



MARCH 2021

WOMENS
HISTORY
MONTH



CARE TO CHALLENGE

INTRODUCTION

Mark the annual celebration of International Women's History Month in the company of women and girls from all ages and walks of life across Haringey, join us on Zoom with your family and friends for this virtual event.

Throughout the day you can access interactive and awe-inspiring experiences designed to inspire, motivate and empower you.

The event opens at 10am with guest speakers and closes with a creative performance at 6pm.

The day includes

- Sports & fitness
- Workshops
- A quiz
- Inspirational speakers
- Creative performances

Enjoy



WOMENS HISTORY MONTH VIDEO

<https://youtu.be/c7Plv0pkJBU>



CONTACT:

info@4u2newsmag.com

www.4u2newsmag.com

  4u2newsmag



THE DAY WOMEN TAKE OVER

BY JOSEPH UNADIKE

MEMBER OF CREATIVITY UNLEASHED YOUNG CREATIVES PLATFORM, AND FORMER STUDENT AT HARINGEY SIXTH FORM COLLEGE

The day women take over
No longer do you have
to look over your shoulder
Drunk in love, why must I stay sober
Phenomenal woman was
the word Angelou spoke
Not the woman used,
abused and nothing
more than a few strokes.
Stroking away her luscious black hair
wiping away her luscious black tears
She in-fact cannot fathom why men choose
to objectify her, defile her and deny her
She awaits the day her and women across
should take over.
Over my dead body, she states, no more will a man
be a part of my mistakes
Till this day I solemnly swear
For I am a woman who
has taken over
Not over taken,
mistaken or forsaken
Rather now unshaken
and my thoughts awoken
The day women take over
Now it is time for
others to partake in...

Covid-19 cases are **rising** in Haringey



Hands

Wash your hands
as often as possible.



Face

Wear a face mask
or face covering.



Space

Keep your distance
from others.

Do the right thing
**KEEP
HARINGEY
SAFE**

**community
PROTECT**



Women have shaped Haringey and the world: be inspired

Women's History Month online
events, crafts, quizzes, maps and lots
more will be taking place in Haringey
throughout March 2021.



Visit www.haringey.gov.uk/whm
for Women's History Month online
events

Haringey
LONDON

TUESDAY 9TH MARCH 2021

END VIOLENCE AGAINST WOMEN AND GIRLS

TIME: 10.00am - 11.00am

PLACE: MS Teams

PRICE: Free

EVENT DETAILS: Join us for this 1-hour interactive session to learn how you can become a VAWG Community Champion or Safe Space in Haringey

In the spirit of Women's History Month and International Women's day we are recruiting people to be trained to become Violence Against Women and Girls (VAWG) Community Champions in Haringey. It's a fantastic way for people who live, work, or study in Haringey to get more involved and make a difference in their communities.

Are you passionate about ending Violence Against Women and Girls and want to make a difference in your community? Join us for this information session about our Coordinated Community Response (CCR) Pilot to find out more information about becoming a VAWG Community Champion or Safe Space in Haringey.

Coordinated Community Response (CCR) Community

Engagement Pilot

Haringey is committed to developing a coordinated community response to end Violence against Women and Girls (VAWG) in the borough. As part of our CCR pilot model, we are recruiting individuals who live, work, volunteer, or study in Haringey to become VAWG Community Champions as well as partnering with community spaces around the borough (such as libraries, cafes, children's centres, etc) to become Safe Spaces.

Join us for this 1-hour information session to find out more about how to become a VAWG Community Champion or Safe Space and how you can make a difference in your community.

BOOKING INFORMATION: This event will take place online via Microsoft Teams. You will be sent the meeting link 1 day before the event <https://www.eventbrite.co.uk/e/information-session-become-a-vawg-community-champion-in-haringey-tickets-142218367967>



**END VIOLENCE
AGAINST WOMEN
AND GIRLS**

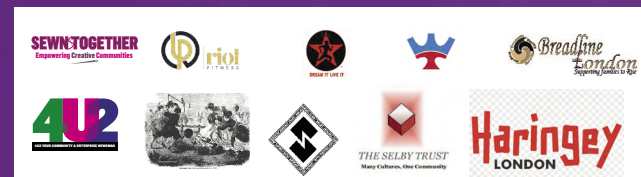
Together we can stop it

Care to Challenge Sunday 21st March, 10AM to 6PM

HEALTH & WELLBEING | SKILLS | FAMILY | CREATIVE *This event will include a podcast by Wheely Tots*

**WOMENS
HISTORY
MONTH**

Time	Themes	Event	Information	Age	Contact to book
10:00 - 10:25	Opening Event	Care to Challenge, Woman's voices	Introduction from Sonja & Tania-Cyrena with guests	Open	4U2newsmag.com
10:30 - 10:55	Health Fitness & Wellbeing	Boxing & Fitness Selby ABC	Boxing inspired fitness session for all ages and abilities. No equipment needed, bring sports/ fitness clothing & water bottle.	Open, families welcome	Message @selbyabc1 on instagram or 07534287618
11:00 - 11:45	Health, Fitness & Wellbeing	Kinetic Stretch Riotfitness	Kinetic stretch helps to release energy, reset our priorities, and order our lives. It will help boost wellbeing and confidence, A truly inspiring, transcendent and healing experience for your body and mind. Please let the organiser know in advance of any medical conditions or injuries.	Women only, 16 +	Riofitness@hotmail.com or call Curly Shia on 07944826040
12:00 - 12:30	Family	Family Budgeting Breadline London	Micro taster to support families to begin to develop the practice budgeting and saving together. Teaching children to budget and save will create a positive culture for generations to come.	Open, all ages	Breadlinelondon@gmail.com or call Marie 07415489506
13:00 - 13:30	Health, Fitness & Wellbeing	Girl power, be active with DILI management	Get active and take part in our online girl power get active, this girl can athletic fitness workout session. Bring Sports / Fitness clothes, water bottles & sports footwear.	Girl 8+ & women	To receive a place please register with DILI Management at info@dilimanagement.com
13:35 - 14:00	Skills	Urban Netball & Athletics	Getting into local activities for healthy lifestyles	Open	Allison 07957887911 apsaontsnetballclub@gmail.com Tania 07751609136 info@dilimanagement.com
14:00 - 14:45	Sport History	History of Women's Football	Learn some of the recorded history of women football in Haringey & the UK. Includes a Q&A, no equipment needed.	18+ (U18s must be accompanied)	To register contact Joanna Yeung, at foundation@tottenhamhotspur.com
15:00 - 15:45	Family	Women's History Month Quiz	Fun activity to involve all of your family to test your general knowledge of women role models throughout history. Bring paper and pen.	Family, all ages	info@mangozookidz.com or contact Ebony 07930 342 261 www.mangozookidz.com
16:00 - 16:55	Creative	WeMove	WeMove Dance - Afrovibez with Fumy! A debut screening of an online dance piece developed by WeMove students. Followed by a 40 mins Afrofusion 'taster' dance class with our amazing teacher Fumy. All levels and beginners welcome!	Open	Info@wemovedance.com
17:00	Creative Closing Event	Storytelling & Poetic Open Mic hosted by Lady Esi	The Storytelling Lab presents a Storytelling & Poetic Open Mic hosted by Lady Esi to celebrate the everyday stories from real life. This event is for storytellers and listeners alike (telling is optional). Come along to share stories, poems & experiences on the theme "My Inspiration" for 5 minutes or less or just listen and enjoy.	Open	Zoom link: thestorylab100@gmail.com



1ST TO 31ST MARCH 2021

ONLINE CHILDREN'S ACTIVITIES: MANGOZOOKIDZ

TIME: Ongoing

PLACE: You Tube, just email Ebony for a link to free activities

PRICE: Free

EVENT DETAILS: Get in touch with Ebony on the contact details below for craft activities, games and quizzes for mums and their children.

BOOKING INFORMATION: Call Ebony for more information on 07930 342 261 or Email: info@mangozookidz.com



EVERY FRIDAY IN MARCH

ONLINE EVENT: IMAGINE A JOURNEY WITH WHEELY TOTS

TIME: 11.30am - 12.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Join our weekly online parent and toddler walks to celebrate Women's History Month, where we will (virtually) meet, to share stories and plan routes to explore our areas.

The event is open to all women and children.

Wheely Tots is a UK Registered Charity that is centred around social integration and getting families active together.

BOOKING INFORMATION: This event will happen on Zoom, contact Antoinette on Antoinette@wheelytots.com or by calling 07397 902255 to be sent joining details.



“CRAFTING TO BUILD RECOVERY & RESILIENCE LIFESTYLES”

ABOUT THIS EVENT

Join our community wellbeing workshops, bringing together HARINGEY residents who are facing loneliness and isolation, using creative topics as a tool to improve overall health & wellbeing, with the opportunity of joining local communities activities.

Workshops will advise individuals about the benefits of skill-sharing focusing on specialist industry sectors to include

CRAFTING - CULTURE-HEALTH & WELLBEING-MEDIA-DIGITAL SKILLS-CREATIVE ARTS-GREEN & ENVIRONMENTAL

Delivered online by local artisans, supported by volunteers, with lived experience on key wellbeing topics.

All activities use easy to follow content and provide a great inclusive foundation to help instil a positive wellbeing culture

BOOKING INFORMATION: <https://www.eventbrite.co.uk/e/sewn-together-crafting-to-build-recovery-resilience-lifestyles-tickets-138852177601>.

SEWN TOGETHER
Empowering Creative Communities





EVERY TUESDAY IN MARCH

WEMOVE YOUNG WOMXN'S DISCUSSION & CREATIVITY GROUP

TIME: 5.00pm - 6.00pm

PLACE: Online (zoom)

PRICE: Free

EVENT DETAILS: A supportive space for discussion, debate and to share and develop your creative work (e.g.art, writing, music and dance). For anyone aged 17-21 who identifies as female or gender non-binary.

BOOKING INFORMATION: Ages 17 – 21

Please email info@wemovedance.com or message Camilla 07493612589

EVERY WEDNESDAY IN MARCH

ONLINE GIRLS ONLY II+ BOXING SESSION (USUALLY AT THE SELBY BOXING CLUB)

TIME: 5.00pm

PLACE: Online (zoom)

PRICE: Free

EVENT DETAILS: Join our online. girls only, boxing club (usually at the Selby Centre). Learn to box from home. This is a great way to mix fitness and fun!

All abilities welcome,

BOOKING INFORMATION: For Zoom link please contact Selby ABC by calling 07534 287 618 or by messaging @selbyabc1 on Instagram.



EVERY FRIDAY IN MARCH

WEMOVE AFROFUSION DANCE WITH FUMY!

TIME: 5.00pm - 6.00pm

PLACE: Online (zoom)

PRICE: Free

EVENT DETAILS: A lively dance class in a variety of Afrofusion styles, taught by one of London's leading choreographers, Fumy Opeyemi. All levels welcome.

BOOKING INFORMATION: Ages 12 – 19

Please email info@wemovedance.com or message Camilla 07493612589

COVID-19 VACCINATION

Are you a community leader and would like to support the campaign on COVID-19 vaccine uptake?

Haringey Council is inviting community leaders to support their campaign on vaccine uptake by recording videos on the importance of taking the vaccine. The videos will be used as part of the Council's digital campaign.

It is vital that we work together to provide reassurance to those who may feel apprehensive about getting the vaccine and we channel the correct information to those who need it the most.

If you are interested and would like to know more, please email communications@bridgerenewaltrust.org.uk



VACCINATION INFORMATION EVENTS

East Haringey has suffered greatly from COVID, in loss of life, health and income. Our BAME groups have suffered most of all. It is a real concern that COVID vaccination rates are currently relatively low among black communities in Tottenham. This would mean people are at great risk as lockdown eases.

NHS North Central London CCG is holding Vaccination Information Events in which participants will have the chance to raise their concerns about the vaccine or to ask questions to a GP and a pharmacist. We are providing a safe space for people to ask those questions to clinical experts.

Please register to one of the events below and share this invite with anyone who might be able to come and benefit from these sessions.

WEDNESDAY 10TH MARCH 2021

BSL INTERPRETERS

TIME: 10.00am - 11.30am

At this information event, you'll be joined by staff from North Central London Clinical Commissioning Group (CCG) to discuss the Covid vaccination programme. There will be a short presentation from CCG staff followed by an opportunity to ask questions. [Click here](#) for more information on how to join.

NHS North Central London CCG is holding Vaccination Information Events in which participants will have the chance to raise their concerns about the vaccine

or to ask questions to a GP and a pharmacist. We are providing a safe space for people to ask those questions to clinical experts.

THURSDAY 11TH MARCH 2021

SPANISH SPEAKERS

TIME: 8.00pm - 9.30pm

We would really urge people who are hesitant to come and to have their questions answered.

[Register here](#)



FRIDAY 12TH MARCH 2021

WORKSHOP: GIFT READY TO GO

TIME: 12.00pm - 1.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Wai-Wai a local qualified Horticulturist will be running the workshop with a view of making something that becomes an instant gift; either for ourselves or a gift to someone such as for Mother's Day or other purposes. No experience necessary, just an interest and a little enthusiasm will do.

We will be making Moss ball. The task is, moving a plant from its pot into moss and tied with string. This can then be hanged or placed on a plate, giving the plant a new way of living. Will also talk about how to maintain the Moss ball.

This work is aimed at adult; older children can also attend but need to be under supervision of an adult especially when using scissors.

BOOKING INFORMATION: Booking is essential. Please get in touch with the contacts below who will circulate registration details closer to the event.

Contacts: Wai Ling +
44769100035

You will be provided with:

A plant, moss, string.

What you need at home: A pair scissors, a piece of plastic to protect the surface where you will be working from. You could use a bin liner for this purpose.



FRIDAY 12TH MARCH 2021

WORKSHOP: MAKING HARINGEY A WOMEN FRIENDLY BOROUGH

TIME: 2.00pm - 4.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Public Voice and Hail Vibrance will be running this online workshop providing information on services within Haringey relevant to women such as - forums, groups, therapy, sexual health advice, maternity information. Solace, Women's Aid, Hearthstone etc.

The workshop would comprise of links to websites, short video's, contacts and a 1-1 session at the end should clients wish to discuss anything they need help with.

This event is aimed at Haringey residents over 18 years old.

BOOKING INFORMATION: Register in advance for this meeting:

<https://zoom.us/meeting/register/>

tJAudOGorz0sHNQkhNGrAK4OJsvt0gtUfZF1

After registering, you will receive a confirmation email containing information about joining the event.

Contacts: Paulina.laurel-munoz@publicvoice.london

Telephone: 02031961900

Cathy.yilmaz@vibrance.org.uk

Telephone: 07525260945



SATURDAY 13TH MARCH 2021

ONLINE WORKSHOP: WOMEN WITH A VOICE

TIME: 11.00am - 12.30pm

PLACE: Online

PRICE: Free

EVENT DETAILS: The Storytelling Lab is celebrating Women's History Month through storytelling.

'Our lives, our cultures, are composed of many overlapping stories' - Chimamanda Ngozi Adichie

Our stories are powerful so it's wise to pay attention to which ones we are telling. When we own our stories, we claim our power. We will be talking about the importance of storytelling as stories help us connect and learn how much we have in common.

Come along to share and listen to stories and poems that celebrate our achievements and successes. Bring along a favourite poem, quote or story to share.

This event will be hosted by Lady Esi and is open to all.

BOOKING INFORMATION: Book your free space on <https://www.eventbrite.co.uk/e/women-with-a-voice-tickets-141736386347> or by emailing thestorylab100@gmail.com



SATURDAY 13TH MARCH 2021

WORKSHOP: FINGER KNITTING

TIME: 1.00pm - 2.00 pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Finger knitting is a form of knitting where a knitted cord is created using only hands and fingers, instead of knitting needles or other traditional tools

This is an Arts & Crafts activity aimed people of all ages

BOOKING INFORMATION: Booking is essential.:

Contacts: Denise 07735661256

Wool Yarn String

SUNDAY 14TH MARCH 2021

MOTHER'S DAY HOLISTIC GARDEN

TIME: 11.00am - 12.00pm

PLACE: Online Zoom

PRICE: Free

EVENT DETAILS: In this introductory session you will learn how to create your own edible holistic garden on

Gardening is one way of connecting the mind and body to the environment and the spirit.

Holistic gardening practices include providing a bridge for profound connections.

The session will touch base on:

Principles of organic growing and managing your garden without any chemicals or pesticides

Wheel of Seasons which identifies what happens to the garden during each season.

Gardening with crystals using natural precious stones to heal balance and boost energy.

GoGrow invites you on a journey to embrace the wonderful world of Nature and how to grow with Love.

BOOKING INFORMATION: Please register with info@4u2newsmag.com
Contact Sandra info@go-grow.org.uk for resource advice.



Gardening is good for the mind
and it's good for the soul

GoGrowWithLove



5. Natural Substitutes for Toothpaste

Natural Alternatives: Mix baking soda and peppermint liquid to make a thick paste. Squeeze or scoop onto toothbrush and brush as normal. This has a slightly salty minty taste and also a natural whitening effect.



Some people use pure baking soda, which works great, but is a little salty and bitter with an aftertaste. Also you can suck cloves and pieces of Cinnamon after eating for constant fresh breath.

Natural Recipes

Skin Brighten Face Mask

- ½ Ripe Organic Avocado
- 3 Chunks Fresh Pineapple
- ¼ Organic Lime
- 1 TBS Extra Virgin Olive Oil
- ½ TBS Honey (Local, if available)
- To Cleanse Before Mask: approximately ½ tsp. Organic Raw Apple Cider Vinegar



Instructions:

Add avocado and pineapple chunks to a food processor. Squeeze the lime to extract juice and pulp onto the mixture. Process until smooth, but textured. Add olive oil and honey and mix with a fork until well blended.



Cleanse skin with your home made cleanser.

Dampen a cotton pad with apple cider vinegar and smooth over face and neck. Carefully avoid eye and lip area. (This step may tingle a little. Some redness is common. For sensitive skin, soak cotton pad with water prior to applying.)

Apply the masque to your skin while sitting or standing. Avoid the eye and lip areas. Relax and enjoy for 10 minutes

Remove excess masque with your fingers, leaving a fine layer on the skin.

beauty@4u2newsmag

07778224242

www.4u2newsmag.com

MONDAY 15TH MARCH 2021

WORKSHOP LIFE DRAWING

TIME: 4.00pm - 5.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Taster lesson designed to introduce life drawing to beginners and returnees.

This fun session will demonstrate simple and concise step by step techniques that improve hand-eye coordination, develop observational skills and improve concentration.

Activities will include

Warm Up drawing Exercise

How to start your drawing

Draw & Describe

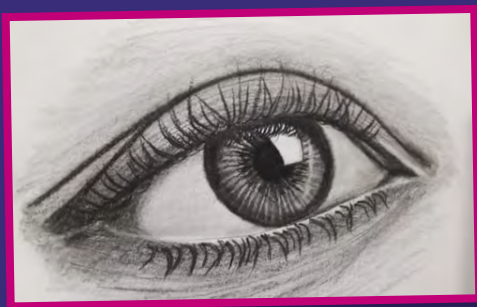
This work is aimed at all ages

BOOKING INFORMATION: Booking is essential. Please get in touch with the contacts below who will circulate registration details closer to the event. Contact: Denise

What you need at home:

Pencils Crayons

Paper



MONDAY 15TH MARCH 2021

ONLINE MONTHLY NETWORKING EVENING: M.O.B MY OWN BUSINESS BY 4U2 NEWSMAG & HARINGEY START-UPS “ HERE TO CHANGE “ HONOURING WOMEN’S HISTORY MONTH

TIME: 7.00pm - 8.30pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Our March session will celebrate women’s history month highlighting “ The Business Mum” .

Each month the network highlights their priorities which invite a guest relevant to share tips, resources, simple do-able ideas.

‘Spotlight a Founder’ from the network will share how they developed their business idea during COVID-19 pandemic.

BOOKING INFORMATION: To book, <https://www.eventbrite.co.uk/e/start-ups-monthly-networking-evening-tickets-142145522083> Additional information please contact info@4u2newsmag.com or call 07778 224 342. Visit our website www.4U2newsmag.com



WEDNESDAY 17TH MARCH 2021

WORKSHOP: TIME OUT EXERCISES WITH RESTBRITE

TIME: 10.00am - 11.00am

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: All you carers who are caring for someone, Restbrite appreciate that you are not able to get out to exercise, so we are providing Zoom exercise sessions to cater for your needs.

We are gentle, so please come and join in with our light cardio and stretching routine, which will raise your heart rate and set you up for the day ahead.

BOOKING INFORMATION: Join Zoom Meeting

<https://zoom.us/j/91336068410?pwd=bnZnNW16YVBhBHhYvY2IuUTNuaGpqUT09>

Meeting ID: 913 3606 8410

Passcode: 55G3Kn

Any questions get in touch:

Contacts: care@restbrite.com

Tel: 0208-374-6812

Tel: 07957887911



TUESDAY 16TH MARCH 2021

ONLINE TALK: SPROUTING MADE EASY

TIME: 5.00pm - 6.00pm

PLACE: Online

PRICE: Free

EVENT DETAILS: Join Breadline London in this online talk where you will discover just how easy it is to grow sprouts at home. Sprouts are incredibly cost-effective, nutritious and have incredible health benefits. All ages welcome.

BOOKING INFORMATION: Please email breadlinelondon@gmail.com to book a place Or call Marie on Tel: 07415489506



WEDNESDAY 17TH MARCH 2021

“WORD UP COACH” ROUND TABLE DEBATE ACHIEVING COACHING GENDER EQUITY

TIME: 7.00pm - 8.30pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: 4U2 will interview three inspirational female qualified coaches, discussing their professional journey to become better equipped to support others in realising their ambitions and dreams.

In the interview guests will outline their different approaches supporting women and girls to build confidence, develop networks and to pursue their life goals and ambitions

Guest

Doreen Haringey Angels Basketball Coach

Daphne Gutfroind The Goodfriend Works skills Coach

Lucy Matthews Selby Boxing Club Coach

This event is aimed towards people of all ages

BOOKING INFORMATION: Booking is essential.

email: info@4u2newsmag.com

07778224342

www.4u2newsmag.com



FRIDAY 19TH MARCH 2021

ONLINE EVENT: CELEBRATING INFLUENTIAL YOUNG PEOPLE FOR WOMEN HISTORY MONTH

TIME: 5.00pm - 7.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Join us for this special event for Women's History Month where young people will be discussing the change, challenges and opportunities they have experienced over the past year. We will be joined by guest speakers who will be discussing their own stories.

As it is Women's History Month, everyone attending is encouraged to wear the symbolic colours green, purple and white on the day of the event.

The event is aimed at young people aged 11 to 25.

BOOKING INFORMATION: Booking is essential, to get an ID code for Zoom please contact:

Aminata Conteh at

aminata.conteh@haringey.gov.uk

T: 07976953259

or

Charita Frederick at

charita.frederick@haringey.gov.uk

T: 07814979690



SEWN TOGETHER

"CRAFTING TO BUILD RECOVERY & RESILIENCE LIFESTYLES"

Join our community wellbeing workshops, bringing together **Haringey** residents who are facing loneliness and isolation, using creative topics as a tool to improve overall health & wellbeing, with the opportunity of joining local communities' activities.

Workshops will advise individuals about the benefits of skill-sharing focusing on specialist industry sectors to include **Crafting • Culture • Health & Wellbeing • Media • Digital Skills Creative Arts • Green & Environmental**

Delivered online by local artisans, supported by volunteers, with lived experience on key wellbeing topics.

All activities use easy to follow content and provide a great inclusive foundation to help instil a positive wellbeing culture.

For more information and registration:
Contact: st@4u2newsmag.com • 07778224342



SPONSORS



SEWN TOGETHER
Empowering Creative Communities



CALL 07735661256
FOR MORE INFORMATION



Starting Date
22nd of March 2021

SESSIONS

RAG RUG MAKING: Wednesdays	10am - 12pm, 4pm - 6pm, 6:15pm - 8:15pm
LIFE DRAWING: Mondays	4pm - 6pm, 6:15pm - 8:15pm
FINGER KNITTING: Tuesday	10am - 12pm, 4pm - 6pm, 6:15pm - 8:15pm
GAME CODING: Thursday	4pm - 6pm
INTERIOR DESIGN: Fridays	4pm - 6pm

Cost for material per session **£5** additional refreshments cost food and snacks **£5**. Payment made during booking.

MAXIMUM
NUMBER OF PEOPLE
PER SESSION IS 6 PEOPLE.

COVID 19 RESTRICTIONS ARE FOLLOWED:
Mask and disposal gloves must be worn before and during each session.



SATURDAY 20TH MARCH 2021

WORKSHOP: HOME DÉCOR CUSHION MAKING

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TIME: 2.00pm - 3.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Join Zahara who will show you how to make your home unique and colourful with home-made cushions and throws.

The workshop will share simple tips and techniques using recycled, discarded fabrics and textiles from around the home.

The activities are delivered in an easy-to-follow format making the session perfect for newcomers and expert crafters.

This work is aimed at adults; older children can also attend but need to be under supervision of an adult especially when using scissors.

BOOKING INFORMATION: Booking is essential via Eventbrite <https://www.eventbrite.co.uk/e/sewn-together-crafting-to-build-recovery-resilience-lifestyles-tickets-138852947905>
Contacts: Zahara 07495146180

www.khemisacrafts.com

Resources: Fabric, Old Pillowcase, Thread, Scissors, Old clothing for stuffing

SUNDAY 21ST MARCH 2021

ONLINE WHM OPENING CEREMONY “CARE TO CHALLENGE”

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TIME: 10.00am - 10.25am Open drop in sessions

PLACE: Online Zoom

PRICE: Free

EVENT DETAILS: Join us throughout the day celebrating Womens History Month. Try out a variety of inspiring taster sessions organised by women in Haringey including healthy eating tips, dance and exercise sessions, boxing, crafting and a platform to share your thoughts using the spoken word and more!

BOOKING INFORMATION: info@4u2newsmag.com
www.4u2newsmag.com + 7778224342
f: 4u2newsmag IG: 4u2newsmag



SUNDAY 21ST MARCH 2021

READY, STEADY, CENSUS

.....

The decennial census is almost upon us. Households across Haringey will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes.

Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is March 21. For more information, visit www.census.gov.uk.



SUNDAY 21ST MARCH 2021

ONLINE GIRLS ONLY II+ BOXING SESSION (USUALLY AT THE SELBY BOXING CLUB)

TIME: 10.30am - 10.55am

PLACE: Online (zoom)

PRICE: Free

EVENT DETAILS: Join our online, girls only, boxing club (usually at the Selby Centre). Learn to box from home. This is a great way to mix fitness and fun!

All abilities welcome,

BOOKING INFORMATION: For Zoom link please contact Selby ABC by calling 07534 287 618 or by messaging @selbyabc1 on Instagram.



SUNDAY 21ST MARCH 2021

ONLINE ACTIVITY KINETIC STRETCH

TIME: 11.00am - 11.45am

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: This taster class will show you techniques to enhance your stretching experience using visualisation in movement.

Kinetic stretches help to release energy, reset our priorities, and help boost wellbeing and confidence, A truly inspiring, transcendent, and healing experience for your body and mind.

This class is for girls aged 8+ and women.

BOOKING INFORMATION: For more information, please email Curly Shia at riotfitness@hotmail.com or call 07944826040.

To book any other classes, visit gymcatch.com/riotfitness to see the schedules.



SUNDAY 21ST MARCH 2021

CREATIVE FINGER KNITTING

TIME: 11.30am - 11.55am

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Join online taster session where knitting is created using only hands, fingers and wool.

BOOKING INFORMATION: Booking is essential.:
Phone: Denise 07735661256

The best protection
a woman can have ...
is courage

Elizabeth Cady Stanton

SUNDAY 21ST MARCH 2021

ONLINE TALK: FROM PENNIES TO POUNDS (FINANCIAL INTELLIGENCE)

TIME: 12.00am - 12.55pm

PLACE: Online

PRICE: Free

EVENT DETAILS: Everyone can create generational wealth for themselves and their loved ones once they know how.

Come and unlock the knowledge. It is not just about how much money you have, it's about how you spend, save and invest it

The event is aimed at residents 16 years+

BOOKING INFORMATION: Please email breadlinelondon@gmail.com to book a place.

Or call Marie on M: 07415489506



SUNDAY 21ST MARCH 2021

ONLINE TASTER SESSION: GIRL POWER, BE ACTIVE WITH DILI MANAGEMENT

TIME: 1.00pm - 1.25pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Get active and take part in our online taster session Girl Power Get Active.

This Girl can athletic fitness workout session. We're calling all girls and women in Haringey to join our exciting FREE online athletic fitness session.

Let us bring the FUN and feel-good factor of a live class direct to your living room, for the most

fun you will ever have while exercising.

This class is for girls aged 8+ and women

BOOKING INFORMATION: Call 07751609136 or email info@dilimanagement.com Instagram@DILICISports



SUNDAY 21ST MARCH 2021

URBAN NETBALL & ATHLETICS

TIME: 1.30pm - 1.55pm

PLACE: Zoom

PRICE: Free

EVENT DETAILS: Now there is an opportunity for toddlers and elders to get involved in two easily accessible sports. This session will share tips and information how Netball & Athletics are used to learn new skills, boost self-esteem, support teamwork, and develop healthy lifestyles.

BOOKING INFORMATION: Contact Allison 07957887911

email: apsaintsnetballclub@gmail.com

Contact Tania 07751609136

email: info@dilimanagement.com

A.P. SAINTS
NETBALL
CLUB



SUNDAY 21ST MARCH 2021

ONLINE TALK: HISTORY OF WOMEN'S FOOTBALL



TIME: 2.00pm - 2.55pm

PLACE: Online

PRICE: Free

EVENT DETAILS: Join this session, delivered by the Tottenham Hotspur Foundation, where you will discover how significant Haringey was for international women's football in the 19th century.

Watch recorded history of women's football in the UK, real footage of 19th century women playing football and learn about how women were portrayed by the press.

This event is for those aged over 18, anyone under 18 is also welcome but must be accompanied by an adult.

BOOKING INFORMATION: Please register with the Tottenham Hotspur Foundation to receive booking details by contacting Joanna Yeung, at foundation@tottenhamhotspur.com

SUNDAY 21ST MARCH 2021

WOMEN'S HISTORY MONTH QUIZ

TIME: 3.00pm - 3.45pm

PLACE: Download Youtube and Haringey website

PRICE: Free

EVENT DETAILS: Women's History Month Family Quiz

The quiz has been created by Mangozookidz and is a fun activity to involve all of your family and test your general knowledge of Women role models throughout history.

The quiz will be pre-recorded and will be available to watch on Youtube, you will also be able to a text version of the quiz on Haringey website by visiting www.haringey.gov.uk

BOOKING INFORMATION: No booking necessary, just email info@mangozookidz.com for the youtube link or Contact Ebony for more information on Tel: 07930 342 261



SUNDAY 21ST MARCH 2021

WEMOVE AFROFUSION DANCE WITH FUMY!

TIME: 4.00pm - 4.55pm

PLACE: Online (zoom)

PRICE: Free

EVENT DETAILS: A lively dance class in a variety of Afrofusion styles, taught by one of London's leading choreographers, Fumy Opeyemi. All levels welcome.

BOOKING INFORMATION: Ages 12 - 19

Please email info@wemovedance.com or message Camilla 07493612589



SUNDAY 21ST MARCH 2021

CLOSING CEREMONY “MY INSPIRATION” STORYTELLING & POETIC OPEN MIC

TIME: 17.00pm - 18.00pm

PLACE: Online

PRICE: Free

EVENT DETAILS: Hosted by Lady Esi

The Storytelling Lab presents a Storytelling & Poetic Open mic session to celebrate everyday life stories from local residents who will be sharing their resilience and recovery stories during Covid-19.

This event is for storytellers and listeners alike (telling is optional). Come along to share stories, poems, and experiences on the theme “My Inspiration” that will convict, challenge and change you for a few moments, or feel free to listen and enjoy.

BOOKING INFORMATION: Book your free space on Eventbrite or email: thestorylab100@gmail.com



MONDAY 29TH MARCH 2021

HARINGEY WOMEN'S LEADERSHIP SUMMIT “CARE TO CHALLENGE”

TIME: 11.00am - 3.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: In the world where gender diversity and equality has become more important, there is a need for women to have a platform to discuss emerging topics such as skills that support the success of women in leadership positions, work life balance, the difference between a manager and a leader and much more.

The event will deliver workshops, panel discussions, online surveys by a diverse group of women from the borough of Haringey who will be sharing advice and providing practical support.

We aim to discuss a variety of subject which will include, women's health, employment, image, selfcare, relationships, finance, hobbies and more.

Topics will include

- Families
- Work-life balance
- Managing health challenges for women.
- Overcoming imposter syndrome and building confidence
- How to build networks to advance your career.
- Hobbies.

Full timetable and registration will follow shortly.

BOOKING INFORMATION: info@4u2newsmag.com

www.4u2newsmag.com www.4u2newsmag.com

F:4u2newsmag IG 4u2newsmag

Haringey
LONDON



TUESDAY 30TH MARCH 2021

ONLINE TALK: BUILDING HEALTH & NUTRITION

TIME: 5.00pm - 6.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Join Breadline London in this online talk on how a healthy, nutritious diet is essential for good physical health and positive mental wellbeing. To maintain a healthy lifestyle, our bodies require a variety of vitamins & minerals for sleep & rest and a positive mindset.

The event is open to all ages.

BOOKING INFORMATION: Please email breadlinelondon@gmail.com to book a place Or call Marie on M: 07415489506



BETTER HEALTH - LET'S DO THIS!

Could you do with a little motivation to get out and move more?

Walking is part of our daily lives and can be a great way to improve our health. Haringey Walks provides free wellbeing walks to all Haringey residents throughout the year.

These guided group walking sessions offer you an opportunity to meet other people in your community, get out more, feel better and improve your mood.

Contact the Haringey Walks team today, leave your contact details and they will be in touch once government restrictions allow walks to start again.

If you are a Haringey organisation that would like to deliver walks or wish to get involved in borough-wide walks, do get in touch.

If you are a local resident who would like to volunteer as a walk leader, please also get in touch.

Contact the Haringey Walks team on 07971 113 463 or get.active@haringey.gov.uk
It begins with little changes... Help for you to get ready for when walks start again can be found at the NHS Better Health website - <https://www.nhs.uk/better-health/>



Haringey
Walks 

30TH & 31ST MARCH 2021

HEALTH BEAUTY WELLBEING FAIR FOR RESILIENCE & RECOVERY

TIME: 11.00am - 12.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: The aim of the health fair is to create and broaden health & wellbeing awareness, achieved through education and inspiring one and other. Explore the many aspects of health as we learn to become healthier individuals, developing healthy lifestyles.

The webinar will include - information, support, signposting, holistic health experts, lotion & potions tips and online demonstrations.

BOOKING INFORMATION: To book, please contact info@4u2newsmag.com or call 07778 224 342. For more information, please visit our website www.4U2newsmag.com



30TH TO 31ST MARCH 2021

ONLINE ADVICE DAY

TIME: 10.00am - 4.00pm

PLACE: Online (Zoom)

PRICE: Free

EVENT DETAILS: Haringey Advice Partnership (Citizen's Advice Haringey, Hail Vibrance and Public Voice), will be providing free information, advice and guidance on a range of issues affecting people living, working and studying in Haringey.

This event is aimed at Haringey residents over 18 years old

BOOKING INFORMATION: To see registration details, please direct people to the website <http://haringeyadvice.org.uk/>. Details will be circulated soon.



SEWN TOGETHER
Empowering Creative Communities

smarter travel walking guide



020 8489 5351

www.haringey.gov.uk/smartertravel



This is your guide to walks and walking groups around the paths, parks and open spaces in Haringey, to help you get active all year round.

Walking is the easiest and cheapest way to exercise. It saves you money and helps the environment too. Walking for just 30 minutes a day helps keep your heart healthy and strengthens muscles.

Haringey benefits from sixteen parks with green flag status, the benchmark gold standard for parks and green spaces in the UK.

healthy walks

walk your way to health with NHS Haringey

This is a volunteer-led group supported by NHS Haringey and Haringey Council for all Haringey residents.

Walks are led by trained volunteers and are a great way to meet new people and discover your local neighbourhood. Walks take place all over the borough.

For more details call **020 8489 5326** or email **Pamela.Harbige@haringey.gov.uk**

pram attack

Designed for mums who want to keep fit. Classes are held in Finsbury Park and Caledonia Park.

For more details contact Vicky on **07903 272 934** or **info@pramattack.co.uk** or visit **www.pramattack.co.uk**

pushy mothers

This is a pregnancy and post-natal fitness initiative providing safe and effective exercise for mums and mums to be in local parks. No childcare worries - you bring your baby in your buggy.

Visit **www.PushyMothers.com**

historical walks

highgate society

The Highgate Society has published several guided walks available on its website at **www.highgatesociety.org.uk**

tottenham civic society

The Tottenham Civic Society organises regular historic walks. The programme includes walks around conservation areas, parks and housing estates, as well as visits to various buildings of interest both new and old.

To find out more visit **www.tottenhamcivicsociety.org.uk**

bruce castle

Bruce Castle opened as a museum in 1906 and now houses history collections relating to the Borough of Haringey. Park visitors can follow the Tree Trail and the park is part of the Better Haringey Walking Trail.

For more details call **020 8808 8772** or visit **www.haringey.gov.uk/brucecastlemuseum**

walk yourself fitter

Taking a frequent walk is one of the most effective ways of improving your health.

If 30 minutes exercise at one time is inconvenient, shorter bouts of 10-15 minutes exercise spread over the day can be just as good.

Walking is virtually injury-free and has the lowest drop-out rate of any form of exercise.

Walking a mile in 20 minutes is a highly effective workout - and burns approximately the same amount of energy as:

- Running a mile in 10 minutes
- Swimming breast stroke for 10 minutes
- Doing aerobics for 16 minutes
- Playing football for 12 minutes
- Cycling for 16 minutes

what's your target?

2 x 15 minutes

Build up gradually to regular 30 minutes continuous walking by starting with two 15 minute walks a day, at least five days a week.

3 x 30 minutes

Walk continuously at a fast or fairly brisk pace for 30 minutes at least three times a week.

10,000 steps a day

The British Heart Foundation recommends 10,000 steps a day for a healthy heart. Use a pedometer to check you are walking about four and a half miles a day (10,000 steps).



distance, times, calories table

Park / Recreation ground	Lap distance metres	Lap time (mins)	Calories burnt per lap
Albert Rd	625	6.5	39
Bruce Castle	750	7.5	51
Chestruts	680	7	42
Downhills	965	10	60
Down Lane	850	8	48
Finsbury	2230	21	126
Lordship	1200	12	72
Markfield	700	7	42
Priory	500	5	30

walking resources

walkit.com

A great online walk planning resource and simple to use, Walkit.com lets you know how many calories you burn walking at slow, medium or fast pace. It even lets you know how much Co2 you are saving by not using a car.

Visit **www.Walkit.com**

walk to school

Walk to School is a national campaign that was launched in 1995 - to encourage all parents and children to make walking to school part of their daily routine.

Visit **www.walktoschool.org**

walk london

There are lots of downloadable routes to choose from at Walk London including the Lea Valley Walk.

Find your walk at **www.walklondon.org.uk**

walk 4 life

Find new routes, upload your own routes and record your progress on this great online resource. You can also use the website to find out about your local walking groups and find a charity challenge.

Visit **www.walk4life.info**



ramblers

If you are planning a more ambitious walk then the Rambler's website is a great resource and has a useful walks finder to help you plan further afield.

Visit **www.ramblers.org.uk/walksfinder**

stravel

Sign up to Stravel and get rewarded for all the journeys you make by foot. Stravel calculates how much money you save, how many calories you have burnt and converts the miles travelled into Stravel points which can be exchanged for discounts and free offers. The more you walk, the more points you get and the better the offers become.

Visit **www.haringey.gov.uk/smartertravel**

walking trails

better haringey walking trail-free walking guide

The Better Haringey Trail is a 12-mile borough-wide circular walk, joining places of interest and environmental importance. It gives residents and visitors a great opportunity to enjoy walking and to explore different areas of Haringey.

Visit **www.haringey.gov.uk/betterharingeytrail** to download a free walking guide.

capital ring walk

The Haringey section of the Capital Ring Walk passes through Highgate down to Finsbury Park and Manor House.

A walking guide is available from **www.walklondon.org.uk**

lea valley walk

If you are planning a more ambitious walk along the Lea Valley that follows the Lea Navigation towpath from Waltham Abbey through Haringey to Limehouse Basin.

For more guides and maps visit **www.walklondon.org.uk**

greenways

These are safe routes running through parks, forests, waterways, and quiet residential streets. Greenways in Haringey run from Finsbury Park to Tottenham Marshes and Finsbury Park to Alexandra Palace. See map overlay for details.

moselle river walk

This is a seven and a half mile walk along the course of the Moselle, Haringey's river, flowing from the heights of Queens Wood in the west to the river Lea at Tottenham. A detailed brochure is available at **www.haringeyfriendsofparks.org.uk**.

new river walk

The New River Action Group leads regular walks along the New River.

Visit **www.newriver.org.uk**

alexandra palace

For nature trails, environmental walks and walking maps visit

www.alexandrapalace.com and **www.friendsofalexandrapark.org**

haringey parks

To find out more about your local parks or report a problem call **020 8489 1000**, email **parks@haringey.gov.uk** or visit **www.haringey.gov.uk/greenspaces**

More details of walking events and groups and downloadable walking maps are available at

www.haringey.gov.uk/smartertravel



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WORD UP CREATIVES

Loretta Artist

"Born in Romania, Loretta studied languages, shortly after graduating from University, with major Spanish Language and Literature Italian Language and Literature she moved to London. She has lived in the UK since 2009, studying also Edexcel BTEC Level 3 Subsidiary Diploma in Art and Design (Photography) with starred distinction. Despite the different career paths, art was always number 1 in her heart. She has been drawing from a young age and just recently started painting. Her favourite medium is acrylic on canvas. Loretta is on a constant journey of discovery but for now, she enjoys alternating between still life, landscapes, nudes and abstract."

IA: @loretta.i.art Etsy shop: <https://www.etsy.com/shop/ArtByLorettaUK>



• Contact: wordupcreatives@4u2newsmag.com

FREE ONLINE COURSE

Haringey
LONDON



Level 1 Certificate in IT User Skills in Open Systems and Enterprise

This course is designed for people who want to continue expanding their knowledge with **Microsoft Office 2019 (Word, Excel, PowerPoint, Outlook) Essentials + Cybersecurity.**

Dates:

01 Mar 2021 to 26 May 2021

Course length:

Ten sessions

Days: Monday/Wednesday

Time: 09:30-15:00

Fees: Free

Course code: ASF20/8792

The course will teach you how to:

- Plan the use of appropriate IT systems and software to meet needs
- Use appropriate methods to minimise security risks to IT systems and data
- Enter, edit, and combine text and other information accurately within word processing documents
- Use a spreadsheet to enter, edit and organise numerical and other data
- Input and combine text and other information within presentation slides

How will people learn?

- Remote on MS Teams

Apply today

To apply for this online course please go to www.haringey.gov.uk/HALS

To enquire call **020 8489 2596** or email hal5@haringey.gov.uk

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