday 17 July to 4 Sept (8 weeks)	Circuit Training	4 - 5pm	50+
Thursday 17 July to 4 Sept (8 weeks)	Walking Football	5 - 6pm	50+

NEW PLAYZONE & OUTDOOR GYM

OPENING

TUE, 8 July, 3:30pm to 5:30pm

Free taster Sessions:

Walking Football 3:30 - 4:30pm

**Circuit Training outdoor gym
3:30 - 4:30pm**

Netball 4:30 - 5:30pm

Contact: get.active@haringey.gov.uk for more details



Provider Contact Details

Activity	Email/Website	Contact No.
Calisthenics	Hyacinth.Foster@haringey.gov.uk juan@razasana.com	
Cycling	www.pedalpowercc.org	07490 370 347
Hula Hoops	sarahall52@gmail.com	07932 566 508
Multisport – Finsbury Park	www.accesstosports.org.uk/bookings info@accesstosports.org.uk	
Tai Chi - Oliver Tambo Rec	nicolaforward@aol.com	
Reggaactivity & Chair Yoga	sekhemartz@gmail.com	07888 015 334
Tai Chi – Priory Park & Woodside	paulomckay@yahoo.co.uk / mail@martin-couch.me.uk	
Tennis	Chestnuts: Lennie Charles lennie.charles@googlemail.com Downhill: www.accesstosports.org.uk/bookings info@accesstosports.org.uk Bruce Castle: poetken888@gmail.com	
Netball	vmurray550@gmail.com;	
Nordic Walks	Js015f3547@blueyonder.co.uk anita@sanjurotrainingsystems.com	
Yoga/Mindfulness	martusienki@gmail.com chiaradoesyoga@gmail.com	
Line Dance	Candy Fernandes goancentre23@gmail.com	
Circuit Training	Tashan Dalmage tashand@dalmageactive.co.uk & Channele Farrell Channele.Farrell@haringey.gov.uk	
Walking Football & Table Tennis	Hello@tothewhistleltd.co.uk	

For all walks information contact:

e: anita@sanjurotrainingsystems.com

m: 0044 (0)7973 571 921

Link to map of Haringey parks: **www.haringey.gov.uk/leisure-parks-culture/parks-greenspaces/parks-facilities-haringey**

For more details contact: **get.active@haringey.gov.uk**



Haringey's Age Well Festival 2025

**Sat 20
September**

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

Save the date!



Partners:

Haringey
LONDON

NHS
North Central London
Integrated Care Board

ALEXANDRA
PALACE

CODE 1

Oldalone UK
Supporting the lonely

pavilion
Sports & Café

Public Voice



**Sign up for
updates here:**

hello@reachandconnect.net
**new.haringey.gov.uk/events/
haringey-age-well-festival-2024**



For more details contact:
get.active@haringey.gov.uk
www.haringey.gov.uk/people-need-parks