



**DISABILITY  
ACTION  
HARINGEY**

## **The partnership between Disability Action Haringey and Haringey Circle**

**Haringey Circle and DAH have partnered to jointly fund activities and events to help those with disabilities in Haringey to connect, get active, keep learning, and to stay as independent as possible.**

Signing up to become a member is completely **FREE**. As a DAH member, you can now opt to become a member of Haringey Circle.

### **This provides access to:**

- | A varied calendar of activities and events.
- | Opportunities to be involved in the planning and hosting of events
- | Referrals for services from third party groups such as GoodGym

We aim to increase social connections, reduce isolation and loneliness, and improve the wellbeing and self-esteem of Haringey residents. Based around a varied social calendar developed by members and volunteers, our membership programme helps to grow diverse friendship groups that offer practical and emotional support.



# What's coming up this month?

## CERAMICS-Workshop

We are planning a 4-hour ceramics workshop and are inviting people to pre-register. We have secured a skilled instructor, the amazing Gabrielle, and in order to select an appropriate venue and prepare enough materials, we need to know how many participants to expect.

Please indicate your preferred day and time by submitting your choices through the form. Your input will help us make the workshop run smoothly for everyone.



**Best pre-register now to make sure you have a place!**

- Date & Time: TBC
- Location: TBC
- Pre- registrations: [CLICK HERE!](#) or ask us how to be added to the list!

# What's coming up this month?

### **ARTS-Workshop**

We are also planning to offer a 4-hour arts session and invite you to pre-register to reserve your place. This is an opportunity to explore your creativity under the guidance of Pauline, a skilled instructor, working on hands-on projects in a supportive and inspiring environment.



To ensure we have an appropriate venue and enough materials for everyone, please share your preferred day and time through the form. Pre-registering will secure your spot and allow you to fully enjoy this creative experience.

**Best pre-register now to make sure you have a place!**

- Date & Time: TBC
- Location: TBC
- Pre- registrations: [CLICK HERE!](#) or ask us how to be added to the list!

# What's coming up this month?

### **PINHOLE PHOTOGRAPHY-Workshop**

An exciting opportunity to try Pinhole Photography, a workshop offering members a unique opportunity to experience photography in a completely new way. This hands-on session focuses on experimentation with light and image-making through the simplicity of pinhole photography and is highly recommended for those interested in exploring an alternative photographic process.



To help maximise the workshop, members are asked to pre-register and indicate their preferred availability. The final session time will be confirmed in consultation with the workshop lead. Responses will assist in selecting the most suitable time and ensuring the appropriate number of materials are prepared.

**Best pre-register now to make sure you have a place!**

- Date & Time: TBC
- Location: TBC
- Pre- registrations: [CLICK HERE!](#) or ask us how to be added to the list!

# What's coming up this month?

### Screen Printing-Workshop

If the other workshop opportunities are not of interest, you might consider registering your interest in a limited screen printing session! This session will provide a practical introduction to screen printing techniques and access to the necessary equipment in a guided setting.



As availability and materials are limited, members are encouraged to register their interest in advance. Those who register will be the first to be contacted once the session is scheduled and details are confirmed. This opportunity is suitable for members who wish to explore screen printing or further develop their printmaking practice.

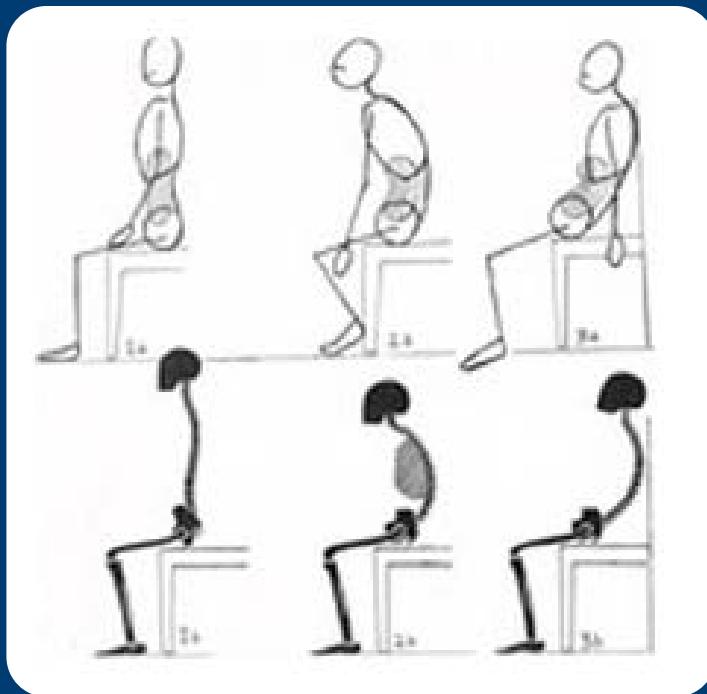
**Best pre-register now to make sure you have a place!**

- Date & Time: TBC
- Location: TBC
- Pre- registrations: [CLICK HERE!](#) or ask us how to be added to the list!

# What's coming up this month?

## Alexander Technique Returns – 6-Week Course!

We're thrilled to welcome back Tanya for another Alexander Technique 6-week course, offering a wonderful chance to improve posture & balance, release tension, and move through daily life with greater ease and confidence. Whether you're new to the technique or returning, these sessions provide gentle guidance and practical tools to help you feel more comfortable and balanced in your body.



This is a unique opportunity to commit to yourself and your well-being over six weeks this new year, building habits that can make a lasting difference.

Spaces are limited, so don't miss out!

**Please note there is a £5 donation per session, and we do prefer members to attend the full course to experience the complete benefits.**

- Start Date and Time: TUE 20th January, 11:30AM-12:15PM
- Location: Hill Dene Court, 11 Alexandra Park Road, Muswell Hill, London, N10 2DB
- Registrations: [CLICK HERE!](#) or visit our website.

# What's coming up this month?

## **ARTS & CRAFTS SUNDAY- COLLAGE & MOODBOARDS!**

This January, we're getting creative and setting intentions for 2026 with moodboards and collages: Whether it's a collection of images, colours, words, or any visual ideas that inspire you, collaging is a fun way to reflect, dream, and map out the year ahead.



Come along, get crafty, and see your ideas take shape on paper, a perfect way to start the new year with imagination and positivity!

Please let us know you are coming so we can bring the appropriate materials!

- Date & Time: SUN 25th January, 11:30 AM-2:00PM
- Location: The Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ
- Registrations: [CLICK HERE!](#) or visit our website.

# What's coming up this month?

## THE CREATIVES MIXER- Ideas, Art & Conversation

We've been asked to try to introducing our many creative members to each other! So if you're one of those, or even if you aspire to be, then why not stop by and we'll make some introductions! We know so many of our members are creative, or aspiring to be. See member James Smith's sculpture!

Whether you're a writer, poet, artist, painter, sculptor, or crafter, do come along! A chance to meet some new people, share some ideas, and connect in a relaxed and welcoming space. Tea and coffee will be provided, just bring your creativity and curiosity.

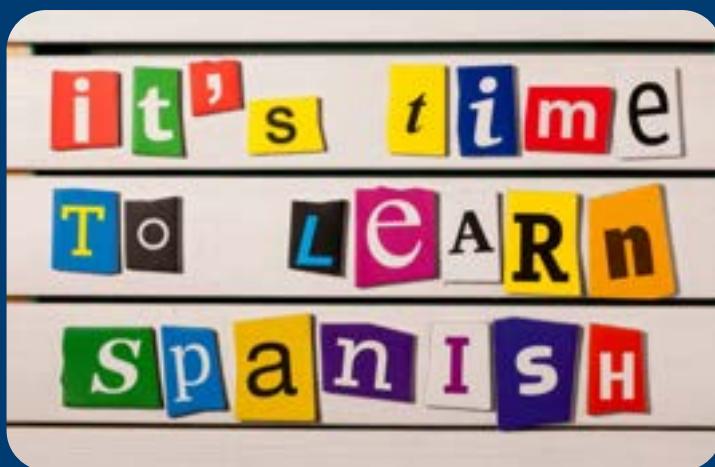


- Date & Time: Monday 26<sup>th</sup> January, 11:00 AM
- Location: The Café at Bernie Grant Centre, Town Hall Approach Rd, N15 4RX
- Registrations: [CLICK HERE!](#) or visit our website.

# What's coming up this month?

### Learning Spanish- Taster Session!

Due to the strong interest shown in Spanish classes, a Spanish Language Taster Session is being offered for members who would like to try the experience! This session is intended as a relaxed and welcoming introduction, giving participants the opportunity to engage with the language in a practical and enjoyable way.



You will learn basic Spanish vocabulary, receive useful everyday tips from a native speaker, and explore cultural curiosities that add context and meaning to the language.

The session is suitable for beginners and for anyone curious about learning Spanish in an accessible, informal setting.

- Date & Time: Tuesday 10th February, 17:00-18:00 PM
- Location: ONLINE, via Teams (we will provide the link and instructions once you register!)
- Registrations: [CLICK HERE!](#) or visit our website.

# What's coming up this month?

## ARTS & CRAFTS SUNDAY- MAGNET MAKING!

Celebrate February with a creative twist: we will be designing and painting our very own magnets. You can draw unique designs, add vibrant colours, and turn your ideas into miniature works of art to decorate fridges or any other metal surfaces. If you do not have inspiration, do not worry: we will provide guidance, and you can also use magazines and cutouts.



It is a fun, hands-on way to get crafty, share ideas, and take home something truly personal!

Please let us know you are coming so we can bring the appropriate materials!

- Date & Time: SUN 22nd February, 11:30 AM-2:00PM
- Location: The Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ
- Registrations: Registrations: [CLICK HERE!](#) or visit our website.

## Monday Quiz Night

Every Monday / 7pm to 8pm

FREE to members

Join us for a night of fun, laughter and friendly competition at our weekly Monday quiz night.

Test your knowledge on a host of topics, from history and science to pop culture and sports - all hosted online so you can get involved from the comfort of your own home.



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**Venue:** Online.

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## Coffee Drop in and Nordic Walking at Bruce Castle Cafe

Every Monday / 11.00am to 1.30pm

FREE to members

Join us at the Pavilion Café in Bruce Castle Park for a relaxed drop-in session where you can have a chat, meet others, and enjoy some friendly company. Alongside the social drop-in, we will also be offering gentle Nordic walking, an enjoyable way to get moving, connect with nature, and boost your wellbeing at your own pace.

Our manager and Nordic walking instructor James will be there, drop in for a chat, share your thoughts, or join the walk. All are welcome!



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**Venue:** The Pavilion Sports and Cafe, Bruce Castle Park Pavilion, Bruce Castle Park, Lordship Ln, London N17 8NJ

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## Spanish Classes with Julia

Every Tuesday / 5pm to 6pm

FREE to members

Would you like to learn Spanish in a relaxed and fun environment? Join our Social Activity Coordinator Julia for Spanish classes every Tuesday afternoon from 5pm to 6pm.



The class will be hosted online with a fun excursion every 4 weeks to practice what the class has learned in a real life environment!

**Venue:** Online

## Line Dancing (Advanced)

Every Wednesday / 10.30am to 11.30am

£ donation to cover costs

We are now offering advanced line dancing classes for our members who are looking to challenge themselves with complex movements.

This popular class, led by Carol, still offers a relaxed learning environment where everyone can come to exercise and have fun, whilst also offering the opportunity to learn more advanced steps!



**Venue:** The Community Hub, 8 Caxton Rd, London N22 6TB

## Line Dancing (Beginner)

Every Wednesday / 12pm to 1pm

FREE to members

Would you like to exercise but have fun at the same time? Join Circle friends for a creative line dancing class that will get you to move and groove.

Improve your balance, fitness and coordination in a social and fun setting, led by our line dance teacher Carol. This class is designed for people who are new to line dancing or who haven't tried it before. Movements are done at a more relaxed pace.



**Venue:** The Community Hub, 8 Caxton Rd, London N22 6TB

## Coffee & Brunch Meet Up/Drop In Wood Green

Every Thursday / 11.30am to 1pm

FREE to members

Join us for our weekly coffee and chat drop-in every Thursday. Take a break from the everyday and spend some time catching up with other members or even meeting them for the first time! There's always a welcome over coffee or tea, and a generous 20% on Naya's lovely food, and it is right next to Wood Green Tube!



Whether you want to swap memories, chat about your passions, or simply enjoy friendly company, this is a relaxed, welcoming space to reflect, laugh, and be inspired by the experiences of others. Everyone is welcome, especially new members, come along and join the conversation!

**Venue:** Naya Cafe & Deli, 748 Lordship Ln, London N22 5JU

## Friday Quiz Night

Every Friday / 5pm to 6pm

FREE to members

Join us for a night of fun, laughter and friendly competition at our weekly Monday quiz night.

Test your knowledge on a host of topics, from history and science to pop culture and sports - all hosted online so you can get involved from the comfort of your own home.



**Venue:** Online

## Weekend Walks: Discover Nature

Every Sunday / 11.30am to 1pm

FREE to members

Join us on our popular Sunday walks each week, starting at 11.30am. We take a different green route each week, with the Walthamstow Wetlands, Alexandra Palace Park, and Parkland Walk being some of our favourites. We explore the flora and fauna in each walk, with surprising discoveries and beautiful scenery.



All of our walks are designed to be accessible for people of all abilities. Our walks are usually an 1.5 hours, with optional turning back points for people who would prefer a shorter route and two different pace groups that meet for coffee at the end (striders and amblers). And our walks are planned to have access to a toilets and resting space.

Please register your interest in advance in case of cancellations or changes.

**Venue:** New weekly route emailed in advance!

# IMPORTANT REMINDER!

Please remember to sign up in advance for all activities. This is very important for health & safety reasons, and planning purposes and helps us ensure that events run smoothly for everyone.

If you have registered but cannot attend, it is essential that you let us know. This allows us to make the necessary arrangements and accommodate other members who may wish to participate.

We are always happy to welcome new participants, and if you need any assistance with signing up, please do not hesitate to email or call us.

Please also check your email and our website for any updates or changes to events. Your participation and attention help us provide a safe, organized, and enjoyable experience for all.



**Got an idea for an activity or event?**

Maybe you'd like to form a neighbourhood walking group, morning coffee group, or need help setting up a regular light exercise class.

We can help and support you to develop activities and hold community events in your neighbourhood.

If you have an idea and need help getting it off the ground then get in touch.

## **Volunteering Opportunities with DAH**

### **Volunteer Advice Worker:**

We are looking for someone with experience of advice work and the benefits system to help us maintain an efficient and knowledgeable advice service, by facilitating a wide range of clients.

<https://reachvolunteering.org.uk/opp/volunteer-advice-worker>

## **Contact us**



**Haringey  
Circle**

**Call:** 020 3196 1894

**Email:** [hello@haringeycircle.com](mailto:hello@haringeycircle.com)

**Website:** [www.haringeycircle.com](http://www.haringeycircle.com)

**Twitter:** [@haringeycircle](https://twitter.com/haringeycircle)



**Address:** Disability Action Haringey, Winkfield Resource Centre, 33 Winkfield Road, Wood Green, Haringey. N22 5RP

**Call:** 0203 355 0071  
(open 10:00am - 15:00pm)

**Email:** [info@d-a-h.org](mailto:info@d-a-h.org)