

# Hillside Monthly

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April 2023



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# GO-TO EVENTS - APRIL

Join in to break the fast with your community at Finsbury Park Mosque's annual Ramadan Street Fair. St Thomas' Road, Finsbury Park, N4 2QH

7PM

## RAMADAN STREET IFTAR

4<sup>TH</sup>

4:30PM

Enjoy a laugh with an afternoon of stand-up at 182 Stoke Newington Road, N16 7UY. Must book in advance at [tinyurl.com/vpaz7ehu](http://tinyurl.com/vpaz7ehu)

## SUNDAYS COMEDY AFTERNOON

Join Hillside for a one hour walk for health and nature in Gillespie Park and visit the ecology centre. Poster and sign up on the form at reception.

11AM

## ECOLOGY CENTRE VISIT

19<sup>TH</sup>

12PM

Join others in Trafalgar Square to celebrate this festival with food, dancing and live music. Find out more at [tinyurl.com/3v73cfu4](http://tinyurl.com/3v73cfu4)

22<sup>ND</sup>

## VAISAKHI FESTIVAL

Drop in and swap your clothes to revamp your wardrobe. Find out more at [tinyurl.com/y7av5fmm](http://tinyurl.com/y7av5fmm). Hackney Bridge, E15 2SJ.

11:30PM

## HACKNEY CLOTHES SWAP

22<sup>ND</sup>

## MUSEUM OF THE MONTH

### GRANT MUSEUM OF ZOOLOGY

Come face to face with cases full of skeletons, specimens and stuffed animals at this incredible museum in Euston.

Find out more at [tinyurl.com/bdcwmhjk](http://tinyurl.com/bdcwmhjk)



# Hearty Thursdays *at Hillside*

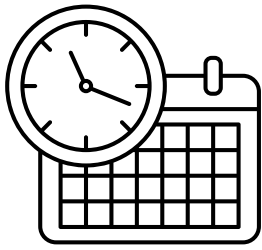
Every Thursday, 3pm  
30 North Road, N7 9GJ

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Each week, our wonderful members will be cooking a different delicious free meal to take away for those struggling with the cost of living. Halal, Kosher and vegetarian options are available.



The number of meals we have to give out are limited, but those who don't receive one will be prioritised for the next week and will be given information about alternative organisations who can help with food and the cost of living.



# WEEKLY SCHEDULE

## DAILY

**10:00-12:30**

Admin & Reception  
Kitchen

**13:30-16:00**

Admin & Reception  
Kitchen

## MONDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative Group  
Gazette

## TUESDAY

**10:00-12:30**

Social  
Events

**13:30-16:00**

Website & Social  
Media

## WEDNESDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Gardening  
Group

## THURSDAY

**10:00-12:30**

Job  
Search

**13:30-16:00**

Open for Support  
Sessions

## FRIDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative Group  
Gazette

**Speak to your support worker  
about what you'd like to get involved with.**





**HILLSIDE  
CATERING**

*Great Food*  
**WITH A SOCIAL  
CONSCIENCE.**



**SANDWICHES**



**SALADS**



**SWEET TREATS**



**BREAKFAST**



**EXTRAS**

## ABOUT US

Hillside Clubhouse is a mental health charity that makes social inclusion & participation in everyday life a reality.

At Hillside, our members get skilled, get creative, get support & get involved. Co-production is at the core of everything we do.

We cater to any other dietary requirements and use 100% biodegradable serving equipment.

## CONTACT US

Email: [enquiries@hillsideclubhouse.org.uk](mailto:enquiries@hillsideclubhouse.org.uk)

Telephone: 020 7700 6408

## NEED HELP GETTING TO PLACES?

**HAND IN HAND** is a new Volunteer Peer Buddying Service that will help Islington residents who experience mental health difficulties to get to other locations for appointments, courses, green spaces, and events.

The Buddies can remind you of an appointment, accompany you to appointments, events and activities that you would otherwise struggle to attend. They provide you with support and friendly encouraging conversation en route to the activity and give information about accessing other support services.

The peer travel buddies are fully trained and DBS cleared, but they do not provide therapy or specialist support. They will meet you at your door or convenient location, but cannot come into your home. Their role is primarily in connecting, accompanying, reminding and reassuring.

**For more information call on:**

Mon, Tue, Wed: 07526 692507 [satoko.fujishiro@islingtonmind.org.uk](mailto:satoko.fujishiro@islingtonmind.org.uk)

Wed, Thu, Fri: 07738 236041, [stephen@manorgardenscentre.org.uk](mailto:stephen@manorgardenscentre.org.uk)

Anytime: [Laura@manorgardenscentre.org](mailto:Laura@manorgardenscentre.org)

**To refer yourself email:** [HandinHand@islingtonmind.org.uk](mailto:HandinHand@islingtonmind.org.uk)

If you or someone you know might like to be a peer buddy register at: <https://tinyurl.com/peerbud>



# Food Support in Islington

## Monday

Margins Project at Union Chapel  
Drop-in session for people facing homelessness  
Hot food takeaway  
11:00am-2:00pm  
19B Compton Terrace  
N1 2UN

The Ringcross Community Foodbank  
N7 8RH  
Food parcels, meals and essential items  
12pm to 4pm  
Open to Islington residents (proof of address needed)  
02077002498

## Tuesday

The Arc Centre  
Weekly food packages for people living in N1 7 and N1 8  
melissa@thearccentre.org  
0207 673 1281

Elizabeth House  
Pop-up food store every Tuesday for residents in: N4 2, N4 3, N5 1, N5 2, N7 7  
Register: 02076901300  
nathalie@elizabeth-house.org.uk

Hilldrop Community Centre  
N7 0JE  
Free hot lunch  
12:15 - 2pm

## Wednesday

Brickworks Community Centre  
Drop-in for food parcels Monday - Thursday 12pm - 3pm. 42 Crouch Hill N4 4BY  
colin.adams@hanleycrouch.org.uk // 0207 263 1067

FoodCycle Islington  
Free hot meal, 1pm  
New River Baptist Church, N1 2TL  
No need to book!

Manor Gardens  
11am - 2pm, N7 6LA  
Weekly co-operative food shop. Take what you need for £3

The Hive Foodbank  
Wednesdays 6.30-8.30pm  
020 7916 2710  
hivefoodbank@gmail.com

Margins Project, Union Chapel  
Drop-in session  
11:00am-2:00pm

The Ringcross Community Foodbank  
12pm to 4pm

## Thursday

Copenhagen Street Foodbank  
N1 0SR  
Weekly foodbank 1-3:30pm Fresh food and non-perishable items.  
02078378378  
copenhagenstreetfoodbank@gmail.com

Mildmay Community Centre  
Woodville road N16 8NA  
Community cook-up  
Free shared meal (donations welcome)  
Thursdays 11.30am - 1.30pm

## Friday

Mildmay Community Centre  
Woodville road N16 8NA  
Weekly food co-op £1 per person in household  
020 7249 8286  
mildmaycp@gmail.com  
If you do not have access to a telephone or email, please feel free to come to the centre on Friday between 11.30am - 1.30pm to discuss your needs

St Mary's Church and the Hive foodbank  
N19 3AD  
Cook Together Drop In  
Fridays 3.30-6pm  
Learn to make cheap, easy & tasty meals. All ingredients provided

The Ringcross Community Foodbank  
12pm to 4pm

## Weekends

Choices CiC - African Caribbean Cultural Food Co-op  
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods.

The first Saturday every month at 2pm  
Caxton House  
Community Centre  
N19 3RQ

If you are on low or no income, please contact us to join the membership at:  
info@choiceslondoncic.com





## Other services:

**Bags of Taste: free, mentored at-home cooking course** to make low-cost, nutritious meals. Ingredients provided for free and delivered to your house. Open to all Islington residents. [islington@bagsoftaste.org](mailto:islington@bagsoftaste.org) // 07986042458

Hornsey Lane community centre, N19 3YJ:  
**Lunch Club for people over 50** Mon-Fri  
Open from 12-3pm with lunch served around 1pm. Cost £3

St Luke's Community Centre, EC1V 8AJ:  
**Over 55s Lunch Club** for Islington residents offering low cost freshly cooked lunches on-site 90 Central St, EC1V 8AJ. Monday to Friday 12-2pm.

## Healthy Start Vouchers

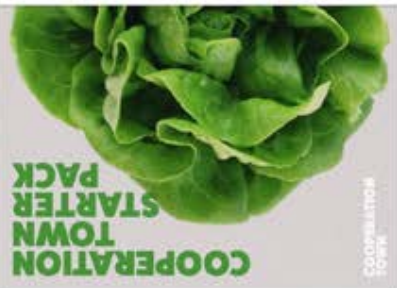
Get support to buy milk or food. Payments are loaded onto a prepaid card to be used in shops. Open to women/people at least 10 weeks pregnant or families with a child under four years and on:

- Universal credit with total earned income of £408 or less (after tax) per month for the family
- Child tax Credit with a family income no more than £16,190 per year
- Income support
- Income-based jobseeker's allowance
- Pension Credit
- Income-related Employment and Support Allowance (for pregnant people only)
- Pregnant and under 18

HEALTHY  
START



Complete application online:  
[www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/)



## Join or start a food co-op!

Food co-ops are groups of neighbours who buy food together to save money and support each others' needs. By joining or starting a food co-op, you could save up to 40% on your weekly groceries. To find out more and for guides and resources on how to start a co-op, visit: <https://cooperation.town/>

Find your nearest food co-op by contacting co-operation town here:  
<https://cooperation.town/contact/>

Please note, this is not a fully comprehensive list of all food support available in Islington. For more information, please visit [www.islingtonfoodpartnership.org.uk](http://www.islingtonfoodpartnership.org.uk)

# LUMINARY BAKERY REVIEW

## What is Luminary bakery?

Luminary bakery is an organization that takes in vulnerable women who have been failed by the justice system and helps them get into bakery jobs by providing the skills and support needed for free.

Luminary Bakery's Independence program is split into four parts, this takes place over the course of a year once a week, also half terms and holidays are included so it is perfect for participants with children as it ends around 3pm in time for you to pick up the kids. Luminary also provides travel refunds so if you put money on your bus pass or take the train, they will refund you the money.





## Phase One: Bakery Course

Each week you will be taught how to bake different desserts, ranging from cakes to bread, visual demonstrations every step of the way so that you progress at the same time as your classmates, Each group is split up into different days so a group of five on a wednesday or a group of six on a tuesday. That way you get to know your classmates on a smaller scale so as not to overwhelm you. They will provide lunch for the duration of the bakery course as well.



## Phase Two: Personal Progress

After the bakery course, there will be classes ranging of support for financial, job hunting, rights at work and how to manage applying for jobs, plus you will get a chance to do work experience in the bakery or cafe, all the groups are merged into one so you will get the chance to meet other women during the course. This is where they will introduce wellbeing Wednesdays where every other Wednesday there will be a class of various activities, such as mug painting, origami, mindfulness and many more. Luminary Also provides work experience in many kitchens across london, i myself worked with Amhurst in the kitchens there. They are wonderful people. I also recommend getting work experience there if you can.

Phase Three: Tutoring\_

You will be paired up with a tutor that will work with you towards your goals and aspirations, each session can be either in person at the luminary cafe or on the phone if that's better for your schedule. Luminary also provides a support worker as well as therapy with their wonderful therapist.

Phase Four: Graduating\_

There will be a big celebration, celebrating all the women in luminary, highlighting their achievements and success on the course. Every graduate is free to apply to any job offers as well as any holiday parties and wellbeing wednesdays classes as you are now a part of the luminary family

Personal opinion

I personally have finished and graduated from the luminary independence program and I cannot recommend it enough. Everyone is so friendly and kind, the atmosphere is wonderful, they really helped me when I was in a rough situation. I owe alot to luminary and the wonderful women there.

I guarantee that you won't regret going on this course.It has changed my life and I was recommended for this course by hillside. If you are interested in baking then I absolutely recommend this course for you.





Helping Families Helping Children

Do you need help from children's services to look after your child?

Do you have a child in care?

Are social workers worried about your child's safety?

Are you raising a friend or relative's child?

[www.frg.org.uk](http://www.frg.org.uk)



Easy to understand information



Discussion forums for parents and kinship carers, with support and expert advice



Detailed legal guides

**Free advice line 0808 801 0366**

Monday to Friday 9.30am–3.00pm



In-depth and confidential advice

# CAMDEN SUPPORT SERVICES



A great place to go for information about:

- Welfare benefits, universal credit, applications or appeals.
- Debt problems and budgeting.
- Housing, Tenancy issues, repairs and housing solicitor access.
- Employment problems, redundancy, unfair dismissal or discrimination.
- Utility problems (gas, electric etc.)
- Consumer problems, such as faulty goods and complaints.

TEL: 0808 278 7835 (Mon-Fri, 10am-4pm)

WEBSITE: [www.camdencabservice.org.uk](http://www.camdencabservice.org.uk)

## Mary Ward Legal Centre

They provide specialist advice in housing, welfare benefits and debt. They also provide free legal advice as part of our pro bono clinic in the areas of employment, housing, small claims, consumer, and family. Unfortunately, they do not offer basic benefit checks or form filling for new claims (with the exception of PIP and DLA forms), but advise clients when there is a problem with their claim, for example with appeals or sanctions.

TEL: 020 7831 7079 (Mon-Fri, 10am-1pm)

ADDRESS: Mary Ward Legal Centre, 10 Great Turnstile, WC1V 7JU





Camden Community Law Centre's solicitors, caseworkers, and volunteers provide and deliver free and independent legal advice, assistance and representation in housing, welfare benefits, asylum, immigration and employment law matters.

TEL: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

WEBSITE: [www.cclc.org.uk](http://www.cclc.org.uk)



Provides a host of free support groups, as well as a great service called Healthy Minds. Healthy Minds is a Mind in Camden Project aimed at supporting adults who may be struggling with their mental health, feeling isolated or disconnected with their community. Over 12 sessions, you will be paired with volunteer to create a personal development plan identifying your individual needs, goals and barriers to enable you to access the sessions that suit you.

TEL: 020 7241 8996

GET IN TOUCH: [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

ADDRESS: Healthy Minds Community Programme, Barnes House,  
9-15 Camden Road, London NW1 9LQ

# ISLINGTON SUPPORT SERVICES



A great place to go for information about any of the following:

- Welfare benefits, universal credit, applications or appeals.
- Debt problems and budgeting.
- Housing, Tenancy issues, repairs and housing solicitor access.
- Employment problems, redundancy, unfair dismissal or discrimination.
- Utility problems (gas, electric etc.)
- Consumer problems, such as faulty goods and complaints.

TEL: 0300 330 1197 (calls charged at local rate) or call free from 222 Upper Street. Lines are open between 10am-4pm.

WEBSITE: [www.islingtoncab.org](http://www.islingtoncab.org)



Legal advice surrounding debt, consumer issues, education, employment, housing, immigration and asylum, welfare benefits or community care. Advice projects in Finsbury Park, Essex Road and Caledonian Road neighbourhoods.

Islington Law Centre is open from Monday to Friday, from 10am - 1pm and 2pm - 4pm at 38 Devonian Road, London, N1 8UY.

TEL: 020 7288 7630.

EMAIL: [info@islingtonlaw.org.uk](mailto:info@islingtonlaw.org.uk)

WEBSITE: [www.islingtonlaw.org.uk](http://www.islingtonlaw.org.uk)





Provides free specialist advice, casework and representation in Welfare Benefits and Debt.

- Outreach sessions at Islington venues linked to Mental Health, Drug and Alcohol Services and key BAME groups
- Weekly advice sessions, including further areas of law, at St Luke's, with pro-bono input from City Law Firm

Manor Gardens Centre in Holloway or St Luke's Community Centre (EC1 residents).

TEL: 0207 561 3685, Mon, Tue and Fri, 2pm-4pm

EMAIL: [info@iprAdvice.org.uk](mailto:info@iprAdvice.org.uk)

WEBSITE: [www.iprAdvice.org.uk](http://www.iprAdvice.org.uk)



Income Maximisation (iMAX) can ensure you are getting the most money from your benefits

- Will support you to make benefit or tax claims
- Challenge and appeal benefit decisions
- Advise you on how working can make you better off
- Look at how much help you may get with childcare costs
- Help you with benefits when you start work or have a change of circumstances
- Advice and support with benefit changes

Where necessary, they can arrange appointments at council offices or home visits to assist you with filling out forms.

TEL: 0800 731 8081 or 020 7527 8600 Mon-Fri, 9:30am - 4:30pm



Mental Health Community Recovery & Crisis Enablement Service. Islington Mind offer a quick response to urgent matters, such as:

- Escorting to medical appointments, benefits assessments and tribunals
- Ad-hoc emergency support with housing, tenancy, health care and employment
- Support with urgent phone calls & crisis advocacy
- Signposting to other community services

They also offer a wide range of holistic and exciting activities.

**ADDRESS:** Unit 4, Archway Business Centre, 9-23 Wedmore Street, N19 4RU

**TEL:** 0203 301 9863

**EMAIL:** [athena.tsigaras@islingtonmind.org.uk](mailto:athena.tsigaras@islingtonmind.org.uk)





## Mental health crisis support in Islington

The Crisis Café offers 4 **1-to-1 appointments** to Islington residents at risk of crisis (by professional referral only). Clients are offered an initial assessment, referrals to all Islington Mind services, and signposting to other local services.

The Crisis Café also offers an **out of hours drop in** and activities. This is open to existing service users who have completed initial assessments with the Crisis Café or Islington Mind's day opportunities.

**Please check capacity by contacting the Café directly during its opening hours on 020 7263 3397.**

Current Islington Mind service users can self-refer at our day centres.

We accept professional referrals by 3:30pm Mon-Fri. To make a referral, email:

**faith.giwa-osagie**

@islingtonmind.org.uk

**lorraine.dixon**

@islingtonmind.org.uk

**viktoria.stefanopoulou**

@islingtonmind.org.uk

The Crisis Café runs on weekend afternoon and weekday evenings.

Please see our website for our drop-in schedule.

### For more information:

Email: [min.wilkinson@islingtonmind.org.uk](mailto:min.wilkinson@islingtonmind.org.uk)  
Tel: 0203 301 9850

**islingtonmind.org.uk**

Registered charity no. 294535

## WANT TO BE A PEER BUDDY?

A new programme that will train and support volunteers to accompany local people in Islington with mental health issues to appointments, services, activities and events.

**We are looking for Peer Buddies to offer at least a day a week to:**

- Remind people of appointments
- Support people by helping them travel to appointments that they would struggle to get to on their own, and being with them to provide support and reassurance
- Help others by providing conversations that are reassuring, friendly and helpful
- Assist in linking others by offering information and signposting to local services and activities

**What you will gain volunteering as Peer Buddies:**

- Opportunities to improve work related planning, service and communication skills and get training on how to be a Peer Worker
  - Links into local employment specialists for employment support and advice to find paid roles
  - Gain confidence and work readiness through volunteering in your community
  - An up-to-date reference. Advice and support to assist with your role
-



- Your costs paid plus special perks via community partners
- An opportunity to give back to your community by providing an essential service.

If you have experience of mental health problems, want to make a real difference in your local community, learn new skills, meet new people and gain great experience, get in touch and book a place! Let us know if you have any challenges getting online and are interested in the training.

To register your interest, simply add your details and any questions to <https://tinyurl.com/peerbud> and we will give you a call.

To have a chat about the role, please feel free to contact Stephen Gardner on:

Tel: 07738 236 041

Email: [stephen@manorgardenscentre.org](mailto:stephen@manorgardenscentre.org)

Proudly brought to you by Manor Garden's Welfare Trust, Islington MIND, Camden and Islington NHS Foundation Trust, (LBI) Islington Council, The SidebySide Network, Islington Borough Users Group, Nubian Users Forum.



# MINDFUL COLOURING

Research suggests that mindful colouring, as with meditation and art therapy, can provide numerous benefits for all ages. Along with providing a much-needed break and the chance to relax and refocus, it can help to lift your mood, decrease anxiety and reduce stress.

Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state of mind as meditating, through reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long and stressful day.

Multiple studies have shown that colouring can reduce depression - the simple act of colouring a picture can be quite beneficial. One way to do this is to colour and use it as a form of meditation.

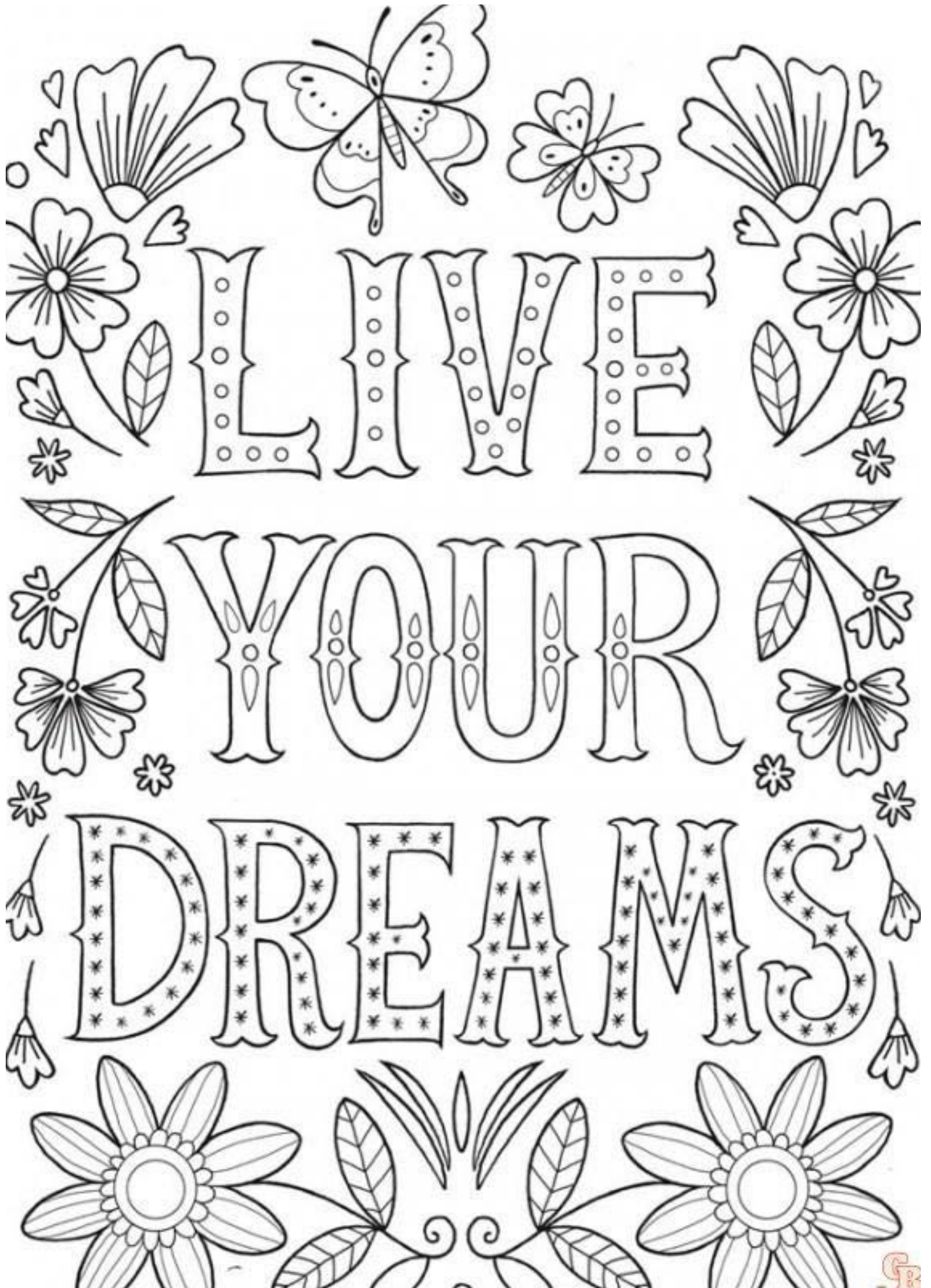
## 7 good reasons why colouring is good for you:

1. Your brain experiences relief by entering a meditative state.
2. Stress levels have the potential to be lowered.
3. Negative thoughts are expelled as you take in positivity.
4. Focusing on the present helps you achieve mindfulness.
5. Unplugging from technology promotes creation over consumption.
6. Colouring can be done by anyone, not just artists or creative types.
7. It's a hobby that can be taken with you wherever you go.

Have a go at the picture and be expressive with your colours.



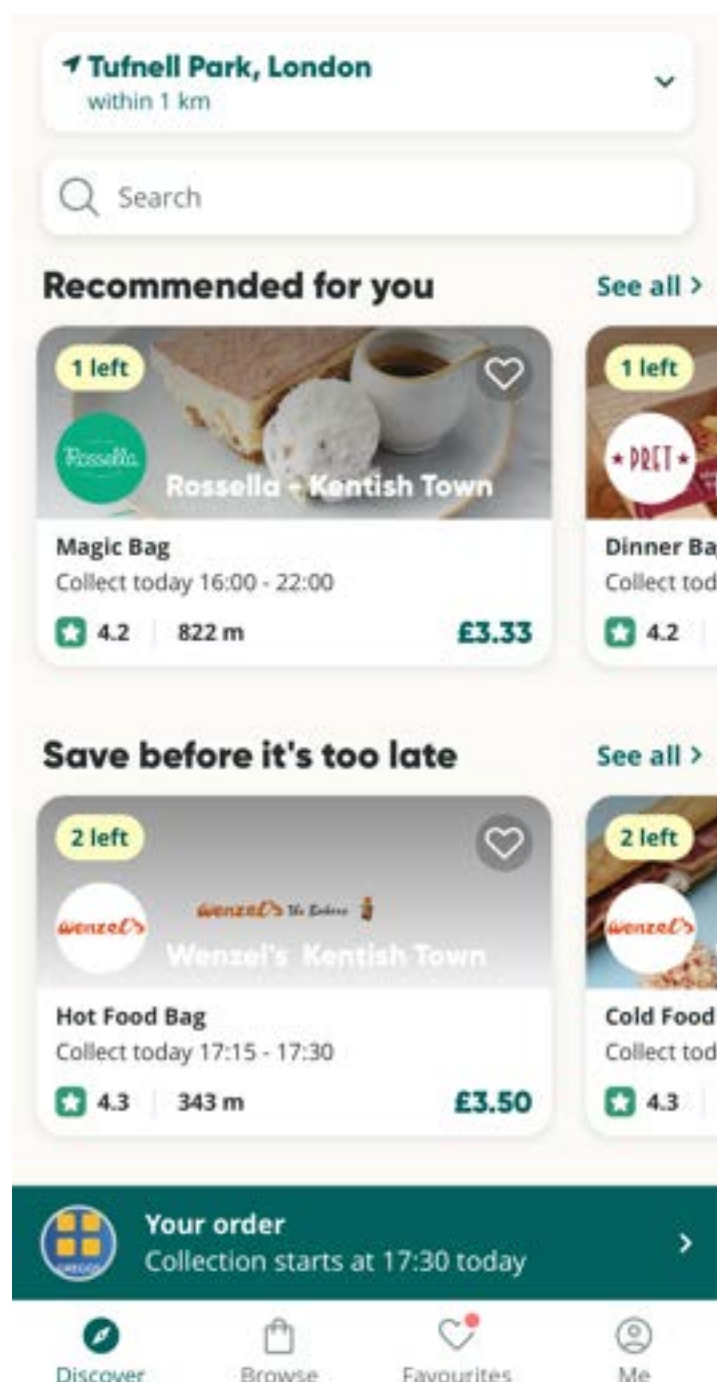




# TO GOOD TO GO APP - REVIEW

## What it does?

This app offers unsold food from restaurants, supermarkets, cafes and even hotels at lower prices than usually available.



## How it works?

1. Set up account & your location
2. Browse what's on offer (dietary requirements, collection time can be chosen)
3. Pay online (Paypal, card)
4. Collect - tell at the counter that you are picking up To good to go bag and show them app order (you'll be asked to swipe to confirm collection)
5. Enjoy your food!

## Why this app is good?

1. It reminds about collections
2. You can cancel up to 2h before (otherwise you loose money)
3. It gets you out of the house and you exercise by walking/ cycling to the location
4. You can visit new places and try new foods
5. You don't know exactly what's in the bag - so it's a surprise!

More on:

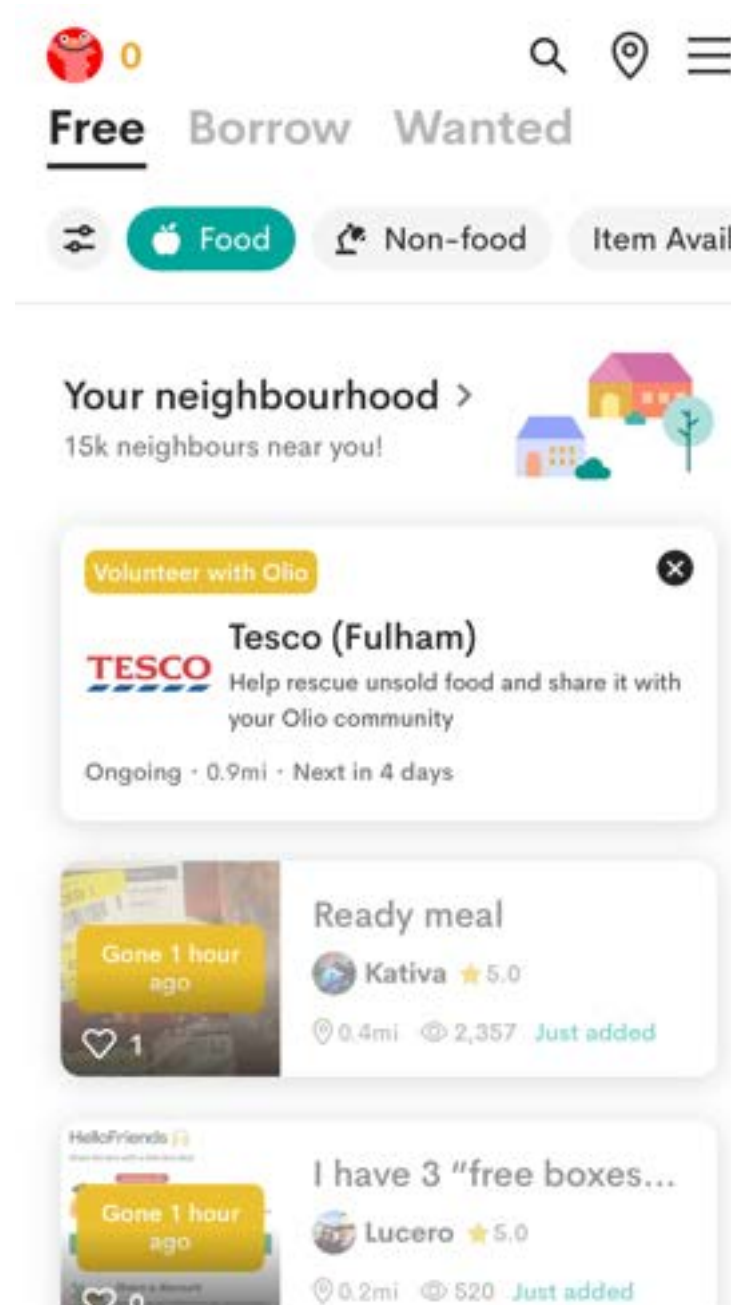
<https://www.toogoodtogo.com/>



# OLIO APP - REVIEW

## What it does?

Olio users can offer or collect free food or other items, and can borrow or lend things they don't use often.



## How it works?

1. Set up account & your location
2. Browse what's on offer
3. Exchange messages with a person to arrange collection
4. Meet, then review.
5. Enjoy food or new items, or less clutter if you give away!

## Why this app is good?

1. It helps with reducing food waste.
2. It's a quick way to get rid of clutter.
3. It gets you out of the house and you exercise by walking/cycling to the location.
4. You can meet new people in the neighbourhood.
5. You don't have to buy expensive tools or equipment to use them - you can borrow!

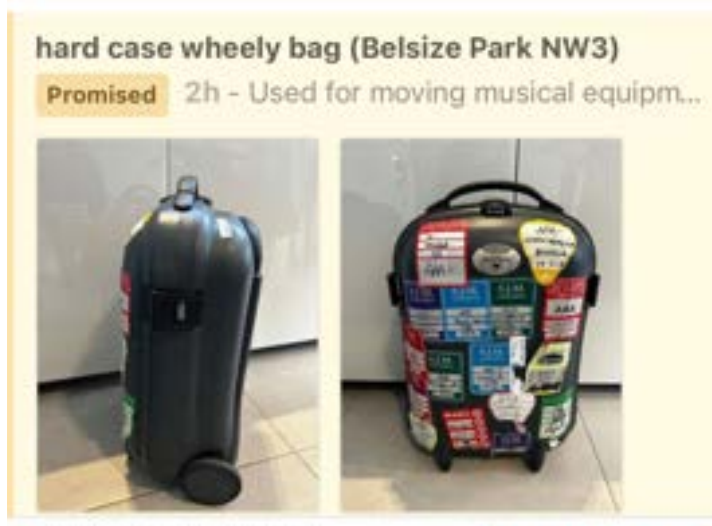
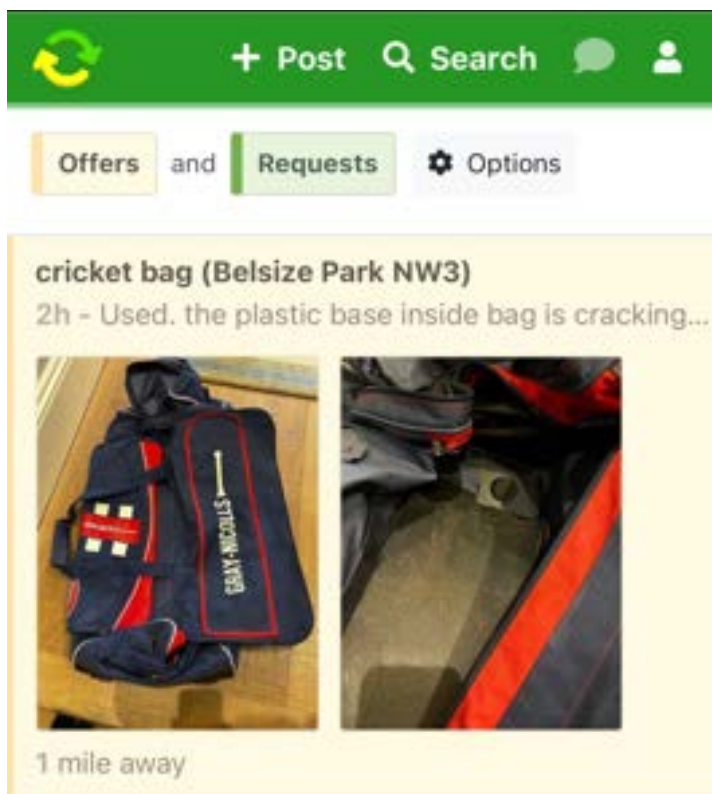
More on:

<https://olioex.com/>

# TRASH NOTHING APP - REVIEW

## What it does?

Users can give away or request anything they need (with the exception of restricted items).



## How it works?

1. Set up account, your location and search perimeter.
2. Join you neighbourhood group and ones nearby.
3. Exchange messages with a person to arrange collection.
4. Meet, then review.
5. Enjoy new items or less clutter if you give away!

## Why this app is good?

1. It uses 'Promised' status to make it easier for everyone.
2. It gets you out of the house and you exercise by walking/ cycling to the location.
3. It uses ratings so you know which users are reliable.
4. You can meet new people in the neighbourhood.
5. You can give away anything really fast (same day) and find nice things too!

More on:

<https://trashnothing.com/>

## REWILDING IN SCOTLAND

The Bamff estate in Scotland, run by the Ramsay Family, first turned their 12 acre land (used for shooting) over to rewilding in the 1990's. They began by letting pigs run wild over the land. This acted almost like an Eco-Tractor, churning over the soil and allowing trees, shrubs & insects to make their home and thrive.

They then entered beavers into the wetlands of the estate. The beavers build dams to create homes for themselves, resulting in increases in good quality water and homes for fish, birds & insects. Beavers increase the capacity of the land to store water and to produce a more consistent outflow below their dams. These habitats hold back water and release it more slowly after storms or heavy rain, reducing the height of flood peaks.



A beaver swimming, completely oblivious to its role in the rewilding project.



The Bamff Estate is now one third woodland. Where numbers were previously at risk, beavers, deer, red squirrels, hedgehogs and many other animals indigenous to Scotland are now recovering. There are also a large variety of birds which have benefited from increased food sources and biodiversity.



Rewilded  
forest on a  
sunny day.

Some income towards the estate comes from guided walks and a woodland skills centre. This allows the estate to continue its rewilding project and to teach others how to do the same. The Bamff team have raised £40,000 which they will spend on monitoring & maintaining the 12 acres of rewilded land.

Bamff Estate is a member of the European Rewilding Network & The Scottish rewilding Alliance. Bamff wildlife's success sets a wonderful example of rewilding & ecotourism, to which others can aspire.

# THE LAST OF US REVIEW



The Last Of Us is a 2023 post-apocalyptic HBO series set in the United States. It follows the story of a smuggler, named Joel Miller, who is tasked with escorting a 14 year old girl named Ellie across a world that has been ravaged by a deadly infectious pandemic.



Right off the bat, this series is excellent.

Based on the 2013 Sony videogame of the same name. The series has also been penned and produced by the original creators of game, so it remains very true to its original vision.

The story follows Joel Miller, a smuggler with a tragic backstory, who is eventually tasked with escorting a 14 year old girl named Ellie across a post apocalyptic wasteland ravaged by "The Infected". These are humans that have become contaminated with a mutated form of Cordyceps, which is based on a real life infectious fungus that survives in humid environments and rainforests across the world. It affects insects, and is best known for its zombifying effects on certain types of Ants.

As well as the infected, Joel and Ellie also have to contend with other hostile bands of survivors of this world. In the first episode, we learn that Ellie may hold the key to a vaccine in her blood and must be delivered safely to a resistance group known as the Fireflies.





The show is reportedly on a budget larger than HBO's previous hit series, Game Of Thrones, and showcasing impressive practical and visual effects to immerse you in the apocalyptic settings. The series follows the events of the game it's based on very closely and in my opinion is the best videogame adaption to date.

The acting is also superb. The lead Joel is played by actor Pedro Pascal, who is best known for playing the titular character in the Disney produced Star Wars spin off series, The Mandalorian.

The Last Of Us shares a lot of elements with horror, but is not strictly a horror series. It deals with themes of humanity, trust, loyalty and the will to survive in a hostile and threatening environment, even when the odds are heavily stacked against you. As the series progresses, we are introduced to new characters and are shown glimpses of the backstories of the two main leads.



There will be those like me who have previously played the videogames (there is also a sequel game) and will already be aware of the events of the series, but that doesn't hinder my enjoyment of this series. Brilliantly acted, great visuals, tense and heart-breaking storytelling, I believe this will be a template for future videogame adaptations and will be talked about for years to come. It has already received many well deserved accolades and the series is still currently airing at time of writing this review

**A highly recommended watch!**

**10/10**



# TRANQUIL SPACES ON REGENTS CANAL

The Regent's Canal is about 8.6 miles (13.8 km) long. The canal also passes through some of the most popular locations in London. If anyone walks or cycles along the route from Kings Cross to Little Venice or Regents Park, they are likely to avoid the noise and congestion of the busy city. The route is very pleasant, taking approximately one and a half hours depending on how fast you travel. From King's Cross, you can walk east along the towpath towards Islington. Walk a mile west and you're at Camden Lock.

## Entertainment and Attractions

Camley Street Natural Park is a short walk away from the river in Kings Cross. The nature park has woodland, grassland, and wetland. This area has a sanctuary for birds, butterflies, amphibians and different plant life. <https://tinyurl.com/hnme2cn4>



Gasholder Park is a new development which is very near the canal. It is a small park surrounded by a very tall gasholder. <https://tinyurl.com/8uwu2ebp>



Open-air film festival happens every year when they set up a big screen on the canal and you can watch from the grassy steps at Granary Square. The screen is up from 27th June until 7th August.  
<https://tinyurl.com/544cyudn>



Canopy Market is within walking distance of the towpath at Regents Canal. A vibrant market with a pleasant atmosphere, fresh produce, street food and crafts. More information can be found on [www.canopymarket.co.uk](http://www.canopymarket.co.uk)

The London Canal Museum is located at 12/13 New Wharf Rd, London N1 9RT. It is right next to the canal, The museum is open Tuesdays til Sundays. Opening times are between 10 to 4:30, last entry 4. The Museum offers guided tours and boat trips along the canal for adults. For more information please go to [tinyurl.com/yckpyzan](https://tinyurl.com/yckpyzan)

Coal Drops Yard has a combination of independent shops and places to eat. These range from vintage style fashion, jewellers, and home décor. find out more at <https://tinyurl.com/3npbp9s>

# TRANQUIL SPACES IN REGENTS PARK

Regents Park is located in the borough of Westminster and Camden. It occupies an area of 410 acres. The park has an inner and outer circle and includes a number of attractions and amenities.



## Sports and Activities

Some sports can be played in the Northern Parkland and are centered around the Hub. Facilities include sports pitches, meeting rooms and changing rooms. Tennis, netball, cricket, softball, football and hockey are usually played here. The Outer Circle is used by road cyclists. One circuit is 4.45km. More information can be found by going to [tinyurl.com/yckuxtdy](https://tinyurl.com/yckuxtdy)

Boat hire at the Boating Lake is available for all age groups. Details can be found at [tinyurl.com/5eph8k6v](https://tinyurl.com/5eph8k6v)

The park also has several places to eat and drink. Regents Bar & Kitchen and The Board Walk Café are some of the restaurants. Details of opening hours and directions can be found on the following website: [tinyurl.com/49f8m7ec](https://tinyurl.com/49f8m7ec)



Many buildings around the park are neoclassical in style and were designed in the early 1800s by John Nash. The style consists of symmetry, order, and grand features. Some of them include Gloucester Gate, Cumberland Terrace, Cambridge Terrace and York Terrace. This gives the park an elegant and classical vibe.



The villa at St John's Lodge is one of the most attractive buildings inside the park. It is in the Inner Circle. It has a series of ornamented compartments with sculpture and stonework. It has been renovated a few times.



Around 1818, John Raffied originally built the foundations of the structure as well as the outside construction. The villa's garden is known to some as the 'secret garden' as the location is hidden, and the design includes ornate sculpture, and lots of pretty flowers.

This style was originally designed by arts and crafts architect Robert Weir Schultz, around 1890. In 1994, landscape architects, Colvin and Moggridge renovated the design to strengthen and sustain the original style.



The Park has a reputation for decorative gardens. Some of them include the Avenue Gardens, Regents Park Allotment Garden, and The Rose Garden.

The Rose Garden is located within Queen Mary's Gardens, in the Inner Circle. It has the largest collection of roses. There are about 12,000 planted. There are also about 85 single variety beds on display, which include the classics, the Royal Parks Rose and the modern English Roses. The best time to visit is the first two weeks in June as flowers bloom better during this period.

The Griffin Taza (Lion Vase), Ready Money Drinking Fountain, Triton Fountain and other structures make the areas in the park appear more ornate in style as their features and themes are commonly seen in classical art from ancient Greece and Rome.

The Triton Fountain theme is a theme from Greek mythology about a Greek God of the Sea. In the centre of the fountain displays a group of bronze figures depicting a sea god or triton blowing on a conch shell with two mermaids below. William McMillan was commissioned to design the sculpture in 1919 for World War 1 campaign medals.



The Open-Air Theatre is one of the largest theatres in London. There are 1,240 seats and situated in the beautiful surroundings of Royal Park. Tickets can be brought online [tinyurl.com/3rasjawv](https://tinyurl.com/3rasjawv) or by calling 0333 400 3562 to book by telephone.

The park is popular for its wildlife. Birds, invertebrates, waterfowl, and mammals such as the hedgehog and bats can be found in the park. Details can be found on [tinyurl.com/2r63v2c7](https://tinyurl.com/2r63v2c7)



## MEET MARIA ROSENTHAL, PRINCIPAL OF THE WORKING MENS COLLEGE

Hello everybody, I hope you enjoy this interview that I conducted with the acting principal of Working Mens College, Maria Rosenthal.

# Inter view

WITH JUAN ANON



Q Have you ever taught any students that have studied at WM college?

No. I came into the College as a senior manager, so have not been a tutor here. However, I do observe classes and see what our learners are doing and if they are enjoying their studies here.

Q How long have been in your position?

I have been working at the College for 6 years as a manager and was Deputy Principal here for 4 years before becoming the acting Principal in October 2022.

Q How do you manage your mental health with your current workload?

I enjoy my job and in particular the team of professionals that I work with. I get huge benefit from good working relationships with staff. I make sure to relax at weekends and am careful to manage my working time so I have lunch breaks and go home at a reasonable hour.

# Inter\_\_\_\_\_view

WITH JUAN ANON

Q Tell us the most challenging day or scenario you have had in your current position?

The College aims to open its doors to everyone, but with that can come very challenging situations when our learners are going through difficult times or suffering with mental health issues. We have to balance being supportive and caring with maintaining boundaries around the degree that we are able to help. Sometimes I have had to deal with aggression that has been stressful and upsetting.

Q What are your hobbies?

I love to make things - anything creative is what gives me the most satisfaction. I knit, garden, fix things, cook - I also love to be out in nature, especially swimming in the sea and hiking.

# Inter\_\_\_\_ view

WITH JUAN ANON

Q What background have you had to prepare you for your current position?

I have had to understand how adult education funding works and how Governance works. I have had to work on and prepare how I want to manage teams of people in order to support them to do the job to the best of their ability. I have had to employ creative thinking about how I see the College developing - that has been the most exciting part.

Q What is your focus in your job when it comes to environmental sustainability?

We have recently set up a sustainability 'green group' in the College which is a mix of staff and students. We are creating a priority list of what we want to achieve such as better recycling, saving electricity and biodiversity. We want to cultivate our limited green spaces. We have longer term plans to create a living roof and revive our solar panels.

Q If you could magically change one thing in your life, what would it be?

To turn the clock back 20 years to give me more time to do all the things I want to do!

# Inter\_\_\_\_\_view

WITH JUAN ANON



# SHAZAM - FURY OF THE GODS

## REVIEW

I give the film 'Shazam- Fury of the Gods' a rating of 9 out of 10. The visual effects have made the superhero extraordinary as they are usually depicted in science fiction films.

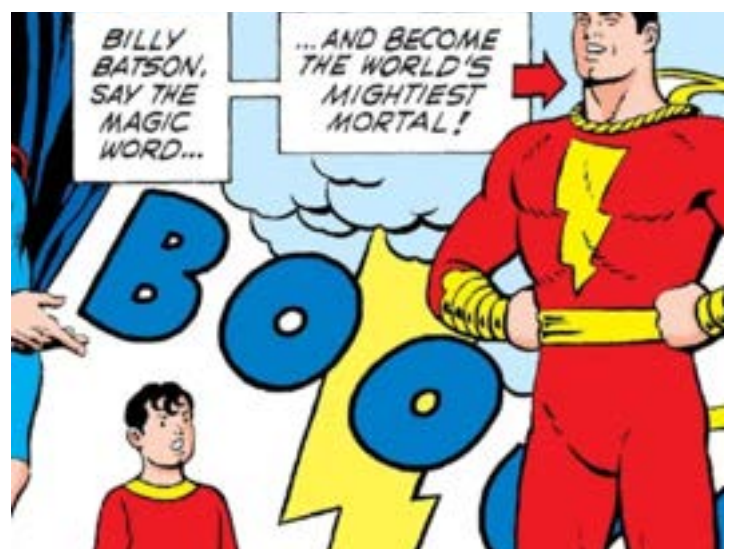


In the first film of 'Shazam', twelve year old Billy Batson meets the Wizard and receives a gift from him. These powers are called 'Shazam powers'. The wizard's power can transform any individual into an adult superhero making them have strengths of ancient Greek Gods. These include the wisdom of Solomon, the strength of Hercules, the stamina of Atlas, the power of Zeus, the courage of Achilles and the speed of Mercury. The wizard didn't give this gift to his son Dr. Thaddeus Sivanna as he believe he does not have a true heart.

The doctor becomes Billy's enemy in the film. He tries to steal Shazam's powers as he wants to be very powerful. He does this by taking members of Billy's foster family hostage, which include his sisters and brothers. Although Shazam manages to keep his powers and frees them. Billy's family then transform into superheroes. The first film was released in 2019.

In the sequel, Shazam- Fury of The Gods, it is 130 minutes long. In the film, Billy and the Shazam superheroes get back into action to fight the daughters of Atlas, as they come to Earth to claim back the magic which they believe was stolen from them.

In fighting scenes, Shazam is shown with a lot of energy as he jumps off high buildings or saves people's lives. This is seen when he captures his sister 'Grace Fulton' from falling to the ground. There is also a lot of lightening behind the superhero whenever he uses his powers to fight off enemies as this makes him look very powerful. His powers and actions are viewed differently in cartoons as images of lightening and words as 'boom' make the character appear less powerful.



The images and language used to express the superhero's character in these cartoons can be put off by adults as they appear cheesy and hard to understand. For example, inside the comic of 'Billy Batson and the Magic of Shazam', by Mike Kunkel, September 17, 2008, the boy is shown saying "Shazam" in speech bubbles. The boy in the cartoon is then depicted with a tall superhero next to him to show his transformation into an adult superhero. Having a boy and adult in the same picture can make it hard for viewers to understand.



Adults that enjoy comedy films are likely to appreciate the movie as its easy to see the humor in Shazam's character. For example, the superhero in one scene is shown seated on a table opposite his enemy 'Hespera', with fries and a beef burger making it seem he is enjoying himself with an enemy opposite him.



Hespera is one of the two daughters of 'Atlas' in Greek mythology. Her father Atlas is considered the most famous Titan before the Olympians in ancient Greece. In the scene one can sense an adult superhero with the mind of a teenage kid.

This is also indicated by Shazams unusual way of being polite to the enemy by saying "you are very menacing; I just want you to know that." This causes Hespera to get upset and use her powers to fight him. The superhero did not have the intention to make the Goddess uncomfortable as it is his way of speaking.

I did not give the film a rating of 10, as I feel elements might not be suitable for children under twelve years. The fighting scenes and stunts are very dangerous and younger kids might be easily led to perform these dangerous acts. This is revealed in scenes when Shazam throws a truck over a dragon or jumps off high buildings.



## 65 REVIEW

### Plot

After a catastrophic crash on an unknown planet, pilot Mills quickly discovers he's actually stranded on Earth 65 million years ago. Now, with only one chance at rescue, Mills and the only other survivor, Koa, must make their way across an unknown terrain riddled with dangerous prehistoric creatures in an epic fight to survive.



## Review

Imagine a more visceral and brutal Jurassic Park/World with a hefty dose of Turok mixed in and you get this surprisingly awesome Sci/fi Action.

This was personally my most anticipated first release of the year being a sucker for Sci/fi and anything creature related so I gladly went to the early screening. It feels like its gotten barely any marketing and most likely won't be in theaters long, but it has a chance to become an interesting entry in the genre . This is mainly thanks to writers & directors; Beck and Woods who know how to craft an intense creature feature (A quiet place 1 and 2, anyone?)

The story borrows a bit from the mentioned properties, but manages to still maintain an independent feel. It's still written well and has ambitious visions put forth. The scenery and visuals are epic in every sense of the word. Adam Driver showcases that he can be the main man in a large scale action film which is very unexpected but welcomed. The creature design to me is the standout and what I show up for. It blows the last Jurassic World trilogy out of the water in that facet, as well as the incredible action.

Overall this is my kind of release and while it is not attracting massive numbers, I'm glad crazy sci/fi is still being made for the big screen.



# CLIFFORD HENRY PEARCE

What follows is a tribute to my Grandfather, a very special, brave and courageous man.

Ask a staff member for the previous edition to catch up on Clifford's story...

On 8th December 1915, Clifford was 'taken on strength' to the 15th Battalion in France, the army jargon for being added to the ranks of a military organization. They were billeted at Red Lodge. From the 13th December at Trenches 142, C1 and C2, the 15th and the 16th Canadian Battalion would regularly swap out between the two battalions. This would often consist of 3 days in the trenches, followed by 3 days to recover before going back into the trenches for a further 3 days.

He was appointed acting Corporal on 3rd Jun 1916, and then promoted to Corporal on 12th Jun 1916, under orders from the 15th Canadian Battalion. In July, he completed a Physical Training and Bayonet Fighting Course, serving at The Ypres –Salient, Mont Sorrel and The Railway Cut before moving to the Somme.

At the Somme, Clifford was under Lieut. Col. Bent, from 1st September 1916. Starting on the 2nd September at half past seven in the evening, the company marched out of soggy Brickfields and into billets in houses in the City of Albert.

The next day at ten o'clock in the morning, the battalion had a church service. Then, at half past two, they marched up the Albert-Bapaume Road, passing through gloomy Pozieres, and spent their first night on the Somme at La Boisselle and Tara Hill. Reaching the front line at 7pm, they relieved the 3rd Canadian Battalion, which wasn't completed until half past three in the morning of 4th September. Throughout the process, they were under heavy fire. There were 28 casualties on this day.

Throughout the relief process, shells were landing over the heads of the soldiers and also in the mud in front of them. They could count



themselves lucky that there weren't more casualties. It was a sea of mud, misery, dread and weariness. The entire Battalion were wet, miserable and irritable.

4 days later, on the 8th September, Clifford got a gunshot wound to the right arm and leg in this battle, and was taken to No.6 General Hospital in Rouen. On the 14th September to 2 convalescence department Rouen. He was discharged to base 2nd October 1916 at Rouen.

TUNE IN NEXT MONTH FOR THE NEXT INSTALLMENT OF  
CLIFFORD'S STORY, AS HE REJOINS THE WAR IN THE SOMME!

## INTO THE WOODS

Running through the forest, I felt a shiver run down my spine as an uncontrollable gush of wind made my shoulders shiver. When I was younger, we were all warned about the dangers lurking in the woods but - to my surprise - I didn't listen. I always felt like I knew best.

I grabbed my phone out of my pocket and began to call my best friend, Delila. On the first couple of rings, Delila picks up, hyperventilating as the oxygen around her is dissipating and she gasps for air.



"Oh my gosh! Maisie, where are you? You're supposed to be here half an hour ago, everyone is waiting for you."

"I'm in the woods," said Maisie, almost out of breath.

"Are you out of your mind? You know the dangers of the forest at the moment and you still disobeyed the elders!"

"YEAH YEAH YEAH. ohhh the scary forest i'm so scared..... Not!"

Maisie carried on walking deep into the forest, when all a sudden there was a snap. She started to panic, to her surprise there was a wolf GLARING right at her.





The complexion of her skin turned pale while her rapid heart beat began to accelerate. She put her phone close to her ear while sprinting, screaming to Delila for HELP!

Maisie was always kept in the dark, while her best friend and the others of the pack were werewolves too, but what's about to come will shock her more.

Slamming the phone down, Delila turned to her friends. "Guys!! We need to get to the forest. Maisie finally knows we exist, but luckily this hasn't woken her memories that she's one too!"

"Come on guys let's get moving Maisie must be scared out of her mind," said Frederick.

"I thought Maisie wasn't afraid of anything", Julius said as he looked at Frederick.

Smack!

"Oww! Alright alright im coming," said Julius, taken aback.

The whole pack ran out to get Maisie to get her to safety, but before they get there, Maisie begins to shift. All the bones in her body start to break as she screams out in pain. She now knows her true form.

"AWWWWWOOOOOOO!!!"

Maisie's coat was pure white as snow, which is very uncommon, and her eyes were glazed over by the power of the sun. Her friends approached her in utter shock; they looked at each other in pure amazement.



They called upon the elders to have a better understanding of Maisie, to find out why she is so different from the rest of the pack.

They told them it's because of the sun, as it is hardly ever hot - it's always cold. As she changed, the sun connected with her, but as the sun reflected in her eyes she became the most powerful wolf ever with the ability to control weather.

# SUSTAINABILITY WITH MATERIALS



I have been going to a beginners class in IT and Canva design at the Working Men's College. As I walked into the class a couple of weeks ago, the tutor, Luvain, was talking about fast fashion and upcycling of fabrics. She told us that some of the fabrics we recycle actually break the machines!

By coincidence, I had been wondering what article I could write for the Hillside Gazette. I decided I would write about my experience of making a dress for my 2 year old granddaughter.

A friend of mine offered to help me make a dress. She is passionate about sewing and told me she thought it might help me with handling my depression, to do something practical and creative.

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**JACQUELINE NOONE**



She took me to Dalston Mills fabric outlet in Ridley Road Market. When I went in, it looked like a wonderland, full of thousands of rolls of fabric. I enjoyed looking and then choosing the material for the dress. It needed to be a soft cotton fabric, because of my granddaughter's delicate skin. I also chose a pattern, a sleeveless summer dress design.

We went back to my friend's house. She showed me how to cut the pattern out, lay and pin it to the fabric and then cut it out. We then sewed the pieces of fabric together with her sewing machine.



I did enjoy the process of making the dress. I got my grand-daughter involved by measuring her and we had a laugh because the measuring tape tickled her! I also improved my maths skills as well, which was a bonus because I don't really like maths!

My next project will be to look through my unwanted clothes. I have a couple of dresses that I want to make into blouses. This is called upcycling.

I don't personally have a sewing machine, so I had to think about what I could make myself and sew by hand. I have made an eye pillow. It was quite simple, you just need 2 rectangular pieces of fabric, sew them together, then fill with linseeds and lavender, then sew the gap up. I use the eye pillow when I want to chill out. It works very well. My next project will be to make a draught excluder.



I also looked into the subject of what else to do with old clothes, other than throwing them away.

For clothes that are too worn to wear, you can:

- Transform and upcycle into something new.
- Check out local textile and fabric recycling spots.
- Give to an animal shelter to turn into blankets and beds.
- Donate to charity
- Pass on or hand them down
- Sell them at a car boot sale or online

## CRICKET JOKES & ANECDOTES

Did you hear about the cricketer whose answerphone message insisted that he was not out?

Fred's wife snuggled up beside him in bed and whispered, "Remember the Saturday you proposed to me. My word you were bold then!"

"No way", said Fred. "I was caught!"

Advice to not very good batter: Should you hit the ball, run at once, don't stop to cheer.

When England captain George Mann hit South African spinner Tufty Mann for six, the commentator John Arlott described it as "A case of Mann's inhumanity to Mann".

Denis Compton was stuck in traffic near Marble Arch when England were playing at the Oval. He listened as the commentator said, at the fall of a wicket, "Denis Compton is the next batter and he will be coming down the steps now".

What happens to a cricketer when their eye-sight starts to fail? They apply to become an umpire.

Encouraging words from the captain to his bowler: "You've got him rattled, that six went nowhere as far as the others".

A bowler said, "I had 3 catches dropped today". His team-mate replied, "But they were all dropped by spectators".



Cricketers are good lovers: They're fast between the covers and they don't go in without protection.

A batsman's wife rang her husband's cricket club while a game was in progress. She was told, "Sorry, he's just gone in to bat. Shall i ask him to ring you back". She replied, " No, I'll hang on".

A cricket ball is a mystery object which finds its way past the edge of your bat, but right into the centre of your box.

"Should have gone to Specsavers", the bowler says to the umpire, "Your eyesight's going".

The umpire replies, "It's your eyesight that's going, I'm the ice cream seller!"

"I've never umpired a cricket match before, do I have to run for the ball?"

"No, after the match."

England were playing against a biased, incompetent umpire.

The first ball of the over caught the batter plum in front of the wicket, not out said the umpire.

The second ball was thick-edged to fourth slip, not out said the umpire.

The third ball bowls the batter, with all three stumps knocked out of the ground.

"Nearly got him that time," says the bowler.



# NOSTALGIA COLLECTING GUM CARDS 1960'S – 1980'S.



Remember playing to win cards in the playground at school at lunch time, swapping cards to complete the sets. Chewing the gum until the jaw ached!

There were lots of different ways to win cards:

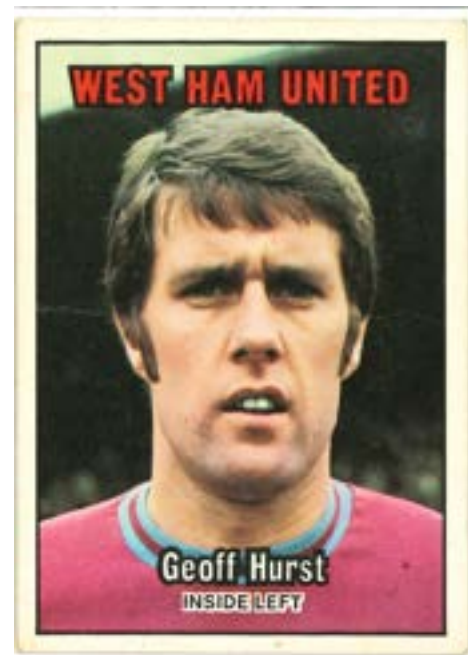
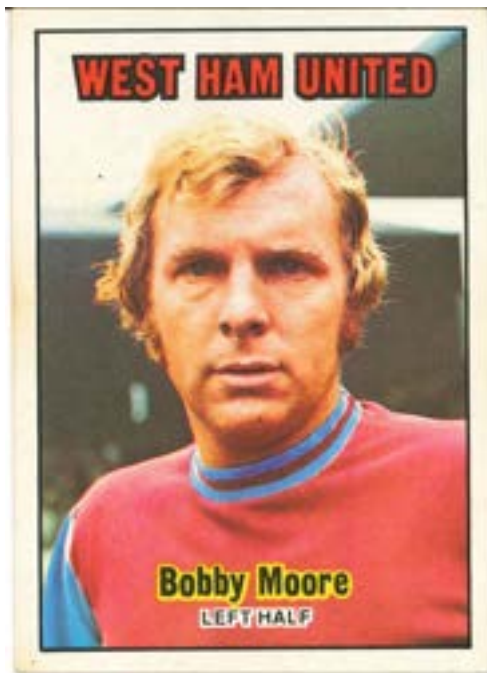
- Flicking the cards to see who could get closest to the wall.
- Bouncing off the wall to see which one came back furthest.
- Putting so many cards up against the wall, and flicking to knock them down. The person who knocks down the last one, wins them all!
- Flicking against the wall, alternating until a person lands on top of one of the other cards, and then they win all the ones that have been played.

Popular were the A&BC Gum cards of the 1st and 2nd Division footballers: these had the footballer's picture on the front and facts about them on the back. They were produced in the 1950's up until 1974, when the company folded and TOPPS took over to make the football sets until 1983.

In the 1970/71 Football 'Orange back' cards, full set 255, they made a few errors, and these are the hardest to obtain. Two players - No. 's 174 and 216, Jimmy Greenhoff and John O'Rourke - had both numbers, in other words one was correct and one was incorrect!



Also in this set is West Ham United 's Bobby Moore, who was the captain in England's 1966 World Cup winning team.



With West Ham United's Geoff Hurst, who scored a hat-trick in the 1966 World Cup Final, the first to do so, and only one, until Kylian Mbappé at the 2022 World Cup for France. But he was a losing finalist against Argentina.



Plus Frank McLintock, Arsenal's Captain when winning the double (League and F.A. Cup) in the 1970/1971 Season and George Graham, a member of the 1970/1971 team and a future successful Arsenal Manager.





A&BC also produced very collectable sets, such as Star Trek and The Man on the Moon in 1969. The back of some of the Man on the Moon cards could be put together to form a large picture of the three Apollo 11 Astronauts, Neil Armstrong, Edwin 'Buzz' Aldrin and Michael Collins, and one of the space shuttle.



The gum cards were issued in 'wax' packets which had a design on them to describe what the cards were. These were mainly thrown away, and so now have become hard to find and are quite valuable. The cards need to be in very good condition to be collectable! A pack of 7 Man on the Moon cards with a stick of chewing gum, cost 6d (sixpence or two and a half New pence) in 1969. The complete set contains 74 cards.

The complete set of Star Trek cards contains 55 cards. This set was taken as stills from a single episode of the Star Trek series in 1969.

