

Haringey

people

February - March 2017



Celebrating Haringey schools success

Haringey
LONDON



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Inside this edition:



Wood Green and
Turnpike Lane
Trail



Good Gym
Haringey



Myddleton Road
voted best in
London



Have you visited the heart of our borough recently to work, shop, study, eat or drink? If you did you'll know Wood Green is home to a thriving cultural quarter, a strong community and a very proud history. But it's also clear to everyone that change is needed to restore Wood Green to its former glories.

Over the last 18 months we've listened to thousands of people who live and work in Wood Green. We asked what kind of changes you'd like to see ranging from small changes on the high street to a complete transformation of Wood Green with new homes, jobs and transport links.

It didn't surprise me there was overwhelming support for the most radical and ambitious option which promised thousands of new homes, new jobs and a Crossrail 2 station in the town centre.

We listened and now we are acting on what you said.

Last month we set out a £3.5 billion plan to transform the centre of Wood Green, creating thousands of square meters of new employment space, 4,000 jobs and 7,700 much needed new homes and a revitalised town centre. We're determined to restore one of London's historic town centres to its former glory with a new Crossrail 2 station to bring hundreds of thousands of people into the heart of our borough.

And while these changes may take years to fully take effect, I can assure you the transformation of Wood Green has already started.

In June last year the Green Rooms, hotel, cafe, bar and exhibition space opened its doors attracting a mix of Haringey residents and visitors from around the world.

And in a few weeks time we will be transforming a disused council car park on Station Road, just a few steps from the tube station. A formerly empty space will be filled with workshops, a café in a converted Routemaster double-decker bus, allotments and market pitches.

Our £3.5 billion transformation of Wood Green will improve the quality of life for residents from all corners of Haringey. The new town centre will be a beautiful space to work, shop and relax. The new green spaces will clean our air and encourage more people to stay fit and healthy. The transformation of Wood Green will give more Haringey residents opportunities at least equal to the best in the capital.

Claire Kober
Leader of Haringey Council



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haringeypeople](http://www.haringey.gov.uk/haringeypeople)**

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All Haringey residents should receive a copy of Haringey People, delivered to their door, six times a year. If you do not receive a copy, please call 020 8489 2997, or email us at damian.russell@haringey.gov.uk (including your name and address). Haringey People is published by Haringey Council. Reproduction in whole or in part is strictly forbidden without the prior permission of Haringey Council. Products and services advertised in this publication do not necessarily carry the endorsement of Haringey Council.

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**[translationandinterpreting@
haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)**

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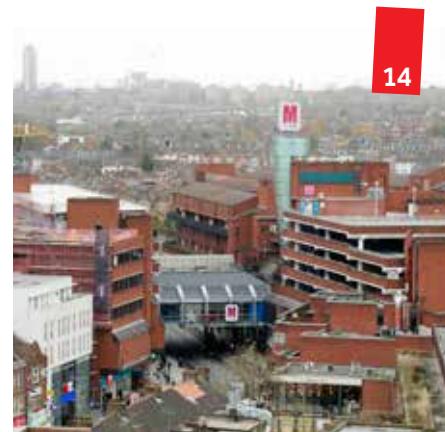


Cleaning up Russell Park



My Account

Haringey People is available as an audio magazine in partnership with the Haringey Phoenix Group. For more information, contact 020 8889 7070.



All change for Wood Green

14**18**

Brain Füd

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All you need to know about what to do in Haringey during the next two months: exhibitions, events, theatre, walks, talks and more



Jackson Lane, From Ibiza to Norfolk Broads



Wood Green High Street

Wood Green and Turnpike Lane Trail

In the latest edition of our 'trail' series, Haringey People visited the heart of our borough, Wood Green and Turnpike Lane, to check out the best things to do, eat and drink in the area.

To do

1 Big Green Bookshop

Just off Wood Green High Street is the Big Green Bookshop, a little independent gem established by Tim West and Simon Key in March 2008, after the big chain store where they worked in N22 closed leaving the area with no dedicated bookshop.

The shop stocks an array of books, including Tim and Simon's personal recommendations and also hosts events including stand-up comedy nights, writer workshops, song-writing clubs and music jams. The shop also organises reading groups, launch events and guest readings and monthly Book Clubs for adults and children.

Big Green Bookshop, 1, Brampton Park Rd, Wood Green, N22 6BG

www.biggreenbookshop.com
@Biggreenbooks

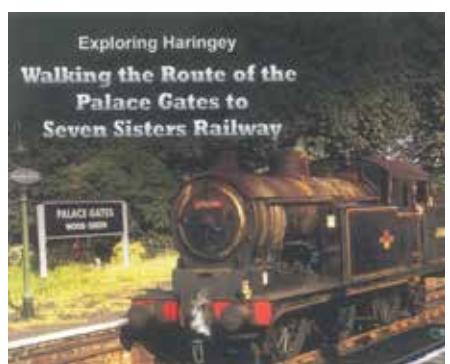
2 Palace Gates Line

Explore the area with a walk following the route of the Palace Gates Line, a railway that used to run between Seven Sisters and the Palace Gates station near Alexandra Palace until 1965. The three-mile route along the former railway, which was opened by the Great Eastern Railway in 1878 starts at the Starting Gate pub opposite Alexandra Palace station and then cuts right through the centre of Wood Green and Noel Park, also taking in Turnpike Lane, Downhills Park and West Green before finishing at Seven Sisters station. A booklet detailing the walk has been published by Haringey Federation of Residents Associations and Haringey Friends of Parks Forum and is available on their websites and from local libraries.

www.haringeyfriendsofparks.org.uk/railway_walk.php

3 Enjoy a movie on the Big Screen

Fans of the big screen are spoilt for choice in Wood Green with two cinemas showing the latest Hollywood blockbusters. If you can't get enough of the flicks, check out Vue next to the station which offers six screens with more than 1,700 seats, or the 12 screen Cineworld in the Mall. Cineworld also runs a monthly cinema club for over 50s. Also in the Mall is American-themed diner Tinseltown, the perfect place to settle in a booth and enjoy wings or a burger and fries after the movies.



Vue

Hollywood Green, 180 High Road, Wood Green, N22 6EJ

[@vuecinemas](http://www.myvue.com)

Tinseltown and Cineworld are both in The Mall, 159 High Road, N22 6YA

[@Cine_Wood_Green](http://www.cineworld.co.uk/cinemas/london-wood-green)

[@tinseltownuk](http://www.tinseltown.co.uk)

To drink

1 Green Rooms

Green Rooms has been creating a stir since it opened in an amazing Art Deco building originally built in 1925 by the North Metropolitan Electric Power Supply Company.



Green Rooms

Close to Wood Green station, the arts-led social enterprise hotel offers preferential rates for practising artists and people coming to London working in the creative industries. The four-storey building also boasts a rehearsal/performance area, work spaces and studios. On the ground floor, there is a cafe-bar serving up local beers (including Tottenham's Beavertown), homemade cakes and cocktails as well as a restaurant, which features a new up-and-coming restaurateur every six months – giving them the chance to shine while customers enjoy a tasty variety of delicious cuisines.

Opening soon on a disused council car park opposite Green Rooms will be a new creative hub featuring a cluster of timber work-sheds, studios and offices to be used as workshops or retail units by local businesses. It will also include a café in a converted Routemaster double-decker bus, micro allotments, a central square for cultural events and market pitches.

The Green Rooms, 13-27 Station Rd, Wood Green, N22 6UW

@GreenRoomsHotel
www.greenrooms.london

2 Shakeaway

Newly opened in the Mall, Shakeaway offers customers refuelling after a bit of retail therapy a range of handmade and luxury milkshakes made to order from a choice of over 180 ingredients – meaning customers can create literally millions of different combinations.



Shakeaway

Shakeaway also offers a selection of refreshing real fruit smoothies, lower fat fries, shaved ice and 100% fat free frozen yoghurt made with fresh fruit.

Shakeaway, The Mall (first floor), 159 High Rd, Wood Green, N22 6YQ

[@ShakeawayLand](http://www.shakeaway.com)

3 The Westbury

The Westbury offers discerning punters a range of real ales, craft ciders and hearty pub grub including burgers, Sunday roasts, Italian dishes and a tempting German sausage platter. The venue also runs a pub quiz every Tuesday and live music at weekends.

Also, worth a mention is a good old fashioned Victorian pub, the Duke of Edinburgh which offers a range of beers, big screens for sports, live music and Turkish food.

The Westbury, 57 Westbury Avenue, N22 6SA

@thewestbury22



The Westbury

The Duke of Edinburgh
83 Mayes Rd, Wood Green, N22 6UP

To eat

1 Tarshish

Tarshish is a stylish new addition to the area's local restaurant scene offering diners a Turkish and Mediterranean inspired menu. Boasting an impressive interior decor, the two floor venue has a retractable roof for open air dining on sunny evenings, as well as an outdoor balcony and great views of the High Street.

The area is well known for its Turkish cuisine and also worth a mention are the popular Kervan Sofrasi and Ezra's Kitchen. Also recommended by residents are Turnpike Lane's Jai Shri Krishna and Jashan Indian restaurants and the Le Chamarel offering an exotic Mauritian menu.

Tarshish, 16-22 High Road, Wood Green, N22 6BX

[@Tarshishwg](http://www.tarshish.co.uk)

2 Karamel

In Wood Green's lively Chocolate Factory arts complex (home to 200 artists and creative businesses spread across three buildings) is Karamel, a Time Out award-winning Vegan restaurant and venue, which locals recommend for its Sunday Roast and great home-made cakes and desserts. As well as a restaurant/cafe/bar, Karamel is also an arts venue and gallery providing a vibrant programme of live music (e.g. jazz, Indian classical, singer-songwriters, bands), poetry/spoken word, DJ nights and much more.

Karamel, 4 Coburg Rd, Wood Green, N22 6UJ

[@KabaretKaramel
www.facebook.com/kabaret.karamel](http://www.karamelrestaurant.com)

3 Granier Bakery

After proving to be successful in its native Spain, the Granier bakery and cafe has established itself as a fixture in Turnpike Lane. Granier is the perfect place for a coffee or to pick up pastries or churros, pizza or a sandwich or some bagels, rolls or loaves of bread from the lip-smacking range on offer.

Granier, 4 High Rd (near Turnpike Lane station), N22 6BX

www.pansgranier.com

We'd love to hear your suggestions for where future editions of the 'trail series' should visit following our trips to Wood Green & Turnpike Lane, Bounds Green & Bowes Park, Green Lanes, Muswell Hill and Tottenham. Please email us: yourstories@haringey.gov.uk



The College of
Haringey, Enfield
and North East London

Come to the **CONEL Apprenticeships Week** **6-10 March 2017**

Find out about all
courses and
apprenticeships

Open Day
Saturday
11 March
10am - 2pm



- Daily Drop in welcome. Come and talk to our team about how you can get onto one of our apprenticeships.
- Workshops provided to support you with CV writing, job applications, interview preparation and much more on Saturday 11 March 2017
- Meet local employers with current apprenticeships to start NOW! Check our website for times and details.

There are more events to be announced so keep checking our website!

We offer Apprenticeships in:

- | | |
|-------------------------|------------------------|
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| Childcare | Logistics |
| Construction | IT and Computing |
| Engineering | Rail Track Engineering |
| Hairdressing | Teaching |

Call us on **020 8442 3442** for more information or visit:
www.conel.ac.uk/appweek for full updates

Enfield Centre | 73 Hertford Road, Enfield EN3 5HA | **Tottenham Centre** | High Road, Tottenham N15 4RU

Southbury, Brimsdown

Seven Sisters

Tottenham Hale

Running for good causes

Haringey People joined Tottenham residents for an evening of activity and volunteering organised by Good Gym Haringey

In the summer of 2016, Tottenham resident, Senay Camgoz, was looking for a way to do some volunteering and to get fit. She was also searching for a social activity having just returned from Cyprus after a number of years away. Scanning social media, she saw a post from a friend saying people should stop 'moaning and do something practical such as joining the Good Gym'. Intrigued, she went along to one of the Good Gym weekly sessions held in Tottenham. She hasn't looked back since.

"This fitted the bill perfectly," she said. "You run for about 20-25 minutes to a place where you do a task that will benefit the community, stay there for 45 minutes or so, and then run back. It's fantastic that human potential is being used in this way rather than pounding away on a treadmill."

Every Wednesday night, folks of all ages and running abilities meet at Tottenham Green Leisure Centre where organiser, Varon Lewis, briefs them on that night's 'task'. On the night we went, it was to sort and arrange clothes for disadvantaged residents at the Crutch Haringey clothes bank in Waltheof Gardens.

We then ran through some gentle warm-up exercise before heading off as a pack into the night.

"Gyms are not for everyone," said Varon. "For some, they are too intimidating. But, this is a really good opportunity to socialise and meet new people and do good deeds in the community."

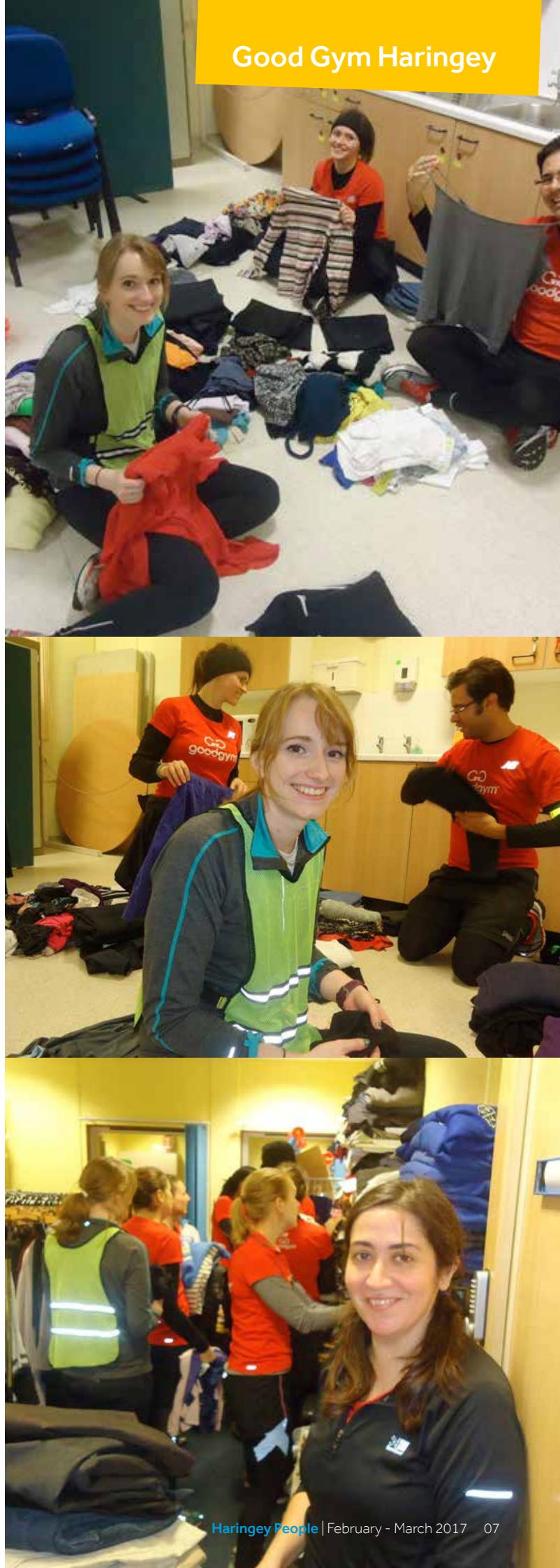
At the back of our group was a volunteer running as a 'tail marker' to ensure that no-one was left behind and the slowest runner had someone to run with. After 25 minutes, we stopped at Crutch where the sorting began.

"Having a load of volunteers come en masse and help us out like this is just amazing," said Keisha Davidson, project support officer at Haringey Crutch. "It's so great that people take time out of their busy schedules to give back like this."

After we had jogged back to the leisure centre, everyone was buzzing.

"It's my first time and it's been really fun," said Rachael Toon. "I'm quite a shy person but everyone has been really nice and welcoming so it's been really easy to fit in. Anyone can come along and they won't feel left out."

To find out more about Haringey Good Gym, go to: www.goodgym.org/areas/haringey



News



Join the Great British Spring Clean campaign



Local community clean-up group in action in Russell Park including Cllr Peray Ahmet and Catherine West MP

From 3-5 March, hundreds of thousands of people across the country will take part in the Great British Spring Clean campaign.

Last year, the campaign got 250,000 people outdoors, active and involved in clean up events. The Great British Spring Clean campaign's website has everything you need to set up your own clean-up in Haringey. The website includes advice, information about how to apply for clean up equipment and downloadable posters to promote your event.

Sarah Hayes, Senior Project Coordinator for the Beautiful Boroughs Project said: "We plan to help many more people to get out there and clean up in 2017. Haringey residents have really got behind previous events and it would be great to see even more get involved to help clean up our streets."

More information:

If you would like more information on clean ups or how to organise your own event email sarah.hayes@cleanupuk.org.uk or visit: www.greatbritishspringclean.org.uk



Are you paying for more water than you use?

None of us like paying more than we need to. With a new smart meter, you can see how much water you're using and you could start saving. People, currently saving on a smart meter in Haringey, will be saving an average of £149 a year.

**To book your FREE smart meter,
call us on 0800 316 0989**





Myddleton Road

Myddleton Road wins best London high street

Congratulations to Myddleton Road, recently voted the London winner of the prestigious Great British High Street Awards. Judges noted Myddleton Road

was a great example of the power of local people and businesses working together to support their area.

Win a free Fusion membership to New River Sport & Fitness

To help you make your move to a healthier lifestyle, we've teamed up with Fusion Lifestyle, a leading registered charity which provides quality sport, leisure and fitness activities to local communities.

We're offering one lucky winner a year-long membership to New River Sport & Fitness.

To enter the competition, answer the following question: How many days free membership are available to new members?

Email your answer and contact details to newriver-sales@fusion-lifestyle.com using the email title 'Haringey People Competition'.

If you're not successful, log on to www.findyourfusion.com to claim a free one-day pass, and, for a limited time, new joiners get their first 7 days of membership totally free when they join!

Terms and conditions: The prize is non-transferable, there is no cash alternative.

Area 51

Wood Green's John Dewey Independent Specialist College, part of Area 51 Education, was recently judged Good in all areas by Ofsted. The College specialises in providing opportunities for young people with very severe learning difficulties to develop their personal and employability skills and Ofsted found that the majority of students achieve or exceed their learning aims. Area 51 Education is always keen to hear from local employers who would like to take on a young person with learning difficulties as part of their team.



Holcombe Road Market open for business

A popular market, which has been trading in Tottenham for nearly 100 years, has recently re-opened as part of the regeneration plans for the area. Stalls at the Holcombe Road Market, opposite Bruce Grove Station, include Hall's Greengrocers, Thompson's Seafood, a new local business, Prestige Patisserie and Brown Eagle, selling Caribbean food and drink.



Cllr Alan Strickland visits Thompson's Seafood at the re-opening of Holcombe Rd Market

Haringey handy person service

Over 60s residents who need a helping hand for jobs around the house can call on a new service that allows a range of DIY jobs to be carried out easily and quickly at an affordable price of £25 an hour (excluding materials).

Residents can call 020 8489 3854 to book a handy person and the extensive range of jobs which can be carried out include:

- Fitting locks, spy holes and door chains
- Moving furniture
- Assembling flat pack furniture
- Changing tap washers
- Fitting grab and stair rails
- Changing light bulbs, fuses and plugs
- Putting up shelves, hang pictures and mirrors

Follow these 10 tips to keep you, your family and those around you warm and well in extremely cold weather.

1. Draw your curtains at dusk and keep your doors closed to block out draughts.
2. Have regular hot drinks and eat at least one hot meal a day, if possible. Eating regularly helps keep energy levels up during winter.
3. Wear several light layers of warm clothes (rather than one chunky layer).
4. Keep as active in your home as possible.
5. Wrap up warm and wear shoes with a good grip if you need to go outside on cold days.
6. If you have reduced mobility, age 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18°C. It's a good idea to keep your bedroom at this temperature all night if you can and make sure you wear enough clothes to stay warm. During the day, you may prefer your living room to be slightly warmer.
7. If you're under 65 and healthy and active, you can safely have your house cooler than 18°C, if you're comfortable.
8. Make sure you are receiving any benefits you are entitled to, such as the Winter Fuel Payment and Cold Weather Payment.
9. Make sure you have had your flu jab. It's particularly important for people who are at increased risk from the effects of flu, including over 65s, pregnant women, young children and those with long term health conditions.
10. Check up on friends, relatives and neighbours who may be more vulnerable to cold weather.

For more information, search 'cold weather' on www.nhs.uk



Big Lottery Funding award

In December 2016, The Big Lottery Fund agreed to offer an in-principle award of up to £1,465,018 to improve the quality of life of approximately 70 Haringey residents with Learning Disabilities including autism (children and adults). The award will fund a range of services to support residents to live in a community.

Haringey has a growing number of learning disability service users with complex needs.



My Account prize draw winner



Councillor Bernice, Emmanuel Galazka, Don O'Brien

Emanuel Galazka from Wood Green was the lucky winner of our recent My Account iPad competition. Emanuel's name was picked from a draw of nearly 500 entrants who registered for My Account. Councillor Bernice Vanier, Deputy Leader and Cabinet Member for Customer Services and Culture, and Don O'Brien, Head of Digital Contact, presented Emanuel with his prize.

Emanuel was delighted with his iPad Mini 4 and said: "There's nothing hard to do - just type in a few details - that's it! I would recommend registering to anyone because you don't need to go anywhere to do it. It's the easiest way to do everything you need to with the council."

Although the competition is over, it's not too late to sign up for our digital services. It's the easiest way to pay your council tax, check your housing benefit payments, and report dumped rubbish, among many other services.

Register today at
www.haringey.gov.uk/digital

Veolia's recycling fund for communities

Boost your green project with up to £1,000 from us

If your project inspires people to do the right thing with their waste, if you plan to use recycled or reused materials, or if it will help protect the local environment, we want to hear from you.

Your project could receive a cash boost of up to £1,000, as well as access to materials, equipment and even people to help you get it off the ground.

IT'S EASY TO APPLY.

1. Get inspired and upload your project
2. Promote your project and attract support from your local community
3. Get funded and see your project come to life



www.spacehive.com/movement/veolia



MARCH

	THE ELVIS YEARS STARRING MARIO KOMBOU	Thursday 2 & Friday 3 March 7.45pm
	DON'T DRIBBLE ON THE DRAGON	Saturday 4 March 2.30pm
	ANGELO TSAROUCHAS	Saturday 4 March 8pm
	FOREVER JACKSON	Sunday 5 March 7pm
	BRENDAN SHINE	Wednesday 8 March 7.45pm
	HYSTERIA	Thursday 9 – Saturday 11 March 7.45pm Saturday matinee 2.30pm
	THE COUNTERFEIT STONES	Thursday 16 March 7.45pm
	THE GOLDEN YEARS	Friday 17 March 7.45pm
	ABBA MANIA	Saturday 18 March 7.45pm
	GISELLE	Sunday 19 March 2pm & 6pm
	MATT MONRO	Thursday 23 March 7.45pm
	SOME GUYS HAVE ALL THE LUCK	Friday 24 March 7.45pm
	SONGS & LAUGHTER WITH MY MOTHER: AN EVENING OF LOVERS ROCK, GOSPEL AND COMEDY	Sunday 26 March 7pm
	I'M STILL STANDING - THE ELTON JOHN SONGBOOK	Friday 31 March 7.45pm

Haringey tweets



@DaveHill

Transforming Tottenham: a short film about change in London: Made by me & @maxcbingley. With @claireKober

@LymphomaAssoc

A big thank you to @haringeycouncil and @MallWoodGreen for raising £6,114.60 and #LymphomaAware-ness at their recent collection!

@rabbidavidmason

Great picture of Faith and political leadership together. @chiefrabbi @MuswellHillShul @UnitedSynagogue

@NrthLondonNews

@HKane says have a good Christmas and get down to Tottenham's Winter Festival <http://bit.ly/2g04Uwn>

Haringey News in brief

- New figures published in Haringey's Annual Carbon report have shown carbon emissions (per capita) in our borough have fallen by 37% since 2005. The figures mean Haringey now has a lower carbon footprint than Camden, Islington, Waltham Forest, Barnet, Enfield and Hackney.
- Alexandra Park School hit the headlines recently when a Sunday Times newspaper report showed its pupils scored higher in international rankings than children from schools in traditionally high performing countries like Singapore.
- Over 800 residents took part in a public consultation in October and November 2016 about Haringey's budget. The consultation asked about the things that are most and least important to residents. The most important was 'school improvement' and the least was 'sport development'. To see the full results and more details about our budget proposals search for 'Your Haringey Your Future' on www.haringey.gov.uk
- Last month, the Guardian launched an 11 minute film, 'Transforming Tottenham: a short film about change in London'. The Guardian interviewed a wide range of Haringey residents including students and staff from Ada National College for Digital Skills, White Hart Lane residents and Claire Kober, leader of Haringey Council about the changes that are taking place in Tottenham. To watch the film go to www.theguardian.com/uk and search 'Transforming Tottenham'.

For more on these stories or others visit:

www.haringey.gov.uk/news or facebook.com/haringeycouncil



All change for Wood Green



We have just announced our exciting multi-billion pound proposals for the transformation of Wood Green and want to get your views on shaping the future of the area.

We believe Haringey is the future of London and our ambition for Wood Green is a key part of our aim to transform the borough and give our residents opportunities equal to the best in the capital.

Wood Green is the heart of North London and our ambitious proposals would bring around 7,700 much needed new homes and 4,000 new jobs to N22, with a revitalised town centre based around a central Crossrail 2 station.

Since spring 2015, we've been holding events around Wood Green to speak to as many people as possible and give them the opportunity to tell us what they think about their local area and what they would like to see change. More than 1,000 local residents, businesses and community groups responded, informing the plans which were approved by our Cabinet last month.

We are now creating a detailed plan that will determine how to best fulfil the area's potential and make Wood





Green one of the best places to work, shop, eat and drink and do business in London.

Although the project will take up to 15 years, we need your input now on these proposals which will breathe new life into Wood Green town centre with a better choice of places to shop and socialise and improved streets and public spaces.

We want this growth and investment to benefit everyone, which is why as well as planning a major North London shopping destination, we also want much more leisure and office space, as well as workspace for creative businesses such as those already operating in the area's Cultural Quarter. The proposals include improving pedestrian and transport links between Wood Green town centre and surrounding areas including Alexandra Palace.

Work has already started in Wood Green with the transformation of a disused council car park in Station Road. The new space, opposite the Green Rooms, will feature a cluster of timber work-sheds, studios and offices to be used as workshops or retail units by local businesses. It will also include a café in a converted Routemaster double-decker bus, micro allotments, a central square for cultural events and market pitches.

Consultation next steps

We are looking for the views of all interested parties on the vision, objectives, and policies that will shape the future of Wood Green.

Hard copies of the consultation document are available from all local libraries in the borough or in the Civic Centre. Look out for a number of public drop-in sessions which will be held in Wood Green during February and March. More information can be found at www.haringey.gov.uk/woodgreen

Unique student experiences at Hornsey School for Girls

I am delighted to share with you the breadth and variety of our student experience throughout the school with details of the key transition activities and events at pivotal times in our students' education career at Hornsey. We are also launching two key programmes for new Year 7 students and prospective Sixth Formers: #HornseyHearsMyVoice and Pledge the Edge.

Kuljit Rahelu, Headteacher



#HornseyHearsMyVoice

Students at Hornsey School for Girls are sharing their talent through creativity, poetry, music, dance, science, sports and academia.

For more information visit [our website](#).



YEAR 7 STUDENT EXPERIENCE

"Hornsey really helped with the transition from Year 6 to Year 7. The 'SMART' days in June gave me a taste of life at Hornsey and the support from the Year 8 students has helped me settle in."

Josserose

"I chose Hornsey because of the exciting new subjects that are available to students. I found being more independent a challenge, but I have received a lot of support from teachers which has encouraged me to embrace life at secondary school." Cicely

YEAR 9 STUDENT EXPERIENCE

"Hornsey's excellent connections and partnerships has enabled me to participate in enriching experiences such as trips to The Royal Ballet School amongst other educationally beneficial trips." Aisha

"Here at Hornsey, the acknowledgement and respect of all students is at the heart of the community. We have a diverse culture and it is celebrated through a variety of culturally related subjects." Phoebe



STARTING YOUR NEW CHAPTER

Primary to Secondary school (Y6 to Y7)	
Year 6 Creative day	2 February
Voice In A Million Competition	March
Friendship afternoon	8 March
Open evening	9 March
Open morning	15 March
1-2-1 interviews	June
Induction days	July
Summer events	Summer holiday
Team building	September

SECURING CHOICES FOR YOUR ACADEMIC SUCCESS

Key Stage 3 to 4 (Y9 to Y10)	
Career speed dating	7 December
New subject taster lessons	16 January
Options evening	9 February

YEAR 11 STUDENT EXPERIENCE

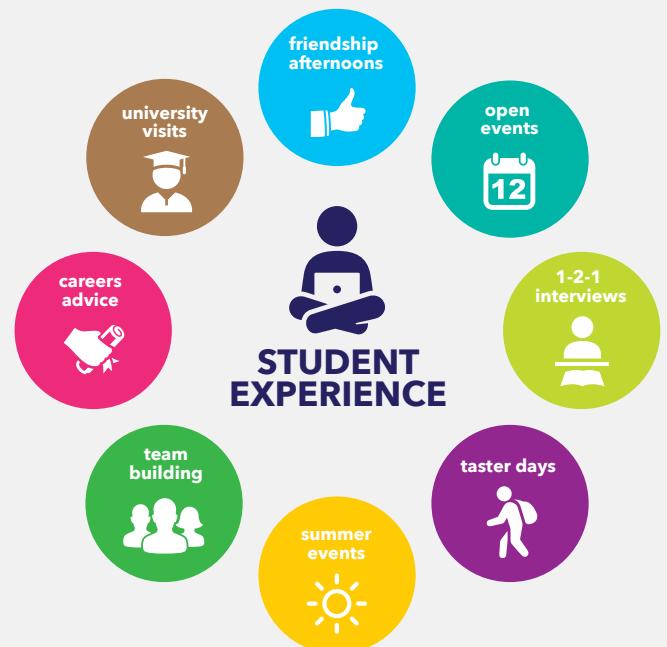
"Hornsey School for Girls has exceeded every expectation that I had of the school. This is a place where students are provided the tools to succeed and are given the support to work through challenges as a community." Amaani

"Hornsey has given me many opportunities to grow as a person, including 'The First Give Project' and 'The Bridge Project', while also supporting me with future educational and careers advice." Sophie

HORNSEY SIXTH FORM COLLEGE STUDENT EXPERIENCE

"The teachers are so helpful and do everything they can to make sure you succeed, through university advice, tracking our progress and even just making the lessons more fun and interactive." Lava

"My advice for younger students about to enter the sixth form would be to always believe in yourself and try your hardest. There is so much support available to you, as teachers are always available if you need any help or guidance." Adeola



YOUR PERSONAL JOURNEY INTO HORNSEY SIXTH FORM COLLEGE

Key Stage 4 to 5 (Y11 to Sixth Form)

Sixth Form trial lessons	24 January
Career speed dating	February
Guidance interviews: (with a member of SLT)	Spring term
Induction week	June/July
Photography competition	Summer holiday
Team building	September



PLEDGE THE EDGE AT HORNSEY SIXTH FORM COLLEGE

Hornsey have an unmissable opportunity to ensure that you get the edge!

Mentoring is at the heart of our development programme at Hornsey Sixth Form College and ALL students receive access to their own mentor and an interview with a university careers advisor to make sure you are better prepared for your future. You will also benefit from a variety of university visits and also the loan of a state of the art school tablet.

We also have ten scholarships available for successful applicants to the 'Hornsey Scholars' programme. The selected scholars will attend a range of pre-university events including interviews and taster lessons, receive an exclusive membership to the Aspire Group and will be able to take advantage of a wide range of subsidised cultural experiences, including gallery viewings and visits to famous landmarks.

For further information on our 'Hornsey Scholars' Scholarships Programme check out our Sixth Form section on the website.





Haringey Business - Brain Füd

Starting your own business can be quite daunting, from coming up with the idea, to knowing who to work with and where you can go for support. As part of our Haringey business series, we met with entrepreneur Philip Udeh of new business 'Brain Füd' to talk more about the product and his journey to setting it up.

What is your connection to Haringey?

I grew up in Green Lanes in the Gardens area and went to school at Thomas More in Wood Green. In fact I was the first of four brothers to attend the school. My parents are still in Green Lanes and my siblings all live in and around the borough. Currently, I work from the 639 Enterprise Centre

in Tottenham High Road. I'm also a board member of the Centre which focuses on offering young people in Tottenham the opportunity to start their own business.

What is Brain Füd?

Brain Füd is a healthy energy drink with natural caffeine from Guarana and seven functional vitamins and minerals for the mind. We all hate the

inevitable energy slump that strikes after lunch or the mental fatigue that occurs after spending long hours in the library! Brain Füd provides a revitalising and hydrating alternative to that umpteenth coffee of the day or to the sugar-filled energy drinks.

It's very different to other energy drinks as it literally contains only still water, fruit juices, vitamins, natural caffeine and natural flavourings.

Many of us often think:
"wouldn't it be great if
there was a product like
X to solve Y problem!?"
Well, you can create it!!

Philip Udeh, Company Director and Founder

How did you come up with the idea?

I was baffled by the lack of healthy energy drinks out there, so I started making energy smoothies with a nutri-bullet I got for Christmas. I even added supplements into the blends. One Sunday afternoon – whilst still in my PJs - I googled 'food technologists in London', just out of curiosity. I dialed the first number I came across and had a 30 minute chat with a food industry veteran. We met up a week later and the idea for Brain Füd was born! 18 months later, here we are...

What's next for Brain Füd?

The Brain Füd journey has been an interesting one. 2016 has been a busy year for me professionally and personally. I got married last February (right here in Tottenham Town Hall!) and our baby daughter was born in the summer... we set up the company in January 2016 and since then have been working with a team of interns to get out there and market our product.

I am delighted to say that our drink will be launching on Ocado in March 2017. Please do add us to your favourites if you use the platform. We have also secured wholesale distribution agreements which will go live in March 2017 too! You can check out our website for details on where to find us: www.brainfud.co.uk. We would also really like to reach out to retail and food service outlets in Haringey!

What advice would you give to budding entrepreneurs?

I would advise Haringey's budding entrepreneurs to try out the interesting ideas that they might have. Many of us often think: "wouldn't it be great if there was a product like X to solve Y problem!?" Well, you can create it!! Go out and do your research on your market and test your concept by speaking to your target audience. A good way to get advice from professionals is by picking up the phone and having a chat about your idea. Then, if you think it can work you have to devise a plan and follow it through. Be prepared to be persistent! It may take 5 or 6 times making contact before that key retailer even responds to your information.

For more information

www.brainfud.co.uk

e: hello@brainfud.co.uk

Twitter and Instagram @brainfud



5 key steps to developing a business

- 1 Develop your concept!** What problem are you solving and how?
- 2 Market your business/ product** Get the attention of the people you need to convince
- 3 Deliver your product** You need to be able to deliver what you promise on budget and on time
- 4 Sales** Identify your key customers and go straight to them with your offer!
- 5 Financial viability** You need to have a strong grasp of your bottom line otherwise your business will not be sustainable

“I know that this Sixth Form College will push me and help me achieve my course that I have chosen and also get me to the places I need for my future.”



“it's a diverse and productive environment where students feel comfortable and easily communicate with staff and each other. I feel supported as a student by the facilities offered. I am impressed by the grades students achieve and hopefully I can aim to achieve great results with the support of Haringey Sixth Form College.”

Open events 22 February and 11 March

1 March – Application window 2 opens

31 March – Window 2 closes

April – College interviews

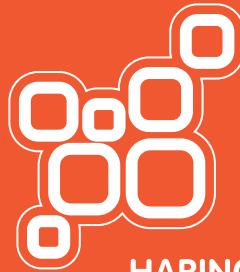
May – Late applications open

Apply Now

Only those who have applied by 31 March will be guaranteed a place.

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www.haringey6.ac.uk



HARINGEY
SIXTH FORM COLLEGE

SUCCESS AMBITION RESILIENCE



2017 at Haringey Sixth Form College !! We are full of excitement for what the year's going to bring.

Education is something I am very passionate about since beginning my career as a PE teacher all those years ago. I love watching the College's students grow, gain the skills and qualifications they need to progress in life and become productive members of local communities.

I have seen countless pupils' lives transformed throughout my career and I am very proud to be the principal of a college that is providing good quality education for this diverse area of London.

As someone who's passionate about the post-16 sector and the very many lives this college is able to touch, I am dedicating the next six or seven months to working with the staff here at the college to ensure all our current students achieve their qualifications and progress to university or into employment.

At the same time, we are working to recruit even more outstanding students for September 2017.

I have said before that I believe this college is a very special place, and I am delighted to see the college continue to flourish. This is a "go to" organisation.

Our second application window for new applicants closes at the end of March so those who want to join and enjoy all this great college has to offer, my message is simply "just do it".

Apply now via this website, www.haringey6.ac.uk

Russ

Russell B Lawrance
Principal

Haringey Sixth Form College

White Hart Lane, London N17 8HR T: 020 8376 6000

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Facebook: /Haringey6thFormCollege

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ow!

eed a place

Schools success



Gladesmore Community School



Gerry Robinson, Woodside High School

Celebrating schools success in Haringey

It was a night of joy and pride when more than 300 guests celebrated the fourth annual Outstanding for All (OFA) Awards at the iconic Alexandra Palace in December 2016.

Once again, we were pleased to shine the spotlight on Haringey's top teachers, students, governors, and support staff, presenting a total of eleven well-deserved awards in various categories.

Winner of Outstanding Secondary STEM Student(s) Award were the Robotics Team from Greig City Academy (cover picture). STEM Coordinator, Ricardo Garcia de Paredes, who sadly passed away recently, was instrumental to the team's success. Described by his students as a great teacher, he will be remembered by all of them for his enthusiasm and for his

commitment to, and involvement in, a wide range of STEM activities at the school.

The new STEM category for both primary and secondary schools is part of our aim to drive improvements in education and ensure our young people have the best opportunities in education and training in science, technology, engineering and maths. Haringey's STEM Commission further supports this by exploring how we can work closer with STEM enterprises and employers.

But it wasn't just about the winners. The OFA Awards showcased all the nominees and nominators in a series of videos played on the night, as well as provided live entertainment from some of the borough's talented young performers: Haringey Young Musicians,

Coldfall School Choir, Haringey Vox, Woodside High Flyers, and Ja'vay Coxx-Morgan from Risley Avenue Primary School.

Since 2010, Haringey has one of the best school improvement records in the country, boasting our best ever exam results in 2016. Nearly all of our schools are now good or outstanding.

Among the guests to enjoy the evening were David Lammy MP, Maggie Philbin, and former Spurs and England defender, Ledley King, as well as proud sponsors of the event, Credit Union, Newsquest, Tiles DIY, Tottenham Hotspur Foundation, and Veolia.

Overall, the night was described as a very positive and uplifting evening, and a fantastic way to celebrate all that is outstanding in our schools!

Ledley King, Tottenham Hotspur Foundation



I left the OFA awards feeling extremely proud of our services within Haringey and that as a group nominee we had been recognised for the services we provide.

Fiona Dawson, Stonecroft Nursery



WINNERS



Ja'vay Coxx-Morgan and Peter James, Risley Avenue Primary School

It was fantastic to see the efforts of so many Haringey schoolchildren and staff get recognised.

Dan Lester, Veolia



St Paul's Primary School



Murat Yurtseven, Tiles DIY; Rita Adu-Gyamfi, The Willow Primary School; Helen Baron, Credit Union

Support Staff of the Year Award

Winner: **Rita Adu-Gyamfi, The Willow Primary School on Broadwaters**

Finalists:

- Ismet Kaya, Park View Academy
- Tracey Copley, Highgate Wood School

Overcoming Adversity Award

Winner: **Wisdom Yemi-Makanjuola, Gladesmore Community School**

Finalists:

- Arafat Sadir, Welbourne Primary School
- Ugonna Ezenekwe, Heartlands High School

Early Years Champion Award

Winner: **Maritsa Georgiou, St Mary's Priory Catholic Infant and Junior School**

Finalists:

- Luisa Bellavita, Wood Green Preschool Playgroup
- Stoncroft Nursery

Achievement in Sport and Arts Award

Winner: **GCA Outdoor Education Programme, Greig City Academy**

Finalists:

- U10 Girls Futsal Team, Rhodes Avenue Primary School
- Sultan Stevenson, Woodside High School

Governor of the Year Award

Winner: **Marilyn Francis, Broadwaters Inclusive Community**

Finalists:

- Alison Vaughan, Rhodes Avenue Primary School
- Kath Howell, Coleridge Primary School

Community Hero Award

Winner: **Tasaddaq Ashraf, Gladesmore Community School**

Finalists:

- Vivienne Mensah, Rowland Hill Nursery School and Children's Centre
- Lidia De Araujo, Coldfall Primary School

Outstanding Primary STEM Student (s) Award

Winner: **Archie Baer, Our Lady of Muswell Catholic Primary School**

Finalists:

- Class 4J - Mr Johnson, Risley Avenue Primary School
- 3D Design Club, St Paul's Catholic Primary School

Outstanding Secondary STEM Student (s) Award

Winner: **GCA Robotics Team, Greig City Academy**

Finalists:

- Adam Toeg, Alexandra Park School
- Francisco Garcia De Paredes, Fortismere School

Primary Class of the Year Award

Winner: **Class 6 - Iain Quin, St. John Vianney Catholic Primary School**

Finalists:

- Coral Class - Constantine Quist, Earlham Primary School
- Class 4M - Nicole McCracken, Our Lady of Muswell Catholic Primary School

Music Teacher of the Year Award

Winner: **Sue Stephens, Alexandra Park School**

Finalists:

- Alexander Sabbagh, Everyone's Climbing Tree/Alexandra Park School
- Tim Bentley, Noel Park Primary School

The Councillor Egan Achievement Award

Winner: **James Lane, St Francis de Sales RC Infant and Junior School**

Finalists:

- Cameron Taylor, Rhodes Avenue Primary School
- Andrew Lloyd, Heartlands High School

See more pictures of the event at www.haringey.gov.uk/ofa-pics and the videos of the winners, nominees and nominators at www.haringey.gov.uk/ofa-vids

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Bringing educational options to people living and working in Haringey – building bridges to university study and beyond

**LONDON'S EVENING
UNIVERSITY**

bbk.ac.uk/bridges

Building bridges to university study

Birkbeck, University of London and Haringey Council have partnered and are inspiring Tottenham residents to go to university and enable them to reach their career goals.

Based in the 639 High Road Enterprise Centre, Birkbeck have regular events taking place in the heart of Tottenham. This includes a series of workshops designed to inspire, engage and challenge participants to give them an idea of what studying for a degree-level qualification might be like.

Continuing our work from last year, 2017 begins with a series of exciting events at the 639 High Road Enterprise Centre such as taster sessions for anyone interested in what university has offer, guest lectures and free professional development workshops.

- The Learner's Lounge will run weekly on Wednesdays between 4-6.30pm with different themes each week around building skills and to improve lifestyle, with the opportunity to benefit from a drop-in service to chat with staff from Birkbeck which can answer questions about how to go about further study.
- Birkbeck's Big Ideas takes place monthly, where Birkbeck experts share findings from their fascinating research and generate debate.
- Applying to University workshops, exploring the benefits and opportunities of going to university and how to get there, including Student Finance.

• Professional Development Workshops, designed to share cutting-edge research and learning with Londoners based in the Community and Voluntary sector, this is a chance to start conversations about personal, professional and learning goals.

Vicky Clark, Head of Economic Development and Growth at Haringey Council, said Birkbeck's presence in the borough will have a major impact on the Council's plans to regenerate the area. "We want to achieve physical regeneration for Tottenham—but just as important is transforming what people living in the area feel they can achieve," she said.

"Birkbeck's presence in Tottenham is absolutely vital to contributing to this goal of raising aspirations. Having a research-intensive institution like Birkbeck making a definite and comprehensive commitment to the area is also a powerful statement of confidence which will have knock-on effects, we hope, in attracting businesses and investor support into Haringey, too."

As part of the initiative, Birkbeck is continuing to offer residents who participate the opportunity to progress onto its Higher Education Introductory Studies (HEIS) course, a fast-track

programme designed to facilitate entry to university. This course is running again at the 639 High Road Enterprise Centre from September 2017.

The HEIS course provides an opportunity to explore a specific subject, such as business, prior to choosing what to study. This is designed to be a gradual introduction to university-level study, helping prospective students to develop the knowledge, skills and understanding that they will need to perform well in higher education.

"A child born in Tottenham today should have opportunities equal to the best in London, and that university of Birkbeck's calibre wants to open here is a vote of confidence in our borough's reputation for rewarding aspiration," said Councillor Joe Goldberg, Cabinet Member for Economic Development, Social Inclusion and Sustainability at Haringey Council.

Tottenham residents interested in learning more about what's happening at the 639 High Road Enterprise Centre should visit www.bbk.ac.uk/bridges for events or contact Faith Williams on **020 8489 2228** or **Birkbeck@haringey.gov.uk**

Highgate Society celebrates Half a Century

Fresh from celebrating 50 glorious years, the Highgate Society is looking forward to the next 50.

Last year, one of the biggest societies of its type in the country hosted a feast of events, including plays, exhibitions and walks, to commemorate its golden anniversary.

Boasting 1400 members, the society aims to make "Highgate a great place to live, work and play", according to its current chairperson and volunteer, Janice Morgan.

"And, it's not all about preserving and conserving – although that is an important part – but it's about moving forward, about looking forward to the next 50 years. We're already putting a business plan in place!"

Acting as guardians of the area's character, the society has scored some noteworthy successes, including spearheading the epic 17-year campaign to save the picturesque Athlone House built in the 19th century.

Formed when the Highgate Preservation Society and the Save Highgate Group (created to fight "disastrous" road proposals) merged in 1966, the Highgate Society boasts a famed planning committee that is constantly monitoring any local proposals before wielding its considerable clout.

"If we can see off a bad development then that's good," said vice-president Michael Hammerson who is also a leading light on the committee. "We try to ensure that any change is for the best."

Spawning a whole host of other local groups, the society has various committees, including watercolour groups, a French

it's not all about preserving and conserving but it's about moving forward, about looking forward to the next 50 years.

Janice Morgan, volunteer

Circle, an older people's group and a social events committee, and still meets weekly at 10a South Grove for coffee on Saturday mornings and on Sunday afternoons for a variety of interesting talks.

It also produces a range of self-guided walking booklets for the area under the banner, 'Northern Heights', as well as an excellent quarterly magazine for members called Buzz.

"And we love welcoming new members," said Jan, laughing. "If you think you live in Highgate...then you do! We have a New Members' Party every three months and you'll get the chance to meet everyone and tell us what groups you would like to join."

If you would like to join the Highgate Society, or to find out more, go to www.highgatesociety.com

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Beat those winter blues

As winter drags on, it's quite easy to pick up bad habits like comfort eating and reducing our exercise. This is even more the case if you're over 65 and vulnerable.

If you live in Haringey, you can kick these bad habits for good by joining one of our Fusion leisure centres. The facilities are free to use on weekdays and there are many classes available at our Park Road, Tottenham Green and Broadwater Farm sites.

You can try your hand at boxing or get your heart pumping with aerobics. Just 30 minutes of exercise a day can help to improve your physical and mental health, and if you can get out of the house to do it, it's a great way to socialise and meet new people.

David Heath, aged 72, from Wood Green is a regular user of the Tottenham leisure centre. He joined the gym five years ago when his GP recommended he start exercising to lower his cholesterol levels.

Since then, David has followed his own cardiovascular fitness plan using a combination of the rowing machine, treadmill and resistance exercise. David said: "My life has improved dramatically since joining the gym. When I walk up the stairs I don't get out of breath anymore and my

appetite is better. It's a fantastic gym and staff are helpful. I would recommend older residents signing up for free gym access for the obvious health benefits, and to feel fitter."

Our free gym service is just one of the ways we are helping Haringey residents to live longer and healthier lives.

Kick-start your fitness plan and sign up today!



What do I need to sign up?

Visit one of our leisure centres and show your ID (e.g. birth certificate, passport, driving license) and a proof of your Haringey address (council tax or utility bill or a Freedom Pass).

Free access to the leisure centres and their facilities is available Monday to Friday between 9am and 5pm.

See our website for more information about our FREE gym sessions for over 65s:

www.haringey.gov.uk.



Avoid the Debt Trap

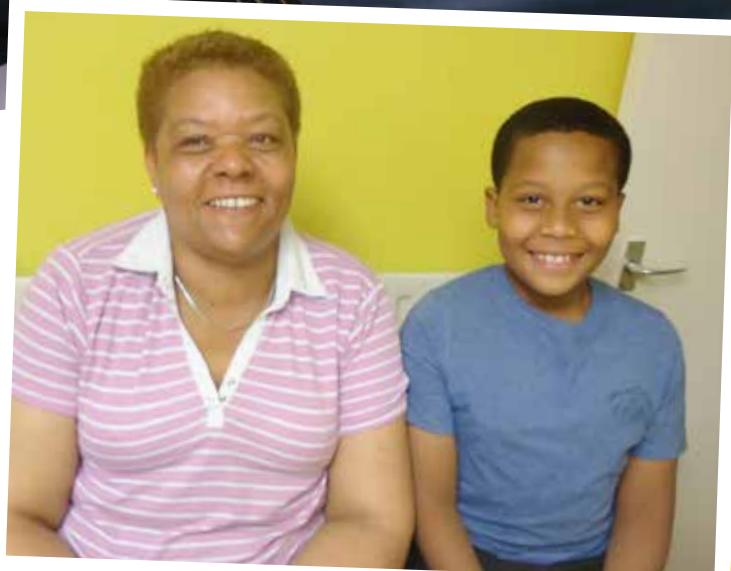
Residents are being encouraged to take control of their finances by using responsible loans companies such as Fair for You or the London Capital Credit Union.

Fair for You provides loans to buy brand new items at regular prices using small loans repaid on a weekly, fortnightly or monthly basis. Unlike some payday lenders, the loans are based on affordability and payment history and customers own goods from day one on much more affordable rates than some.

"I'm a single parent on disability benefits so it's hard for me to try and get credit," said one of Fair for You's clients, Alexandra. "I needed a new cooker – it was an emergency. I was expecting to be waiting for days and days but you approved me so quickly. I applied on Monday and they came on Thursday to put in the cooker. I was delighted!"

Also, unlike commercial operators, the not-for-profit London Capital Credit Union offers great value loans and easy ways to save.

Arlene Francis from Tottenham and her 13-year-old son, Nathan, are strong supporters of the union. Arlene saves for, "a holiday or if any emergencies come up" while Nathan said, "Saving is not easy but is a good thing to do and is useful if you want to buy bigger things in future such as a car."



Arlene and Nathan Francis



Saving is not easy but is a good thing to do and is useful if you want to buy bigger things in future such as a car.

Nathan

For more details go to:
www.fairforyou.co.uk or
www.credit-union.coop

Welfare benefits and entitlements

Information about welfare benefits and entitlements that are available to Haringey residents is published by GOV.UK. They have online benefit calculators which can tell you which benefits you could be entitled to, how to claim and how your benefits will be affected if you start work. The website also has information about energy grants where you can find out what money and other help you can get to reduce your energy costs. More information is available on: www.gov.uk/browse/benefits

If you are a council tenant in rent arrears, you should contact your local housing office.



Debt advice and information

If you are in debt and need advice, the following five organisations may be able to help you to: Identify the most important debts and take action, help plan your weekly/monthly budget, draw up a financial statement by looking at your income and outgoings, negotiate with the people you owe money to and advise you on court procedures and help reply to court documents.

1. Money Advice Service

Want to make the most of your money? It's easier than you think. Answer some straightforward questions about you and your money and our free confidential health check will set out what you can do in easy steps. It takes just 5-10 minutes, doesn't involve any paperwork and your answers are confidential. More info on: www.moneyadviceservice.org.uk

2. National Debtline

The National Debtline offers free confidential and independent advice on how to deal with debt

problems. Call free on **0808 808 4000**.

3. Debt Advice Foundation

The Debt Advice Foundation is a registered charity giving free advice for people worried about debt. For more information go to: www.debtadvicefoundation.org/ or call free **0800 043 4050**

4. Citizens Advice Bureau (CAB)

Benefits in England
The Citizens Advice Bureau gives information and advice

on benefits and tax credits for different groups of people. For more information go to: www.citizensadvice.org.uk/benefits or call **03444 111 444**

5. HM Revenue and Customs

HM Revenue and Customs provide help with paying tax and claiming tax credits. For more information go to: www.gov.uk/hmrc



Silverfit members try out cheerleading, yoga and Nordic walking

With pom poms, shuttlecocks and yoga mats, this fitness group is going from strength to strength

Haringey is home to a group of over-45s who want to keep fit and healthy. We had a golden opportunity to catch up with Silverfit...

The group meet every Tuesday at 10.30am at Broadwater Farm Community Centre & The Hub, at Lordship Recreation Ground. They do badminton, yoga, cheerleading and Nordic walking. And they love it.

One regular, Grace, said: "Silverfit for me is about fun, socialising and exercise, keeping active and healthy! I have made friends in cheerleading. My energy levels have improved, my memory and concentration have improved. In cheerleading you have to memorise routines, my coordination has improved. After each session, we get together to have a cup of tea, and we laugh! It is a great way to get involved with the community."

Haringey Silverfit are happy to welcome new members – as long as you're over 45. They get together

at The Hub at 10.30am before activities start at 11am for an hour. You can choose a different activity every week, or if you prefer, stick to one and improve your fitness level. The classes are aimed at all levels, so don't worry about getting left behind.

And once class is over, everyone goes back to The Hub for a catch-up. Members say it's a great way of keeping healthy with plenty of good company. One, Jenny, said: "I really enjoyed the Nordic walking and, to my surprise, I was good at it. It's very well taught and great to do with other Silverfitters for company. The choice of activities is great."

Another Silverfit fan, Chris, said: "After retiring, I wanted to maintain my fitness and mobility. Cheerleading is very exciting and so much fun! The social aspect of

Silverfit is great, and meeting new people and making new friendships is fantastic! I have done a taster of Nordic walking and tried badminton – I would love to do all of them!"

And what is Chris's top tip? "Choose something you enjoy so that you keep exercising and keep going!"

Classes are for over-45s

First session is free, then after that classes cost £1 for members and £2.50 for non-members.

It's £5 a year to be a member. It's free for over-65s!

For more information visit www.silverfit.org.uk or call 07721 419518



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- FOUNDATION LEARNING • IT & COMPUTING
- LLDD • MENTAL HEALTH COMMUNITY LINK
- MOTOR VEHICLE • SCIENCE • SPORTS

Wood Street Campus

Wed 8 March, 5pm–7pm

- A LEVELS • ACCOUNTING
- ART, DESIGN & CREATIVE MEDIA
- APPRENTICESHIPS • BUSINESS & TRAVEL
- CHILDCARE • COMPUTING • EFL • ESOL
- FOUNDATION LEARNING
- HEALTH & SOCIAL CARE • SCIENCE
- TEACHER TRAINING

Colindale Campus

Sat 11 March, 10am–2pm

- BEAUTY • CHILDCARE
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- ESOL • FOUNDATION LEARNING
- HAIRDRESSING • HEALTH & SOCIAL CARE
- IT & COMPUTING



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William Quito

William lives in Northumberland Park but gets his cooking inspiration from Ecuador, where he grew up. He was taught to cook by his mum and loved it so much he opened a restaurant in South America. He says: "When I'm cooking I'm like a fish in the sea." Here, he shares with us a quick and easy traditional dish that's sure to cause a stir in your kitchen.



Have a rice day

Arroz Con Camarones (Rice with prawns)

Servings: 3-4 people

Cooking time: about 15-20 minutes

Ingredients

200g or a couple of cups of rice

One Spanish onion

Two cloves of garlic

Mixed peppers

400g of big prawns

Sprinkle of cumin powder

Sprinkle of yellow food colouring
(Colorante Alimentario)

Olive oil

Seasoning

Method

You can boil the rice beforehand because the rest of the meal won't take long to cook. I generally put a little salt in the water for taste.

I would then heat up a little oil in a pan, finely chop the onion and the garlic, and add to the pan along with a little salt. Keep stirring until they turn slightly brown.

I would then take a couple of handfuls of some frozen, sliced mixed peppers (you can buy the frozen peppers from Iceland – there's a good mix of yellow, red and green ones) and add them to the pan.

Keep stirring until the peppers go soft and then add the prawns. I buy my prawns from a large shop that sells Chinese food on Tariff Road.

Keep stirring and add some black pepper and then add a sprinkling of cumin powder.

The prawns don't need to be cooked for too long – it's easy to overcook prawns – so just give it a couple of minutes of stirring and then stir the pre-prepared rice into the mixture you have in your pan.

I would then mix in a sprinkling of a food colouring called Colorante Alimentario which turns the rice yellow (you could also try turmeric or saffron). Done!

You can serve on its own and enjoy.

Would you like to share your favourite recipe with 90,000 households in Haringey?

Please tell us what your favourite recipe is. We'll pick the best one for the April 2017 edition of Haringey People.

Email: yourstories@haringey.gov.uk

HIGHGATE

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in its intellectual and cultural life'*

Open Mornings throughout the year
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Highgate School
London N6
020 8347 3564
www.highgateschool.org.uk
admissions@highgateschool.org.uk



*Independent Schools Inspectorate, 2011



**safety is
only a click away**

SMARTER
TRAVEL



www.haringey.gov.uk/smartertravel

Haringey
LONDON



Local Democracy

Haringey has 57 elected councillors across 19 different wards.

Councillors are there to offer you advice, guidance and support on issues you may have and most hold regular 'surgery' sessions where you can meet them to discuss concerns in person.

Find out who your councillors are here: www.haringey.gov.uk/find-my-ward or call: **020 8489 1000**

You can contact your local councillors by writing to them at River Park House, 225 High Road, N22 8HQ or email them using the format: **firstname.lastname@haringey.gov.uk**

Enfield and Haringey London Assembly Member

Joanne McCartney (Labour)
020 7983 4402
joanne.mccartney@london.gov.uk

Surgery last Friday of each month, 6.30-7.30pm
28 Middle Lane, N8

Write to:
Joanne McCarney,
GLA, City Hall,
The Queen's Walk,
London SE1 2AA

Council Meetings

Meetings are normally held in the Civic Centre, High Road, Wood Green, N22 and are open to the public.

Meeting times, dates and locations can change, check: haringey.gov.uk/meetings

If you can't come along to a meeting you can watch main council meetings held at the Civic Centre live or at a later date: www.haringey.gov.uk/webcasts

Hornsey and Wood Green MP

Catherine West (Labour)
020 7219 6141
catherine.west.mp@parliament.uk

Write to:
Catherine West MP
House of Commons
London SW1A 0AA

Tottenham MP

David Lammy (Labour)
020 7219 0767
mail@davidlammy.co.uk

Write to:
David Lammy MP
House of Commons
London SW1A 0AA

Council Meetings

February

February 6th

Housing and Regeneration Scrutiny Panel

February 7th

Staffing and Remuneration Committee

February 9th

Overview and Scrutiny Committee

February 13th

Planning Sub Committee

February 14th

Cabinet Alexandra Palace and Park Board

February 16th

Licensing Sub Committee

February 17th

School Holiday

February 23rd

Haringey Schools Forum

February 27th

Full Council

MARCH

March 2nd

Health and Wellbeing Board Licensing Sub Committee

March 6th

Adults & Health Scrutiny Panel

March 7th

Housing and Regeneration Scrutiny Panel

March 9th

Environment and Community Safety Scrutiny Panel

March 13th

Planning Sub Committee

March 14th

Cabinet

What's On

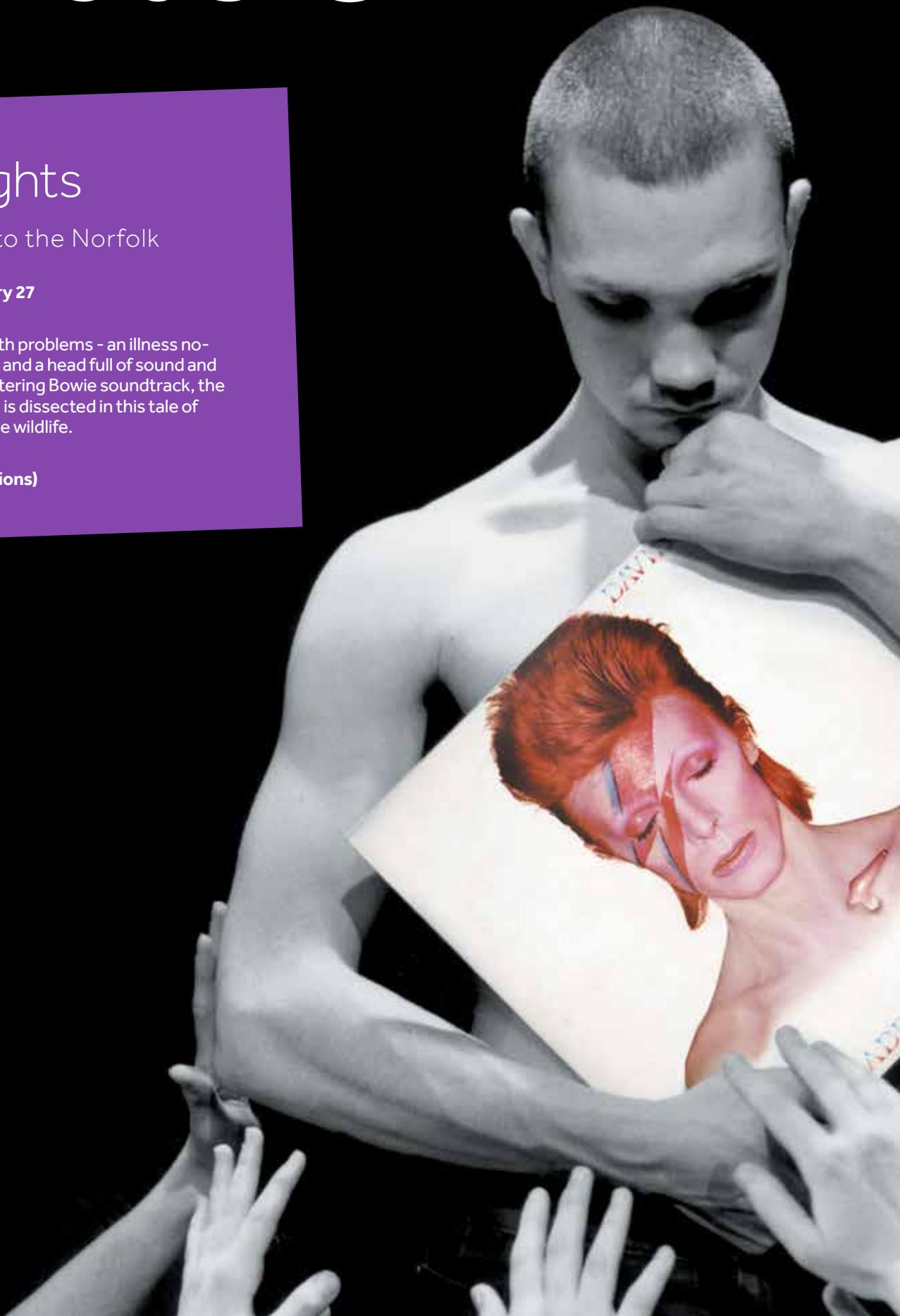
Highlights

From Ibiza to the Norfolk Broads

**Monday, February 27
8pm**

Martin is a boy with problems - an illness no-one understands and a head full of sound and vision. With a blistering Bowie soundtrack, the life of the pop fan is dissected in this tale of unnatural teenage wildlife.

**Tickets £14.95
(£12.95 Concessions)**



BRUCE CASTLE MUSEUM

Lordship Lane,
Tottenham N17
Open Wednesday to Sunday, 1-5pm

www.haringey.gov.uk/brucecastlemuseum

museum.services@haringey.gov.uk
020 8808 8772

Events FREE unless stated

Bugs - an exhibition by Candy Amsden

1pm-5pm, to 30 April

A delightful exhibition for children and adults alike, of exquisite illustrations and stories about bugs and insects, beautifully created and imagined by Tottenham artist Candy Amsden, with poems by Tom Barnes.

Battle Bus: From Tottenham to the trenches

1pm-5pm

Discover the story of the London bus that went to war. See how the lives of local Tottenham people were affected by the First World War in this community

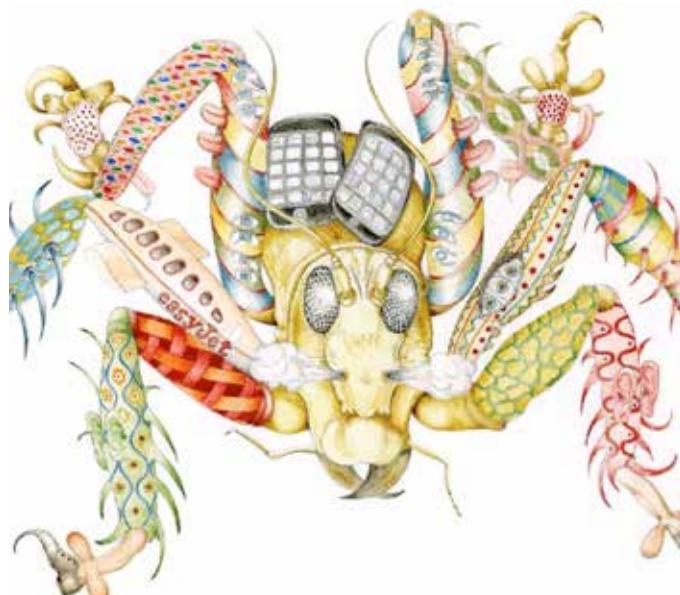


exhibition, co-curated by young volunteers and London Transport Museum.

Wraparound: African and Caribbean cloths, head-wraps and symbolism

1pm-5pm

The exhibition explores West African textiles and designs used in relation to clothing, as well as photographs and interviews of local people to find out what their choice of clothing means to them.



Bugs exhibition by Candy Amsden



Two Door Cinema Club

ALEXANDRA PALACE

Alexandra Palace Way, N22

www.alexandrapalace.com

EVENTS

Two Door Cinema Club

**February, 9
6.30pm-11pm**

Two Door Cinema Club announce an extensive UK headline tour concluding at Alexandra Palace.

Tickets £26.95

RYA Suzuki Dinghy Show



**March, 4-5
10am-6pm**

The RYA Suzuki Dinghy Show, in association with Yachts and Yachting, is at the heart of British dinghy sailing with something for everyone; young or old, novice or pro, cruiser or racer.

**Tickets £10-16
(Free Concessions)**

The London Festival of Railway Modelling

**March, 25-26
10am- 5pm**

The London Festival of Railway Modelling returns to Alexandra Palace for its 18th year.

**Tickets £10-12
(£6 Concessions)**



The WI Fair 2017

**March, 29-April, 1
10am-5pm**

The WI Fair is a celebration of all the things that make the WI the great British institution that it is. Bringing together four fantastic days of craft, cooking, creativity, shopping, learning and travel, it is a great day out.

**Tickets £11-16
(£7 Concessions)**



JACKSONS LANE

Archway Road, N6

www.jacksonslane.org.uk

020 8341 4421

EVENTS

Pat-A-Cake Baby

February, 12-13

12pm & 3pm



Based on the book written by Joyce Dunbar and illustrated by Polly Dunbar, Long Nose Puppets offer up a marvellous moonlit show full of riotous rhyme, zany puppets and spiffy special cake, all iced with music and songs by Tom Gray. Suitable for ages 2 to 8.

Tickets £9.95

Cul De Sac

February, 23-24

8pm

Performers Gemma Palomar and José Triguero take us through a cycle of love, irritation, pain, euphoria, caresses and carelessness as they journey beyond the stereotypical male-female



relationship. Features partial nudity and is recommended for ages 14+.

**Tickets £12.95
(£10.95 Concessions)**

Sugarman

Thursday, February 23
8pm

Jair Ramirez's Sugarman tells the story of growing up in Colombia and rising above a culture of rubbish and addiction.

**Tickets £15
(£11 Concessions)**

JL Circus Showcase

Saturday, February 25
5.30pm



Jacksons Lane Circus programme is supported by Children In Need and engages young people aged 8 to 18 from Tottenham and Wood Green in weekly circus and theatre skills-based workshops. Come and enjoy their end-of-year showcase at Jacksons Lane.

FREE

Anyday

Sunday, February 26
12pm & 3pm

Max lives on a trampoline, with only his little pet bird for company. Follow the two friends in their funny, bouncy daily routine, with breathtaking trampoline skills and hilarious clowning. Ages 3+.

Tickets £9.95

The Magic Paintbrush

**Sunday, March 5
3pm & 5pm**

Follow our brave young heroine as she leaps, splatters, swirls, boogies and paints her world into a brighter place. Can our imaginative young artist vanquish the mighty shadow of greed? Recommended for ages 3+.

Tickets £9.95

The Machine Stops

**March, 7-11
8pm**

A chilling prediction and exploration of our increasingly complex relationship with technology based on a short story by E.M. Forster.

**Tickets £15.95
(£13.95 Concessions)**

The Band

**March, 17-18
8pm**

As one hit wonders, this is a story of their big comeback. With striking aesthetics and a rousing soundtrack, The Band is a quirky, humorous display of desperate ambition and blind affection.

**Tickets £14.95
(£12.95 Concessions)**

BERNIE GRANT ARTS CENTRE

Town Hall Approach Road,
Tottenham Green, N15

www.berniegrantcentre.co.uk

020 8365 5450

Group booking discount for 10 or more. Contact box office.

Speed Sisters

Thursday, February 16
7.30pm

The Speed Sisters are the first all-woman race car

driving team in the Middle East. Grabbing headlines and turning heads at improvised tracks across the West Bank, these five women have driven their way into the heart of the gritty, male-dominated Palestinian street car-racing scene.

Tickets £7.88

He Named Me Malala

**Thursday, February 23
7.30pm**



An intimate portrait of Malala Yousafzai, who was attacked and near-fatally injured by the Taliban in retaliation for speaking out in support of girls' education.

Tickets £7.88

Life, Animated

**February 19 & February 25
4pm & 7.30pm**

Life, Animated is the inspirational story of Owen Suskind, a young man who was unable to speak as a child until he and his family discovered a unique way to communicate by immersing themselves in the world of classic Disney animated films.

Tickets £7.88

Sembene!

**March, 3, 19 & 25
4pm & 7.30pm**

Sembene!, a feature-length doc, tells the unbelievable true story of the father of African cinema, the self-taught novelist and filmmaker who fought against enormous odds, a monumental, 50 year-long

battle to give African stories to Africans.

Tickets £7.88

Something Old Something New

**March, 15-18
Various times**

The Bernie Grant Arts Centre's resident award-winning theatre school, The MTA, returns with its annual revue, Something Old, Something New.

**Tickets £18
 (£15 Concessions)**

Cantata for Four Wings

**March, 24-25
7pm & 9pm**

Two angels must fight for the life of a woman on the verge of suicide. By Polish writer Robert Brutter, Cantata for Four Wings is a tragicomic reflection on forgiving oneself, love, loneliness and friendship.

**Tickets £10
 (£8 Concessions)**

HIGHGATE GALLERY @ HIGHGATE LITERARY & SCIENTIFIC INSTITUTE (HLSI)

11 South Grove, N6
www.hlsi.net

Events FREE unless stated

Paintings from Soviet Russia 1950-1980

**February, 3-16
1pm-5pm**

John Barkes has been working with members of the Artists' Union of St Petersburg for more than 20 years, uncovering a lifetime's work of sketches and paintings. These works are free from the constraints

of Soviet Realism and record life in the soviet era from intimate family studies, to agricultural and industrial scenes.

Radiant Illusion: middle-class recruits to Communism in the 1930s

**Tuesday, February 14
8pm-9pm**

The story of middle-class people who joined the British Communist Party in the 1930s has often been seen through the distorting mirror of the cold war. Nicholas Deakin, with the help of some of the children of that generation, presents a more balanced view.

The Shape We're In: how junk food and diet are ruining our lives

**Tuesday, February 21
8pm-9pm**



Sarah Boseley's recent book - The Shape We're In - argues that our current obesity epidemic is more the product of our 'obesogenic' environment than personal failure and addresses the policy implications of changing this.

Children's Book Fair

**Saturday, March 4
10am-1pm**

HLSI's annual book event for children with special guest, books for sale, children's activities, home-baked



Elspeth Hamilton - ENERGY

goodies and Muswell Hill Children's Bookshop.

Turning History into Fiction

**Tuesday, March 21
8pm-9pm**

Rachel Billington will discuss the challenges of writing fiction based on major historical events and, on a more personal note, how she gently overturned family myths about her grandfather.

Elspeth Hamilton - ENERGY

**March, 10-23
1pm-5pm**

Mixed-media river and seascape originals, limited edition prints, and seven small oil paintings illustrating the landform project being created in Cornwall. Elspeth will be in the gallery throughout the exhibition.

Libraries

There are events of all kinds in Haringey libraries, from under-fives' messy mornings to poetry readings, author events, concerts and health and wellbeing sessions.

Check your local library for details. Haringey's libraries can be reached on 020 8489 4560 and you can find out more more here: www.haringey.gov.uk/haringey-libraries

Alexandra Park

Alexandra Park Road, N22 4UJ

Coombes Croft

Tottenham High Road, N17 8AG

Highgate

Shepherd's Hill, N6 5QT

Hornsey

Haringey Park, N8 9JA

Muswell Hill

Queen's Avenue, N10 3PE

Marcus Garvey Centre

Library and Customer Services, 1 Philip Lane, Tottenham, N15 4JA

St Ann's

Cissbury Road, N15 5PU

Stroud Green

Quernmore Road, N4 4QR

Wood Green

High Road, Library and Customer Services, N22 6XD

MARKETS

There is a range of markets on offer in Haringey – with stalls including local traders, food and drink direct from suppliers and arts and crafts.

Alexandra Palace Farmers' Market

**Sundays
10am-3pm**

Muswell Hill entrance, foot of Muswell Hill, N10

Tottenham Green Market

**Sundays
11am-4pm**

Tottenham Green, Town Hall Approach Road, N15



Recruitment Open Day

Nurses & Midwives Bands 5 and 6

Saturday 25th February 2017

Thursday 30th March 2017

Thursday 27th April 2017

Our Open Days give nurses and midwives looking for a new challenge an opportunity to meet some of our senior nurses, have tours of our departments and meet our education and learning team to find out more about development opportunities.

If you are an enthusiastic, dynamic and highly motivated nurse or midwife who is committed, caring and compassionate, we have positions available in A&E, AMU, Acute Stroke Unit, General Medicine, Surgery, Medicine for the Elderly, Theatres, Critical Care, Oncology, Midwifery, Paediatrics and Neonates.

We offer excellent ongoing professional development and support as well as a number of other benefits.

Find out more on the day itself or by visiting our website.

If you are looking to return to hospital nursing following time out of an acute care setting, we would also welcome the opportunity to talk to you.

For more information about our Open Days and how you can register, please visit our website:
www.northmid.nhs.uk/work-with-us

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