

# LONELINESS AWARENESS WEEK

10 – 16<sup>th</sup> June 2024

## RANDOM ACTS OF CONNECTION

*Happy healthy lives for over 50s*

All activities on this timetable are FREE!

Loneliness Awareness Week is all about creating supportive communities by having conversations with family, friends, or colleagues about loneliness. Loneliness is a natural human emotion - we are hardwired to need social connections. By talking about it, we can support ourselves and others.

**\*\* Please Note:** All activities subject to late changes – please check with organizers prior to attending where possible\*\*



Haringey Reach And Connect is a person-centred support service that enables Haringey residents over 50 to connect with their community and reconnect with themselves.

Tel: 020 3196 1905

E: [hello@reachandconnect.net](mailto:hello@reachandconnect.net)

Website: [www.reachandconnect.net](http://www.reachandconnect.net)

Monday  
10th June 2024

**WELL-BEING WALK**



**Venue:** Lordship Recreation Ground, at the gates near the traffic lights on Downhills Park Road N17 6NY  
**Duration:** 30-45 mins  
**Time:** 9:20



**Contact:** Storm & Gloria or Anita, (Walks Co-ordinator)  
T: 07973 571 921

Drop in

**WELL-BEING WALK**

**Venue:** Bottom gates of Alexandra Park N8 7HP (by Safe store).  
**Duration:** 30-45 mins  
**Time:** 11:00



**Contact:** Annette & Bridget or Anita, (Walks Co-ordinator)  
T: 07973 571 921

Drop in

**Artful Codgers**



**Venue:** Shaftesbury Hall  
21 Herbert Rd, London N11 2QN  
**Time:** 1:30pm – 3:00pm



**Contact:** Alice –  
**07308 968 337**  
Email-  
Alice@reachandconnect.net

Prior booking required



**Creative Space  
(Tottenham Talking)**

**Venue:** Chestnuts Community Centre  
280 St Ann's Rd, London N15 5BN  
**Time:** 12 noon – 1:00pm



**Contact:** Cheyenne and Launa  
**07392193430**

Prior booking required

<p><b>Women's Group (Tottenham Talking)</b></p>	<p><b>Venue:</b> Chestnuts Community Centre 280 St Ann's Rd, London N15 5BN <b>Time:</b> 2:00pm - 3:00pm</p> <p><b>Contact:</b> Cheyenne <b>07392193430</b></p> <p>Prior booking required</p>	
<p><b>Monday Night Meal</b></p>	<p><b>Venue:</b> St James Church St James's Ln, Muswell Hill, London N10 3DB <b>Time:</b> 6:00pm - 8:30pm (Pay what you can) <b>Contact:</b></p> <p>Drop in</p>	



“ There were days when I only spoke to a Delivery Driver. Since R&C supported me, I've been going on Wellbeing Walks and may join a Shared Reading Group. ”

– Zelda (age 62)

Tuesday  
11th June 2024

**Coffee and Chat  
in Northumberland Park**



**Venue:** Northumberland Park Resource Centre  
177 Park Ln, London N17 0HJ  
**Time:** 11:00am – 2:00pm

**Contact:** Juliet 07378 258 319

Drop in



**Peer Support  
Bereavement Group**



**Venue:** Chestnuts Community Centre  
280 St Ann's Rd, London N15 5BN  
**Time:** 11:00am-1:00pm

**Contact:** Alessandra Santos  
T: 07485393587

Drop in



**Art Therapy (Tottenham  
Talking)**

**Venue:** Chestnuts Community Centre  
280 St Ann's Rd, London N15 5BN  
**Time:** 11:00am – 1:00pm

**Contact:** Roah and Sofia  
07392 193 430

Prior Booking required



**Chair Exercise**

**Venue:**  
Chestnuts Community Centre  
280 St Ann's Rd, London N15 5BN




**Time:**  
11:15am – 12:15pm  
**Contact:** Dawn  
07392 193 430

Prior Booking required





<p><b>Walk &amp; Talk</b></p> 	<p><b>Venue:</b> The Engine Room, Unit A, Eagle Heights, Lebus Street, N17 9FU  <b>Time:</b> 9:15am- 60 minute walking to Tottenham Marshes</p> <p><b>Contact:</b> Janet or Anita, (Walks Co-ordinator)  T: 07973 571 921</p> <p>Drop in</p>	
<p><b>Walk &amp; Talk</b></p> 	<p><b>Venue:</b> T on the Green, (opposite the Tennis courts) N17 8NJ.  <b>Time:</b> 2:00pm - 30-45 minute walk</p> <p><b>Contact:</b> James or Anita, (Walks Co-ordinator)  T: 07973 571 921</p> <p>Drop in</p>	
<p><b>Antwerp Arms Community Lunch</b></p>	<p><b>Venue:</b> Antwerp Arms Community Pub, 168-170 Church Road, N17 8AS  <b>Time:</b> 11:00am - 1:00pm</p> <p><b>Contact:</b> 020 8216 9289</p> <p>Drop in</p>	
<p><b>Shared Reading – Read and Connect</b></p> 	<p><b>Venue:</b> St Ann’s Library, Cissbury Rd, London N15 5PU  <b>Time:</b> 2:30 - 4:00pm</p> <p><b>Contact:</b>  filizemre@thereader.org.uk</p> <p>Drop in</p>	 

<p><b>Shared Reading – Read and Connect</b></p> 	<p><b>Venue:</b> Stroud Green and Harringay Library, Quernmore Rd, Stroud N4 4QR  <b>Time:</b> 2:30 – 4:00pm</p> <p><b>Contact:</b> Paul 07308 964 901</p> <p>Prior Booking required</p>	 
<p><b>Warm Welcome Space</b></p>	<p><b>Venue:</b> Hornsey Moravian Church          Priory Road, N8 7HR  <b>Time:</b> 1:00pm – 4:00pm</p> <p><b>Contact:</b> 02083406800</p> <p>Drop in</p>	
<p><b>The Big Green Afternoon Tea Party</b></p>	<p><b>Venue:</b> Chestnuts Community Centre          280 St Ann’s Road, N15 5BN  <b>Time:</b> 12:00 – 2:00pm</p> <p><b>Contact:</b> Sonja 07778224342</p> <p>Prior Booking required</p>	

“ Usually book groups I have been to in the past are intimidating and I will struggle to participate, but I read out loud in this one. ”

– Group member

Wednesday  
12th June 2024

### Men on the Move



**Venue:** Outside the Goods Office Café  
**Address:** 1-3 Ferme Park Road, Stroud Green, N4 4DS  
**Duration:** 45mins linear (ending at Finsbury Park Café by the Lake)  
All men are welcome!  
**Time:** 2:30pm  
**Contact:**  
[get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk) or  
07971 113 463



Drop in

<p><b>Wellbeing Workshop with CODE1</b></p> 	<p><b>Venue:</b> Haringey Homes Bedale House, 23 Boyton Road, N15 6NW</p> <p><b>Time:</b> 11:00am -1:00pm <b>Contact:</b> Naomi – <b>07794257914</b></p> <p>Prior Booking required</p>	
<p><b>Shared Reading Group – Read and Connect</b></p> 	<p><b>Venue:</b> Marcus Garvey Library, 1 Philip Lane London, N15 4JA <b>Time:</b> 2:30pm – 4:00pm</p> <p><b>Contact:</b> filizemre@thereader.org.uk</p> <p>Drop in</p>	 
<p><b>WELL- BEING WALK</b></p> 	<p><b>Venue:</b> Bruce Castle Park, in front of the Museum. <b>Time:</b> 10:45am</p> <p><b>Contact:</b> Rebecca &amp; Phyllis or Anita, (Walks Co-ordinator) T: 07973 571 921</p> <p>Prior Booking required</p>	
<p><b>WELL-BEING WALK</b></p> 	<p><b>Venue:</b> New River Sport &amp; Fitness Centre N22 5QW, (meet inside reception) <b>Time:</b> 2:30pm – duration 35 mins</p> <p><b>Contact:</b> Qasim or Anita, (Walks Co-ordinator) T: 07973 571 921</p> <p>Drop in</p>	



## WELI-BEING WALK



**Venue:** Russell Park – meet at the hub  
**Time:** 2:30pm – duration 30 mins

**Contact:** Euclides  
T: 07435929925

Drop in



“ Coming here has helped me go to other places and reconnect with my friends. ”

– Group member

Thursday  
13<sup>th</sup> June 2024

<p><b>Art Class</b></p> 	<p><b>Venue:</b> Haringey Homes Cranley Dene Court, 152 Muswell Hill Road, N10 3JL</p> <p><b>Time:</b> 10:00am -12:00noon <b>Contact:</b> Naomi 07794257914</p> <p>Prior Booking required</p>	
<p><b>Walk &amp; Talk</b></p> 	<p><b>Venue:</b> Lordship Recreation Ground - meet at Rockstone Gate Lordship Lane N17 6AB</p> <p><b>Time:</b> 10:30am -45+ minute walk, ends at the Hub <b>Contact:</b> James or Anita, (Walks Co-ordinator) T: 07973 571 921</p> <p>Drop in</p>	
<p><b>Lordship Hub 50+ Coffee Morning</b></p>	<p><b>Venue:</b> Lordship Hub Café Use the entrance opposite the lake and it's the first door you see opposite you to the right as you go in <b>Time:</b> 11:00am -1:00pm</p> <p><b>Contact:</b> 0208 885 5684</p> <p>Drop in</p>	
<p><b>Shared Reading for All Ages with Noel Park Big Local</b></p> 	<p><b>Venue:</b> Noel Park Hub in Russell Park, Maurice Ave. entrance, N22 6PU</p> <p><b>Time:</b> from 11:00am <b>Contact:</b> Ariana - 07881107661</p> <p>Prior Booking required</p>	 

<p><b>Conversation Café – for people with English as a second language</b></p> 	<p><b>Venue:</b> 81-115 Bracknell Close N22 5RG</p> <p><b>Time:</b> 2:00pm -3.30pm  <b>Contact:</b> Alessandra  07485393587  <b>Email:</b>  alessandra@reachandconnect.net</p> <p><b>Drop in</b></p>	 <p><b>Connection Matters Week Activities:</b>  Information  All Nations chat and discussion  Refreshments</p>
<p><b>Shared Reading – Read to Connect</b></p> 	<p><b>Venue:</b> Coombes Croft Library, 4 Tottenham High Rd, London N17 8AG</p> <p><b>Time:</b> 2:30 – 4:00pm</p> <p><b>Contact:</b>  filizemre@thereader.org.uk</p> <p><b>Prior Booking required</b></p>	
<p><b>Wave Café Pop-up</b></p> 	<p><b>Venue:</b> Wave Café Muswell Hill United Reformed Church, Muswell Hill Queens Avenue London N10 3NU</p> <p><b>Time:</b>  10:00 – 13:00 Wave Café Stitchers group  11:00 – 12:00 Inclusive Everybody Movement &amp; Well-being class  12:30 – 16:00 Art &amp; craft activities</p> <p><b>Drop in</b></p>	
<p><b>Diane’s Shared Reading Group</b></p>  	<p><b>Venue:</b> Jacksons Lane Arts Centre, 269a Archway Road London N6 5AA</p> <p><b>Time:</b> 1:30pm – 3:00pm  <b>Contact:</b> Maxime - 020 8340 5226</p> <p><b>Prior Booking required</b></p>	

Friday  
14<sup>th</sup> June 2024

<p><b>Art Class</b></p> 	<p><b>Venue:</b> Haringey Homes Spanswick Lodge, Waldeck Road, N15 3EN (new location due to Sophia lounge out of access at present).</p> <p><b>Time:</b> 10:00am -12:00noon <b>Contact:</b> Naomi <b>07794257914</b></p> <p>Prior Booking required</p>	
<p><b>Design Craft &amp; Social Workshop</b></p> 	<p><b>Venue:</b> Haringey Homes Campbell Court Campbell Road, N17 0AU</p> <p><b>Time:</b> 11:00am -1:00pm <b>Contact:</b> Naomi <b>07794257914</b></p> <p>Prior Booking required</p>	
<p><b>Mixed Walking Group</b></p> 	<p><b>Venue:</b> Chestnuts Community Centre, 280 St Ann's Road, N15 5BN <b>Time:</b> 11:00 am</p> <p><b>Contact:</b> Paul and Neil or Anita, (Walks Co-ordinator) T: 07973 571 921</p> <p>Drop in</p>	
<p><b>WELL-BEING WALK</b></p> 	<p><b>Venue:</b> Bruce Castle Park, in front of the Museum <b>Time:</b> 10:45 am duration 45+ minutes</p> <p><b>Contact:</b> James or Anita, (Walks Co-ordinator) T: 07973 571 921</p> <p>Drop in</p>	



<b><u>Helpful Contacts</u></b>		
<b>Samaritans</b> – they're always open and are there to listen	jo@samaritans.org <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	Freephone 116 123  0800 151 0023
<b>Crisis Telephone Service</b> (24-hour)		0300 304 7000
<b>SANEline</b> – if you're experiencing a mental health problem or supporting someone else (4.30pm–10.30pm every day)	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	0300 330 0630
<b>Switchboard</b> – if you identify as gay, lesbian, bisexual or transgender (10am–10pm every day)	<a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a>	0800 58 58 58
<b>Campaign Against Living Miserably (CALM)</b>	<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>	0300 304 7000
<b>Sane</b> – emotional support and information for anyone affected by mental health problems, including a helpline.	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>	85258 (text SHOUT)
<b>Shout</b> – Confidential 24/7 text service offering support if you're in crisis and need immediate help	<a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>	

Loneliness is a deeply personal experience – unique to every individual. There can be different reasons for each and every one of us.

You may be lonely for a number of reasons:

- You've lost a loved one
- Moved away from friends and family
- Lost the social contact and enjoyment you used to get from work
- Have health problems that make it difficult for you to go out and do the things you enjoy.

**It's important to know that you're not alone.**

# Happy healthy lives for over 50s

Write down which groups you'd like to attend during this week here:



Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th

Please pass this information on to your friends and family.

***Now is the time to make new friends and connections to celebrate our community!***

Note down some names of old friends and new ones, who you would like to connect with!

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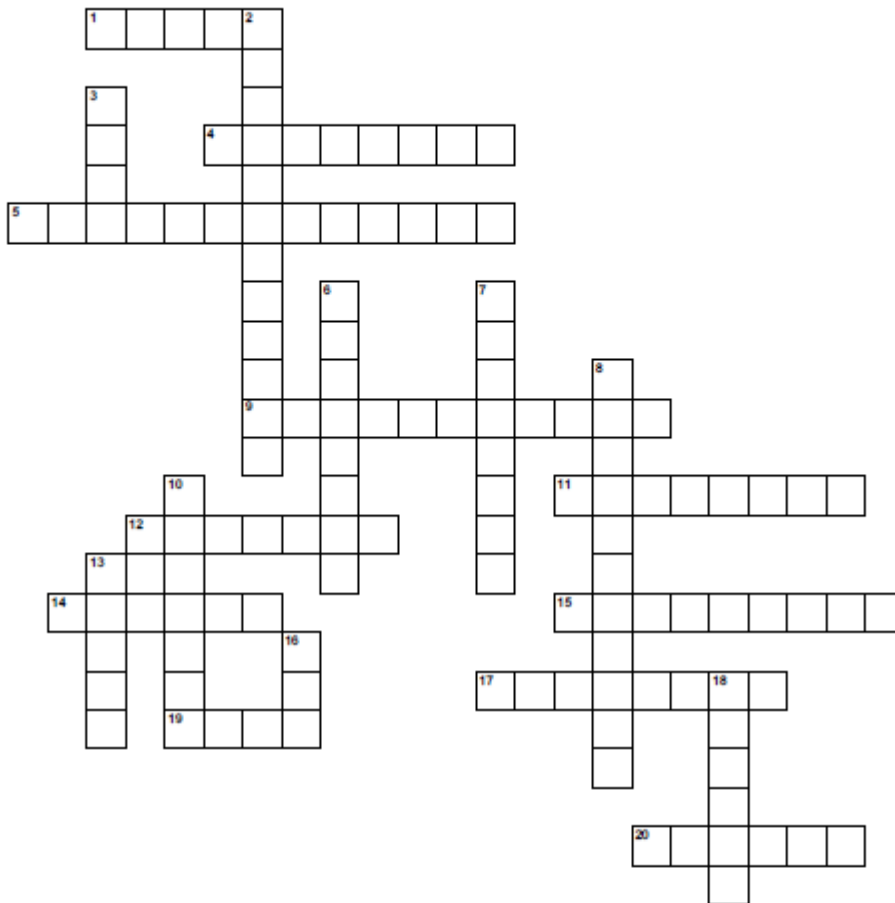
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## Random Acts of Connection Crossword



### Across

- [1] ready to face and endure danger or showing courage
- [4] very pleasant or attractive
- [5] feeling or showing sympathy and concern for others.
- [9] bright, brilliant, sharp and smart
- [11] showing a readiness to give more of something
- [12] Making sure of avoiding potential danger
- [14] having or showing behavior that is respectful
- [15] showing or involving great activity or vitality.
- [17] kind and pleasant
- [19] arranged neatly and in order.
- [20] free of deceit; truthful and sincere

### Down

- [2] having or showing intense and eager enjoyment
- [3] not showing or feeling nervousness, anger, or other strong emotions.
- [6] loyal, constant, staunch and steadfast
- [7] having or showing care and conscientiousness
- [8] free from outside control
- [10] Able to accept or tolerate delays
- [13] strong enough to withstand adverse conditions or rough handling.
- [16] nervous or timid in the company of other people
- [18] feeling or showing great care.





# Solution

