



Exciting activities happening

in a park near you for 2022!

People Need Parks '22 is an exciting programme happening in a park close to you.

Activities include dance, martial arts, walking football, cycling 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?

Belmont Rec

Downhills Park Road &
Boundary Road N15



	Activity	Time	Group
Mondays 6 June - 27 June	Yoga	2pm – 3pm	50+
Tuesdays 7 June - 6 Sept	Reggaevity	4.30pm – 5.30pm	50+
	Hula Hoops	5.30pm – 6.30pm	6 to 96

Bruce Castle

Lordship Lane N17



	Activity	Time	Group
Wednesdays 1 June - 31 Aug	Tottenham Heritage Walk	10.30am – 11.30pm	All
Fridays 3 June - 26 Aug	Tennis	6pm - 7pm	Families

Chestnuts Park

St Ann's Road N15



	Activity	Time	Group
Tuesdays 7 June - 30 Aug	Tennis	2.30pm – 3.30pm	50+
	Reggaetivity	4.30pm - 5.30pm	50+
Mondays 6 June - 5 Sept	Hula Hoops	5.30pm - 6.30pm	6 to 96

Downhills Park

Downhills Park Road N17



	Activity	Time	Group
Wednesdays 2 June - 25 Aug	Tennis	3pm - 4pm	Families

Down Lane Park

Park View Road N17



	Activity	Time	Group
Wednesdays 1 June - 31 Aug	Walking Session	9.30am - 10.30am	Adults
	Gardening	10am - 12pm	Families
	Walking Football	7pm - 8pm	Women
	Tennis	7pm - 8pm	Girls & Women
Saturdays 4 June - 27 Aug	Wheel Chair BB	11am - 12pm	People With Disabilities
Wednesdays 15 June - 14 Sept	Street Dance	6pm - 7pm	Girls

Fairland Park

Falkland Road/Fairfax Road N4

	Activity	Time	Group
Saturdays 25 June - 9 July & 20 Aug - 24 Sept	Tai Chi	1pm - 2pm	50+



Finsbury Park

Endymion Road N4

Tuesdays & Fridays	Activity	Time	Group
7 June - 19 July 22 July - 2 Sept	Multisport	11am - 2pm	People With Disabilities - Young People
Saturdays 4 June - 3 Sept	Cycling	12pm - 2pm	People With Disabilities - All

Hartington Park

Stirling Road N17



	Activity	Time	Group
Saturdays 11 June - 3 Sept	Outdoor Gym	1pm - 2pm	Adults
	Martial Arts	3pm - 4pm	Girls & Women
Tuesdays 7 June - 6 Sept	Walking Session	2pm - 3pm	Adults

Lordship Rec

Higham Road N17



	Activity	Time	Group
Fridays 3 June - 26 Aug	Cycling	10am - 11am	Families
Mondays 6 June - 27 June	Yoga	12.30pm - 1.30pm	50+
Saturdays 4 June - 27 Aug	Table Tennis	2pm - 3pm	Adults
Fridays 17 June - 16 Sept	Soca Dance	5pm - 6pm	Women

Priory Park

Middle Lane N8

	Activity	Time	Group
Thursdays 23 June - 14 July 25 Aug - 29 Sept	Tai Chi	1pm - 2pm	50+



O.R. Tambo Rec

Albert Road N22

Tuesdays	Activity	Time	Group
5 July - 23 Aug	Tai Chi	10am - 11am	50+

Broadwater Farm Common

Adams Road N17 6HE

Mondays	Activity	Time	Group
6 June - 4 July & 1 Aug - 29 Aug	Self Defence	6pm - 7pm	Girls & Women



Sheltered Housing

	Activity	Time	Group
Fridays 10 June - 9 Sept	Garden Walking (Lowry House)	11am – 12pm	HFH residents + invited local friends / referrals
Mondays 13 June - 12 Sept	Garden Walking (Bedale House)	11am – 12pm	
Thursdays 9 June - 8 Sept	Chair Yoga (The Lindales)	12pm – 1pm	



Provider Contact Details

Activity	Email/Website	Contact No.
Wheelchair Basketball	Comms@livingunderonesun.co.uk	07483 377 164
Cycling – Finsbury Park	www.pedalpowercc.org	07490 370 347
Cycling - Lordship	booking@wheelytots.com	07397 902255
Soca Dance - Lordship & Street Dance - Down Lane	shenika@defineme.net	07753 622 742
Outdoor Gym and Stretch - Hartington Park	riotfitness@hotmail.com	07944 826 040
Gardening	Comms@livingunderonesun.co.uk	07483 377 164
Hula Hoops	sarahall52@gmail.com	07932 566 508
Martial Arts	esmond.francis@btinternet.com	07399 028 633
Multisport – Finsbury Park	www.accessstosports.org.uk/bookings info@accessstosports.org.uk	
Tai Chi - Oliver Tambo Rec	nicolaforward@aol.com	07941 176 003
Reggaetivity	sekhemartz@gmail.com	07888 015 334
Self Defence	theresathomas85@hotmail.com	07973 528 293
Tai Chi – Priory & Fairlands Park	paulomckay@yahoo.co.uk	
StreetTT	admin@streettt.com https://streettt.com/	
Tennis – Various	parks@georgiansclub.com	
Tennis – Bruce Castle	bcptennisking@gmail.com	
Womens Walking Football - Down Lane	get.active@haringey.gov.uk	
Yoga	shanthaeroberts@googlemail.com	07738 292 280

Gardening Walks - Lowry House & Bedale House	Jessica.Amery@HomesforHaringey.org anita@sanjurotrainingsystems.com	
Chair Yoga - The Lindales	sekhemartz@gmail.com	
Hartington Walk	James.Walking4Wellness@virginmedia.com	
Down Lane Walk	James.Walking4Wellness@virginmedia.com	
Tottenham Heritage Walks - Bruce Castle	carolhebbs@live.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/map-haringey-parks**

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



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