



Join us on  
Saturday  
18th March  
1-8pm



**THESE GIRLS DO!**  
**HARINGEY WOMEN OF THE WORLD EVENT**



**Broadwater Farm Community Centre 1 Adams Road N17 6HE  
and Lordship Hub, Lordship Rec N17 6NU  
Celebrating HARINGEY WOMEN OF THE WORLD.**

[sports.activities.group@gmail.com](mailto:sports.activities.group@gmail.com) / [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)  
or mobile: 07971 113 463

**JUST TURN UP. NO NEED TO BOOK. £3.00 entry for the day.**



# THESE GIRLS DO!

## These Girls Do! - International Women's Day

Join us on 18th March - 1-8pm

to celebrate this year's theme **Haringey Women of the World**

Just turn up no need to book. **ENTRY FEE FOR DAY £3**

### International Women's Day Celebration - March 18th

IN THE MAIN SPORTS HALL ( Broadwater Farm Community Centre) 1-6pm

WORKSHOPS AND ACTIVITIES	TIME
Sprouting Workshop (grow your own healthy food)	1-2pm
Children's Crafts	1-4pm
Wheely Tots - Cycling for all ages. Learn to ride - improve your skills	1.30-3.30
Make a personalised Mother's Day Card	1.30-4pm
Zumba	2-3pm
Basketball	2-5pm
Define Me dance performance	2-5pm
DJ/Beatmaking workshop - advice and tips	TBC
Health Checks by Fusion	All day
Styling Station	All day

### STALLS - ALL DAY

CONEL Nail Bar	All day
Money Management	All day
ABC Parenting	All day
Face Painting	All day
One You	All day
Community Cancer Champions	All day
Haringey Learns	All day
Craft Stalls	All day

### GYM - BROADWATER FARM COMMUNITY CENTRE

FREE Gym tasters (30 minute sessions)	2-5pm
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# THESE GIRLS DO!

## International Women's Day Celebration - March 18th

AT LORDSHIP HUB 1-8pm

WORKSHOPS AND ACTIVITIES	TIME
Hula Hooping	1-2pm
Self Defence for women and girls	2.15-3.15
Yoga	3.30-4.30
Creative Singing and Song Writing	4.45-6pm
SPECIAL EVENING FILM SCREENING - FREE	
'20ft from Stardom' - Feature length documentary about the fantastic women backing singers behind the great stars	6.30pm

### LORDSHIP REC AND HARMONY GARDENS

African Drumming	1-2pm
Women's Rugby	2-3pm
Walk	2-3pm
Sunset Walk	5.30-6.30
Harmony Gardens Gardening workshop	TBC

### SMALL ROOM - BROADWATER FARM COMMUNITY CENTRE

Foot Massage (20 minute sessions)	All Day
Reiki (20 minute sessions)	All Day

## PLUS bouncy castle, special raffle & refreshments

Broadwater Farm Community Centre, 1 Adams Road, N17 6HE  
 & Lordship Hub, Lordship Recreation Ground, N17 6NU. For more details contact:  
[sports.activities.group@gmail.com](mailto:sports.activities.group@gmail.com) / [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)  
 or 07971 113 463 or for Lordship Hub activities *only* 020 8885 5684

**These Girls Do!** is a programme of activities every Monday evening at Broadwater Farm Community Centre from 4-8pm, for girls and women to learn skills, increase self-confidence and enhance physical and mental wellbeing in a safe environment.

## THESE GIRLS DO! - MONDAY EVENINGS

ACTIVITY	TIME
Roller Skating	4-6pm
Yoga	5-6pm
Basketball	6-8pm
Women's Football	6-8pm

£3 per session, attend 5 get 6th Free



For more details of all activities or to get involved email:  
[sports.activities.group@gmail.com](mailto:sports.activities.group@gmail.com) / [get.active@haringey.gov.uk](mailto:get.active@haringey.gov.uk)  
 or call 07971113463