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Local news that matters to you

They think it's all Kober

Head of Haringey Council Claire Kober announces resignation

By Ellie Rae Ward

“It is with mixed emotions that I am announcing my decision to stand down”

The leader of Haringey Council Claire Kober has announced she will not be seeking re-election in May.

The announcement was made amidst growing debate about the controversial Haringey Development Vehicle (HDV) and following an intervention from the Labour Party's national executive committee (NEC), backed by Labour leader Jeremy Corbyn, calling on Haringey Council to stop proceeding with the HDV.

In a statement published on 30th January, Kober said: “It is with mixed emotions that I am announcing my decision to stand down at the May local elections as ward councillor for Seven Sisters, leader of Haringey Council and as chair of London Councils.”

Kober told the *Evening Standard*: “The sexism, bullying, undemocratic behaviour and outright personal attacks on me as the most senior woman in Labour local government have left me disappointed and disillusioned.”

Kober took on the role of council leader in 2008, in the wake of the



Standing down: council leader Claire Kober Credit Haringey Council

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CONTRIBUTORS

STEADFAST IN DIFFICULTIES

MAR/APR 2018 – N°. 9

At Tottenham Community Press we believe that Tottenham deserves a newspaper that is written by and for local people, and which celebrates the 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.

Tottenham Community Press is your local newspaper, keeping you up to date with news, views and events in the local area.

Publisher
David Floyd

Editor
Ellie Rae Ward

Designer
Jonathan Duncan

Project Manager
Anna Merryfield

Contributors
Alastair Ball
Amna Khaliq
Annalise Goldingham
Caroline Holmes
Diana Voxerbrant
Esmond Francis
Eva Hanson
Frances Dismore
Hannah Goodwin
Jim Ottewill
Make Votes Matter
Martin Burrows
Mike Donovan
Stephen Furner
Terry Egan



Tottenham Community Press
Selby Centre, Selby Road,
Tottenham N17 8JL

E tcp@socialspider.com
T 0208 521 7956



Thank you to all our readers for your continued support! #yournewsyourway

After what has felt like a long winter of grey skies and long, dark nights, Spring is finally here, and with it, important changes in Tottenham.

At the end of January, Claire Kober, leader of Haringey Council announced she was resigning, which means that as of the elections in May, there will be a new head honcho in charge of the borough (see pages one and three). Voting for the upcoming election will take place in May

If you are not yet registered to vote, you can do so online by visiting: voting.haringey.gov.uk/register-to-vote/

And you can find your nearest polling station online here: voting.haringey.gov.uk/polling-stations/

The new season is also bringing about change for us here at *Tottenham Community Press*. We are thrilled to announce that in May we will be switching from a bi-monthly to a monthly publication, so that we can bring you #yournewsyourway even more regularly.

In order to bring you a new issue

each month, we need all hands on deck. Please get in touch via tcp@socialspider.com if you have any feedback or suggestions for the next issue. We are always on the lookout for new contributors, so please do also send me an email if you are keen to write for us, send us photos or provide us with your poetry.

I will also be hosting regular, drop-in editing workshops from our new home at the Selby Centre for people who want to discuss article ideas or work on a story together. If you're interested, please send me an email using the address above.

I hope you enjoy Issue 9 – there's plenty to get your teeth into, from the health benefits of gardening and the success of Tottenham's aquatics team, to students tackling the litterbugs and a group of artists partying with a social conscience. Make sure you also check out this issue's photography pages that capture some of Tottenham's beautiful wildlife.

Ellie Rae Ward, Editor

#yournewsyourway

Do you want to discuss an issue affecting Tottenham or do you have any feedback about the stories we publish? We're launching a new letters page in 2018. Please send in your letters about the issues that matter most to you.

Email tcp@socialspider.com

I originally come from Kent and moved into the St. Annes area of Tottenham about 40 years ago. It was meant to be temporary, like many residents in the area, but unlike many of them I am still here!

I have been discussing Proportional Representation for almost as long as I can remember, right back to my school days. The arguments are now even more valid than they were then.

Whilst being largely non party political, I do strongly feel that we cannot carry on as we are and remain a truly democratic society. So when I heard of Make Votes Matter a couple of years ago I attended their second meeting in Muswell Hill and have remained involved ever since. You can read the group's feature on page 14.

I am something of a theatre goer, I collect antedeluvian pop music via old records etc. and enjoy sailing old boats. The cost of which may be why I am still living in Tottenham!

Keith Hubbard, Contributor

I'm a Waltham Forest resident, interested in biological recording and walk Tottenham Marshes regularly, learning to identify plants and insects.

Concerned about the schedule 9 invasive weed, Floating Pennywort,

in the River Lea Diversion and its impact on important local biodiversity, like our amber-listed kingfishers, I completed a 'Leading a Waterway Cleanup' course provided by Thames21 and started Stonebridge Lock Coalition.

We are a group of volunteers from Waltham Forest and Haringey. We encourage and facilitate community-led safeguarding of the River Lea Diversion, Lee Navigation and Pymmes Brook to improve habitat for wildlife to redress the decline in UK biodiversity documented in the RSPB 2016 'State of Nature' report.

Frances Dismore, Contributor

Swedish Mind. Polish Heart. London home. I fell in love with PHASCA (Pyramid Health and Social Care Association) and the Chestnut Community Centre last year and really admire the work that they do throughout Tottenham and beyond. When I don't volunteer or write, I run a decorating company in Muswell Hill.

Learn more about my writing by following me on @thetorydesk (Instagram & Twitter) or visiting thetorydesk.com/diana-voxebrant/.

Diana Voxerbrant, Contributor

I'm a nurse, based in Haringey since 2013. Having moved around the NHS in primary, secondary and emergency care, including Haringey Community Matron, I'm now the senior health and welfare advisor for The Guildhall School of Music and Drama. I'm really passionate about driving a holistic approach to people's health and firmly believe that this is through active community engagement.

I'm just about to qualify as a yoga teacher and already teach Monday evenings 7.30–8.30pm at Chestnuts Community Centre, all ages, levels and body types welcome.

Hannah Goodwin, Contributor

I love living in North East London. I moved here from Lancaster eight years ago and have been blown away by how vibrant and diverse this part of London is. There are so many different people and cultures living side-by-side. It really is a snap shot of modern Britain.

I work for a London based charity, in my spare time write a politics blog and record a pop-culture podcast. When I'm not doing these, I can usually be found in a pub with a good selection of real ale and a decent juke-box

Alastair Ball, Contributor

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Peter Connelly (Baby P) tragedy. She cites the improvement of schools in Haringey, during her tenure as leader, as one of her greatest achievements, as well as the improvements made to children's services in the borough. Almost 100% of schools in Haringey are now rated Good or Outstanding by Ofsted, in comparison to around 65%, which was the figure when she took over almost 10 years ago.

A group of 27 Labour councillors signed a letter stating that Kober had left Haringey "a better place".

The letter continued: "Her successes in Haringey speak for themselves... The borough has secured record levels of investment from both public and private sector, without which we have no hope of addressing Haringey's vast inequalities... When Claire became council leader we had a wafer-thin majority of just three... But under Claire's leadership Labour's majority increased in both the 2010 and 2014 elections, to the point where we now hold 49 seats compared to the eight Lib Dems in opposition."

Kober's legacy as leader of the council is likely however, to focus on her support for the HDV regeneration project and the resistance her council has faced, which has ultimately resulted in her stepping down.

The HDV was approved by Haringey Council's Cabinet in July 2017 and is a 50:50 partnership between the council and a private partner, Lendlease, which aims to build an estimated "6,400 new homes" in Haringey. The HDV includes plans to demolish and subsequently rebuild Seven Sisters Indoor Market. It has been met with resistance from local residents and business owners.

The main criticisms of the HDV include that it has been implemented without fair and thorough consultation with the local residents it will affect and that it does not set an explicit target for social housing, only a promise that 40% of those newly built homes would be 'affordable'. One local resident is on record as saying, "Kober's lot see Tottenham as a giant brownfield site, but it's our lives."

In a letter published by *the Guardian*, Keith Flett wrote: "The HDV, unpopular in north London, was at root a scheme for the few, not the many. The campaign against it, by contrast, set a new template for modern campaigning... It relied not on spin or glossy

brochures but on grassroots activity. That meant persistent and consistent leafleting, meetings, speaking to people door to door and – most of all, perhaps – the detailed and painstaking scrutiny of what the HDV really meant: housing demolition."

A number of protests have taken place and there have been interventions by local MPs David Lammy and Catherine West, urging Haringey Council to halt proceedings for further enquiries to assess the impact it will have.

This resistance movement then took an unprecedented turn when Labour's NEC, supported by Jeremy Corbyn, requested Haringey Council to halt the HDV. Shortly after this intervention, Kober announced she was stepping down, causing *Guardian* journalist Aditya Chakraborty to Tweet: "This basically means the HDV is dead."

The future of the HDV remains uncertain but is likely to become clearer after the local elections in May.

To find out more about the HDV:

Visit haringey.gov.uk/sites/haringeygovuk/files/hdv_download_guide.pdf



Protesters march against the HDV last summer Credit Alan Stanton (via Flickr: flickr.com/photos/alanstanton)

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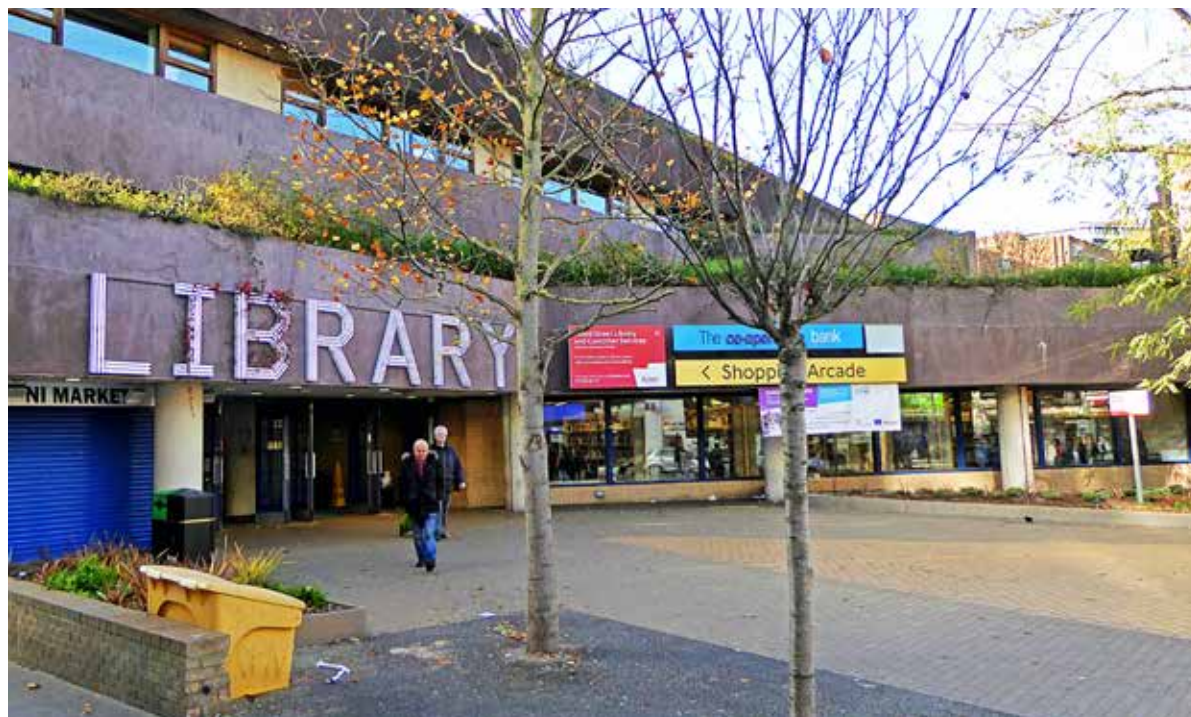
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NEWS

Woodside ward to be transferred to Tottenham constituency

Alastair Ball reports on the revised proposals to change the constituency boundaries in Wood Green and Tottenham



Wood Green Library Credit: Stephen Furner

The Boundary Commission for England has recommended Woodside ward should be transferred from Hornsey and Wood Green to the Tottenham constituency.

The Boundary Commission published its revised proposals on changes to constituency boundaries in London in October. The final approval of this rests with parliament. The Boundary Commission's aims are to reduce the number of MPs from 650 to 600 and to ensure all constituencies have between 71,031 and 78,507 electors. The transfer recommendation was made to bring the Tottenham constituency within this bracket.

Donna Smith, Boundary Commission review manager, explained in a statement: "Although the existing Hornsey and Wood Green constituency is within this range, some of its neighbouring constituencies are not." Woodside ward covers the area around Wood Green tube station, as far as Lordship Lane, and extends to Lyndhurst Road in the north. It stretches from Green Lanes to The Roundway and has a population of 14,514 according to the 2011 census.

The proposal has been met with local opposition. Woodside resident and local Labour Party chair John Fisher said: "I have nothing against Tottenham but I live in Wood Green!"

Cllr Pete Mitchell, a Labour member for Woodside, said: "It will make access to our MP more difficult unless the Tottenham MP decides to hold surgeries in Wood Green Library."

He pointed out: "This is an established venue for MP surgeries, both when we had a Lib Dem MP and when

we've had Labour MPs. Residents in Woodside will not like having to go to Tottenham to see their MP."

The transfer was suggested by some Woodside residents during the consultation. The Boundary Commission confirmed: "This is indeed the suggestion that the Commission has endorsed in its current revised proposals."

"I have nothing against Tottenham but I live in Wood Green!"

The Woodside Labour councillors submitted a response to the consultation stating: "Residents in Woodside ward consider themselves as part of Wood Green."

Their argument is that residents "use Wood Green shops, Wood Green Library, Wood Green parks, Wood Green underground station, and send their children to Wood Green schools", whilst they "do not go to Tottenham for shops, entertainment or schools".

The consultation is now closed, and Smith confirmed the Commission is now considering all the representations made, before its final report to the government is delivered in September 2018.

Parliament will then vote on the final version of the nationwide boundary changes, at a date that is yet to be set.

For more information:

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COMMUNITY

Photography

Jamie Breuer captures the Tottenham he's "fallen in love" with

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Trash talk

Waltham Forest College students clear litter and fly tipping remnants from Tottenham marshes

By Frances Dismore



Students on a mission to break the litter cycle **Credit** Stonebridge Lock Coalition

Students on the Sports Studies course at Waltham Forest College and their tutor Jarl Allard, made a molehill out of a mountain of rubbish and fly tipping that was blighting the Pymmes Brook, N17.

In February, the group of students, supported by Stonebridge Lock Coalition and Lee Valley Park rangers, diverted 52 bags worth of predominantly single-use plastic drink and food packaging from entering the water way and eventually lead to the Thames Basin and ultimately the North Sea.

The students put their backs into pulling out fly-tipping which included a bicycle, a bed frame, plastic and corrugated iron sheeting, a water tank, an oil drum, broken gardening implements, chairs and an assortment of clothing and shoes.

The litterpick was facilitated by Veolia and Haringey Council, both of which assisted in removing and disposing of the rubbish collected. Tideway

London donated reusable coffee cups to reward the students for their efforts.

After witnessing the impact of plastic pollution the students pledged that they'd do all that they could to reduce their own consumption of single-use plastics.

The students hope that their actions will help to break the litter-on-litter cycle that is plaguing this stretch of the Pymmes Brook and encourage other community groups to help look after the wonderfully biodiverse, wild space of Tottenham Marshes, improving habitat for wildlife and recreational space for the community.

The Stonebridge Lock Coalition is a group of volunteers who 'make our local more lovely'. Join us & discover the wonder that is the wilds of Tottenham Marshes, River Lea & Lee Navigation.

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CULTURE

High fives all round

Jim Ottewill meets the team behind Five Miles, Tottenham's sharpest new club, tap room and creative complex



I would walk five miles to...get G&Ts on tap **Credit** Five Miles

From Middle Eastern inspired small plates and G&T on tap to one of the best sound systems in the capital, Five Miles is offering something a little different to anyone willing to explore the industrial wilds of zone three.

"Our mission was to open a space that avoids the usual stereotypes of crap drinks, rude staff, closed doors and volume over quality in the club," explains co-owner of Five Miles Deano Jo.

"And I think we've come close to achieving that."

They certainly have – but it's perhaps unsurprising coming from a team responsible for success stories such as The Alibi and Pamela's on Kingsland Road in Dalston.

Named for its distance from London's centre, this new venture (consisting of a club, bar and creative hub), was set up in cahoots with Ten87 Studios, which was looking to open a second studio complex.

Jo continues: "Mark Shaffer (who I run the Alibi with) and I met Rob and Stef from Ten87 Studios through

some mutual friends. They were looking for someone to run a bar and cafe. But we convinced them to let us open a nightclub instead. We reached out to Mark [Hislop] and Luke [Smith], experts in beer and sound respectively, and got to work."

It's this innovative, entrepreneurial spirit which has attracted the curious, with many travelling from far and wide to indulge in Five Miles' enviable array of ales and on point DJ bookings. A wall of taps lords it over the full length of the bar displaying almost 20 beers at one time, while draft cocktails are a nicely decadent touch.

But why Tottenham for this new venue?

"I'm a North London boy and Seven Sisters and Wood Green are my old stomping grounds. I love it. The council were warm to our plans and gave us a late licence too, which helped," Jo says.

With the authorities' blessing, the club is open until 4am over the weekends. Coupled with some canny bookings, it's made Seven Sisters a

destination for London's nocturnal animals. And with the likes of Floating Points, promoters Afro-Punk and French filter house hero DJ Falcon all passing through, it's hard to argue with the quality of the talent they've welcomed in.

"We wanted to make sure that we have a varied, inclusive approach to who we ask to promote at Five Miles. And make sure they make good use of the sound system we've worked so hard on," reveals Jo.

If you've ever been to the club, then you'll know just how special the system is. It turns out to have been a real labour of love and dedication.

"After months of research we decided we wanted to do something different and focus not only on the speakers but the room design and acoustics to get a complete solution," says Jo.

"We worked with Evan Green and Fabian Knauber from Kahle Acoustics who provided a cutting edge acoustic design for the space and Wolfgang Sauter from Pro-Performance who created our sound system."



Lighting up the dance floor **Credit** Five Miles

Alongside the likes of Styx, Beavertown Brewery and the numerous watering holes now popping up, Five Miles offers an enticing reason for anyone willing to look a little off the beaten track for their fix of food, drink, music and vibes. But Jo is slightly wary of the changes that will inevitably wash through N15 as house prices push people further out of London's centre.

"...the good stuff needs to be safeguarded through its current changes."

"I've always loved the area. There has always been a vibe there. But the good stuff needs to be safeguarded through its current changes."

And what would he recommend to anyone new to Tottenham?

"I have endless suggestions. Zen Records, Styx, Mannions pub, any of the local breweries, Latin Market, Lea Valley Rowing, Bernie Grants Art

Centre..." he enthuses.

With so much popping, Five Miles, like Tottenham itself, is on the up and up. Torshi, a Middle Eastern inspired restaurant recently opened in the space, is now welcoming hungry visitors through much of the week so you can get your fix of halloumi fries or fried chicken.

At the same time, the club bookings are also going from strength to strength with snooker player turned techno evangelist Steve Davis and Crux, an electronic jam session, all lined up for future events.

But what else is keeping them busy: "Hale Brewing. Releasing the audio archive of all the club nights at Five Miles. Torshi," lists Deano. "That's enough for now."

Visit fivemiles.london
Twitter @fivemileslondon

Five Miles is open 10am–12 am, Sunday, Tuesday and Wednesday, then 10am to 4am Thursday to Saturday.

FEATURE

Culture

Music at its best: TCP presents the New Tottenham Singers

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Nobody left behind

PHASCA is a charity on a mission to reduce inequality in Tottenham

By Diana Voxerbrant

Last year I started volunteering for a small, Tottenham charity called the Pyramid Health and Social Care Association (PHASCA) as an online & social media consultant.

Based in the vibrant Chestnuts Community Centre in Chestnuts Park, this organisation has a vision of a community where everyone can access opportunities to improve their health, education and wellbeing.

What I admire most about PHASCA is the way it has continuously been delivering community-led projects, which truly impact their beneficiaries since 1999. Many larger charities are struggling, and although it's not easy for PHASCA, it is surviving and making a difference – propelled by the power of grassroots community work.

According to the Office for National Statistics, Haringey was found to have the biggest wage inequality nationally. This inequality and the resulting levels of poverty and deprivation have a severe impact on the opportunities and life-choices available to the young people who grow up in our poorest wards. To pay for private tuition in music, maths or english at local market rates would be far beyond the means of many local families. PHASCA currently pro-

vides tuition in a number of different subjects at the cost of just £1 a week.

Austerity and gentrification may be structural, but every individual counts. If you are a child whose parents cannot afford to send you to music classes or prepare you for the often non-inclusive British educational system, being part of the extended PHASCA family can be the ticket to a better future.

The same goes for the many individuals (of all ages and backgrounds) whom PHASCA has helped into employment over the years. It's through these little things that a community can grow and thrive, despite the hard times.

PHASCA is always on the lookout for new volunteers to join its dedicated team.

PHASCA's community led projects are all designed to be accessible and affordable to local residents. Classes are £1 per hour for children on free school meals or whose parents can volunteer for PHASCA for two hours a week. For more information about the timetable and fees for these classes, as well as volunteering opportunities:

Visit phasca.org

Email rex@phasca.org

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What's On

PHASCA Children's music classes

Children aged 6-16 are taught guitar and keyboards by professional music tutors.

PHASCA Tuition School

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PHASCA Homework Club

Children aged 8-12 receive assistance with their homework and are taught english and maths. The club specialises in teaching pupils who do not have english as a first language.

PHASCA Employability Training

Open to all ages, trainees receive information, advice and guidance to obtain full-time employment. The training specialises in helping people find work in accountancy and finance.

PHASCA BoxFit

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PHASCA Vocational Training for 12-16 year olds

Training, work placements and work experience. Beginning with hairdressing training.

PHASCA EFL Tuition

Tuition for adults in english as a foreign language.

PHASCA Advice and Support Service

Telephone advice service, answering enquiries with and referring callers to service providers

The gardening effect

Hannah Goodwin explores how gardening can bring balance to our mental and physical self



In bloom Credit Sodanie Chea (WikiCommons)

One morning not so long ago arriving at the GP surgery where I work,

I was stopped in the foyer by a lady who offered me some free elderflower juice and a slice of delicious

berry cake. As I worked my way through my breakfast, the lady told me about the ingredients of her offerings, grown on the very same premises. I recall wondering how I never knew a garden existed here.

Turns out it is part of Lambeth's GP food co-operative, an innovative co-operative of patients, doctors, nurses and people living in Lambeth (especially ones with long term health conditions) who have created a food growing network. The scheme has built gardens in 11 GP surgeries and other sites where patients learn how to grow food in a safe and secure environment.

The physical effects of gardening are being well documented. According to The Kings Fund, being active in green spaces has been linked to reducing levels of obesity by increasing physical activity and re-

ducing long-term conditions such as heart disease, cancer and musculoskeletal conditions.

Furthermore, it is linked to self-reported improvements in physical and mental health, reducing levels of anxiety and isolation through the inclusion of communities, companionships, identity and a sense of belonging, not to mention the satisfaction of creating a garden and growing your own food.

As the medical profession slowly wakes up to providing alternative ideas and advice on improving health, local communities are already cultivating their crops.

The Green Gym runs every week at Broadwater Farm Community Centre, where you can volunteer in the garden and take some produce home. Living Under One Sun is a community based allotment project

near Tottenham Hale and focuses on food growing and healthy eating projects, with many more in the pipeline.

Tending to a garden or a small pot on our window can seem overwhelming, but it can take as little as a few minutes a day and here is the thing – in nurturing the plants and the environment we live in, we get back so much more and bring balance back to our mental and physical self.

If anyone needs me, I'll be in the garden.

For more information on gardening projects in Tottenham:

Visit livingunderonesun.co.uk/

Visit fusion-lifestyle.com/centres/broadwater-farm-community-centre/

PHOTOGRAPHY



Photograph by Jamie Breur

I am a USA expat and local primary school teacher who has lived in Wood Green since 2004. I moved to Tottenham in September 2016 and have fallen in love with the area!

Are you a keen photographer? Do you walk around Tottenham inspired to share what you see when you see it? If so please get in touch if you would like to be featured on our photography page.

Email tcp@socialspider.com

PHOTOGRAPHY



Photographs by Thom Hoffman (@thomhoffman)

I am a filmmaker and multimedia producer who moved to Tottenham in August 2017. I mostly work in film, a storytelling medium that benefits from layers of moving images, animation and music. I'm constantly impressed with how photographers tell their stories in a single still snapshot so I play with the medium to sharpen my skills.

My perfect Tottenham day might include a bike trip to photograph the Walthamstow Wetlands, a climbing session at Stronghold and a beer at the Volunteer. I'm interested in helping local organisations develop their multimedia output and mentoring young filmmakers, so give me a shout if you are looking for collaboration in this area.

CULTURE

Music at its best

As New Tottenham Singers gears up for a dazzling year ahead, it encourages aspiring singers to join its ranks

By Martin Burrows

New Tottenham Singers (NTS) community choir has a special year planned for 2018, culminating in two extraordinary concerts in November and December.

Over the last seven years, under the inspired leadership of director Tom Fowkes, ably assisted by Ann Carey, this Tottenham based choir has gained a growing reputation for high quality performances and inventive programming. It performs traditional pieces, like Rutter and Vivaldi Glorias; Mozart and Fauré Requiems, whilst also collaborating with organisations like the Royal Court Theatre to produce contemporary work.

The choir was set up in November 2010 to make excellent choral singing available to all – and by keeping membership fees low, while maintaining a non-audition, open door policy for new members – has promoted inclusive access. The choir has 50 members and rehearses every Tuesday evening at the Bernie Grant Centre, with experienced music readers singing alongside those trying ensemble choral music for the very first time.

Their musical range is diverse, including: “Christmas and all that Jazz” in December 2013; contemporary Gospel at the 2016 Broadwater Farm Family Gospel Festi-

val; a programme of English Sacred Choral Music in July 2013 – and sung Choral Evensong to celebrate Merton College, Oxford’s 750th anniversary in July 2014.

An exceptional aspect of NTS is its commitment to performing with musicians: orchestras, brass groups, Big Bands and other ensembles, to present its music at its best.

NTS does require commitment and dedication from choristers so that musical standards continue to improve – but it is well worth it! Singing with the NTS choir is healthy and exhilarating – and is greatly enjoyed by all who take part. The better the choir sings together, the more enjoyable and rewarding the group finds it.

The New Tottenham Singers is always happy to welcome new members of any musical experience – you will not need to audition. Tom and Ann can help you find your correct section (Soprano, Alto, Tenor or Bass). You do not need to live in Tottenham.

Date for the diary

On Saturday 10th November 2018, the eve of the Armistice Day Centenary, NTS plans a Concert of Remembrance to pay tribute to those who lost their lives in the 1st World War – particularly those from Tottenham. This concert one hundred years after the end of the First World War, gives an opportunity for the

Tottenham community to remember those who fought for our peace and freedom. So unlike other NTS concerts where tickets are sold to cover production expenses, this concert will be free of charge to those from Tottenham who wish to attend.

The venue, St Ignatius Church in Stamford Hill, is the largest in Tottenham, with capacity of 1,000 and NTS will present a programme of great British music to create a reflective and emotionally inspirational experience for the Tottenham community in recognition of this important centenary.

The centrepiece of the program will be Howard Goodall’s beautiful Eternal Light requiem, which sets texts from a traditional Latin Requiem Mass alongside work from various war poets. Given the ambition of this material, we will engage an ensemble of professional musicians, as well as soprano, tenor and baritone soloists.

If you are interested, please come along on Tuesdays from 7.30 to 9.30pm to Bernie Grants Art Centre, Town Hall Approach Road, Tottenham Green, London N15 4RX. Our usual termly fee is £60 with concessions for the over 65s.

Visit tottenhamsingers.com
Email info@tottenhamsingers.com
Call 07587 415658 (Richard)



New Tottenham Singers outside Merton College, Oxford **Credit** New Tottenham Singers



Place A: where art is packed with a socially minded punch **Credit** Place A

The Place A to be

Art is a powerful thing and a new network of artists aims to show why

By Hannah Place

PLACE A is a new organisation founded to bring artists together so that they can use their talents to address social problems. They also have fun while they do this.

Last month we launched with an Art Party and exhibition at Blighty, Seven Sisters. Imagine this: You’re at a party. There are familiar faces. New faces. The DJ’s got something funky playing, upbeat. On your left there are artists splashing paint onto artworks live in front of you. On your right there is art exhibited from artists both new and experienced, thoughtful and celebrating, and the artists are there in the room.

There’s more. There are performances. Words from people who are using creativity to change lives. Art is a powerful thing and we’re going to show you why.

We founded PLACE A because it’s time to say we’ve had enough of issues of inequality in London, both within the arts world and beyond. We’ve already seen repeatedly this year in the headlines that women are still being underpaid, that the arts are far from representative of BAME, and David Lammy’s Justice report last year was proof enough that inequality is still a big issue.

How does art come in?

The event itself was an active manifesto demanding collaboration which disrupts the expired, exclusive hierarchy of the art world, and proposes a new structuring of the

arts in which social progress and engagement is valued.

We believe that art is a tool for change. It’s something that we have in our communities, which can give people the space to have a voice, and effect the change that they want and need. A great example of this is the work done by Progress London, an organisation which uses art and gardens to bring communities closer together and helps young people find an outlet and a means of expression.

This is no trivial thing, and in Tottenham we have so much potential to create social benefit because the area is brimming with artists. If we can create a network which connects these artists with the community we can begin to make things happen. All this needs is a starting point. PLACE A is a starting point.

For anyone who wasn’t able to make the launch event, but would like to be a part of the network you can email info.placea@mail.com with ‘JOIN’ in the subject line to receive our newsletter zine about upcoming events, opportunities to support PLACE A, get involved with social art projects, advertise your own projects to the network, and hear about the impactful things being done by artists within the PLACE A community.

We will also be launching a podcast so that those within the PLACE A community can voice their projects and get support and involvement from others in the network. Stay tuned!

Email hannahplace@live.co.uk

ADVICE

Community

Busting the myths around dementia

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14

The runaway adoption train

A new enquiry has warned about the state of adoption in the UK. Amna Khaliq explains why seeking legal advice is essential for families caught up in the process.

January 2018 saw the conclusion of an independent, two year enquiry into adoption law in the UK. The enquiry was conducted by The British Association of social workers (BASW) and was the first of its kind to investigate the role of Social Workers in adoption. As a result of the enquiry, BASW has called for an overhaul of adoption law.

The enquiry lasted two years and gathered evidence from social workers, birth parents, adoptive parents and adult adoptees. It has raised concerns over practices that favour adoption over other care options which would allow children to stay with their birth parents.

Only when a borough has significant concerns about the way children are being cared for can they instigate court proceedings to remove them from their birth parents. Once this process has begun, the birth parents usually have less than 26 weeks within which to make the necessary changes needed to satisfy the

borough that improvements have been made. If these changes are not made within the 26 week period and there is no positive assessment of family members or friends, adoption is the only alternative care option that is put forward.

According to the enquiry, social workers feel that there is not enough post-adoptive support for birth or adoptive families, and that the current system needs urgent attention. The enquiry stated that adoption has become a “runaway train” that is “impossible for individual social workers to stop”, and that the court process can feel like fait accompli for birth families.

Adoption has been promoted by the government as the best solution for children from vulnerable families. The UK has the largest number of adoptions in Europe and is one of just three EU countries that allow forced or non-consensual adoption. So what can be done by parents to ensure that they do not find them-

selves in the same situation?

Early intervention is paramount: as soon as there is any involvement by Social Services, birth parents should obtain legal advice urgently. In most cases where the Social Services are involved, legal aid is available, and at Wilson LLP we provide legal advice and offer legal aid.

“The UK has the largest number of adoptions in Europe”

We can advise birth parents and liaise with Social Services to formulate a plan in order to try to halt court proceedings before they start. We can assist in identifying what the birth family’s needs are – whether it be support services or residential placements for birth parents that are misusing drugs or alcohol – and assist in the instruction of experts focussing on keeping the family together.



Amna Khaliq Credit Wilsons Solicitors

Sadly, birth parents who find themselves in this situation are more likely to find themselves on the “runaway train” identified by this enquiry until there has been a significant rethink and review of adoption law in the UK.

Amna Khaliq is Partner and Head of the International Child Adoption and Surrogacy Team at Wilson Solicitors.

Visit wilsonllp.co.uk/family-law/
Email family@wilsonllp.co.uk
Call 0208 885 7986 (Mavis)

EDUCATION

Tottenham students to perform with world-renowned ballet school

By Annalise Goldingham



Tottenham students learning to tell their Soubresaut from their Grand Jeté

Young people from Harris Academy Tottenham have visited The Royal Ballet School in Richmond Park for their first day of joint rehearsals in a unique col-

laboration called The Advance Project.

The energetic Year 10 students from Harris Academy Tottenham embarked on this collaborative project with vocational ballet students of the

same age from the world renowned Royal Ballet School. Through a series of visits to each school, workshops and joint rehearsals, the two groups of young people will create a dance piece that they will then perform together at The Royal Ballet School in March.

Bim Malcomson, Royal Ballet School creative advisor who is leading the project workshops, explains: “The Advance Project is a vehicle for young people to be creative and meet new people – most importantly it enables myths of the “other” to be dispelled. Before meeting for the first time, students from both schools have all sorts of preconceived ideas about what the other group will be like based on stereotypes and fear of the unknown.

“After spending time together they realise they are just meeting people, young people like themselves. It is from this place we begin our journey

of creative exchange and the making of an original dance work.”

The Advance Project will culminate in a vibrant performance piece created and performed by all 41 dancers. This will be performed at The Royal Ballet School at White Lodge in Richmond Park on 23 and 24 March 2018. The performances will feature students from both The Royal Ballet School and Harris Academy Tottenham and will be a unique creative fusion, inspired by aspects of ballet.

Colleen O’Keeffe, faculty leader of Arts at Harris Academy Tottenham, says: “I believe dance is unparalleled in its contribution to student development. At Harris Academy Tottenham we are pioneering an imaginative dance curriculum which addresses specific educational goals, transformative approaches and utilises innovative content, enhancing our rich and robust academic curriculum.

“Our students are from wide-ranging backgrounds and deserve high quality opportunities; this is reflected in the outstanding partnership we have established this year with The Royal Ballet School. This exceptional opportunity complements the excellent performance aspirations we have for our students.”

The Advance Project is an annual project run with a different partner school each year. It aims to develop dialogue between groups of young people with differing skills and experiences by exploring creativity through the medium of ballet and dance. The project provides an exciting forum through which to share the unique resources and skills of both the partner school and The Royal Ballet School.

Visit harristottenham.org.uk
Visit royalballetschool.org.uk

LITERATURE

White Hart Lane: the legacy

Award-winning sports journalist and author Mike Donovan offers snippets from his new book *Glory, Glory Lane*



From the ground up: the new stadium takes shape **Credit** Stephen Furner

Mauricio Pochettino shares the late and legendary manager Bill Nicholson's empathy for the Tottenham Hotspur fans who attended White Hart Lane.

Nicholson, a former player, manager and all-round Spurs legend, told his all-conquering side of the 1960s how the supporters were the most important people at the club.

Current successor Pochettino clearly reveals his love for those followers in my new book *Glory, Glory Lane: The Extraordinary History Of Tottenham Hotspur's Famous Home For 118 Years*.

The Argentine is preparing Spurs to move into a new stadium next season after his team completed an unbeaten final season at the Lane with victory over Manchester United in May.

Pochettino explained: "For myself, because I am a very sensitive person and so emotional, it [was] difficult not to cry [during the United win], maybe because you always suffer for the people that will be so emotional."

"I think for the fans it means a lot, but in the same way – I don't

want to be wrong – I think our fans are so excited to welcome the new stadium too. That doesn't mean they are happy it is the end of White Hart Lane...[But] they are excited about the future of the club. Sure it [was] very, very emotional but at the same time it will be very, very exciting to welcome the new stadium."

Pochettino has joined the likes of Nicholson and Arthur Rowe, another former player and manager, and today's main striker Harry Kane – a trio with roots in the area – in establishing the global status of the departed edifice just off the High Road, N17.

I lived in Tottenham when the stadium hosted the greatest football team are community has ever had; perhaps the greatest any community has had. One etched into the area's DNA no matter how much it has changed since.

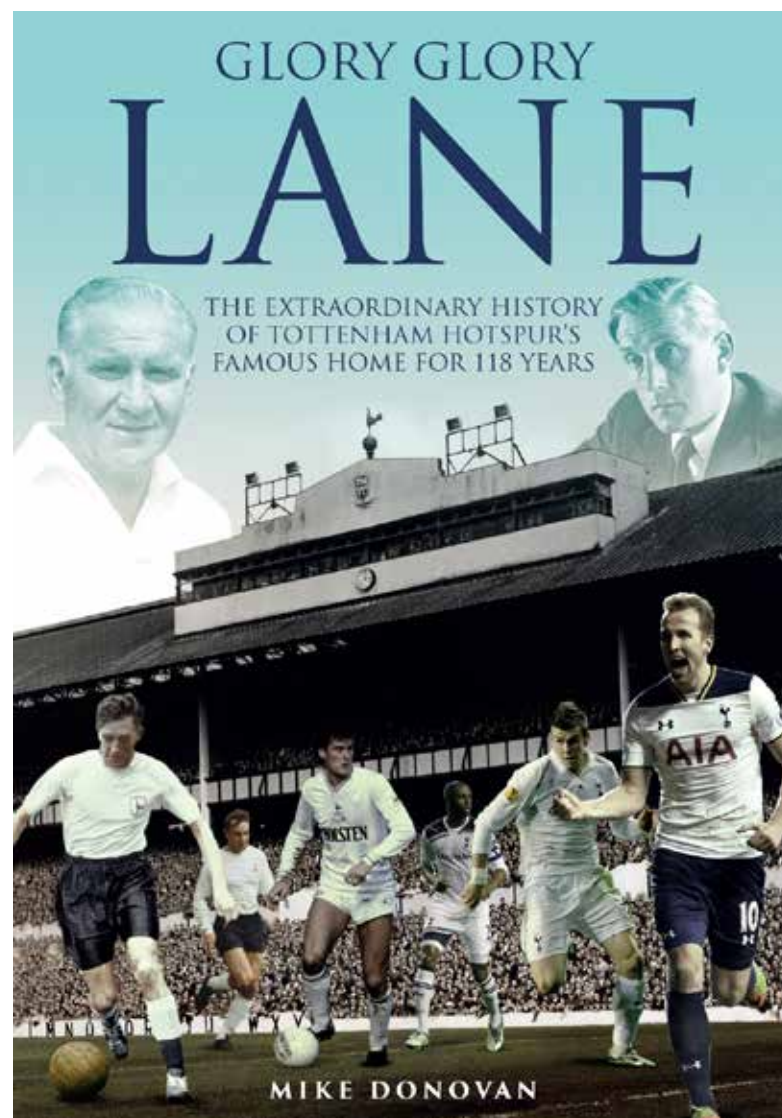
We all want to be proud of where we come from and the Spurs team managed by Nicholson, who lived in Creighton Road close to the ground for over 60 years, after joining the club in 1936, made us as proud as was possible. Spurs became the first

club to win the League and FA Cup Double in the 20th century and the first to win a major European trophy in the 1960s.

Rowe, born and bred in Tottenham, led the second most successful Spurs side to grace the club's world-famous home. His Push and Run outfit (a footballing tactic that emphasised fluidity and movement) secured back-to-back titles in the 1950s; most members of his team coming from the area.

"The old place was a Theatre of Dreams which provided unforgettable memories"

And it was Kane who signed off Spurs' tenure at their third – after the public Marshes and private Northumberland Park – and most revered ground with the winner against Jose Mourinho's Manchester United in what was the 2,533th competitive match at the ground.



Read all about it **Credit** Mike Donovan

The old place was a Theatre of Dreams which provided unforgettable memories of achieving glory the 'Spurs way' aided by a conveyor belt of legends, from John Cameron, the club's player-manager when they moved in during the last summer of the 19th century, to Kane.

Something else was captured in *Glory, Glory Lane*; the labour of love endorsed by club heroes who all loved the Lane, including Jimmy Greaves, Terry Dyson, Alan Mullery, Darren Anderton and Paul Gascoigne.

Spurs wants the stadium complex under construction on, more or less, the same site to be another source of civic pride as it seeks to re-generate Tottenham, but the old venue has left a daunting legacy.

Mike Donovan has written a book on White Hart Lane called 'Glory, Glory

Lane: The Extraordinary History Of Tottenham Hotspur's Famous Home for Pitch Publishing. He has also authored other Spurs-related books. They include ghost-writing Darren Anderton's autobiography *Takenote!* And Terry Dyson's autobiography *Spurs Unsung Hero*, plus *Spurs' Greatest Games*.

Mike has been an British award-winning journalist, who has written for more than 40 years. He grew up in Tottenham while Spurs enjoyed the *Glory, Glory Years* of the 1960s and is keen to encourage close links between the club and community through his column for Tottenham Community Press.

Glory, Glory Lane: The Extraordinary History Of Tottenham Hotspur's Famous Home For 118 Years by Mike Donovan is available from Waterstone's, WH Smith's, Amazon and other stockists.

LISTINGS

Upcoming

Art exhibition
11am till 5pm daily, from 6th to 27th April
Hub Café, Lordship Rec,
Lordship Lane, N17 6NU

An exhibition from Inga Bystram, featuring recent works on paper, such as: Broadwater Farm Estate: a tenants view, Defend Council Housing and No to HDV.

Free
Visit lordshiphub.org.uk

Fresh Fun Food with Breadline London
Every Tuesday, 10am–1pm, until 27th March
Tottenham Community Sports Centre
701-703 High Road N17 8AD

This is a free 12 week budgeting and healthy eating project. The sessions run every Tuesday and cover: budgeting; healthy meals and menu creation; food waste management. Come and join us – email for more details and to book. Spaces are limited.

Free
Email breadlinelondon@gmail.com

Women Rise circus event
1–2pm, 6th and 15th March
Tottenham Green Pools and Fitness,
1 Philip Lane N15 4JA

The circus workshop consists of learning new tricks, for example: hula hooping, juggling, acrobatic tricks and more. The sessions are very light and steady and are not difficult or intense for the women that will participate. Women Rise is for women aged 55 years and above. The project will provide opportunities for women to learn new skills and to also meet new people.

Free
Contact Priyanka Chauhan
Email priyanka@jacksonslane.org.uk
Call 020 8347 2411 or 020 8340 5226 (Jacksons Lane)

Job fair
11am–3:30pm, 14th March
Tottenham Community Sports Centre,
701-703 High Road N17 8A

Meet employers and find out about live employment and training opportunities. This event is open to all in the community.

Free
Visit crutchharingey.com/job-fair
Email june.maya@haringeycabx.org.uk
Call 020 3872 5848

Tottenham Photography Club
Wednesday 14th March, 7:30–9:00pm
Wednesday 11th April, 7:30–9:00pm
Lordship Hub, Lordship Rec N17 6NU

Tottenham Photography Club's monthly meeting, for anybody with an interest in photography.

Free
Facebook /TottPhotoClub

Ongoing

Tottenham Community Choir
Every Tuesday, from 7:30pm
Chestnuts Community Centre,
280 St. Ann's Road N15 5BN

Tottenham Community Choir is a non-auditioning choir in North London for anyone who wants to sing. The Tottenham Community Choir welcomes new members and offers the first two weeks free.

Visit tottenhamcommunitychoir.org
Email chair@tottenhamcommunitychoir.org

Move more easily: lessons in The Feldenkrais Method
Every Wednesday, from 9.30am
The Hub, Lordship Rec,
Lordship Lane N17 6NU

Slow, gentle movement to enable self-learning – discover movement habits and learn to improve posture, reduce stiffness and aches and pains and assist in recovery from injury.

£5
Visit movementaware.co.uk

Emergency food provision timetable
Crutch has developed a Haringey Emergency Food Provision Timetable. See below for Emergency food provision in Tottenham.

Tuesday
12pm, *Community Cook Up*, Park Lane, N17

Wednesday
12pm–3pm, *Selby Centre Foodbank*,
Selby Road N17 8JL

Thursday
6pm–8pm, *Selby Centre Foodbank*,
Selby Road N17 8JL

Friday
1pm–3pm, *Holy Trinity Tottenham*, Well-side Cafe Foodbank, 136 Tottenham Green,
N15 4GZ

Saturday
10am–12pm, *Selby Centre Foodbank*, Selby Road N17 8JL

Visit crutchharingey.com/haringey-emergency-food-provisions
Call 0203 872 5856 or 07584 264 348
Email info@crutchharingey.com
Twitter @CrutchHaringey

Business Start Up (3-day) workshop
All workshops are delivered monthly (Contact MLB for specific dates)
Suite 31/ The 639 Enterprise Centre
639 High Road, Tottenham N17 8AA

All workshops are designed to empower the individual to build their life, career and/ or business. 1:1 coaching and ongoing mentoring support is also provided.

To access all workshops, prices are subsidised and in some cases free of charge (based on eligibility).

Visit mlbs.co.uk
Email mlbsolutionsuk@gmail.com
Call 020 3691 8488 or 07538 349 650

Olive's Bodycare
For info on classes, see contact details below

Olive's Bodycare is a business that helps people with chronic illnesses to make the best of their life and to move better without pain and discomfort. I don't believe anyone should be in pain or have a chronic condition to live with. Olive's Bodycare offers a variety of classes, workshops and support services to help people with health conditions.

Visit olivesbodycare.co.uk
Email olives.bodycare@btinternet.com
Call 07961 188 727

Submit Your Listing

Send us the name of your event/activity, the date/ time, location and a short description of it.

Deadline for listings in the May issue is 15th April

Email tcp@socialspider.com

Poets Corner

The New Arena

by Terry Egan

From Tottenham clay –
and out of the Roman road –
arises the stadium:
from the old, the new...
Not gladiators
shall abound, though – nor lions
come licking their lips – just men,
and women, playing...
But O! how thousands
of fans shall gather to roar
at their encounters:
how they'll brandish anyway
those nets and short swords –
the pass, the mad dash, the goal.

Advertisement





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www.migrantsresourcecentre.org.uk/legal



Solicitors Regulation Authority



The Law Society



LEGAL AID LAWYER OF THE YEAR AWARDS WINNER 2017



Immigration & Asylum



OISC

Registered charity (No. 291789)

COMMUNITY

Life doesn't end when dementia begins

Patrick Gray, dementia friendly communities co-ordinator at Alzheimer's Society, attempts to challenge some myths about the condition

In Haringey, over 1,600 people are living with dementia but, with so many myths surrounding 'the condition', I fear there could be countless more putting off seeking a diagnosis.

A YouGov survey commissioned by the Alzheimer's Society in 2016 revealed that:

58%

of people think a dementia diagnosis means people can no longer enjoy the things they used to

22%

of people fear they would lose their partner or friends

62%

of people feel a dementia diagnosis would mean their life was over

This survey shows that too many people are in the dark about dementia – we need to tackle the myths and show people that life doesn't end when dementia begins.

The reality of dementia

Myth 1: "Medication can cure dementia"

Reality: There is no cure for dementia but scientists and researchers are working hard to find one.

Alzheimer's Society funds research into the cause, cure, care and prevention of dementia. We're dedicated to defeating dementia through research but until that day comes we all need to support people affected by the condition.

There are drugs available that may help with some types of dementia and stop symptoms progressing for a while so it's important to go to the GP as soon as you suspect there's a problem.

Myth 2: "If I'm diagnosed with Alzheimer's disease, my life is over."

Reality: People can live well with dementia.

Until we find a cure for dementia, support and treatments are available that can help with symptoms and managing daily life. These can allow people with dementia to lead active lives and continue doing the things they love.

Myth 3: "Alzheimer's is just something that happens when you get older"

Reality: Dementia is not a natural part of ageing and it doesn't just affect older people.

We all forget a name or a face sometimes, especially as we get older, but dementia is something different.

Memory problems are one of a number of symptoms that people with dementia may experience. Others include difficulties with planning, thinking things through, struggling to keep up with a conversation, and sometimes changes in mood or behaviour.

Over 42,000 people under 65 in the UK have dementia. This is called early-onset or young-onset dementia.

Myth 4: "I'm fit and healthy so I won't develop dementia."

Reality: Dementia cannot be prevented but there are things you can do to lower your risk.

Factors such as high blood pressure, lack of physical exercise and smoking – all of which lead to narrowing of the arteries – can increase your risk of developing Alzheimer's disease and vascular dementia.

There is evidence that a healthy lifestyle can help reduce the risk of dementia. So exercising your mind and body, eating a healthy diet, reducing stress and staying socially active are all positive things to do.

What to do if you have concerns about dementia

We know that dementia can have a devastating impact on people, their family and friends but getting a timely diagnosis will enable people with dementia to live as well as possible.

If you're worried that you, or someone you know, may have dementia, visit alzheimers.org.uk to find out more about the condition and search for local support services in the area. You can also call our National Dementia Helpline on 0300 222 1122.

How you can you help?

As Haringey's dementia friendly communities coordinator, I work with local organisations to ensure people with dementia are supported to continue doing the things they love.

Whether attending 'relaxed' performances at the Park Theatre, enjoying a 'Singing for the Brain' session at Alexandra Palace or just knowing that local shop owners are taking part in free Dementia Friends sessions, I want people with dementia to feel confident and comfortable in their community.

We all have a responsibility to support those living with dementia in Tottenham and beyond.

You can help today by signing up to become a Dementia Friend and learn a little more about the condition:

Visit dementiafriends.org.uk

HISTORY

Blast from the Edwardian past

Important piece of Wood Green history to be restored to former glory

By TCP reporters

An Edwardian drinking fountain and cattle trough in Wood Green, dating back to 1901, will be restored to its former glory with a £28,000 facelift this spring.

The High Road monument is currently in poor condition and on Historic England's 'Buildings at Risk' register.

The funds to repair the fountain have been raised by Haringey Council in partnership with Historic England, Heritage of London Trust and the Drinking Fountains Association, with work due to start in March.

Following its restoration, the

drinking fountain will be switched on for demonstrations and special events, such as London Open House.

"It will be great to see this historic monument restored for future generations to enjoy"

The grade II listed structure was first erected at the start of the 20th Century by the Metropolitan Drinking Fountain and Cattle Trough Association, as part of its drive to

ensure Londoners could enjoy free clean water. Fountains were often located outside pubs to encourage people to drink water rather than beer, and Wood Green's fountain can be found outside what was previously the Fishmongers Arms pub, now a police training centre.

Cllr Joe Goldberg, Haringey Council Cabinet Member for Economic Development, Social Inclusion and Sustainability said: "The fountain and cattle trough is an important piece of Wood Green's social history dating back to the turn of the last century and it will be great to see this historic monument restored for future generations to enjoy."

Delve into Tottenham's past

Book a visit to the archive search room at Bruce Castle Museum to conduct research into local history. The archive contains; maps, photographs, architectural drawings, newspapers, reference books and records of local government and some local organisations.

Open Wednesday and alternate Saturdays
1.00pm–5.00pm; Thursday and Friday 9.30am–5.00pm (by appointment)

Call 020 8808 8772

Email museum.services@haringey.gov.uk

If there's a piece of local history you would like to either read or write about, please get in touch via tcp@socialspider.com

A REVITALISED HEART FOR TOTTENHAM HALE

WELBOURNE

- 160 new homes, of which 60% are proposed to be affordable
- Space for a new 17,000 sq ft health centre
- Space for a shop on the ground floor

ASHLEY ROAD EAST & WEST

- Over 250 homes, including for sale and shared ownership
- A new reception square outside the Digital Skills College, primarily for students and residents
- New shops and leisure to support the new college and help bring its entrance to life
- New pedestrian crossings across Watermead Way

THE ISLAND SITES

- 600 new homes, including a mix of for sale, rental and shared ownership
- 14,000 sq ft of ground-floor space, for cafés, bars, restaurants and shops

We are hoping to give Tottenham Hale:

- Close to 1000 much-needed new homes for locals and Londoners
- New public spaces
- New shops, leisure and business space
- Space for a new health centre
- An improved bus station and a more pedestrian-friendly environment

FERRY SQUARE

- A new public square filled with seating and trees
- A new pavilion to the south of the square for event use
- A new, easy-to-walk route east to west through the square

Tottenham Hale is already an exciting part of London, and one with a strong sense of community. Any development needs to listen to the people who live and work there and to provide benefits which will directly improve their lives.

Argent (part of Argent Related) has worked in urban locations in London, Birmingham and Manchester for over 35 years. We want to hear from you about the proposals above.

To give us your comments and for more information
www.talktottenham.co.uk | 0800 307 7141
tottenhamhale@londoncommunications.co.uk



SPORT

Kicking up a storm

Esmond Francis inspires community resilience through the art of kickboxing



Kicking down fitness barriers **Credit** Martial Way Training

I see Martial Way as an extension of my childhood and formative teenage years. When I was growing up I felt insecure and

was very shy; whilst my brothers would play outside I would often stay at home.

That was until the Kung Fu craze

that swept through the UK in the 1970s. Bruce Lee's Kung Fu films inspired the Carl Douglas hit 'Kung Fu Fighting' and advertisers cashed

in by selling their products using the hook of Kung Fu.

This new and exciting culture felt miles away from Peckham, where I grew up, but proved to be something that made me feel at home with myself.

What first attracted me to martial arts was the athletic feats that I saw; flips and roundhouse kicks made those on screen look invincible. What fascinated me was the philosophy behind the martial arts.

“Self-discipline of the mind and body is a central discipline of martial arts”

Self-discipline of the mind and body is central to martial arts; with greater self-discipline comes greater self-confidence. This is where I believe martial arts can help Northumberland Park, an area that has issues such as poor health and unemployment.

Martial arts and the community
Fostering individual self-discipline

and self-confidence within individuals helps to ultimately grow and build a stronger, more resilient community.

I developed the Martial Way programme with my childhood hero Ronnie Green, who was the first British Kickboxing World Champion. Martial Way Training combines practical martial arts disciplines and a more holistic life coaching support, with the aim of developing stronger individuals, who learn to be accepting of themselves, which in turn results in stronger communities.

Through the programme, there are different classes which are aimed at the whole community, aged from five to 50+. We have also recently started an all-female class to encourage more women to take part in Martial Arts.

Check out a brilliant YouTube video made by the women's class by visiting: **Youtube** <https://goo.gl/W4imqm>

For further information on classes:

Call 020 8801 6401 (Tottenham Community Sports Centre)
Tweet @Martial_Way

Making a splash

Haringey Aquatics brings home a record number of medals from the 2018 Middlesex County Championships

By Eva Hanson

Haringey Aquatics swimmers brought home a record 29 medals from the Middlesex County Championships (10 gold, 12 silver, seven bronze, plus 43 other finalists) helping the club to celebrate its most successful year yet.

Leading the way was Max Green with five gold medals (50, 100, 200m freestyle, 200m individual medley and 50m breaststroke) and two silvers (100 and 200m breaststroke), competing in the 14 and under age category.

Shakil Giordani, in the 16 and under category, won a total of eight medals (gold in the 50m backstroke and 50m butterfly, silver in the 50, 100 and 200m freestyles, 100m backstroke, and bronze in the 100m butterfly and 1500m freestyle). He was awarded two trophies

as fastest 50m backstroke swimmer, and fastest 50m butterfly swimmer, both 16 or under.

15-year-old Max Hanson won gold, silver and bronze in the three breaststroke distances, including a trophy as the fastest 100m breaststroke swimmer, 16 or under. Kelton Ryland became County Champion in 200m breaststroke, butterfly specialist Gareth Davies took silver in all three fly distances and 17-year-old Rose Pepperday took bronze in the 200m breaststroke and 800m freestyle.

Haringey's younger swimmers also impressed, with gold for Travis Kupczyk Akomeah (12 and under category) in 50m freestyle; there were two silver medals and one bronze for 11-year-old Bianca Gomez Velasco (50 and 100m breaststroke; 200m breaststroke) and a bronze medal in 50m freestyle for Luca Riddard in the 11 and under category.



Tottenham team triumph at swimming championships **Credit** Haringey Aquatics

Head coach Paul Doyle and coach Nathan Joseph were full of praise for the 36 strong team of swimmers – a record number of qualifiers at

the Counties for Haringey Aquatics, with lots finalists, new club records and personal bests.

Doyle commented: “With a busy

gala schedule in the coming months, this was a very positive start to the season – I'm looking forward to the Regionals.”