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Editor's letter



Hazel Brown
Founder & Editor

Welcome to our Spring issue. I have some exciting news - we've teamed up with local brewery Brewheadz to create our very own session IPA, Tottenham Ale. Turn to page 10 to find out how we made it. We'll be selling the beer around local venues and bars and you can pick one up from the Brewheadz taproom on a Saturday afternoon.

This issue, we've covered a range of creative businesses and have been checking out all the local parks and green spaces in anticipation of spring. You'll also find info on a selection of

local cafes and coffee shops.

Unfortunately, we also have some sad news. Our good friend and very first advertiser Dave Hall, who ran Holcombe Market alongside his brother, sadly passed away on Christmas eve. Dave will be greatly missed. Holcombe market is still being run by the Hall family and is very much a must visit in Bruce Grove. His son Chris has set up a fundraising page to donate to Macmillan Cancer Support in his memory. To donate visit justgiving.com/Chris-Hall79

What's inside...

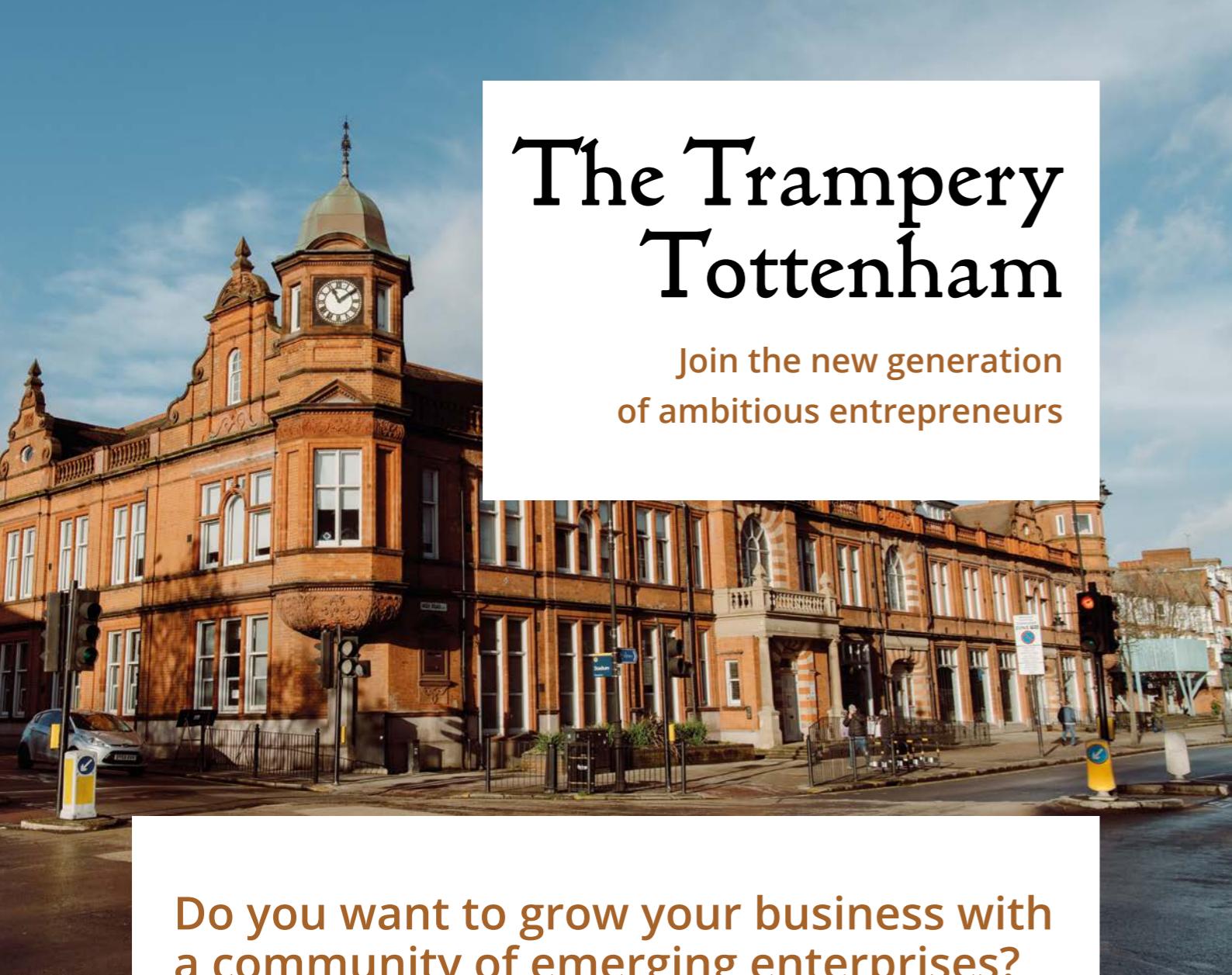


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Tottenham Walks book by Mareeni Raymond & Edward Richards worth £9.99. The book includes four walks covering Parks & Marshes, Hidden Tottenham, Bruce Grove to Seven Sisters and Seven Sisters to St. Ann's. To enter, email your name and contact details to: win@discoveringtottenham.com (Winner will be selected at random. We'll only use your details to notify you if you've won).

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On the cover:
Hops used during the brewing of Tottenham Ale
Photo: Mann Bros. Media



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Haringey Shed: Inclusive theatre for young people

DT first interviewed Ashling Foot, Company and Volunteer Manager, for Tottenham-based charity Haringey Shed at the end of 2017. Back then we were lucky enough to attend their performance at Bernie Grant Arts Centre, *The Dividing Line*. We had a quick catch up over coffee to see what they'd been up to.



Young people from Haringey Shed

Haringey Shed specialise in inclusive theatre for children and young people aged seven to 25. Established in 2000, they were born out of a project that inclusive theatre company Chicken Shed ran in Northumberland Park School, developing the concept that a disabled actor should have the same opportunities, and should be part of the same cast, as a non disabled actor.

Haringey Shed are based at the Haringey Irish Centre where the young people they work with take part in after school clubs, holiday programmes and activities.

'We try to provide professional performing arts opportunities and it's really important that their work is valued.' Ashling told us.

They run a summer programme and after school activities during term time including youth and children's theatre groups, singing, acting, dancing and music making. They also have an older performance group, 1419, who work on more challenging techniques and subjects.

'We reach about 1000 young people per year through our after school and holiday activities, outreach in local schools and

collaborations with other organisations.'

Ashling works alongside two other full time members of staff - Eddie Latter, Artistic Director, and Jim Shepley, Executive Director - and they often hire freelancers and session workers for specific projects. They work with over 100 volunteers each year aged 13 to 25 and have a supported volunteering programme for adults with disabilities.

The young people regularly perform to an audience and the youth theatre group performed *Our Side of Town* at Bernie Grant Arts Centre this March.

They recently started technical theatre Thursdays, funded by London Youth Culture Makers, where the young people can explore different roles including lighting, sound, costume and set design.

Last year, the children's theatre group worked with Lorenc House, assisted living for residents over 50, on a project called *Along The Lines Of* and brought resident's stories to life. 'One of the men used to work on fishing boats in north Scotland. He got up on stage and aboard the boat with the young people which was all completely improvised - there wasn't a dry eye in the house.'

'We've also been working with Alexandra Palace. We joined them on their big family fun day festival in the summer and produced a piece of work which was performed outside under a big tree.'

If you'd like to support Haringey Shed you can raise money via their 100 Challenge Club or attend an event.

a primary school. The audience met the characters afterwards and took part in a workshop. It was really powerful and the headteacher said it had the impact it needed.'

Ashling told us about a young woman, aged 17, who joined two and a half years ago. 'She doesn't go to school because of her disability and is at home on her own with mum. She started attending our 1419 group and was very insular and kept herself to herself. She took up the opportunity to be trained to be a mentor last year and was paired with a younger person. She was brilliant. So intelligent. In the 1419 drama group we've really seen her come out of her shell. She's suddenly this quite sarcastic comedic actor. Her confidence has greatly improved and she's told us it's nice to come out the house and not be on her own. We're really proud of her!'

'Three of our young people - at college level - are now studying with Chicken Shed in Cockfosters and are thriving. They are all performers with disabilities which some people might think could hold them back. One in particular was told not to do drama GCSE because she could never be an actress as she's got autism - which is ridiculous! Her mum fought for her to do drama GCSE and she's now studying a BTEC in performing arts.'

Quiz Night - 5 April 7pm, Haringey Irish Centre
The Boy Who Built The Rainbow - 6 July 3pm & 5pm, Haringey Sixth Form Centre
haringeyshed.org

HelKat Music

DT met up with Helen Parton and Katherine Melling behind new Tottenham-based music promotions company HelKat Music.

Helen and Kat have been living in Tottenham for the last few years. Last summer, they decided to start HelKat Music and have been putting on live music events at The Cause, the meanwhile club space by Tottenham Hale station, since August last year.

'We're really committed to going out in and enjoying the area and this spurred us on to do our own thing.' Helen explained.

Kat continued, 'I've done a little bit of live music promoting previously and really enjoyed it. I work in music and wanted to bring more of that to my doorstep.'

Helen told us, 'Every month we put on a night with some local acts, as well as acts from further afield, usually within guitar-based or electro music.'

'There are some good local

bands that we want to support. We want to spread the word that there are more places than clubs to come and enjoy.' Kat added.

Helen has a background in journalism and by day freelances for design and architectural magazines.

Kat previously worked in the A&R department for Universal. She then started freelancing on promotions and events and works at a music supervision company as Business Coordinator, managing a small roster of producers and artists. She also runs another live music night on Mondays at The Ned in Bank.

Kat also works with Tottenham Green Market. I ran a vintage clothing stall there for a little while, but then I packed away the clothes and offered my help to Marika, the Market Manager, when she was thinking about doing the first Haringey Food and Drink Festival. I help book the bands

and I stage manage when we do the big events.'

Kat and Helen told us that The Cause have been really supportive and they've been given the freedom and support to do what they would like. The Cause has fast become known for techno and house music and the HelKat events usually run on a Friday pre-club to create a different vibe.

Helen's favourite moment so far was Drones Club. 'They really brought the party – it was amazing... It was a real old school rave up with live instruments and vocals.'

'It was nice seeing a room full of people watching something that we put together and enjoying it. That's the ultimate satisfaction of putting on the events.'

facebook.com/HelKatMusic



Top: Never Never Man at HelKat night
Bottom: Helen (left) and Kat (right)

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Embellished Talk

New mum Rebeckah Kemi Apara runs Embellished Talk and her embroidery workshops have been featured on vogue.co.uk

Can you describe what you do? Embellished Talk is a creative platform exploring different sorts of textiles. I studied textiles, specialising in print and embroidery, at London College of Fashion and graduated in 2007. After my degree it was really hard to find a job in that field so I ended up working in offices. In 2016, I started Embellished Talk because I was really curious to know if people were still struggling with the same things I was and also how people found jobs in textiles.

I started interviewing textile designers with different specialisms including carpet weavers and knitters. I'd meet up with or Skype the designers, interview them and publish their stories on my website.

Tell us about your workshops! In 2017 I started embroidery and embellishment workshops. Embroidery is when you sew with thread and make decorative stitches, by hand or machine. Embellishment is more 3D when you add things on like sequins.

My first workshop was with Wah Nails



in Soho. She was really kind and gave me the space to run the workshop and I loved it. I continued running the workshops, but had to slow down a bit last year as I got pregnant.

I teach the basics like how to thread a needle, how to start and finish a stitch. We'll practise on plain fabric so they get the hang of it, then I give them an item to stitch on: a tote bag, t shirt, jumper or they can bring their own. The workshops are two and a half hours and there's only so much you can do within the time, so I give attendees a goodie bag so that they can carry on at home.

What do you most enjoy about the workshops? I love seeing how people use the materials. When you put everything out and you've taught everyone the basics I love seeing their creativity, how they use things differently. There's often one person that's not so confident and by the end they're excited and eager to do more. I love the conversations that I have. I don't feel like I'm teaching - it feels like I'm hanging out with a group of friends who love textiles.

Who's the most interesting designer you've interviewed? Pinky is an 80-year-old photographer and embroidery designer from America. She takes photographs and embroiders over them. When she was younger she lived next to Frida Kahlo's house and she's had an amazing life. She's had quite a lot of tragedy but she's managed to turn it around and put it into a creative outlet - she had so many things and experiences to share!

What've you got coming up? In May I'll be running a live two day embroidery event at London Craft Week. I'll be sewing different fabric samples and the public can come in to have a look or try it out.

embellishedtalk.com

Tamakurya Boutique

Maurya Brady and Takako Ledger are co-founders of Tamakurya Boutique.

Can you describe what you do? We make Furoshiki (ecowraps) from Ankara fabric and teach people how to use them in their daily lives. Our workshops give an insight into this 2000 year old Japanese tradition of fabric wrapping. We sell a variety of handmade products made from vintage kimono fabric which are available from our Etsy shop and market stalls. Furoshiki are a single square of cloth used for wrapping, carrying and storing items. They are reusable and a fantastic alternative to gift wrapping which is often not recyclable.

Why did you start Tamakurya Boutique? We are crafty mums and good friends. We love making things and getting creative. I am half Japanese, brought up in London and Tak is a Japanese Londoner and we bring

our kids up with a reduce, reuse and recycle focus. We started off giving handmade gifts of 'Tsurushibina' doll mobiles to our friends and family and wanted to make a business sharing these lovely things.

We both love teaching people about living more sustainably through the use of furoshiki. The etymology of 'to wrap' in Japanese kanji comes from the image of a pregnant woman. We first wrap our babies in our bodies and then with love and affection. We love that behind the meaning is love of a mother!

Why is eco-sustainability so important? We both live by and bring our children up by the 'Mottainai' principle which means not to waste. This is the feeling of regret for a missed opportunity or wasted resource. It links to the idea that objects have a spirit or a 'kami' which interconnects us to nature and encourages us to be mindful of our actions and minimise waste. This frugality can be said to lead to



enlightenment. We believe that furoshiki can be adapted to modern needs very easily.

Tell us more about your workshops! With some quick knot demonstrations we want to teach you to wrap absolutely anything, you just need the right size piece of fabric. The possibilities are endless and it's so easy! There are quick folds that are great for beginners. In the future we want to run workshops to make

your own furoshiki. We are also planning workshops and pop up stalls at markets in Tottenham and other areas of London.

Next workshop: 27 March, 10.30-11.30am, Toconoco Japanese Cafe, £5, kids welcome. instagram.com/tamakuryaboutique



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Tottenham Ale: the Brewheadz story



Photo: Mann Bros. Media

We've teamed up with local brewers Brewheadz to produce our very own session IPA called Tottenham Ale. We caught up with Vincenzo Conte who told us their story.

Brewheadz is run by a friendly team of four Italian friends. Vincenzo Conte (Sales & Marketing), Gianni Rotuno (Head Brewer), Stefano Rotuno (Brewer) and Giovanni Massa (Brewer) all grew up together in Fondi, on the Italian coast in between Rome and Naples.

Tottenham has the highest density of breweries in London after Bermondsey (there are now seven!) and we couldn't resist having a chat with one of our locals.

How did it all start? I started brewing five and a half years ago back in Italy and moved to London in December 2013. I've been best friends with Gianni since I was a kid, he moved to London a few years before me but we kept in touch. One day he told me that he was starting a home brew so I looked it up. I liked the idea a lot, joined a home brew course in Italy and started to brew beers with a friend. At the same time, Gianni and Giovanni were doing a home brew course at London Fields Brewery.

I moved in to Gianni's house when I first got here, and Stefano joined us soon after. We all started to make beer at home together quite regularly. Every week we met each other for a drink and brewed beer on the weekend in Stefano and Gianni's flat. From there, we started to take it more seriously and decided

we wanted to do it professionally.

I started working in Brew Dog Camden and I got a chance to learn, visit other breweries and meet other people in the industry. In summer 2015 we decided to prepare the recipes and brewed them at home lots of times to perfect them. We moved into the brewery in May 2016.

What was it like going from home brew to having your own brewery? It's beautiful, but also very tough. It's not just about brewing, which we most enjoy, but also taking care of the business side.

Why beer? It was our passion – it's more than just a drink to us – and in London there is a big beer culture which has helped a lot.

What's your favourite beer? The first beer that got me to jump off my chair when I drank it was the Magic Rock Cannonball – a very hoppy IPA. I never liked lager or malty, boozy Belgian beers. When I discovered craft beer, I started to drink more. I didn't drink to get drunk, but to experience the different tastes and flavours.

What's your favourite Brewheadz beer? Fired Up Donkey. The red rye IPA. It's a very complex beer, caramel, spicy and hoppy.

Tell us more about your specials! One of our specials is a sour fruity beer... it's a good first step into sours or craft beer. We release new specials every month.

What has the most influence on the flavour of the beer? It starts with the grain. It's usually malted barley or special grains like rye or wheat, roasted barley or caramel malts. Dry-roasted malted barley is used to brew porter – the process of roasting the grain creates chocolate notes. If the barley is cooked wet it creates caramel notes. With special grains, you shouldn't use more than 20% otherwise you don't have a good beer. 80% of the recipe is normal grains like pils, malted barley and wheat. You can play with these grains and adjust the flavours. It's a lot like cooking.

You can also add additional flavours or ingredients after fermentation. This is when we add dried fruit or puree to make our sour beer. You can use anything – there is a brewery that makes a beer with burger and chips! You can add chemical fruit flavouring but we prefer to avoid this. It's important to us to use natural ingredients.

What are you most proud of? When people visit us they see that the beer is good and that we're friendly people. All the hard work we do pays off when we see people appreciate our beer.

Brewheadz taproom is open every Saturday from 2-8pm. Unit 16a, Rosebery Industrial Park, London, London N17 9SR.
brewheadz.com

Turn the page to see how we made Tottenham Ale!

The making of Tottenham Ale

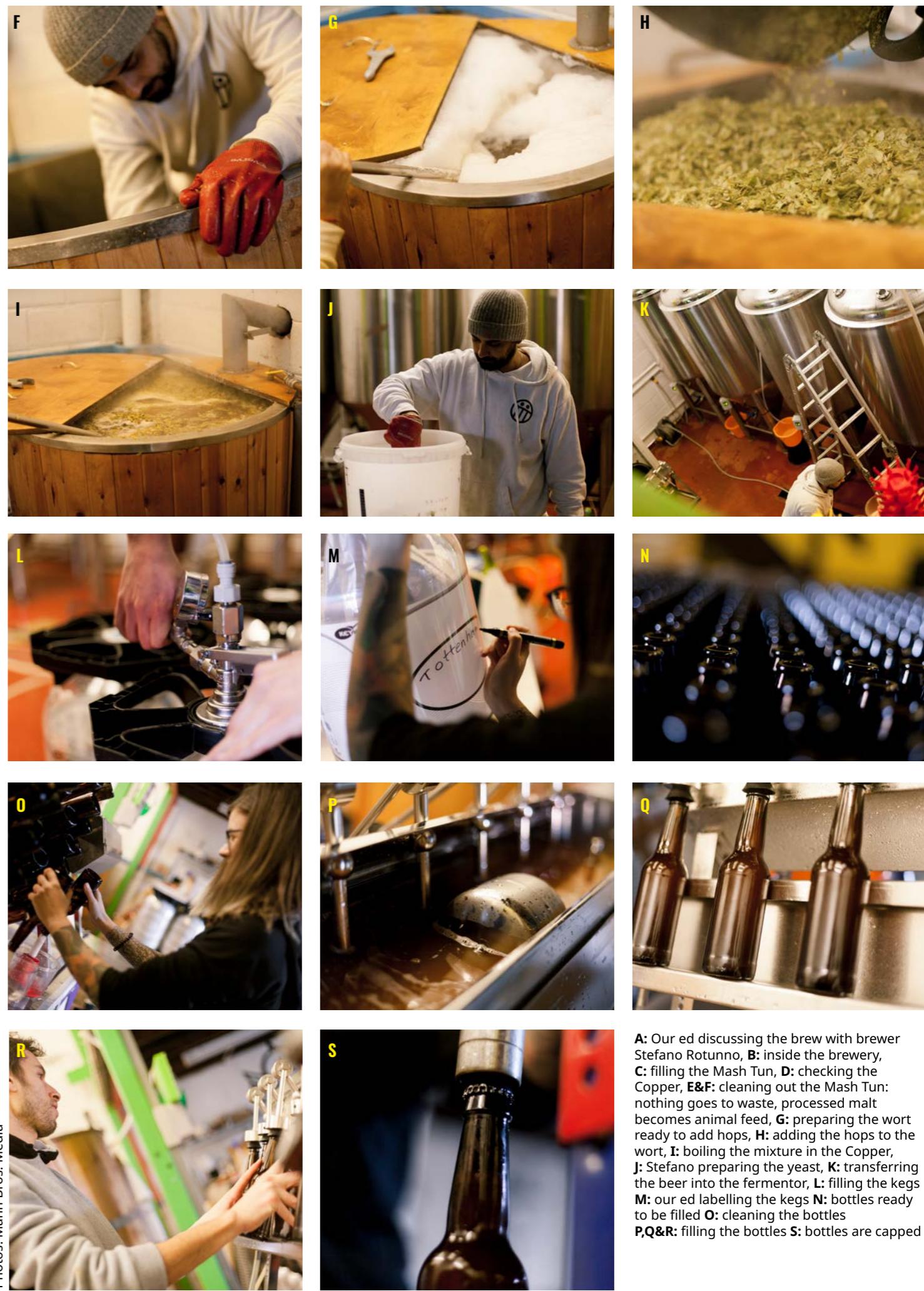
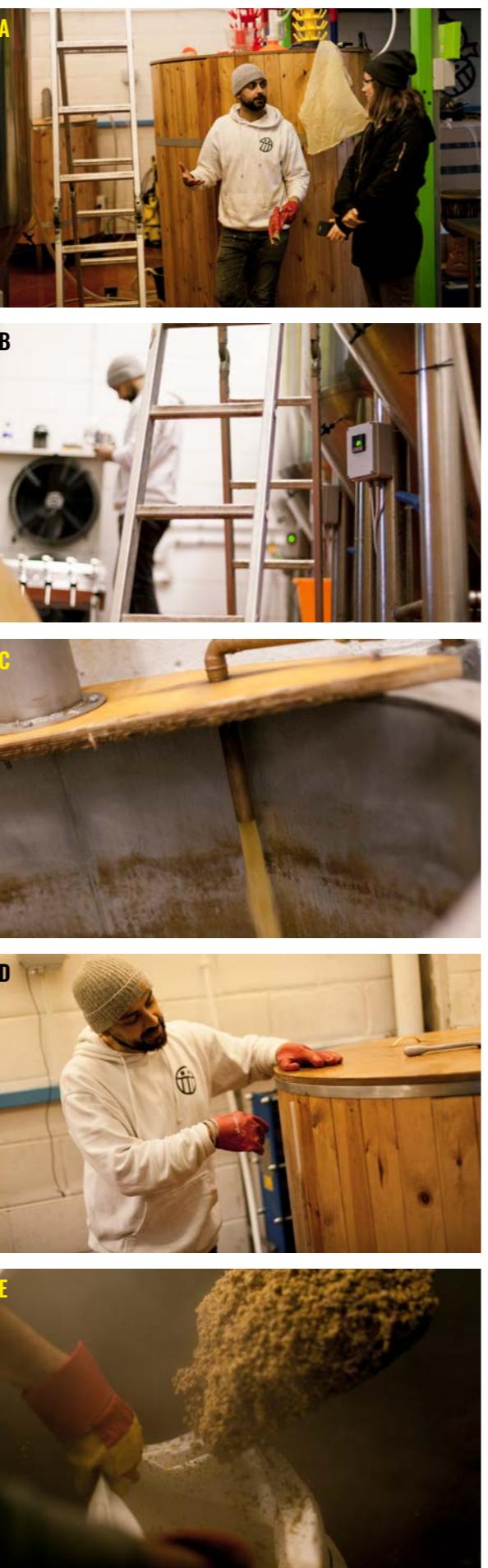


Here's our general guide to how we made our session IPA, Tottenham Ale, with Brewheadz. Expert Brewhead Stefano Rotunno was there to show us the process step by step. We used a single malt base and dry-hopped with Bravo hops.

1. The Mash Tun. Everything is sterilised and cleaned at the start of the process. First the fermentable sugar needs to be extracted from the malt. Malt is added to 77°C water in the Mash Tun, it's rinsed as it is added to aid the process.
2. More hot water is added via a pipe at the bottom of the Mash Tun.
3. The malted water (wort) is transferred to the second tank (the Copper) and the malt grains are filtered out during this process.
4. Whilst the wort is transferred, a smaller container is prepared with warm water at 26°C which is the optimum temperature to activate the yeast.
5. Hops and finings, made from dried seaweed, are added to the Copper. The mixture is boiled before it is transferred into the fermentor.
6. The beer is cooled to 20°C then transferred over to the fermentor and the yeast is added.
7. One week later dry hops are added to the fermentor. Other residue (yeast and hop debris) is drained from the bottom.
8. Gravity test is performed to check the alcohol levels.
9. After another week has passed, it's time to start filling the kegs and bottling our beer. Sugar is added to the mixture so that the bubbles form whilst it's in the kegs and bottles. We had a try of the beer and it was tasting pretty good already.
10. It was all hands on deck to fill the kegs and bottles manually. The beer is then left for a further two weeks before it is ready to be consumed. The kegs are already sterilised, air is let out of the keg before it is filled. For the bottles: the bottles were washed and hung on the racks to drain. They were then transferred onto a machine where they are filled. Then they are capped and put into boxes ready for labelling.

For stockists: discoveringtottenham.com/2019/03/12/tottenham-ale

Photos: Mann Bros. Media



A: Our ed discussing the brew with brewer Stefano Rotunno, **B:** inside the brewery, **C:** filling the Mash Tun, **D:** checking the Copper, **E&F:** cleaning out the Mash Tun: nothing goes to waste, processed malt becomes animal feed, **G:** preparing the wort ready to add hops, **H:** adding the hops to the wort, **I:** boiling the mixture in the Copper, **J:** Stefano preparing the yeast, **K:** transferring the beer into the fermentor, **L:** filling the kegs **M:** our ed labelling the kegs **N:** bottles ready to be filled **O:** cleaning the bottles **P,Q&R:** filling the bottles **S:** bottles are capped

Wolves Lane



Clockwise from top left: Edible London, community market, visitors in the palm house

Wolves Lane Centre is home to a group of sustainable food and gardening organisations including Crop Drop, OrganicLea, Wolves Lane Flower Company, Edible London, The Ubele Initiative and the Friends of Wolves Lane.

Wolves Lane was previously a council-run horticultural centre that provided plants for all the parks in Haringey. It was also a garden centre and was used to provide training and work experience for people with learning disabilities and by many local primary schools for educational trips.

Due to government cuts a few years ago, the council's parks budget was cut by 50% which meant they could no longer afford to run the site. As Wolves Lane is on protected land, they started looking for another organisation to take over. When the opportunity came up, a group of sustainable food and gardening organisations came together and OrganicLea put together a bid on their behalf. They got the lease and took over the site in April 2017. The

organisations are currently setting up a legal entity to oversee the management of the site.

We had a chat with Rachel Dring, founder of Crop Drop, about the project, along with Ashley Lydiate from Edible London, Marianne Mogendorff and Camila Klich from Wolves Lane Flower Company and Aisha Khan from The Ubele Initiative.

Rachel explained that the main focus at Wolves Lane is sustainable food growing and living. There are eight glass houses on the 3.5 acre site and most of them are used for growing food. Wolves Lane Flower Company have one of them too. At the front of the site there is a community area and kitchen, palm house and cactus room. Wolves Lane also provide opportunities to the community in food growing and horticulture.

During the first two years on site there has been very limited funding and no paid staff. Rachel explained that there has been a tremendous effort from volunteers who have stepped up to help keep the site running.

We asked Rachel how Crop Drop had

been doing since they appeared in our Food & Drink issue in March 2018. 50% of their produce was grown in London last year - 5% of which was grown at Wolves Lane. It's been great to have food growing on the same site as us; to be able to support small urban growing operations by giving them a guaranteed market for their produce and to increase our local food offering to our customers. We've moved into the barn on site which we'd been renovating and this has increased our capacity for more customers. I've never been excited about a barn before! We hosted our first supper club in September which was a great success and we're hoping to do that annually - a proper farm-to-table feast.'

The project is open to everyone in the community. Volunteering sessions take place every Tuesday during the daytime (there are currently around 20 volunteers including adults with learning disabilities) and include horticultural activities, maintenance of the palm house, planting seeds and pruning, as well as general site maintenance. Every Sunday Wolves Lane is open to the public from 12-4pm. You can find plants, seedlings and produce for sale, visit the palm house or grab a cup of tea and slice of cake. Regular community markets are also held at the site.

'The Wolves Lane crew do all this amazing work on the site. They've just done a crowdfunding campaign for solar panels so we can heat the palm house, the cafe area and cactus house through the winter and make the space more accessible for the public. They raised £16,286, which is an incredible achievement.' Rachel said.

She told us that eventually they'd like to grow and distribute more food and host workshops and courses in growing and sustainability. Their current focus is to bring in more funding to enable them to run these projects. In the future, they hope to partner with Capel Manor college and Kew Gardens.

Rachel explained how they'd like to see Wolves Lane develop. 'Alongside the horticultural activity, we'd like to have a cooking programme or projects for kids and workshops, talks and events. We hope to be a place where people can come and learn how to be resourceful and resilient and find out more about how to deal with climate change and resource depletion. It sounds bleak, but we are looking at how we can actually not just survive but thrive by giving people a chance to get back to the earth and learn new skills. We'd also like to provide a space for the community to hold their own events.'

We asked Rachel how Crop Drop had

been doing since they appeared in our Food & Drink issue in March 2018. 50% of their produce was grown in London last year - 5% of which was grown at Wolves Lane. It's been great to have food growing on the same site as us; to be able to support small urban growing operations by giving them a guaranteed market for their produce and to increase our local food offering to our customers. We've moved into the barn on site which we'd been renovating and this has increased our capacity for more customers. I've never been excited about a barn before! We hosted our first supper club in September which was a great success and we're hoping to do that annually - a proper farm-to-table feast.'

Ashley from Edible London, who focus on sustainable food, gave us a tour of their glass houses. They donate most of their produce to soup kitchens and homeless shelters and some of it is sold to Crop Drop. They moved into the space in March 2018 and by the end of the year had fed around 5000 people.

Ashley explained that Edible London was originally started by Sunny who has been working in farming for most of his life - following in the footsteps of both his father and grandfather. They work with Food Not Bombs and Feast with Us and Lidl give them surplus food to distribute.

Everything in their space is as sustainable as possible. They use water from the ponds in the palm room and are able to cultivate algae which helps to fertilise the plants. We were lucky enough to sample some fresh rocket - it tastes completely different straight from the plant! It has so much more flavour than when it's been packed up in plastic and sat on a shelf.

Wolves Lane Flower Company (WLFC), founded by Camila and Marianne, have been on site since April 2017. They are one of the only locations in London to specialise in British-grown chemical free flowers. A flower farm and cutting garden, they supply florists and also put together hand-tied seasonal bouquets from March to November. They offer three month flower subscriptions and wedding flowers, working with what's in season at the time. When we visited, the very first flowers of the year - Anemones - had just started to bloom.

Before starting WLFC, Camila and Marianne were both producers in the arts and fashion industries. In 2018, WLFC won National British Flower Week. They are also members of Flowers From the Farm - a network supporting British flower growers.

As well as sustainable growers, The Ubele Initiative is also based on site. We had a quick chat with Programme Development Officer Aisha. Ubele are working to create

more sustainable BAME (black, Asian and minority-ethnic) communities with a focus on upskilling businesses to build social capital and create opportunities. They run courses in BAME leadership, hosting and action learning. Based on the site since December 2017, their events and classes aim to help with community development, provide a food growing hub and aim to involve more young people at Wolves Lane.

Last year, Ubele ran three community markets at Wolves Lane. They also led the crowdfunding campaign for the solar panels, £7,500 of which was pledged by the Mayor of London.

In the future, Ubele plan to run cookery and art classes for all ages and have been leading discussions on which type of food to produce in the community kitchen that will best reflect the diversity of the area.

You can volunteer at Wolves Lane on a Tuesday (11am-4pm). Drop in or contact Loretta via email: volunteer@wolveslane.org Open to the public every Sunday (12-4pm). Wolves Lane Centre, Wolves Lane, N22 5JD wolveslane.org cropdrop.co.uk ediblelondon.weebly.com wolveslaneflowercompany.com ubele.org wolveslane.com (Friends of Wolves Lane)



Community market at Wolves Lane



Edible London



Edible London: left (before) and right (after)



Wolves Lane Flower Company (Marianne left, Camila right)

Tottenham's parks and green spaces

Tottenham is home to a vast amount of parks and green space to visit, take a stroll in, grab a coffee or take part in events and fitness activities. Here's our top picks. Get in touch on social media via @discovtottenham #dtspring to tell us about your favourite spot. You can find additional information here: haringey.gov.uk/libraries-sport-and-leisure/parks-and-open-spaces



Bruce Castle Park, Lordship Lane, N17

Bruce Castle Park is home to Tottenham's only museum where you'll find a wealth of information about Tottenham's history in the archives along with some interesting artifacts. Bruce Castle Park has been a Green Flag Award winner since 2003.

Facilities

Bruce Castle Museum, children's play area, paddling pool, tennis courts, basketball court, T on The Green (vintage tea room/cafè), picnic area, toilets.



Downhills Park, Downhills Park Road, N17

Green Flag Award winner since 2006. Home to Downhills Park cafe. Ornamental Italian Gardens that still have their nineteenth century design can be found to the east of the park.

Facilities

Cafe, tennis courts, basketball court, children's play area, football and rugby pitch, toilets.



Chestnuts Park, St Ann's Road, N15

Green Flag Award winner since 2008. Also home to Chesnuts Community Centre. You'll find a cafe alongside the children's play area and there is a community garden including wildflower meadow.

Facilities

Cafe, basketball, multi use games area, children's play area, tennis courts, outdoor gym, toilets.



Down Lane Park, Park View Road, N17

Green Flag Award winner since 2014. Regularly used by locals and sports groups and has two football pitches.

Facilities

Tennis courts, community cafe and gardening project, basketball courts, children's play area, football pitches, outdoor gym, picnic area.



Lordship Recreation Ground, Lordship Lane, N17

Green Flag Award winner since 2013, Lordship Rec is the largest public park in Tottenham. Lordship hub, community centre and cafe is an eco-building built of wood, straw and natural clay. River Moselle flows through the park.

Facilities

Outdoor gym, Lordship Hub (community cafe, activities including dance & fitness), Shell Theatre (outdoor theatre), skate ramps, model traffic area, children's play area, toilets.



Markfield Park, Crowland Road, N15

Green Flag Award winner since 2010. Home to Markfield Beam Engine and Museum, a Victorian beam engine powered by steam, steaming happens on selected days. Access to River Lee.

Facilities

Cafe, Markfield Beam Engine and Museum, skate park, sportsground, children's play area, football pitches, toilets.



Paignton Park, Richmond Road/St.Ann's Road, N15

Green Flag Award winner since 2010. In 2011, Paignton Park was named as being one of the best parks in the country. They have a community square and space for a kickabout.

Facilities

Children's play area, outdoor table tennis and chess tables, picnic area.



Tottenham Green, Tottenham High Road, N15

Tottenham Green Market every Sunday, with lots of local producers, organic fruit and veg stall, good spot to grab lunch. There is also a lesser known Tottenham Green West with natural play area. Green Flag Award winner.

Facilities

Community event space, war memorial, children's play area (west), community gardening project run by Friends of Tottenham Green.

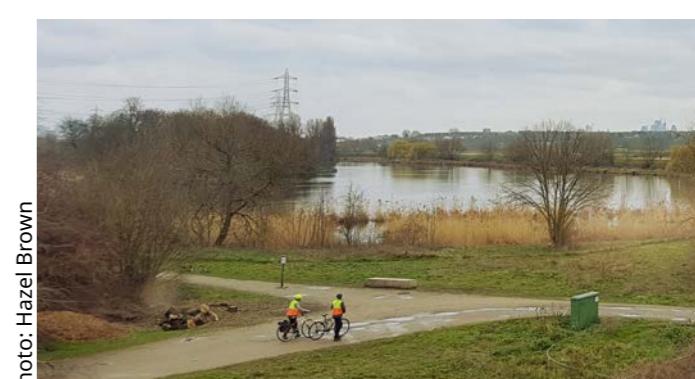


Tottenham Marshes, Watermead Way, N17

Large nature reserve on the River Lee, part of Lee Valley Park. The marshes cover over 100 acres. Great for escaping from busy London life. Green Flag Award winner.

Facilities

Waterside Cafe at Stonebridge Lock.



Walthamstow Wetlands, Forest Road, N17

London's largest wetland nature reserve. There are 10 large reservoirs providing a home to many wildlife species.

Facilities

Visitor centre with gift shop and cafe. Fishing, bird watching, cycling and running path.

Nine of the ten parks and green spaces we've featured are Green Flag Award winners. The awards recognise well managed recreational outdoor spaces setting a benchmark standard for their management. greenflagaward.org



T 020 8808 5490
E info@engineroom.org.uk
W engineroom.org.uk
Lebus Street
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Tottenham
N17 9FU

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To book The Engine Room go to www.engineroom.org.uk/booking

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E lovenpresents@gmail.com
W www.lovenpresents.com/bakery-n17

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T 0203 475 5316
E office@len.l dbsact.org
W www.len.l dbsact.org

THE ENGINE RUN 10K RACE HALE VILLAGE & TOTENHAM MARSHES

Start & Finish area Perky Park

Saturday 15th June
Starts 9am

Registration at The Engine Room
8am - 9am

To sign up and more information go to
www.entrycentral.com/theenginerun

Sign up before 31st May
(spaces limited)

Entry fee £20

Fundraise for The Engine Room
to help raise £10K for kids in
Tottenham Hale or other charity
of choice



THE SPURS WALK 5K GUIDED WALK HALE VILLAGE & TOTENHAM MARSHES

Start & Finish area Perky Park

Saturday 15th June
Starts 11am

Registration at The Engine Room
10:30am - 11am

Entry Free



PERKY PARK
Other sporting activities available
to join in with on the day.....



HALE VILLAGE
LONDON N17



The Engine Run: Tottenham's 10k race

By Andrew Johnston, Operations Manager,
The Engine Rooms

On Saturday 15 June Tottenham's 10k race, The Engine Run, will take place, starting and finishing in Perky Square, Hale Village, Tottenham Hale. Last year's event raised over £2,000 for The Engine Room, a community centre and local charity serving people in Hale Village, Ferry Lane and across Tottenham with a wide range of programmes and events. A 5k Spurs Walk will take place on the same day. A few of the people who are key to the work of The Engine Room and the Tottenham community told us about The Engine Run.



The Rev'd Andrew Williams, Priest in Charge, St Francis at The Engine Room:
I am going to spill the beans, joining us at The Engine Room will be former Spurs and England captain Ledley King! Sport is a great way of building community and we are delighted to, under the watchful eye of our Ops Manager AJ, put on The Engine Run. Many

people who ran last year's event told me: 'I had no idea there was such a beautiful green space so close to Tottenham.' With our partnership with Lee Valley Estates and Lee Valley Park, we are hoping this year's race will be the biggest and best yet. Our goal is to raise £5,000 for our community programmes, run by Maria and Obi, and to challenge 100 runners to raise just £50 each. If you can't run the 10k, you can walk the 5k Spurs Walk, organised by the Spurs Foundation which takes place on the same day and still raise money for The Engine Room.'



Maria Joseph, Church Community Worker, The Engine Room: I started my full time role at The Engine Room this January. Previously I had a

deep involvement as a sessional worker and am now taking my work forward with a wide range of events and weekly activities. I heard about The Engine Run last year and was delighted that people came from as far away as Guildford, Surrey, to run and raise money for the work we do. Many of our programmes including after schools clubs in art and music, holiday clubs focusing on food and our festivals have a life changing effect on members of our local community. The money that The Engine Run raises will help it go that bit further...



Obi Onyido, COMPACT Coordinator, The Engine Room: I work with young people from Hale Village and Ferry Lane estate. Thursday

nights provide a warm, welcoming space with pizza and games for young people (14-18 years old) from the local area. Many struggle in formal education and some are even in trouble with the police, but we take an inclusive non-judgemental approach and provide a safe place for young people to come and share their thoughts or concerns. We are determined to see these young people succeed and are here for the long haul. Supported initially by Lee Valley Estates, we have also secured funding from the Mayor of London.'



Inez Hickman, Facilities and Landscape Manager, Hale Village: I love that we have a vibrant and enthusiastic community centre

at the heart of Hale Village. As well as winning Green Flags for our natural environment, we should have a "Community Flag" as we have a great team of people willing to serve all. As part of Lee Valley Estates we have been able to support the COMPACT youth programme which meets weekly at The Engine Room and challenges local young people to think about their futures introducing them to a range of different professionals. We are delighted to support the events organised by The Engine Room team and The Engine Run.'

*The Engine Run (£20 entry fee): www.entrycentral.com/theenginerun Spurs Walk (free entry): www.engineroom.org.uk/spurswalk
If you would like to take the challenge and raise £50 for The Engine Run, visit: www.justgiving.com/stfrancisattheengineroom*

Things to do: Cafes & coffee shops

Tottenham is full of places to grab yourself a coffee and a snack. Here's just some of the independent cafes you can choose from. Have we missed your favourite spot? Tag us on social media @discovtottenham #dtspringissue

Blighty India Cafe
266 High Rd, N15 4AJ
Cafe & bar with freshly roasted coffee. Indian food in the evenings
Open: Mon-Fri 8am-11pm, Sat & Sun 9am-11pm
blightycafe.co.uk
[@blightytottenham](https://www.instagram.com/@blightytottenham)

Bloomingscent Cafe
Bernie Grant Arts Centre, Town Hall Approach Rd, N15 4RX
Cafe & bar
Open: Mon-Sat 9am-6pm
Also at **639 High Rd, N17 8AA**
facebook.com/bloomingscentcafe



Craving Coffee
Gaunson House, Markfield Rd, N15 4QQ
Cafe & bar, food pop-ups (Thu-Sat evenings)
Open: Sun-Wed 10am-5pm, Thu-Sat 10am-11pm
[@cravingcoffee](http://cravingcoffee.co.uk)

Downhills Park Cafe
60 Downhills Park Rd, N17 6PB
Community cafe in the park
Open: Mon-Sat 8.30am-6pm, Sun 9am-5pm
facebook.com/Downhillsparkcafen17
[@downhillsparkcafen17](https://www.instagram.com/@downhillsparkcafen17)



Fieldseat Cafe
665 High Rd, N17 8AD
Newly opened organic food shop & cafe
Open: Mon-Fri 7am-9pm, Sat 8am-9pm, Sun 9am-9pm
[@fieldseat.london](http://fieldseat.business.site)

Five Miles
39B Markfield Rd, N15 4QA
Cafe, bar, restaurant, music & club nights
Open: Tue 10am-11pm, Wed 10am-12pm, Thu 10am-2pm, Fri 10am-4am, Sat 12pm-4am, Sun 12pm-12am
[@fivemileslondon](http://fivemiles.london)

Forks & Green
Downhills Park Entrance, 338 Philip Lane, N15 4AB
Cafe & bar, terrace
Open: Mon-Sun 8.30am-6pm
forksandgreen.co.uk
[@forksandgreen](https://www.instagram.com/@forksandgreen)

The Garden House
410 High Rd, N17 9JB
Cafe & bar. All day breakfast, Turkish food, garden
Open: Mon-Thu 8am-10pm, Fri & Sat 8am-12pm, Sun 9am-10pm
[@tghlondon](http://tghlondon.co.uk)



Living Under One Sun Community Hub and Cafe
Down Lane Park, N17 9EX
Community cafe and gardening project
Open: Thu-Sat 10am-5pm, Sun 10am-4pm

Markfield Park Cafe
Markfield Park, Markfield Rd, N15 4RB
Cafe in Markfield Park, close to River Lee
Open: Mon-Sun 9am-6pm
facebook.com/markfieldcafe



Pluma Cafe
Grow Tottenham, Ashley House, Ashley Rd, N17 9LZ
Cafe & bar
Open: Wed-Fri 12pm-9pm, Sat 11am-7pm, Sun 11am-4.30pm
[@pluma_london](http://facebook.com/plumaldn)

T On The Green Tea Rooms
Bruce Castle Park, Lordship Lane, N17 8NJ
Cafe & vintage tea room, (booking recommended for afternoon tea)
Open: Wed-Sun 12pm-7pm
facebook.com/cafeandvintagetearoom

Tri Prana
124 Philip Lane, N15 4JL
Vegan cafe and holistic health hub, yoga & herbal teas
Open: Mon 12pm-3pm, Tue 9am-3pm, Wed-Sat 10am-3pm, Sun 9am-3pm
tri-prana.com
[@tri_pranaldn](https://www.instagram.com/@tri_pranaldn)

Wine & Rind
Holcombe Market, 1 Holcombe Rd, N17 9AA
Cheese, wine, produce & food pop ups
Open: Tues-Thurs 10am-4pm, Fri & Sat 10am-6pm
[@winenrind](http://winenrind.selz.com)



Others to take a peek at:
Bom Pecado
Cafe Lemon
The Larder
Loven Bakery
New River Studios
Pause Coffee
The Post
Pueblito Paisa

Skepta Jorja Smith

Diplo Jungle Pusha-T

Bonobo dj set Octavian Earl Sweatshirt

The Black Madonna Deerhunter

Denis Sulta George FitzGerald Mall Grab

Modeselektor live Seth Troxler Todd Terje

Actress Boy Azooga Channel Tres Courtesy

DJ Seinfeld Eclair Fifi Erol Alkan HAAi HÆLOS

Jessica Winter JPEGMAFIA Julia Holter Kelly Lee Owens

Leon Vynehall live Lost Souls of Saturn live

Marie Davidson live Mella Dee Methyl Ethel MorMor

Pip Blom Rachel Chinouriri Red Axes Sinkane

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