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# TOTTENHAM COMMUNITY PRESS

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Local news that matters to you

## Noisy trains cause residents distress

Locals seek answers from TfL



Seven Sisters Station Credit: Stephen Furner

*“It’s not on for them to say, ‘we can’t do anything about it’ – that’s not good enough”*

“I contacted Homes for Haringey, who manages our building and they sent a structural engineer round to have a look.”

The neighbours were told that the vibrations were not likely to cause any structural damage, but the noise has had an impact on some of the residents’ health.

Martin said: “I generally have poor energy levels or I feel fatigued throughout the week. I get up early, so it means I’m getting to bed late and I’m not getting my recommended seven/eight hours of sleep a night.”

Alfred suspects the vibrations have been the cause of his high blood pressure and damaged blood vessels, which he is now taking medication for.

He said: “It affects your life, you just can’t sleep properly anymore, and that’s really, really dangerous.

“Usually you wake up [in the morning] and you’re fresh, but when you get woken up at 5.30am, and you can’t fall asleep again – and the same at night, it makes you feel very anxious, because it’s

By Luchia Robinson

Local residents have raised concerns about the excessive noise and vibrations made from passing underground trains.

Alfred Jahn; a marketing manager, Martin Coles; a personal trainer, Jami Cresser-Brown; an architect, and their neighbours, can feel and hear constant tremors

rumbling through their homes, in the Moreton Road area, N15.

The residents live near Seven Sisters Road, beneath which, the Victoria Line runs a frequent service.

They claim the strong vibrations began in September/October 2018, and have been continuous ever since.

“I’m bothered by noise quite a lot so it’s something I would have

noticed, and it’s the Victoria Line, so it’s [about] every 90 seconds – not something that happens every half hour,” said Alfred.

“It was really interesting speaking to some of my neighbours – some of them have lived here for about 50 years, and they say that [in that time] nothing like this has happened before.”

The reverberations happen

throughout the day and also on Friday and Saturday nights, as the Victoria Line is part of the night tube network.

Alfred said: “The way I noticed it was when the grid on top of the radiator in my bedroom, literally started vibrating. It made this noise, and I didn’t know where it was coming from, so I was actually quite concerned about the whole building.

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# COMMUNITY

## STEADFAST IN DIFFICULTIES

JULY 2019 – N°. 24

At *Tottenham Community Press* we believe that Tottenham deserves a newspaper that is written by and for local people, and which celebrates community in all its diversity.

We believe that local news brings people together around the issues that matter most to them and ensures everyone can have a voice in local decision-making.

Now more than ever we believe that the media should be responsive and accountable to the community it serves.

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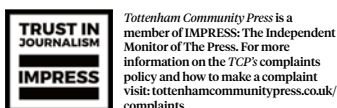
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Tottenham has been a hive of activity, with residents running the 10k Engine Run (p.11), winning mayoral awards (p.6) and caring for our parks (p.12)– amongst many other community projects.

Locals have also been honouring the legacy and contribution of the Windrush generation– turn to pages 7-10 for our four-page Windrush Special supplement, to find out how and why.

Miri Burnett shares how young, unaccompanied refugees and asylum seekers are taking part in football sessions that are uniting them, both in the game and friendship (p.13).

Commissioners from Haringey's Fairness Commission update us on how they are working towards making the borough a fairer place (p.5), whilst the Causeway Irish Housing Association are trialing a 4-day work week, in an attempt to make the workplace a much more productive environment.

If you would like to share your thoughts, campaigns and projects with *Tottenham Community Press*, send all details to [tcp@socialspider.com](mailto:tcp@socialspider.com)

Luchia Robinson, Editor

I am Klaudia Kiss, the Advertising and Sales Manager at Social Spider CIC (publisher of *Tottenham Community Press*).

I was formerly an online radio presenter, and also a former branch manager for a small direct marketing firm in London.

I have a passion for social media and I previously worked as a Communication and Social Media Manager.

I enjoy long walks on the marshes– one of the last remaining examples of semi-natural wetland in Greater London. It is great to have such a valuable and enjoyable green space for the whole community.

Community to me, is a group of people who live and work together in a way that benefits everybody equally. Together working towards common goals, helping others, sharing knowledge and resources. I think community offers us a fundamental meaning in life– something to work towards.

Klaudia Kiss, Sales Manager

My name is Chloe Tait, I am a freelance communications consultant and mum to two small boys.

We're locals having moved to Tottenham from Finsbury Park four years ago.

I view community as being all the friends we've met since we arrived in the area. It is also the many things to see and do; from walks along the canal, to drinks in the Beehive, to an afternoon in Bruce Castle Museum. It is working together with our neighbours to champion Hartington, our local park, so that we can make it a safer and more pleasant place to be.

Chloe Tait, Contributor

My name is Miri Burnett. I am a qualified Social Worker and Assistant Manager for Phoenix Community Care within the Unaccompanied Asylum Seeking Children (UASC), Supported Housing Team.

As well as working in Tottenham, my young family and I attend weekly services at Hillsong Church, who meet in The Bernie Grant Arts Centre.

Outside of my father's long love for Tottenham Hotspur, my connection to Tottenham is new and growing. Through both my professional and personal life, I have developed a real love for Tottenham; its

authenticity, rich diversity and strong pioneering history.

I love discovering new, cool places to eat and socialise in Tottenham; a few favourites of mine are Blighty India Cafe, Blooming Scent Café, Craving Coffee, Loven Presents and Peppers & Spice.

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King.

Coretta's quote reflects what I aspire to embody. Community to me is the opportunity to live for a purpose greater than myself. It's an opportunity to collectively shape the experiences people associate with a neighbourhood, and the UK, at large.

The art and power of community, both positive and negative essentially creates the narratives of our lives. I've encountered so many amazing, passionate initiatives and projects in Tottenham and it is a privilege to make a contribution.

The refugee response is long lasting and not short of its complexities, however, I believe small acts of kindness and compassion can make a lasting impression.

Miri Burnett, Contributor



Continued From Page 1

a noise, that there is nothing you can do about.”

The residents logged complaints with Transport for London (TfL) upon first hearing the bass-like noise last November. A Noise and Vibration Engineer from TfL conducted an initial report, just a few weeks later.

The investigation found that the northbound trains were the source of the noise levels, which peak at 42 decibels, with each tremor lasting approximately 20 seconds.

The World Health Organisation recommends that for a night of good quality sleep, and in order to prevent adverse health effects, noise outside of bedrooms should not exceed 40 decibels.

Video images of the train track show that patches of both the left and right, northern rails are corrugated. The noise occurs when trains pass over the ridged part of the track, (between Seven Sisters and Finsbury Park), close to the residents’ homes.

Jami said: “TfL sending an engi-

neer round and actually getting a report done—I was quite impressed about that, but they just haven’t done anything about it.”

Martin added: “The engineer said that usually the solution to this problem is grinding the track, basically smoothing it out again or replacing it.

“I thought when we got that report, that they have identified the problem, but they have done nothing with it since. When we ask them what exactly they have tried to do, they never answer our question— they don’t respond to us.”

The residents have been told that TfL is prioritising noise issues across the network, but the neighbours do not know whether or when the Seven Sisters to Finsbury Park stretch of the track, will be fixed.

“It’s not on for them to say, ‘we can’t do anything about it’— that’s not good enough,” said Alfred.

Peter McNaught, London Underground’s Director of Asset Operations, said: “We do our utmost to



Residents Alfred Jahn, Martin Coles and Jami Cresser-Brown have been affected by the passing underground trains Credit Luchia Robinson

be good neighbours and remain committed to do all we can to keep noise levels to a minimum.

“We fully understand the effect that noise from the Tube can have on local residents, which is why we have undertaken maintenance and improvement work across the Tube network to try to minimise noise, and have met with residents across London to try and address their concerns.”

Helping Hartington thrive

Community unites to celebrate and improve their local park



Litter picking together Credit Friends of Hartington Park and Carbuncle Passage

Located near the new Spurs ground and just a short walk from both Bruce Grove and Tottenham Hale stations, Hartington Park is at the centre of a busy and diverse residential area.

Last month, the Friends of Hartington Park and Carbuncle Passage (a group of local residents volunteering our time to make Hartington Park better, brighter and safer for all), organised a community picnic in the park, as part of the nationwide event, The Great Get Together.

Inspired by the late Jo Cox MP, The Great Get Together encourages local communities to unite and celebrate.

Our local event was an opportunity for us to invite people to meet their neighbours and enjoy the park, whilst taking part in various activities and entertainment organised on the day.

As part of the event, we gathered views from locals as to what they

want from their park, asking them what they currently like, what they think the issues are, and what they want to see more of.

Broadly, we are concerned about anti-social behaviour in the park and the amount of litter and unwanted items dumped there. Our conversations with local residents and organisations that border the park support this.

We would like an improved park for all who wish to enjoy it. We also think Hartington needs some new facilities that suit a wider range of park users of varying ages, and with different accessibility needs—having some of the pathways and entry points looked at, would make Hartington more easily useable for those with specific access requirements.

We would like to see better lighting and more planting, and we are considering whether a walking loop around the outside would offer something for joggers and cyclists.

These are just some initial ideas

By Chloe Tait, Co-Chair of the Friends of Hartington Park and Carbuncle Passage

however, and we will be looking at the results of the public consultation to decide what to take forward. We will seek approval for our final plans and look to secure funding to start making them a reality.

We want to put Hartington Park on the map, showcasing its place within a network of fantastic green spaces, which include, Lordship Recreation Ground, Bruce Castle Park, Down Lanes Park and the Lea Valley Canal network.





## NEWS

# Community Safety Strategy

## Plan to lower crime in Haringey

By Simon Allin,  
Local Democracy Reporter

Cllr Mark Blake



A plan to make Haringey one of the safest boroughs in London has been drawn up by the council.

The Community Safety Strategy sets out how the local authority will work with the police, communities, the voluntary sector and other groups to reduce the borough's crime rate.

Haringey had the ninth highest level of recorded offences out of 32 London boroughs in the 12 months to February 2018, with high rates of gun and knife crime.

Youth crime is a particular problem in the borough, with 346 victims of serious youth violence in the borough during the 12 months to January 2019.

The council hopes the four-year plan will reduce levels of crime and antisocial behaviour, ensure people feel safe in their homes and in public spaces, cut reoffending rates, and ensure

the public has confidence in members of the borough's community safety partnership.

It will focus on tackling high-harm crime, domestic abuse, wider forms of violence against women and girls, and exploitation – including the 'county lines' drug trade.

Plans include targeting crime hotspots, working with schools to convey an anti-violence message and rolling out more CCTV cameras.

The community and safety strategy will link up with other council initiatives such as the young people at risk strategy and the borough plan.

It was approved by Haringey's cabinet last month, and will be voted on at a full council meeting.

Cllr Mark Blake, cabinet member for communities, safety and engagement, said: "We need to look at all the council's areas of activity across the board, in terms of planning out crime where we can, but also enforcement action in terms of particular trades and licensing.

"And we need to work with our partners – health, education and the police."

Cllr Blake emphasised the pressing need to improve trust in the police. He said: "Haringey is at the bottom in terms of the MOPAC (The Mayor's Office for Policing and Crime) survey of public confidence across the 32 London boroughs.

"I think that is something that needs to be addressed – but it won't be addressed overnight.

"What it is going to take is all of us putting our shoulders to the wheel on the issues behind those low confidence levels."



Haringey Civic Centre Credit: Stephen Furner

# Transport plans approved

## New Controlled Parking Zones form part of plan to improve transport in Haringey

By Simon Allin,  
Local Democracy Reporter

New zones will be rolled out to protect residents' parking spaces on roads near Tottenham Hotspur's stadium.

The Controlled Parking Zones (CPZ) – which allow permit holders to park in designated bays – will operate during Spurs home games and other events, so residents can park near their homes.

They will be created on White Hart Lane and Northumberland Park Road, while existing CPZ in the area will be reviewed.

People who park in these zones without permits face a parking fine.

The CPZ form part of Haringey Council's sustainable transport works plan, which was approved by cabinet members last month.

The £14 million plan also includes upgrades to street lighting and measures to tackle flooding and improve air quality.

Labour councillor for Harringay, Cllr Zena Brabazon said event day parking was a "huge issue in all of north Tottenham" following the opening of the new Spurs stadium in April.

The transport plan features several big improvement schemes, including the

replacement of Station Road Bridge and the introduction of anti-suicide measures on Hornsey Lane Bridge.

Further work will be carried out on a project to boost walking and cycling in Crouch End – the Liveable Neighbourhoods scheme.

The Crouch End initiative forms part of a range of cross-borough measures aimed at reducing air pollution and promoting physical activity, including cycle quietways (convenient travel routes on less-busy back streets) and 'active travel' schemes.

Meanwhile, nearly £600,000 has been pledged to reduce flooding after heavy rainfall led to drainage problems in several areas.

Street lights will be replaced by LED (light-emitting diode) lamps across the borough.

LED lights are more energy-efficient than sodium bulbs and will help the council to cut carbon emissions.

Cllr Seema Chandwani, cabinet member for neighbourhoods, said: "At a time when our budgets are being cut and investments from TfL reduced, this plan enables us to maintain our roads and highways as well as improving accessibility and air quality."

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## INTERVIEW

## Community

Tottenham primary school pupils fight against waste

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# The Fairness Commission



From left to right: Kellie Dorrington, Professor Paul Watt, Paul Butler, Daria Polovina (Fairness Commission Manager) and Cllr Kaushika Amin  
Credit Luchia Robinson

## Cllr Kaushika Amin, Professor Paul Watt, Kellie Dorrington and Paul Butler, commissioners on Haringey's Fairness Commission, give TCP an update on what they are currently doing

By Luchia Robinson

The Fairness Commission, was set up last summer to address unfairnesses and inequalities across the borough.

Commissioned by Haringey Council, it is an independent body headed by Cllr Kaushika Amin, Cabinet Member for Corporate and Civic Services, and Paul Watt, Professor of Urban Studies in the Department of Geography at Birkbeck University.

Comprising of 30 commissioners from core organisations within Haringey, the Commission has been tackling social issues, including housing, debt, poverty, health and education, by engaging residents in regular dialogue.

This has given local people the opportunity to share their personal experiences of how unfairnesses and inequalities are impacting their lives.

Having completed the engagement period, the Fairness Commission is now collating the evidence gathered via the public forums and from professional practitioners, to produce a report, at the end of the year, of final recommendations for Haringey Council and other local, public service organisations.

"The range and depth of the inequalities and unfairnesses is quite astonishing. It's very clear that the system is creaking," said Paul Watt.

"The voluntary sector is doing fantastic work, but its struggling with lack of funds, and it's constantly in this business of having to chase resources and to bid for grants. Whilst the council itself is obviously struggling with austerity cuts which have been imposed – and you can see it very, very clearly."

"All of these decisions that are being made, particularly around

austerity reduction are having a massively negative impact on boroughs like Haringey, and particularly on the poorest, most disadvantaged, most vulnerable groups in Haringey."

The aim of the Fairness Commission is to identify solutions to the residents' challenges.

"I see [engaging with individuals and communities] as a really important part of any process in determining priorities and strategies, because if it simply becomes a demonstrative exercise, then I seriously question whether you're getting to the real heart of the issues," said Paul Butler, CEO of The Selby Trust.

The diversity of views and lived experiences voiced at the numerous engagement events held throughout October 2018–March 2019 has been pivotal in assessing the assistance residents require.

"Quite a lot of residents could see the challenges that we are having – but they also understand that services should be for everybody, and that there may be priorities for some people who are more vulnerable or

more disadvantaged than others," said Cllr Amin.

Key areas of concern for residents in the east of the borough include: school exclusions and the work needed to support young people, safety, policing and the fair treatment of the youth, homelessness and temporary accommodation.

"On a very simple level – we listened," said Kellie Dorrington, Operating Development Manager at Haringey Citizens Advice.

"People had the chance to actually express how they felt, and it made a difference because it empowered

them to have a voice.

"The proof of the pudding is when we get to the other end. For me, what we have to do, is prove that we did listen and make the recommendations based on what we heard."

The Fairness Commission has now narrowed the issues, raised by the residents, down to five priority areas (see info box).

The commissioners acknowledge that there are particular issues, distinctive to different groups with protected characteristics, and they are securing advice and support from specialist organisations regarding the recommendation process.

Cllr Amin said: "One of the things that we said to [the residents] is that we would go back once we've got our recommendations and our thinking together – to talk to them about what our thinking was, and [they could] also input further if necessary."

"It's a two-way street: you can't take the voices of people, and then not tell them what your thinking is. It's meant to be engagement all the way, and working thorough ideas. [It is not] just for us to come up with things."

Attempts to collectively challenge inequality and unfairness in Haringey requires resources, and financial constraints pose practical risks to any social improvements.

"Finance is the biggest challenge we've got," said Cllr Amin.

"[But] It isn't always that we need more money – we need to shift the money that we're using, to address the problem in a different way."

Going forward, the Fairness Commission is considering how best to monitor the impact of the recommendations, once they are published and hopefully implemented by the council, the police, the health services and voluntary sector. It is hoped that this monitoring period will last for at least two years.

### The key areas of priority:

- Engagement with public services
- Communication, transparency and access (social care)
- Housing: insecure, temporary, homelessness, private rental sector
- Children and young people: safe spaces, youth support, school exclusions (pupil referral units)
- Communities and neighbourhoods: capacity building, community cohesion (voluntary sector), integration, migration and safety



## COMMUNITY



The team at Causeway Irish Housing Association Credit: Guy Bolongaro

# A new way of working

## Housing association pilots a four-day working week

**A** Tottenham based housing association is trialling a four-day week, in the hope that staff members will be happier, healthier and more productive.

The Causeway Irish Housing Association – a not-for-profit organisation that provides temporary accommodation and life skills for young single homeless people in London – is part way through the

six-month pilot, which started at the beginning of last month.

The team of ten staff members have been able to opt into a 32-hour week, over the four-day period, whilst retaining their fulltime salaries.

The impact on staff satisfaction, service delivery to tenants and organisational income and growth was assessed at the beginning of the trial, and at the

mid-point, via a staff survey addressing work-life balance, and a tenant, telephone survey about customer service. The surveys will be conducted again at the end of the trial period.

If the results are largely positive, with no detriment to the service, the new working pattern is likely to become permanent – making the Causeway Irish Housing Associa-

tion, one of the first associations in the UK housing sector to have a four-day working week.

Joanne Murray, Director of Causeway Irish Housing Association said: “We want to accommodate 21st century workers with 21st century lives.

“Our working culture and conditions were designed over 100 years ago for people who usually had someone else taking care of their domestic responsibilities.

“We want all our staff to have enough time for leisure during their leisure time. We would expect the lost hours to be those currently unproductive ones being spent physically present, but mentally elsewhere, or being stressed and off sick.”

The office, which has remained open 5 days a week, but with longer working hours, has allowed residents to meet staff outside the traditional 9am–5pm arrangement.

Team member, Lorraine Miller said: “Having the opportunity to work a four-day week has been amazing for me.

“I am a parent, who without the four-day week found it impossible to collect my five-year old child from school or meet her teachers.

“I now have the time to meet my daughter’s teacher every Friday and catch up with how she is doing in school – my daughter is also very happy that I can collect her, like her friends’ mums do.

“I am now able to book all my appointments including the GP or repairs for my home on this day, without having to take time off work.”

## Primary school pupils tackle waste

**P** rimary school pupils in Tottenham will fight against waste in a series of sustainability workshops.

North London based social enterprise, Bread n Butter CIC has been awarded funding to deliver their ‘Waste Warriors’ programme, for the first time in Haringey having previously delivered it in Enfield and Barnet.

Bread n Butter CIC teaches members of the community how to eat healthy, cook from scratch and live sustainably.

The North London Waste Authority (NLWA) awarded the funding under the Community Food Project; allowing the five-week programme to be run in Tiverton Primary School, St Paul’s and All Hallows’ CE School, The Willow Primary School, St Ann’s CE Primary School and Stamford Hill Primary School.

The key stage 2 children get to test their cooking skills by making recipes in their classrooms from salvaged food donated by The Felix Project. They will also learn about recycling, food waste and sustainable living.

**“Tackling unhealthy weight is an essential part of a happy and healthy childhood”**

Vicki Williams, Co-Director of Bread n Butter said: “We had such a great response from teachers, parents and children when we first delivered the ‘Waste Warrior’ workshops back in January. So we are delighted to have been awarded a second round of funding from the NLWA to deliver these workshops once again.

“It’s so important for children to be aware about social and environmental issues such as single use plastic and food waste.

“We currently waste 40% of the food we buy, and general waste recycling rates in Haringey are as low as 33% compared to 65% in some areas in Yorkshire.

“We hope that through ‘Waste Warriors’ children will feel empowered to take matters into their own hands and make a change for the future generations.”

**For more information:**  
**Visit** [BreadnButter.org.uk](http://BreadnButter.org.uk)

## Cultural projects win awards from London Mayor

**T**he Mayor of London, Sadiq Khan, has awarded both The RecordShop and Sonja Camara, with one of his first Culture Seeds Awards, in recognition of their impact upon the local community in Haringey.

Bridge Renewal Trust reports that the inaugural ceremony, which was held at City Hall, recognised the work of these community culture groups in bringing people together, increasing their skills and knowledge, and introducing them to creative opportunities in their local area.

The RecordShop, which supports young people to create and record their own music, was awarded the People-Powered Culture Award – which recognises projects delivered by volunteers.

Mary Otumahana, The Record-

Shop, Project Manager said: “As the founder of The RecordShop, I have learnt about the impact community projects have on individual lives and the importance of keeping community projects going.

“I have learnt so much about how to successfully run a CIC and this has been our most successful project so far.”

Sonja Camara was presented with the Culture United Award, in acknowledgement of her sewing project, which brought women together to explore stories of African and Caribbean communities in Haringey.

Sonja Camara said: “The Culture Seeds grant enabled the ‘Sewn Together’ African and Caribbean Commemorative quilt project to bring the community together through creativity.

“Local artisans shared their technique, skills and knowledge in uplifting community spaces. It was an amazing opportunity to highlight the unique contribution and heritage of the African and Caribbean communities living in Haringey.”

A number of individuals and small organisations across London have benefited from Sadiq Khan’s £1 million Culture Seeds fund, which aims to help Londoners of all backgrounds access the city’s cultural riches and explore their own creativity.

There were nine award categories, which shone a light on the creative projects that received support from the Mayor’s Culture Seeds fund. These included theatre workshops with asylum seekers, music for people in care homes, and a visual arts project for young people in the school holidays.

Mayor of London, Sadiq Khan, said: “I want to congratulate The RecordShop and Sonja Camara for their excellent work in Haringey – you are proof that culture can benefit us all.

“Culture has the power to bring communities together and gives young people positive opportunities to discover their creative talent and to achieve their ambitions. Culture can be a powerful tool to steer young Londoners away from crime and criminal gangs and towards education and employment.

“I’m determined that all Londoners have the opportunity to gain from the benefits culture can bring to their lives, that is why I have invested in Culture Seeds, so that our small grants can help make a big difference.”



# WINDRUSH SPECIAL

Rt Hon David Lammy, MP for Tottenham



## Foreword by David Lammy MP

"The aim is to create here in Britain a really hostile environment for illegal migration."

Theresa May's Hostile Environment policy was never about illegal

immigration. It was about disseminating suspicion about the status of anybody who looked like they didn't belong here. It was about asking teachers, nurses, doctors and landlords to act as our border

guards. The Hostile Environment was less about illegal immigration and more about illegalising British citizens.

We still do not know the exact number of citizens who were wrongfully detained, deported, made jobless, left without housing and healthcare, split from their families, left destitute, and treated like strangers in their homes. The Home Office taskforce received 6,507 enquiries from possible Windrush cases between April (when it opened a call centre) and July 2018. In Tottenham, we have referred 32 cases to the Home Office. The truth is, though, that the true number of those affected is likely to be much higher. Due to the sensitivities, many of my constituents have been driven underground. Besides, it is often too easy to speak of the victims of 'Windrush' as if each individual does not have a uniquely painful story to tell.

One of my constituents came to the UK aged 5. A professional boxer at 20, he fought at the Royal Albert Hall to become Britain's #2 boxer for his weight. However, after visiting Jamaica in 2005, he was denied re-entry into the UK. By the time I wrote to the Home Office to secure his return in 2018, he had spent 13 years stuck in a country he barely knew. At 65 years old, he was left destitute and homesick, living in an abandoned grocery shack with

no electricity, no gas and no furniture apart from a camp bed.

Another constituent came to the UK in 1972, building up a successful business of his own. After he was deemed to be in this country illegally in 2018, his housing benefits were cut off and he was evicted from the property he had rented for the past 17 years. No longer able to afford storage fees, he lost everything he owned, his bedding, his clothes, his books and his personal items. After someone else contacted me with

an apology. In terms of the hardship fund, 100 people have asked for support; only 14 were accepted and 41 were rejected outright. I hope that the victims of the Hostile Environment can call the UK home again. But I'm fearful that this might not ever be possible, even if the government provides a compensation scheme that isn't complex, expensive and derisory. That's because the Windrush scandal was a colonial hangover that has left this government dehydrated

**"Owing to the scale of their contribution, we already owed the Windrush generation a huge moral debt"**

deep apprehension that his friend was sleeping rough in a shed at the bottom of a garden, we managed to secure him some accommodation. He now lives in a flat of his own, but without any of the possessions he once had, without any of the money he saved up and without any compensation from the government.

Distressingly, this lack of remorse or rectification is all too familiar a story. 16 people who were wrongly removed from this country have not been contacted by the Home Office. At least 12 people who were removed have died before they could receive

of any moral authority.

In 1956, my father arrived in Britain from Guyana. My mother arrived in the late 1960s. They, along with 524,000 Commonwealth-born people, came to Britain because they wanted to take part in building Britain's future. They were NHS workers, train drivers, engineers, wardens and cleaners. Owing to the scale of their contribution, we already owed the Windrush generation a huge moral debt. After the Windrush scandal, I'm not sure if this debt is something we will ever be able to truly repay.

## Sewn together

Local sewing groups create commemorative quilts to honour Haringey's black communities

### ARTS & CULTURE

By Sonja Camara

Last year 4U2 news magazine, in partnership with The Selby Centre, organised 'Haringey Black Change Makers', a project highlighting the vast contributions of African and Caribbean individuals who have lived/ worked in Haringey over the past 70 years— as we observed that many had remained invisible.

Myself and Paula Pin Kusion, Jesslyn House of Akunna, Sew with Sue, Jodi B Designs, Anastasia House of Phoenix, alongside other creators, decided that making a patchwork quilt would be an effective way to honour our local black communities.

The 'Sewn Together' project united

three local sewing groups, allowing participants to make personal quilt patches, whilst reflecting upon their culture and heritage.

African and Caribbean communities contribute to the wider society in many ways including, democracy, art and culture.

This should be highlighted and the significance shared so that all can celebrate and understand the lasting, positive impact of these contributions to British society.

I view the quilts to be visual expressions of the journeys faced by African and Caribbean communities living in Haringey.

The patches express joy, grief, healing, inspiration and hope; serving as a collective signifier of the on-going fight for recognition, acceptance and equality.



A quilt on display at Bruce Castle Museum Credit: Stephen Furner



# WINDRUSH SPECIAL

## NEWS

### Voyage of the young and their elders

*Tottenham youth to take part in archiving local, Windrush histories*



VOYAGE youth Credit Amelia Hallsworth

**By Luchia Robinson**

Young people from Tottenham, Hackney, Tower Hamlets, Camden and Newham have been selected to take part in an intergenerational project that will uncover the histories and experiences of Windrush generation communities in Haringey.

The project is presented by VOYAGE (Voice Of Youth And Genuine Engagement) – a social justice charity for young, black people, and is in partnership with the African Caribbean Leadership Company (ACLC), based in Hornsey.

VOYAGE has received £4,380 to run the programme, which will see the selected, secondary school pupils regularly meeting with Haringey elders; building relationships, asking questions and gathering personal audio stories, that will be presented alongside video and photography at an exhibition, in time for Black History Month, this October.

Sylvia Quinlan, Director of

the ACLC said: “It’s incredibly important for us to connect with young people, so that they have a deeper understanding of the history and experience of their elders. We look forward to forming new connections with some incredible young people.”

The young people will receive community development training and archive collection techniques from the Black Cultural Archives in Brixton. This will enable them to develop core skills, such as asking pertinent questions and gathering accounts in a way that the cultural relevance of the individual stories, is understood.

Paul Anderson MBE, Chief Executive of VOYAGE, said: “We work with a lot of young people who do not actually have relatives or grandparents in this country, so it’s really important for us to bring young people together [with elders] to get an understanding of that generational difference, and the breadth of stories about people’s migra-

tion flows into this country.

“We are particularly interested in Windrush because there is a feeling on one side, that there was an illusion created – a notion that this country was going to be a land of opportunity with ‘streets paved with gold’. In many respects, a lot of young people find that intriguing because what they see in London, is not necessarily [that]. Their view might be that the streets are paved with blood – their blood.

“For us, getting young people involved in this project, is very much trying to connect them to their ancestral heritage, or an ancestral heritage that they may have heard about, but not necessarily understood.”

“We think young people are a solution to a lot of problems rather than recipients, or the problems themselves. We feel that they can contribute to helping others in a much better way than them just being seen as troubled causes, or as not being useful until they are of voting age.”

### Tottenham celebrates Windrush



Zena Edwards mixes music with poetry  
Credit Luchia Robinson



David Lammy MP in conversation with Dotun Adebayo  
Credit Luchia Robinson



Memories in Mind: Women of the Windrush tell their stories  
Credit Luchia Robinson

BERNIE GRANT ARTS CENTRE

Makin



# WINDRUSH SPECIAL

Supported by

**Haringey**  
LONDON


**BRUCE CASTLE**


ing kites, having fun Credit Stephen Furner



Steel pan performance Credit Stephen Furner

## INTERVIEW BY LUCHIA ROBINSON

***Project Manager, Donna Joseph and Event Coordinator, Shalisa Anthony discuss Windrush L.I.V.E (Leave Ignorance Value Education Enterprise and Excellence)– their not-for-profit organisation, which was established to teach people about the contributions and legacy of the Windrush generation***

## Why young people need to know about Windrush

Donna Joseph and Shalisa Anthony are advocates of the adage that knowing your past is essential in determining your future.

With this in mind, they are working to ensure that the current generation of UK black youth know who they are, understand their history and have the right tools to achieve success.

Shalisa and Donna have backgrounds in events, but Windrush L.I.V.E poses a new challenge for the pair– one that aims to involve young people in finding solutions to the current ‘Windrush debacle’.

Last year, the nation was made aware of the scandal that involved many British citizens of the Windrush generation being wrongfully deported to the Caribbean or being under threat of deportation.

This revelation prompted the Windrush L.I.V.E team to address these injustices through education.

“I really believe that Windrush is everyone’s history,” said Shalisa.

“A lot of people left the Caribbean commonwealth and, when they came here, they had to dumb down and accept jobs that were beneath their educational status– not as snobs, but that was the reality. It freed up a lot of the indigenous (white) population to then become lower level managers and to move up the rung of promotion.

“People need to see the positive contribution of the Caribbean Windrush arrivals to this country, and how it is woven into the fabric of British society. The white, Asian, and of course the black Caribbean diaspora need to know.”

Last month, the first Windrush L.I.V.E event took place at St Ann’s

Library. Aimed at all age groups, its purpose was to teach the attendees about the Windrush migration, and how racism and classism were inextricably intertwined.

Donna said: “The children of the Windrush era were taught as their [white] classmates were, to operate in a factory setting.

“For generations, indigenous (white) children followed into the industry their parents were working in: coal mining, factories, street sweeping– that was your heritage.

“Caribbean children fell in with that group, who were not considered to have any worth by their own people, within the ruling class.

“What we want is for our young [black people today] to not be sucked into this system where they are considered worthless, and for them to use their skills to improve their position, [and that of] their

parents, just by the fact that they are doing well.”

Education, enterprise and excellence are core to the Windrush L.I.V.E message, of making a positive contribution to UK society.

However, Shalisa and Donna believe the British education system tends to narrow the career options for black children– which in turn, has an effect on individual identities and lessens the full impact the youth can have.

“Our children are being farmed into music, dance, and sport,” said Donna.

“Boxing [in particular], because they are told they need discipline for behaviour that is classed as ‘assertiveness’ in the [white] child, but ‘aggression’ in the black child.”

Shalisa added: “We don’t want our young people or our community labelled in ‘this’ box or ‘that.’”

It is value assumptions such as

these that the Windrush L.I.V.E team believe plays a huge part in solidifying discriminatory attitudes towards black people.

“The only way [these attitudes] stop, is when we value ourselves individually, and we take stock of who we are and how we treat one another,” said Shalisa.

“We are taught subconsciously to favour other cultures above ourselves, and when we speak about ourselves negatively, it becomes a self-fulfilling prophecy, for example: ‘All black people are late’– No we’re not.”

Windrush L.I.V.E aims to affirm black identities and combat negative portrayals that are often, widely consumed and personally internalised.

Donna said: “[If] we change our value system, we change our minds, and we will see a change in ourselves and in our community.”



# WINDRUSH SPECIAL

PHOTOGRAPHY BY STEPHEN FURNER

LIVING UNDER ONE SUN



David Lammy MP addresses the crowd



Floral tributes



Cllr Zena Brabazon talks to attendees



Dominoes with friends



Making music in the sunshine



Colours of the caribbean

Across Clues

- 1 The area of the West Indies and surrounding seas and coasts (9)
- 6 Smiles radiantly (5)
- 9 Edible plant stalk (7)
- 11 Where Windrush docked in London (7)
- 12 Certain (4)
- 13 Hates (7)
- 17 Mystical Star Wars knight (4)
- 18 Had knowledge of (4)
- 19 Nationality of most Windrush folk (8)
- 22 Sensed with fingers (4)
- 23 Wise (4)
- 24 Ocean crossed by the Windrush migration (8)
- 27 State of mind (4)
- 28 Transport route (4)
- 29 To pass on something on Twitter (7)
- 34 Protective crust that forms over a cut (4)
- 35 Facial expression of pain or disgust (7)
- 36 To travel (7)
- 38 Ballroom dance from South America (5)
- 39 A fabric of synthetic textile fibres (9)

Down Clues

- 2 Remains of a fire (3)
- 3 To inspire or permeate with (5)
- 4 Sudden brief outbreak (5)
- 5 To take heed of (4)
- 6 Popular Indonesian holiday island (4)
- 7 Entertainment (9)
- 8 Relating to the manner in which something arty is done (9)
- 9 To free of something (3)
- 10 Form of public transport (3)
- 14 A distinct period of history (3)
- 15 Foot attachment for snow (3)
- 16 A sloping edge surface (5)
- 18 To work dough (5)
- 19 Perfectly fitting (4,5)
- 20 A movement of people as in Windrush (9)
- 21 Narrow boat propelled with a paddle (5)
- 25 Appropriate (3)
- 26 Anger (3)
- 29 Rule or government in India (3)
- 30 Type of hardwood (5)
- 31 Factory buildings (5)
- 32 Attempt (3)
- 33 Decorative wall rail (3)
- 34 To leak slowly (3)
- 37 The night before (3)

CROSSWORD by Ajayess

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## SPORT

## Literature

Karin Lock reviews Welcome to Lagos by Chibunu Onuzo

Page 12

Joe Drane and Joshua Nzau, part of the Tennis For Free Downhills Park team



## Sports charity serves up free tennis sessions in Tottenham

National sports charity 'Tennis For Free' has invested in a programme of free tennis sessions at the Downhills Park tennis courts.

In partnership with Haringey Council and the Lawn Tennis Association (LTA), Tennis For Free will provide coach-led tennis sessions for all the family, for one year, as part of its aim to use tennis to improve the physical and mental wellbeing of all members of the community across the UK.

Lead scheme organiser Joe Drane said: "I am very excited to welcome Tennis For Free to Haringey. It is a fantastic opportunity for the local community to try tennis for either the first time, or to dust off the cobwebs after a time away from the sport.

"It's a fun, friendly and entertain-

ing, weekly event where you'll make new friends and benefit from regular exercise. There is no catch, as the name suggests, everything is free."

Tennis For Free CEO Paul Jessop said: "We are changing the image of tennis to a sport for all, by removing the cost barrier so that members of all communities can play and benefit physically, mentally and socially.

"Downhills Park is one of hundreds of schemes we are opening across the UK over the next five years as part of our plan to get more people playing this wonderful sport.

"We have created specially designed programmes to welcome families, the old and the young, of any ability and the beauty is that each session is led by qualified tennis coaches who will ensure people develop at their own pace.

"But it's not just about the playing.

We have seen at our other schemes that small friendly community groups grow. This social cohesion is great to see, especially for those who may not think tennis is for them, but is for another member of their family. People can still stay involved and help run the schemes.

"We are always looking for local volunteers to grow the game, indeed some of our most successful and sustainable schemes across the UK have the coaches supported by a team of volunteers who organise further events, which all contributes towards everyone's wellbeing."

**Sign up for Tennis For Free at Downhills Park, every Saturday from 11am-12:30pm at:**

**Visit** [tennisforfree.com](http://tennisforfree.com)  
**Twitter/Facebook** @tennisforfree

## Run, run as fast as you can

### Runners compete in the second Engine Run

By Andrew Johnston

The second Engine Run took place last month – with the 10k race around Tottenham Marshes, attracting runners from Surrey, Suffolk, the West Midlands and Kent.

The race was organised by the team at The Engine Room and featured Tottenham Hotspur legend, Gary Mabbutt, who kicked off proceedings.

This year the route started and finished in Perky Square, in the heart of Hale Village, the development adjacent to Tottenham Hale.

The Engine Run is one of the key fundraising and community events for The Engine Room. It is held in partnership with Lee Valley Park and the Spurs Foundation, who provide a team of volunteers to marshal the event. This year, staff from local developer, Anthology London also gave up their Saturday to both marshal and run the race.

The winner of the men's race, Sam Jackson made it two out of two, having won the 2018 event. This year, he made it in 39 minutes and 33 seconds! Sarah Proudfoot won the women's race, smashing last year's time by over two minutes, with a superb time of 48 minutes and 11 seconds.

Following The Engine Run, the team from the Spurs Foundation organised a successful 'Spurs Walk' around a 5 kilometre (3 mile) circuit of Tottenham Marshes, with over 75 local people taking part.

Gary Mabbutt thanked the runners for their efforts in raising over £3,000 for work with children and young people, he said: "In today's times it is so important that we support places which offer a safe space for young people to go to, and it is great to see the fantastic work being done at The Engine Room."

Reverend Andrew Williams, the Priest in charge at St Francis at The Engine Room said: "Sport is so important to many in our local community and we are delighted that Spurs continue to support this event which shines a spotlight on the wonderful environments that we enjoy in both Hale Village and on Tottenham Marshes."

The race will take place again in June 2020, so plenty of time to get training!

**Look out for details of how to sign up at:**

**Visit** [facebook.com/engineeroomtottenhamhale/](http://facebook.com/engineeroomtottenhamhale/)  
**Twitter** @stf\_engineerom  
**Visit** [engineerom.org.uk](http://engineerom.org.uk)



Winners Sarah Proudfoot and Sam Jackson with Spurs Ambassador Gary Mabbutt **Credit** David Tohill



# Chestnuts Park Fest

**Saturday 20th July 2019  
11am to 4pm**

Join the **Bridge Renewal Trust** celebrating  
10 years working with communities

Come join us for an amazing day filled with  
free activities for all ages!

- Live music
- Zorbing
- Face painting
- Dance and Zumba
- Tennis & outdoor gym
- Community stalls
- Dr Bike
- School yard games

For more information visit [chestnutsparkfest.info](http://chestnutsparkfest.info)  
or call 020 8885 9095

**Chestnuts Park and Community Centre N15 5BH**



**ONE YOU HARINGEY**

**Haringey**  
LONDON

 #ChestnutsParkFest2019



## COMMUNITY

# United by the game

How football sessions in Tottenham are providing fun and hope for refugee and asylum seeking children and young adults

By Miri Burnett, BA Hons Social Work, Assistant Manager at Phoenix Community Care



Team players Credit Svenja Krüger



A Football United session in action Credit Svenja Krüger

One rainy Friday evening in August 2018, I attended a Football United session in Croydon, run and hosted by Hill-song Church UK.

There were approximately 60 refugee and asylum seeking, young people in attendance, representing countries from all around the world, playing football on a large, brightly lit pitch.

The atmosphere was electric, loud cheers and booming laughter filled the air, whilst they ran with faces ignited with the brightest smiles. Some young people I met on the night had been in the country for less than 48 hours. These new arrivals seemed apprehensive and anxious but by the end of the evening they appeared reassured, calm and exuberant.

I left sure of one thing, that Phoenix Community Care (PCC) needed a football session just like this one.

PCC has worked directly with Unaccompanied Asylum Seeking Children (UASC) aged 16-21 years old, since 2002, providing a supported housing service based predominantly in and around Tottenham.

We help them access facilities and support that will enable them to start rebuilding their lives and build a secure future.

Last September, Football United extended their training sessions and brought the activity to Tottenham.

We were able to support the programme by sponsoring a venue and inviting and welcoming local unaccompanied, refugee and asylum seeking children.

The first session was so successful and well attended that it continued and runs every week. It grew quickly and we have had as many as 74 register and attend since it began.

An average of 3,000-4,000 UASC claim asylum every year in the UK. Most have endured a perilous journey.

Like all children and young adults, they possess great potential and arrive hopeful. However, they can sometimes feel powerless, disconnected and socially excluded. They have to navigate a new language, culture and community, a 'new'

everything and it is often a traumatic and daunting experience.

Football is a universal language, it crosses cultural barriers, develops relationships, boosts morale and builds confidence in those who play or support.

The Football United programme has provided our young refugees and asylum seeking children with an opportunity to pursue a passion for the game, exercise, make friends, practice their English, and promote a healthy lifestyle in a safe environment that is sensitive to their current circumstances.

***“We have a ‘moral responsibility to assist those who are suffering as a result of world conflict”***

All the staff are professionally trained coaches and volunteers who are equipped with the right skills and experience to deliver high quality football training sessions.

We are proud that our young people have access to passionate and caring local volunteers from various professional backgrounds.

The Government's safeguarding strategy for UASC (Nov 2017) clearly outlines the 'moral responsibility to assist those who are suffering as a result of world conflict.'

Our football project is part of a local response to help facilitate a moral duty to serve and support such children, who can be some of the most vulnerable in our society.

**If you are interested in finding out more, making a financial contribution, volunteering and/or if you are a young person wanting to attend, please find out more:**

**Visit** phoenixcommunity.org

**Visit** hillsong.com/uk/bwc/refugee-response/football-united



LITERATURE



Lagos Living

Karin Lock reviews *Welcome to Lagos* by Chibundo Onuozo

Lagos is surely the mother of all cities: a fascinating megalopolis of over 13 million people speaking hundreds of languages. It has its own flavours, sounds and peculiarities – dancing traffic policemen, competing bus touts, ruthless area boys, business-like beggars and hustling hawkers. At its entrance stands the three wise men sculpture named *Welcome to Lagos*. The sculpture provides the title for Chibundo Onuozo's second book, which introduces us to the city's underbelly through the eyes of five fugitives. They have arrived from Nigeria's Delta region, with little money and a team instinct. This random band of desperados, from all levels of society, are learning to trust each other in order to survive. Chike and Yemi are army de-

serters, refusing to protect the interests of oil multinationals who are murdering villagers. Oma is a high-class housewife, fed up with beatings from her oil-executive husband. Isoken has lost her parents in a village fire, narrowly escaping rape by militants. Fineboy – the most street-wise and resourceful group member, is a 'freedom fighter', taking back what belongs to those living in these oil-rich lands. Using a multi-narrator style, this volume offers warm human characters whilst exposing the subtleties of corrupt politics and the brutality that ensues. Although the historical context is not so detailed, the author does portray the Delta region's devastation. It needs hospitals and schools, not the ecocide of poisoned fish, razed villages and armed terror. It is fitting that the songs of musical

icon, Fela Kuti are name-checked at the beginning and end of this story. Fela spent his whole life resisting abuses of power by Nigerian state forces, and the titles chosen, relate perfectly to the dilemmas that lead narrator, Chike faces. Essentially, the novel is a lesson in humility, as Yemi explains: 'poverty get no face'. This writer is celebrating her people's resilience, traditions and humour, whilst highlighting their prejudices, snobbery and classism. The reader also garners a smattering of pidgin, Yoruba and Igbo as a bonus. Onuozo is a contemporary voice who uses acute satire and sharp observation to portray the everyday economic, political and social woes that many Nigerians face. Her solution – teamwork instead of trepidation – is a powerful message.

POETRY CORNER

Bad Penny

That guard outside it,  
the morning after the big match,  
she can't imagine  
jostling into the stadium  
with a multitude of others...  
(is love a football?)  
He tries to look preoccupied  
and she nods, passing;  
but wasn't he there  
under a 'NOT IN USE' last night -  
some smitten non-stop -  
and then, look! had to walk with her  
to where the bus wouldn't zoom past?

Terry Egan

Crossword Solutions No.11

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Advertising with us will allow you to directly engage with local customers. We print 10,000 copies which are distributed across Tottenham in a range of community venues. Get in touch to find out more:  
Email [klaudia@socialspider.com](mailto:klaudia@socialspider.com)



LISTINGS

Upcoming

**Dancing Mindfulness Family Workshop**  
Tuesday 2nd July, 5pm–7pm  
Yoga Avenue, 147 Mount Pleasant Road, N17 6TQ

A creative family workshop focusing on wellbeing and mindfulness in motion. Please wear comfortable clothing, bring a water bottle and open mind. All ages and abilities welcome.

**Free**  
**To book your space:**  
**Email** atruefittcollective@outlook.com  
**Call** 07807 009 750

**George Crowley Plays John Coltrane**  
Thursday 4th July, 8pm–11pm  
The Post Bar, 316 High Road N15 4BP

George Crowley playing the music of one of the most influential saxophonists and composers in music history– John Coltrane. Since his arrival in the capital in 2007, Crowley has steadily established himself as a key player within the city's burgeoning creative jazz and improv scene, and increasingly well known further afield, performing across the UK and Europe.

**Any pound note upwards from £5**  
**For more information**  
**Call** 020 8885 5588

**Steps To Starting Your Own Business Taster Sessions**  
Friday 5th July, 10am–12pm  
Engine Room, Unit A, Eagle Heights, Lebus Street N17 9FU

Have you ever thought about running your own business but not known where to start? Enterprise Enfield is offering free Steps to Starting Your Own Business Taster Sessions for women in London to help them find out what's involved in starting a business and whether it's the right route for them. These 2-hour taster sessions offer a valuable opportunity to find out what it takes to run a business as well as hearing about the rewards and challenges from a successful female entrepreneur.

**Free**  
**For more details and to register:**  
**Visit** enterpriseenfield.org

**Crafty NoLo Market**  
Saturday 6th July, 11am–4pm  
Bernie Grant Arts Centre, Town Hall Approach Road, Tottenham Green N15 4RX

Join us for yet another handmade only craft market in north London at the beloved Bernie Grant Arts Centre. You'll be treated to items ranging from clothing, jewellery, stationery, homeware, soft furnishings, accessories and lots more. If you are yet to, do take a wander around the centre and stop by the restaurant serving a combination of Afro-Caribbean food, as well as a well stocked bar.

**Free entrance**  
**If you would like to take part:**  
**Visit** craftynorthlondoner.com  
**Instagram** /craftynolo

**Art4Minds 'Grow Mindset' Workshop**  
Tuesday 9th July, 7.30pm–9.30pm  
Hale Arts Exchange  
Grow Tottenham, Ashley Road N17 9LZ

This workshop will explore our creative and sensory relationship with nature. After a guided meditation inside Hale Arts Exchange we will be going out into the beautiful garden of Grow Tottenham to investigate and sense the plants around us. Each participant will be creating an artwork relating to their plant of choice.

Art4Minds is a self-care community initiated by artist Sara Stenbæk, which uses meditation and art to aid self-discovery and stress relief. We facilitate a supportive, non-judgemental and confidential space for the participants to reflect on personal and group themes.

Art materials provided. Please arrive on time. No experience required! Hale Arts Exchange is wheelchair accessible.

**Free**  
**For more information**  
**Facebook** /art4minds

**Hale Village London Summer Fest**  
Saturday 13th July, 1pm–5  
Perkyn Park, Hale Village, Ferry Lane N17 9GG

Come and join us and our partners across Tottenham Hale. Enjoy a fabulous day of food, music, stalls, arts, crafts and more!

**Free**  
**For more information**  
**Visit** halevillagelondon.com/summer-festival-22nd-july  
**Call** 020 8808 5490

**Tottenham Community Sports Centre 50th Anniversary**  
Sat 13th July, 12.30pm–4.30pm  
Tottenham Community Sports Centre, 701-703 High Road N17 8AD

This year marks the 50th anniversary of Tottenham Community Sports Centre. To celebrate our golden anniversary, we are holding a free family festival of sport, arts, fun and history. We took over the redundant Tottenham Territorial Army premises in 1969 and since 1992, we have been managed by the Tottenham Community Sports Centre Charitable Trust. We are currently home to 91 local sports and community clubs, playing a key role in community cohesion, health and wellbeing. We are run by volunteers for volunteers and we are totally self-funded.

The Festival is supported by Tottenham Hotspur Football Club and will be attended by a club ambassador. It will be officially opened by the Mayor of Haringey, Cllr Sheila Peacock.

Come and support your local sports and community centre!

**Free**  
**For more information:**  
**Visit** tottenhamsports.co.uk  
**Email** totsports@btinternet.com  
**Call** 020 8801 6401

**Brunswick Park Summer Party**  
Sunday 14th July, 2pm–5pm  
Brunswick Park, Brunswick Road N15 5ES

It's that time of year again, and Fountain Area Residents Association, N15 (FARA) is delighted to be able to support the Friends of Brunswick Park deliver the second ever annual Brunswick Park Summer Party!

Everyone is welcome. There will be live music from local music band, Pink Torpedo, kids' face painting, children's entertainment courtesy of Mr Squash, 2 Touch Rulz football sessions, Tottenham Hotspur Foundation and a whole host of stalls from friends and businesses within the local area.

**Free**  
**For more information:**  
**Facebook** /FountainAreaResidentsAssociationN15

**Chestnuts ParkFest**  
Saturday 20th July, 11am–4pm  
Chestnuts Park and Community Centre, 280 St Ann's Road N15 5BN

Chestnuts ParkFest is a free Summer festival for Haringey's community. Come and join us for an amazing day of fun activities for young and old. There will be live music, dance, food stalls, zorbing, dancing, games, Zumba, demos, challenges, an exhibition– lots of opportunities to have a great time! A special guest from Tottenham Hotspur will be dropping in, along with professional coaches to help you stay healthy, fit and happy too. Come along, get involved, join in and bring your friends.

**Free**  
**For more information:**  
**Follow** #ChestnutsParkFest for the latest on what will be happening on the day  
**Email** colin@bridgerenewaltrust.org.uk

**Indoor Climbing**  
Friday 5th July, 6.30pm–9.00pm  
Stronghold Climbing Centre, Ashley Road N17 9LJ

Never Stop London (NSL) goes indoor climbing at Stronghold. Whether you're new to bouldering or an experienced pro, we welcome all levels. We'll be around to help anyone get started on their bouldering journey. If you've not climbed at Stronghold before, please register in advance to speed up your entry and avoid queues. Please arrive a little early to sign in at reception, explaining you are from NSL, then sign in with one of the NSL team members. Come dressed ready to stretch and sweat. Bring your own shoes and chalk if you have them (hire included on the evening, if not). Places are limited, so grab your spot now.

**Free**  
**To register:**  
**Visit** thestrongholduk.com/pre-registration  
**Email** info@thestrongholduk.com  
**Call** 020 8350 2453  
**Instagram** @neverstoplondon

Ongoing

**Cultural Diversity**  
Until Friday 26th July, 9–6pm  
Bernie Grant Arts Centre  
Town Hall Approach Rd, Tottenham Green N15 4RX

Cultural Diversity is an exciting and unique art and creative writing exhibition.

The art is diverse and Afrocentric, and is complemented by writing from KS2 level children from three primary schools in Tottenham – Sunrise, Chestnuts and Crowland. The aim is for children to express cultural diversity through a written interpretation of their chosen art piece, by exploring what they think about cultural diversity, what they understand by equality and how they feel about their culture. There are no exclusions to participants– children with challenging behaviour and special needs are welcome.

**Free**  
**For further information:**  
**Email** info@kambani.com

**Blissful Kitchen Vegan Fridays**  
Every Friday, 6pm–10pm  
(From Friday 5th July)  
Café Lemon, 118 West Green Road N15 5AA

Blissful Kitchen has teamed up with Café Lemon to provide the community with delicious and nutritious vegan Caribbean food! All the food is made fresh to order and most importantly with love!

Blissful Kitchen will be serving an array of foods such as hearty curries, delicious stew, scrumptious burgers and much more! Cakes/sweet treats will also be available alongside a variety of homemade drinks. All 100% plant-based yumminess! Gluten free/Wheat free/Soy free options available (please ask in store regarding allergen concerns).

Walk ins are welcome! (no delivery available, but coming very soon!)

**For more information**  
**Instagram** @blissful\_kitchen  
**Facebook** /blissfulkitchen  
**For bookings/enquiries**  
**Call** 0208 800 8558

**Beginners Yoga**  
6 weeks (from Monday 8th July– Monday 12th August, 6pm–7pm  
The Trampery Tottenham, 639 High Road N17 8AA

This course is for absolute beginners who are interested in the benefits of yoga for mental, emotional and physical wellbeing. Led by Hannah, a yoga teacher and a nurse, the focus is on the principle that yoga is a tool for integrated health.

You will be introduced to the basic principles of yoga, learning various breathing techniques to discover their numerous benefits. You will learn some of the key yoga postures and how to align the body to build stability and ease. We will work towards combining the breath with slow and mindful movements to discover a sense of invigoration as well as relaxation and restoration.

**£35.00, only 10 places available**  
**Call** 020 3621 0829

**Tottenham Art Classes: Life Drawing**  
Every Thursday, 7pm–9pm  
The Beehive Pub, Stoneleigh Rd N17 9BQ

We host weekly, untutored life drawing classes, every Thursday evening in the historic Beehive Pub, in the heart of Tottenham. All levels are welcome! Materials available to buy or you can bring your own. Easels and drawing boards available to use. The bar is open for food and drink.

**£5 per class**  
**Email** info@tottenhamartclasses.co.uk

**George the Music Man**  
Every Friday, 9.30am  
Downhills Park Cafe, Downhills Park Road N17 6PD

Join George the Music as he holds his interactive music sessions for children, each Friday morning at Downhills Park Cafe.

**£5 per child**  
**To book a slot:**  
Direct message on Facebook  
downhillsparkafen17

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LORDSHIP HUB EVENTS

**Cardio/ Barre/Pilates**  
Each Monday, 10am–11am

Mixed discipline exercise class with a full body approach to elevate cardiovascular health, core strength, flexibility and muscle tone. Children are welcome, but will be your responsibility (not on 29th July).

**£7/£5 concessions**  
**Visit** susannasparrowpilatestrainer.co.uk  
**Email** hello@lordshiphub.org.uk

**Parent and Toddler Dance Movement Lab**  
Every Friday, 11.15am–12.00pm

Creative dance for parents and their little ones. Suitable for toddlers up to three-years old.

**£8 drop in or £35 for five classes (to be used in three months)**  
**Email** mafe@mafetoledo.com

**Submit your listing**  
Community listings for local, low-cost events can be submitted to:  
**Email** tcp@socialspider.com





# Support local independent journalism

## What we do

Here at *Tottenham Community Press*, we do things differently. We believe that local newspapers should put the concerns of the local community at the heart of their publication. We combine professional journalism with voluntary contributions from people who live and work in the local area and create content which is responsive to and reflective of the community.

These are challenging times for print media, with many newspapers closing and advertising revenue in decline, but our not-for-profit model offers a new approach to creating local news which is inclusive and accountable.

## How you can help

As a not-for-profit publication we rely on the generous support of our community. We look to our readers, who recognise the value of independent journalism, to help support the continuing publication of *TCP*.

## Rewards

By becoming a member, not only will you support our publication, but you can access rewards including:

- Your name listed in the paper (all)
- Invites to *Tottenham Community Press* events (all)
- Have your say on the paper's direction (all)
- Free *Tottenham Community Press* pin badge (all)
- Free *Tottenham Community Press* tote bag (£5+ only)
- Home delivery of the paper (£5+ only)

**£3 per month upwards:**  
membership certificate, name in the paper and website, pin badge

**£5 per month upwards:**  
home delivery, tote bag, membership certificate, name in the paper and website, pin badge

**Visit** [tottenhamcommunitypress.co.uk/join](http://tottenhamcommunitypress.co.uk/join)