

SUDUKO ANSWERS

EASY

4	6	2	5	9	1	3	8	7
1	3	9	6	8	7	4	2	5
7	5	8	3	4	2	1	9	6
6	9	1	7	3	8	2	5	4
5	2	3	9	6	4	7	1	8
8	7	4	2	1	5	9	6	3
9	8	7	4	2	6	5	3	1
3	1	5	8	7	9	6	4	2
2	4	6	1	5	3	8	7	9

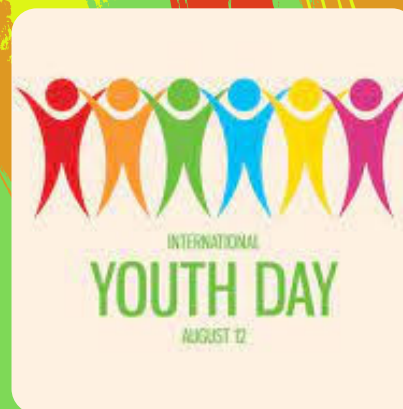
MEDIUM

3	9	7	1	6	5	8	2	4
8	6	4	9	2	3	5	7	1
1	5	2	8	4	7	9	3	6
7	4	5	6	3	9	1	8	2
9	8	6	7	1	2	4	5	3
2	1	3	4	5	8	6	9	7
6	3	8	5	7	4	2	1	9
5	7	1	2	9	6	3	4	8
4	2	9	3	8	1	7	6	5

HILLSIDE CLUBHOUSE



**AUGUST 2022
EDITION**



SECTIONS

21 Member's Articles

19 Mindful Colouring

12 Referrals & Support

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Puzzles, Jokes

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August Trivia

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Recipes



A W O G V U I X R T A N N I N G O H E N
X W Z R S O F T F K W U E H B W R C M N
F L C Q U I P E S I A D I V U M S X D X
I K T J A X G B S A M O Z Q F K E O H
M C A M P X V M K X O W I C W X I S F B
C W D J D R A Y M K Z C T J K B N G I S
M L L X L E T S H E L L S O T P S W E P
Q A B F R L P T O R G J N A W K A V T F
H F F C B P A S C J C V Z R J E A U C S
U Z E T Q O A B U A B Y E V A W L H X L
Q C Z X B D Y X N L S D N V K J H A D
I K L L F N R P U E G G A J C Q Z B I L
J M I B Y A T C X M L L U D D I V R P H
Y A Z Q W S A N R Y Y L A B G L N D W V
S K U S L L R S K H F X O S C R L C A Q
B S G L B Z D E R B L A C V S U H W I D
N W P A I L O A A M H F P N I E J Y E P
M W C G N I M M I W S D P R W V S F L T
J V X M K U W B B G I Y Z F Y Z J A B H
O B Z V R Q B J T G N I F R U S B Z P Z

Sand
Swimming
Pail
Waves
Surfing

Picnic
Towel
Sunglasses
Tanning
Coast

Ice cream
Volleyball
Dock
Shells
Sailboat

WORD SEARCH

Q E V J R H Y T L Z P F B I K I N G X S
W D C S E M A G N S U O S H S K O O B C
F A O I C E C R E A M T O V E P I J Z I
X N T B K G W L P H R Q E L R U T D R N
P O T E L O C S M A N B Y L I M A F E C
U M A V R I Z D W J G S R O F Q C X L I
C E G N S M O B R I Y N G T N H A S K P
H L E P F U E Q D L M C I Z O J V G N W
N I O T M R E L A X O M Y L B S N E I D
G P K Z R A J K O B H V I W E I Q F R A
S T M I X E C Y A N L D H N D V C O P U
D K E Q N O F R Z Q A J W A G B A H S G
N S L A M G B V E Y C A E X I D M R Z U
E J E M H E T C S M F R Q K T A P W T S
I D A L C S E I R O M E M R A Y I B N T
R H J U Z W T M A K B U I C V L N Q E X
F B E G A Z N S T R O P S D U R G L Y M
V A K R B X U W Q H S G N I E O N A C L
M G Y L U J D P S E N Z B E A C H I F R

- | | | | | |
|----------|----------|-----------|------------|--------------|
| August | canoeing | holidays | pool | sprinkler |
| barbecue | cottage | ice cream | popsicles | strawberries |
| beach | family | July | puzzles | summer camp |
| biking | friends | lake | reading | swimming |
| bonfires | games | lemonade | relax | traveling |
| books | hammock | memories | road trips | vacation |
| camping | hiking | picnics | sports | watermelon |



DAY	MORNING	AFTERNOON
EVERY DAY	KITCHEN & KIOSK ADMIN & RECEPTION	KITCHEN & KIOSK ADMIN & RECEPTION
M	CLEANING WEEKLY NEWSLETTER	CREATIVE GROUP GAZETTE
T	SOCIAL EVENTS CLEANING	WEBSITE DEVELOPMENT & SOCIAL MEDIA
W	CLEANING GAZETTE	CLEANING WEEKLY NEWSLETTER
T	OUTREACH & SERVICE PROMOTION	JOB SEARCH CLEANING
F	WEBSITE DEVELOPMENT & SOCIAL MEDIA	CREATIVE GROUP GAZETTE

MORNING:
10 - 12:30

AFTERNOON:
1:30 - 4

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



Working in Partnership
to Build a Better Future

JOB SEARCH SESSIONS

- CV & Cover Letter Support
- Application Form Support
- Interview Techniques
- Support With Job Boards
- Live Vacancies

PLAN FOR YOUR FUTURE EVERY
THURSDAY @HILLSIDE
CLUBHOUSE

Find the career path that you want to take. This is an excellent
opportunity to explore all the support available to you!

SUDUKO

EASY

4			9			9	1	
		9			7		4	2
5	2	4	1					
					7			
								9

MEDIUM

3	9					5	8	4
	6		9					7
1				4				3
7		5	3		1			2
	8				2		4	
		3	5	8				7
		8		7			1	
5			2			6		8
	2						1	6

JOKES

Why do we tell actors to “break a leg?”

Because every play has a cast.

Ever tried to eat a clock?

It's time-consuming!

Did you hear about the restaurant on the moon?

Great food, no atmosphere.

Hear about the new restaurant called Karma?

There's no menu: You get what you deserve.

Why did the gym close down?

It just didn't work out.

Some people eat snails.

They must not like fast food.



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

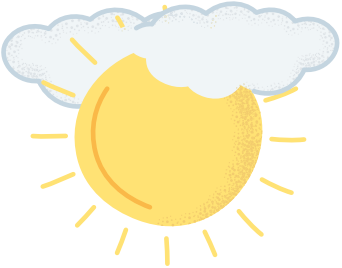
Telephone: 020 7700 6408

HILLSIDE CATERING		SANDWICH SELECTION - £5.00 PER HEAD		CONTACT	
		VEGETARIAN		Roast beef and horseradish Roast beef with English mustard Pastrami with mayonnaise and salad leaves Roast chicken with spinach, mustard and mayonnaise SERVED ON WHOLEMEAL, WHITE, SEEDED OR SUBWAY ROLLS	
		FISH		MEAT	
		Cheddar cheese and apple chutney Avocado dip with spring onion and tomato Egg mayonnaise Cheese and coleslaw		Pink salmon, cucumber and finely chopped pepper	
		VEGAN		Roasted Mediterranean vegetables in olive oil and mixed herbs Sliced avocado, cucumber and tomato with crushed black pepper Hummus, grated carrot and spinach Baby spinach, tomatoes and vegan pesto	
		Greek salad - feta cheese, olives, mixed green leaves, cheery tomatoes, red onion with an oregano dressing Pancetta with basil, baby spinach, mint and a lemon dressing		LUNCH BOX EXTRAS £2.50 PER ITEM	
		SALAD SELECTION £5 PER HEAD		SWEET £2.50 PER ITEM	
		Butternut squash, feta cheese and kale with chilli dressing Couscous and roasted vegetables with pomegranate and lemon wedges Greek salad - feta cheese, olives, mixed green leaves, cheery tomatoes, red onion with an oregano dressing Pancetta with basil, baby spinach, mint and a lemon dressing		Homemade banana bread with frosting Lemon drizzle Chocolate and orange cake Vegan courgette cake Gluten-free lime and polenta cake Red velvet muffin with vanilla frosting	
		BREAKFAST £2.50 PER ITEM			
		Danish pastries Croissants Assorted breakfast muffins Individual fresh fruit pots Greek yoghurt with fruit compote		Email: enquiries@hillsideclubhouse.org.uk / jnembharad@hillsideclubhouse.org.uk Telephone: 020 7700 6408 - Additional charges applied for service and delivery	

AUGUST POEM

August Days

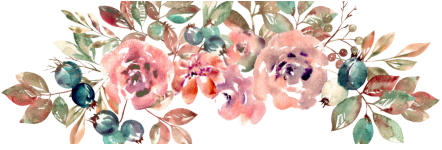
By Lenore Hetrick



The Last of summer and the first of fall -
together they stand in August Days.



The garden is bright with summer bloom, and
yet there creeps up that autumn haze.



You can look forward or backwards to a lovely
summer you would recall, but the changing of
the season has come - the last of the summer
first of the fall

Other birthday symbols include the birth flowers for August which are the Gladiolus and Poppy.

The Peridot gemstone is associated with growth, prosperity, love, loyalty and protection.

Besides being a meaningful August birthday gift, Peridot jewellery is also given to celebrate a 16th wedding anniversary.

Other birthday symbols include the birth flowers for August which are the Gladiolus and Poppy.

The Peridot gemstone is associated with growth, prosperity, love, loyalty and protection.

The origin of 'peridot' is not clear but may come from the Arabic word "faridat", which means "gem."



It's a fact, gardening and interacting with nature improves general wellbeing and can help relieve stress.

The Hillside "Together We Grow" gardening group is a fantastic opportunity for green fingered members to engage with nature and work as part of a team.

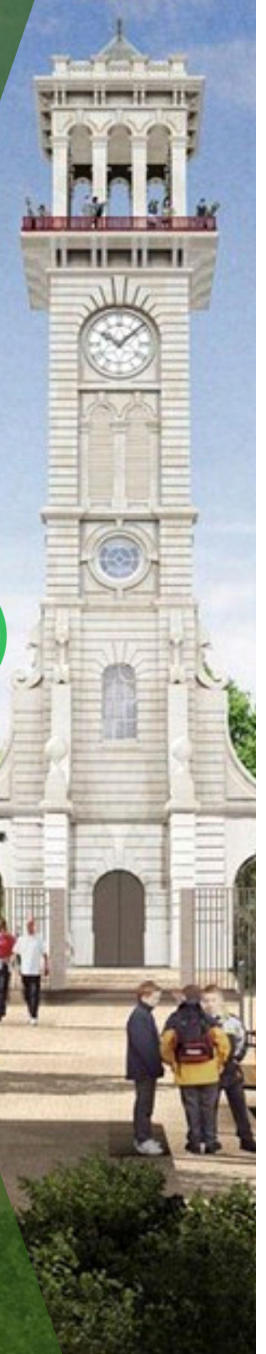
We have partnered up with The Friends of Caledonian Park, who for many years have successfully maintained and created Caledonian Park & the Clock Tower gardens.

Hillside "Together We Grow" have been assigned a large garden area called "The Avenue" (which faces the clocktower from North Road)

Our gardening sessions will be supported by the Friends of Caledonian Park, and will take place on the 2nd and last Wednesday of every month 1.30 - 4pm. All gardening equipment and gloves will be provided by Caledonian Park.

Please speak to your support worker or a member of staff if you want more information or want to be signed up for the "Together We Grow" project.

**T[⌚]ogether
We Grow**



WIN A BIKE

We have been donated a bike by Fabrix in conjunction with O3E and it's looking for a new home with a deserving member in need. All you need to do is tell us how this bike would help and benefit you in your daily life and a panel will choose from the entries. .

Submit your entries to a member of staff by 31st August.

Don't miss out!!!



AUGUST BIRTHDAY SYMBOLS

- Birthstone: Peridot
- Official birthstones: Peridot and Spinel
- Alternative birthstone: Sardonyx
- Birthstone colour: light green
- Birth flowers: Gladiolus & Poppy



- Zodiac birthstone Leo: Sardonyx (Jul 23 - Aug 22)
- Zodiac birthstone Virgo: Peridot (Aug 23 - Sep 23)

The first official birthstone for August is the lovely yellow-green gemstone Peridot and so the August birthstone colour is light green. The alternative birthstone for August is Sardonyx, and the recently added second official birthstone is Spinel. Peridot is one of the Zodiac birthstones for Virgo (Aug 23 – Sep 23) and Sardonyx is one of the Zodiac birthstones for Leo (Jul 23 – Aug 22).



MICROWAVE BANANA PUDDING

Ingredients

- 100g butter, softened, plus extra for greasing
- 2 ripe bananas
- 100g light muscovado sugar
- 100g self-raising flour
- 2 tsp ground cinnamon
- 2 eggs
- 2 tbs milk
- icing sugar, toffee sauce and ice cream to serve



Method

1. Put the butter in a 1-litre baking dish and microwave on High for 30 secs-1 min until melted.
2. Add 1½ bananas, mash into the melted butter, then add the sugar, flour, cinnamon, eggs and milk. Mix together well.
3. Slice the remaining banana over the top, then return to the microwave and cook on High for 8 mins until cooked through and risen.
4. Serve warm, dusted with icing sugar, if you like, with a drizzle of toffee sauce and a scoop of ice cream.

CONTRIBUTE TO THE GAZETTE

Would you like to contribute to the Gazette by writing an article of your choice?

It can be anything from recipes, information, to poems or stories. Anything that takes your interest!

Do your article on Word and save to the (U:) drive under Gazette.

Contact your support worker or Clubhouse staff for more information or support to get started. We look forward to seeing your articles published!

Thank you to everyone that contributed to this month's edition.

FREE SCHOOL MEALS OVER SUMMER

KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



MORRISONS
Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

ASDA CAFE
Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

DUNELM
One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

YO! Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

BEEFEATER & BREWERS FAYRE
Free breakfast for two children under 16 with every paying adult.
Free kids breakfast with an adults breakfast from 9am-12pm daily.

CAFE ROUGE
Kids eat for £1 with an adult meal excluding Saturday.
MORE TO COME!!
M&S, TESCO and more expected soon, see websites for latest information.

TABLE TABLE
Two children under 16 get a free breakfast with one paying adult every day.

BELLA ITALIA
Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

DOBBIES
Kids eat free with an adult main meal.

Method:

STEP 1:

- Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins.
- Add the garlic and chilli flakes and cook for 1 min.
- Tip in the tomatoes and sugar and season to taste.
- Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

STEP 2:

- Heat 1 tbsp of oil in a non-stick frying pan.
- Season the chicken, then fry for 5-7 mins or until the chicken is cooked through.

STEP 3:

- Heat the oven to 220C/200C fan/gas 7.
- Cook the penne following pack instructions.
- Drain and toss with the remaining oil.
- Tip the pasta into a medium sized ovenproof dish.
- Stir in the chicken and pour over the sauce.
- Top with the cheddar, mozzarella and parsley.
- Bake for 20 mins or until golden brown and bubbling.

CHICKEN PASTA BAKE

Ingredients:

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascapone
- 4 skinless chicken breasts, sliced into strips
- 300g penne
- 70g mature cheddar , grated
- 50g grated mozzarella
- ½ small bunch of parsley , finely chopped



FREE HOLIDAY ACTIVITIES FOR KIDS

Holiday Activities and Food (HAF)

Monday 25 July until Friday 26 August

Islington Council is offering eligible children and young people free activities with a healthy meal during the school holidays.

To check if you are eligible, find out what's on and to book a place visit www.islington.gov.uk/HAF

Book early to get your place



FREE HOLIDAY ACTIVITIES FOR KIDS

HAF Activities
There are loads of fun activities to choose from including Dling, music production, film courses, drama, dance, cooking, arts and crafts, bike courses, archery, skating, trampolining, football, multi-sports, tennis, bowling, animal care, T-Shirt design, trainer design and a lot more...

Who is Eligible?

Islington resident children and young people from 4 to 16 years who meet any one of these three criteria:

- attend an Islington school in Reception – Year 11 and receive benefits-related free school meals (FSM) or have an Education Health Care Plan (EHCP).
You will have received a letter from Islington Council with your child's unique booking code.
- have an allocated Social Worker or Family Support Worker or are receiving early help or support services.
Please ask the practitioner to request a unique booking code from: HAF@islington.gov.uk
- do not attend an Islington school but receive benefits-related FSM or have an EHCP.
Please send an email to HAF@islington.gov.uk requesting your code.

Not eligible for HAF?

There are lots of free or low cost activities happening in Islington this summer which are open to everyone.
For more information visit www.islington.gov.uk/heatwave





Alcontrol Laboratories

14 ALLERGENS

coming to a food label near you

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found



Celery
This includes celery stalks, leaves, seeds and root called celeriac. You can find celery in celery salt, cubes, some meat products, soups and stock



Crustaceans
Crab, lobster, prawns, and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



Fish
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



Lupin
Yes, lupin is a flower, but it's also found in flour! Lupin flour seeds can be used in some types of bread, pastries and even pasta.



Eggs
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



Cereals containing gluten
Wheat (such as spelt and Khosaen wheat/Kamut), rye, barley and oats is often found in foods containing flour such as some types of baking powder, batter, bread crumbs, bread, cakes, pasta, soups and fried foods which are dusted with flour.



Molluscs
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish steaks.



Nuts
Not to be mistaken with peanuts (which are actually a legume & grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



Sesame seeds
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



Soya
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



Sulphur dioxide (also known as sulphites)
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products and soft drinks. Vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

Alcontrol Laboratories - Confidence to Act

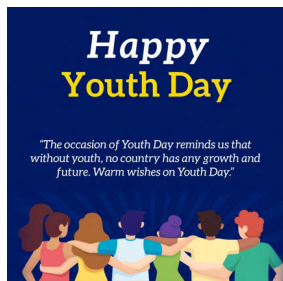
www.alcontrol.co.uk

original content taken from FSA Allergen Central

INTERNATIONAL YOUTH DAY

International Youth Day on August 12 focuses on the difficulties that some young people are experiencing throughout the world. Half the children between the age of six and 13 lack basic reading and math skills and childhood poverty is still a prevalent problem globally. International Youth Day was created by the UN to help draw awareness to these issues as we strive to find solutions. It's a day for reflection but also a day for taking action so get involved. There'll be many concerts, workshops and cultural events taking place so have a look at what is happening in your local area.

It's an initiative that honours the traits of young people and that acknowledges the challenges that today's fledgling youth face. To support the elimination of these issues it is important that the youth is able to reach the right resources for education, wellbeing, medicine and more. Scholaroo is a platform that has centralized scholarships from around the world to help the youth of the world. International Youth Day began in 2000 and was organized by the UN to recognize the input that young people make in education, community development, environmental groups, volunteering for different social projects.



FREE HOLIDAY ACTIVITIES FOR KIDS



For under-5s

Bright Start is offering some fabulous activities in children's centres and community venues across Islington.



Libraries

Loads of fun sessions and activities as well as our Summer Reading Challenge 2022. This year, you can join the 'Gadgeteers' to discover the amazing science and innovation behind the world around you.



Adventure Playgrounds

Fun, safe and exciting outdoor play activities. No need to book, but children need to register.



Holiday Activities and Food

Free activities along with a free, healthy and nutritious meal for families with children aged 5-16 eligible for benefits-related free school meals. Some other children also qualify. Visit www.islington.gov.uk/HAF for details.

For activities aimed at young people aged 13+ check out Summerversity, and for young people aged 16+ see our Launchpad courses at www.summerversity.co.uk

SUPPORT SERVICES

Citizens Advice Islington

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.

Please call their advice line 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

Islington Law Centre

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 to the public 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
Website: www.islingtonlaw.org.uk



9. Septem is Latin for seven. September was the seventh month in the original Ten-Month Roman Calendar. After January and February were added in a Calendar reform, it became the Ninth Month, but kept its original name.

10. Octo is Latin for eight. October was the eighth month in the original Ten-Month Roman Calendar. After January and February were added in a Calendar reform, it became the Tenth Month, but kept its original name.

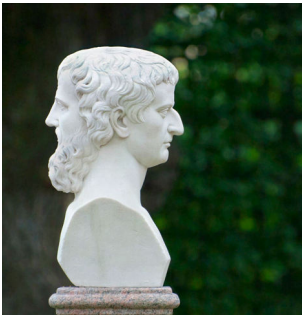
11. Novem is Latin for nine. November was the ninth month in the original Ten-Month Roman Calendar. After January and February were added in a Calendar reform, it became the Eleventh Month, but kept its original name.

12. Decem is Latin for ten. December was the tenth month in the Original Ten-Month Roman Calendar. After January and February were added in a Calendar reform, it became the Twelfth Month, but kept its original name.

MEANINGS OF THE MONTHS

What are the meanings of the months of the year?

1. January is named after Janus, the God of Beginnings and Transitions in Roman Mythology.
2. February is named after the Latin term Februum, which means purification.
3. March is named after Mars, the Roman God of War.
4. April. The Romans gave April the name Aprilis, but the derivation of this name is uncertain. The traditional etymology is from the verb Aperire, "To Open."
5. May is named after the Greek Goddess Maia, Goddess of Fertility.
6. The Roman Poet Ovid offers multiple etymologies for June. One is that June is named after the Roman Goddess Juno, the Goddess of marriage and the wife of the Supreme deity Jupiter.
7. July was named by the Roman Senate in honour of the Roman General Julius Caesar.
8. Sextus is Latin for six. August was named Sextilis because it was the 6th month in the original Ten-Month Roman Calendar. It was re-named in honour of the Emperor Augustus.



JAKE ARNOLD

Islington Peoples Rights

Provides free specialist advice, casework and representation in Welfare Benefits and Debt. Appointments take place at the Manor Gardens Centre in Holloway, as well as the St Luke's Community Centre for EC1 residents. They also deliver 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.

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

Mondays, Tuesdays and Fridays 2.00pm-4.00pm.

Email: info@ipradvice.org.uk

Website: www.ipradvice.org.uk

Income Maximisation (iMAX), Islington Council

Income Maximisation can ensure you are getting the most money from your benefits and will support you to make benefit or tax claims. They can also help you challenge and appeal benefit decisions or advise you on how working can make you better off. They will also look at how much help you may get with childcare costs or help you with your benefits when you start work or have a change circumstances. They also offer advice and support with benefit changes such as 'Bedroom Tax', Benefit Cap and Universal Credit. Where necessary, they can arrange appointments at council offices or home visits to assist you with filling out forms.

Telephone: 0800 731 8081 or 020 7527 8600

Lines open from 9.30am - 4.30pm, Monday to Friday.

Islington Mind

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

- Escorting to medical appointments
 - Escorting to benefits assessments and tribunals
 - Support with urgent phone calls
 - Ad-hoc emergency support with housing, tenancy, health care and employment
 - Crisis advocacy
 - Signposting to other community services.
- They also offer a wide range of holistic and exciting activities.

Address: Islington Mind, Unit 4, Archway Business Centre, 9-23
Wedmore Street, Islington, N19 4RU
Tel: 0203 301 9863
Email: athena.tsigaras@islingtonmind.org.uk



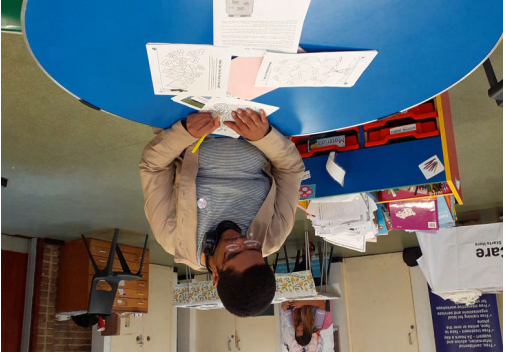
MY OUTREACH EXPERIENCE

We had the opportunity to have a stall at the Hilldrop Wellbeing fair. Despite a low turnout due to several community fairs in the area, we were able to meet and network with several organisations in the hopes of collaborating with them in the future.

We had sweet treats made by our wonderful catering team and we managed to sell quite a few of our lovely spin art cards made by our creative team. I even hit the jackpot on the tombola!!!! (Yay)



We also had the opportunity to have a stall at the Soul in the City festival a week later, which was a lot of fun. We caught up with a few of our members who have moved on to some great things (Jay who now works at SHP as a support worker), as well as a few of our catering clients who we were able to about the other aspects of what we do which was really rewarding.



These conditions have attracted merchant ships down the ages, leaving behind rich archaeological finds," he said.

Researchers were assuming it might be linked to the nearby crusaders' citadel at Atlit, he added. "It's heavy because of the stones that are glued to it and also because it's an iron sword and very big. "That means that the guy that held this sword and [fought] with it was very strong. I'm trying to imagine him on the field with all the armour on him and the sword and fighting with it.

"He should really be in good fitness, maybe they were bigger than us today but definitely stronger. And it's amazing."



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DIVER FINDS 900 YEAR OLD SWORD

An amateur diver exploring shallow waters off northern Israel has found a sword thought to have belonged to a crusader knight 900 years ago. The one-metre (3.3ft) blade was discovered by Shlomi Katzin in shallow waters off Haifa.

It is thought the sword, heavily encrusted with marine organisms, resurfaced after the shifting of sands. The Israel Antiques Authority (IAA) said that once cleaned and analysed it would be put on public display.

The Crusades, which began in 1095 and lasted for centuries, saw European Christians travel to the Middle East to try and seize control of Jerusalem and other parts of the Holy Land from Muslims Kobi Sharvit, who heads the IAA's Marine Archaeology Unit, said the Carmel coast, where the blade was found, provided shelter for ships during storms throughout centuries of shipping activity along the coast.



DO YOU NEED HELP GETTING TO PLACES?

HAND IN HAND is a new Volunteer Peer Buddyng 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:
Mon, Tue, Wed: Tel: 07526 692507

Email: satoko.fujishiro@islingtonmind.org.uk
Wed, Thu, Fri: Tel: 07738 2360

Email: stephen@manorgardenscentre.or.uk
Anytime: Email: Laura@manorgardenscentre.org

To refer yourself to the service:

Email: HandinHand@islingtonmind.org.uk

If you or someone you know might like to volunteer to be a peer buddy the can register their interest here:
<https://tinyurl.com/peerbud>

It adds that the L'Anse aux Meadows camp was a base from which other locations, including regions further south, were explored.

The authors say the discovery represents a definitive point for future research into the initial consequences of transatlantic activity, such as the transfer of knowledge and the potential exchange of genetic information and pathologies.

L'Anse aux Meadows, a Unesco world heritage site on the northernmost tip of the island of Newfoundland, is the first and only known site established by Vikings in North America and the earliest evidence of European settlement in the New World.

Radiocarbon dating is a technique that measures residual concentrations of a radioactive isotope of carbon (carbon-14) present in an object.

Carbon-14 decays over time and measuring how much is left tells you the age of a sample.



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

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.



VIKING SETTLEMENT

Vikings had a settlement in North America exactly one thousand years ago, centuries before Christopher Columbus arrived on the continent, a study says.

Scientists say a new dating technique analysing tree rings has provided evidence that Vikings occupied a site in Newfoundland, Canada, in 1021AD.

It has long been known that Europeans reached the Americas before Columbus's arrival in the New World in 1492. But this is the first time researchers have suggested an exact date.

Scientists said they had analysed the tree rings of three pieces of wood cut for the Norse settlement at L'Anse aux Meadows. They said that using an atmospheric radiocarbon signal produced by a dated solar storm as a reference, they were able to pin the exact felling year of the tree to 1021.

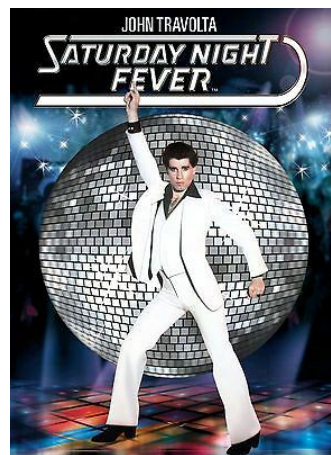
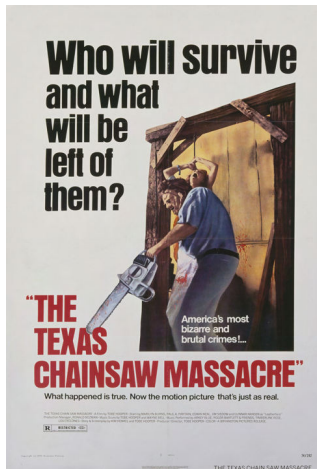
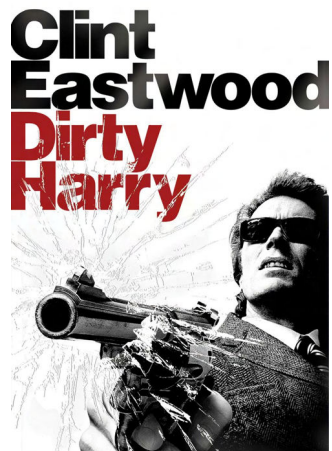
Such a solar storm - a huge blast of radiation from the Sun that hits Earth - was known to have taken place in the year 992AD, the scientists said. This enabled them to determine a more accurate date than previous estimates for the camp of about 1000AD.

The association of these pieces with the Norse is based on detailed research previously conducted by Parks Canada, the study says, adding that there was clear evidence the sampled had been modified by metal tools.



- Texas Chainsaw Massacre - Over the pond, this movie pushed the boat out in terms of what could be portrayed on screen. You had a spate of movies coming out in America in the 70's that were considered too violent to be released, despite the horrors of the Vietnam War. This exposed the hypocrisy and contradictory nature of society: It's alright to send a 19 year old to war, but a film that depicts similar violence will be banned.
- Saturday Night Fever – on the more realism side of kitchen sink dramas. A movie that defied expectations of movie-goers by going on a downward spiral that ends tragically. It was a kick in the eye to normal. Taxi Driver – a movie that shows you the reality of society and the purposefully ignored underbelly.
- Mad Max – A brutal depiction of society breaking down and the eventual descent into mob rule.

I find it is important to go into movies with an open mind. My favourite way to find out about movies is through reading Empire Magazine.



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 day a stressful day.

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

Seven 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 opposite and be expressive with your colours.

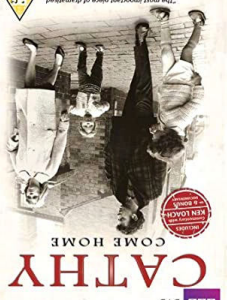
WAR, WHAT WAR?

This is a brief look at the films that 70's counter-culture created. Why was the 70's such a special decade for movies? Because there were so many things going on - for example, we had Vietnam, the end of the cold war, and things were that bit more crucial to counter culture blossoming.

- Easy Rider – a late 60s film that was one of the first to herald a different America.

- Cathy Come Home, This Sporting Life, Billy Liar – British kitchen sink dramas that expose the social problems of modern society.
- Dirty Harry, Serpico, Dog Day Afternoon – Great 70s movies that explore cop culture through a different lens, trying to bring a gritty realism.

- The Exorcist, Straw Dogs, Clockwork Orange – Films that defy classification and set the template for the critic's misery. They were movies that were abhorred by general society for their portrayal of casual violence. Clockwork orange in particular, through its stylised violence and references to upper class culture (bowler hats and classical music) show that anyone can be a perpetrator of violence, not simply Frankenstein or Dracula.



"It's been one of the more unusual projects I've worked on - being the first person to see the coin in over 120 years," she added.

Ms Thornber said: "We had wondered if there would be a coin under the mast, to follow with naval tradition, and imagine our excitement when the coin was found and news rapidly spread through the team, who were sworn to secrecy whilst we conserved it and made plans to put it on display."

She added "on paper it's not particularly rare" but "it occupied such an intriguing place for so many decades, and now its imprint is part of Victory's fabric".



A FAREWELL TO KINGS - MY STORY OF RUSH

If you were lucky enough to have been born in the 60's, you would probably have heard of Rush, the Canadian answer to Led Zeppelin and Black Sabbath.

So who were these misfits? Geddy Lee, Alex Lifeson and the late Neal Peat. Peat replaced John Rutsey in the early 70's.

Always a trio, they made brilliant music that defied the fact that there were only three of them.

I was lucky enough to see them perform live at Wembley Arena, verging on tears of joy.

I had only cried much later when I saw The Manic Street Preachers, after Richey Edwards went missing.

The latter explaining that males are a whole mass of emotions.

Back to Rush. You could say that the music was brilliantly performed and quite complex, for a band with so many or less musicians.



Spirit of Radio gave them a brief hit in the early 80's, gaining them a new audience, after leaving behind the rock sound to electric keyboards and complicated drum patterns.

I haven't got much beyond Presto, going on to other bands i.e. Manic's.

The least thing you can do is check them out, or get a Compilation album.

Happy hunting.



Ceddy Lee, Alex Lifeson, Neil Pert



John Rusty

COIN DISCOVERY

A 128-year-old farthing has been discovered under the mast of Lord Nelson's flagship, HMS Victory.

The Victorian-era coin, which was found when the mast was removed for restoration work, was placed there for good luck.

It dates to 1894, the year a set of masts were installed on the ship after the previous ones became rotten.

HMS Victory's principal heritage adviser Rosemary Thornber called the coin "invaluable".

In its day it was worth a quarter of a penny, and now would have a value of 0.1p.

The now-corroded coin once showed Queen Victoria's head on one side, and Britannia on the other, with a lighthouse in the background.

The tradition of placing coins under ships' masts dates back to Roman times and still continues today.

It was found by Diana Davis, head of conservation at the National Museum of the Royal Navy (NMRN).

"I removed as much of the corrosion as possible without damaging the patinated copper alloy surface," she explained.

She added "the impact of the mast with upwards of 21 tonnes resting on it" caused damage but she said she was able to clean it enough to uncover the lighthouse on its surface.

