

# SODUKU

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## HILLSIDE CLUBHOUSE



**AUGUST 2023  
EDITION**



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



SODUKU ANSWERS



Patient: We have a competition for the best hallucination, verified by an independent psychiatrist. The winner gets a year's supply of the medication of their choice. The loser has to undergo a lobotomy, with an anaesthetic.

Doctor: Do you have any side-effects?

Patient: Bad dreams.

Doctor: I'm accosted by syringe-Sally.

Patient: My syringe is very heavy; it takes two hands to lift it. What sports do you play?

Doctor: The usual sports. Plus, because I'm from the countryside by the sea, we also do sports like hair-coursing, fishing for complements, swimming against the tied, angling for a rise and Japanese wailing.

Patient: Can we make another appointment?

Doctor: How about Friday?

Patient: I can't make Friday because I'm having lunch with my stalkers.

Doctor: I think you're doing very well, but I'd like to quadruple your medication.

Patient: That's very interesting.



## GO-TO GARDENS - AUGUST

Tucked away behind the Angel and Chapel market, there are 50 winding plots in this garden. You may want to find a quiet spot to enjoy a sandwich or just want somewhere private to soak up some sun. Find out more at [tinyurl.com/3kntv6fw](https://tinyurl.com/3kntv6fw)

## CULPEPER COMMUNITY GARGENS

Based in Islington, just off King Henry's walk in NI. The garden is available for free access on Saturday and Sunday afternoons from noon until 4pm until September. Find out more at [tinyurl.com/48tsx49m](https://tinyurl.com/48tsx49m)

## KING HENRY'S WALK GARGEN

A community garden open to the public all year round. Visit the popular cafe where you can enjoy coffees, pizza's and botanically inspired cake's. Or you can bring your own lunch and just sit and enjoy. Find out more at [tinyurl.com/46kw36w4](https://tinyurl.com/46kw36w4).

## DALSTON EASTERN CURVE GARDEN

Designed to reflect diverse muslim cultures, these contemporary gardens lean more towards the minimal than the wild. Find out more and book a 45 min free tour at <https://tinyurl.com/5n9b3sfs>

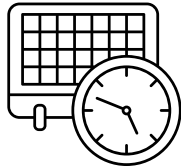
## ISLAMIC GARDENS-AGA KHAN CENTRE

Between the generous expanse of Hampstead Heath and the bustle of Royal Free Hospital sits this small garden. A really peaceful woodland glade with three ponds and a wishing well. Visit <https://tinyurl.com/2s3s9hej> for opening times and directions.

## WORLD PEACE GARDEN

Discover this elegant pocket of faded grandeur on the West Heath. Overhanging plants create a lush canopy and tangled roots twist around smooth stone columns on this dramatic elevated walkway. Find out more at [tinyurl.com/357fz7pk](https://tinyurl.com/357fz7pk)

## PERGOLA AT HAMPSTEAD HEATH



# WEEKLY SCHEDULE

<b>DAILY</b> 10:00-12:30 Admin & Reception Kitchen 13:30-16:00 Admin & Reception Kitchen	<b>MONDAY</b> 10:00-12:30 Open for Support Sessions 13:30-16:00 Creative Group	<b>TUESDAY</b> 10:00-12:30 Social Events 13:30-16:00 Social Media Gazette
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<b>WEDNESDAY</b> 10:00-12:30 Open for Support Sessions 13:30-16:00 Gardening Group	<b>THURSDAY</b> 10:00-12:30 Job Search 13:30-16:00 Open for Support Sessions	<b>FRIDAY</b> 10:00-12:30 Open for Support Sessions 13:30-16:00 Creative Group Gazette
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Speak to your support worker  
about what you'd like to get involved with.

Doctor: I like walking, reading, playing chess and annoying  
cyclists, especially in central London and I also like  
going to prescription pill-swapping parties.

Patient: I'm also writing a book about psychiatrists. Do they  
suffer from looney-envy? I have been reading about  
schizophrenia and found out a number of  
interesting things as regarding my condition. For  
instance, did you know that 50% if schizophrenics  
are cured when a psychiatrist says, "What's wrong  
with you? Pull your socks up, grow-up and stop  
wasting my time."

Doctor: Tell me more about the magazine. What is its  
name?

Patient: I have a working title of Mad Times or Crazy Times.  
There are competitions like best palace of mental  
correction and favourite and/or humorous mis-  
diagnoses.

Doctor: What's the prize?

Patient: A years supply of the medication/pills of your  
choice. While stocks last (see Brexit).

Doctor: How much is the magazine?

Patient: We pay for it with adverts.

Doctor: Can you give me an example?

Patient: PPI (pill-popping index). Did you know that you  
could have been mis-diagnosed medication? Did  
you know that you could be owed thousands of  
pills?

# MY FAVOURITE PSYCHIATRIC INTERVIEW

Doctor: Do sit yourself down. Sorry for the delay. We're running a bit late/early because one of the impatient patients actually turned up on time. Do you mind if some medical students sit in?

Patient: Sure, how many?

Doctor: About 200. Is that ok?

Patient: That's fine.

Doctor: Okay. What's your name ? And where'd you come from?

Patient: My name's Sharon and I'm a schizophrenic from Essex.

(Applause from the students.)

Doctor: What are you doing with yourself at the moment Sharon?

Patient: I'm writing a magazine.

Doctor: What's it about?

Patient: It's about people with no sense of humour, by people with no sense of humour for people with absolutely no sense of humour.

Doctor: Okay, that's very interesting. What do you generally? What interests do you have? Where were you on the night of the eighth?

**JAKE ARNOLD**

**MIND FULL KITCHEN BY HILLSIDE**

5 week course

**Learn how to cook healthy food which is good for the planet**

**NEW COURSE STARTING IN SEPTEMBER!**  
**ASK A STAFF MEMBER FOR MORE INFORMATION**

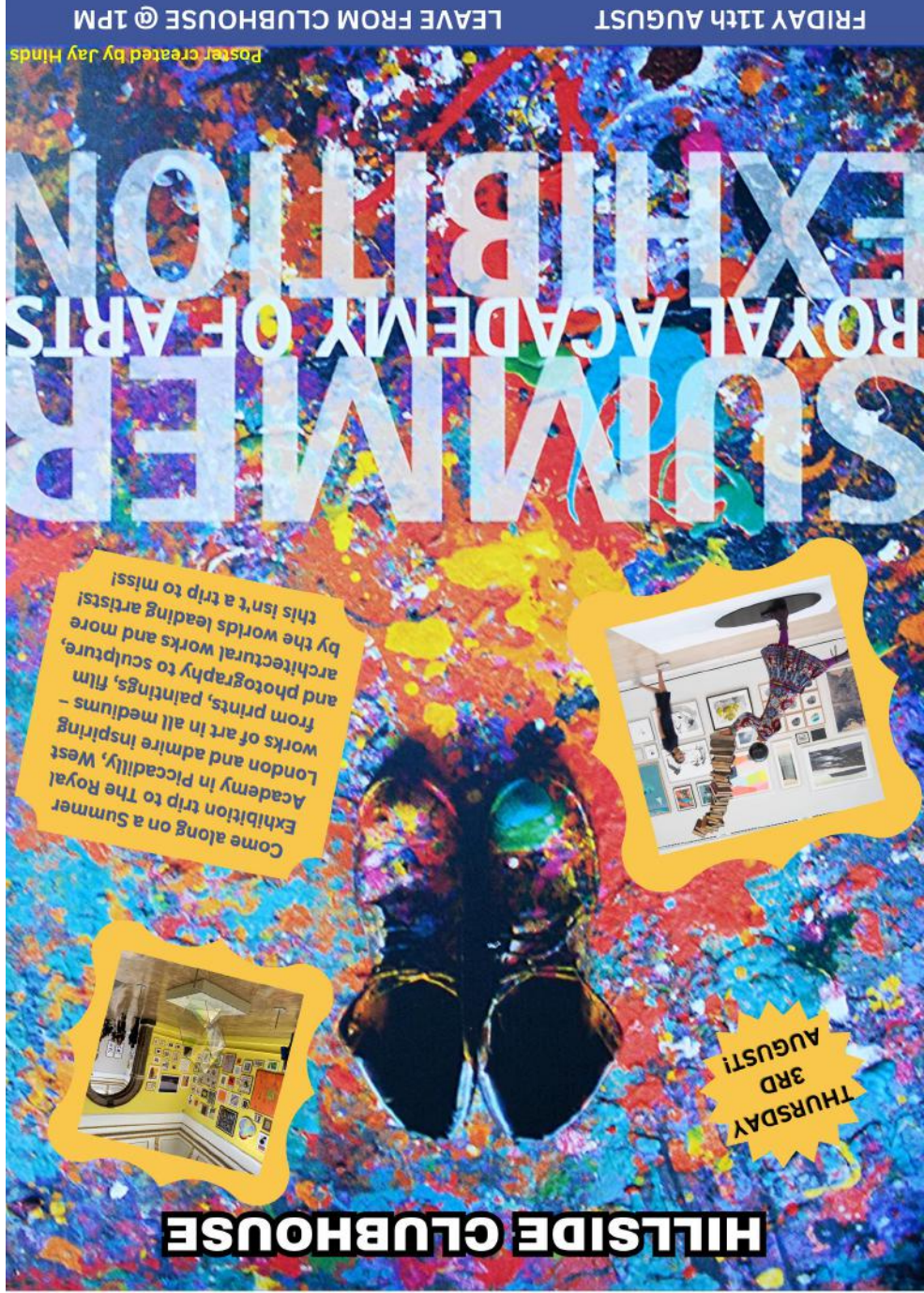
**ISLINGTON**  
For a more equal future

**islington giving**

**ISLINGTON**  
FOOD PARTNERSHIP

In association with Islington Adult Community Learning





Show them how to boil their drinking water, how to find the British Consul on a Saturday night, how to deal with angry Greek police officers in a confined space, and how to send a telegram asking for more money.

Watch the English turn lobster red. All the thrills of an unrepeatable holiday.



## TRAVELS BY MY AUNT AND GREEK HOLIDAY TRIP-TIPS

Take off from Gatwick Airport with fingers crossed. Touch down at Athens Airport with fingers crossed. Join the caravan setting out for Asia Minor at the end of July.

See the Acropolis. Visit the Parthenon. Walk where Socrates once walked, as he taught brilliant philosophy and corrupted the city's youth.



Join our specially untrained team of young, inexperienced but optimistic non-drivers. Teach them how to change a wheel and buy a new gasket from a non-English speaking Greek peasant.

**JAKE ARNOLD**

**HILLSIDE CLUBHOUSE**



**MUSEUM OF THE ORDER OF ST. JOHN AMBULANCE**

**LIMITED SPACES**

**Lots of staircases so not access friendly**

Come along on a visit to this acclaimed museum in Clerkenwell, Farringdon and discover the unique and fascinating story of an ancient religious military Order. From its origins caring for sick pilgrims in eleventh century Jerusalem, through to its modern-day role with St John Ambulance, the international first aid charity.

**17th August 2023** **Leave from Clubhouse 10am**

Poster created by Jay Hinds

Come along for an exhilarating retelling of

# Romeo & Juliet

# The Ballet

Sadlers Wells Theatre  
Wednesday 30th August  
Meet at Hillside at 1pm

Speak to staff to sign up!

METHOD

- 1.Heat the oven to 180C/160C fan/Gas 4 and line two baking sheets with parchment.
- 2.Beat the butter until smooth, then mix in the sugar until very light and fluffy.
- 3.Beat in the egg and vanilla or almond extract.
- 4.Once combined, stir in the flour, bicarb, chocolate and ¼ tsp salt.
- 5.Scoop 10 large tablespoons of the mixture onto the trays, leaving enough space between each to allow for spreading.
- 6.Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool.
- 7.Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely.
- 8.These will keep for three days in an airtight container.





# EASY CHOCOLATE CHIP COOKIES

## INGREDIENTS

(Makes 10)

- 120g butter, softened
- 75g light brown sugar
- 75g golden caster sugar
- 1 tsp vanilla extract (or almond, up to you)
- 180g plain flour
- ½ tsp bicarbonate of soda
- 150g dark chocolate, cut into chunks
- 1 medium egg.



JANET NEMBARD



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

## 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 getting published!

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





The backdrops were excellent too, and it was very impressive how they moved from scene to scene. The orchestra was on it too! The Sadler's Wells was a great venue for this show. The building was upgraded in 1998 and now holds 1500 people.

Just behind the theatre, you'll find the family run pub, The Shakespeare's Head, which my friend Jason Reyonlds and his family have run for forty odd years. Jason used to work at the Sadler's Wells theatre when he was younger. Cast, crew and stagehands will often drink at The Shakespeare's Head. Straight from the stage to the pub, as it should be.



It's a musical about musicals. It's one of the good ones. I was privileged to see it, thanks to the Hillside Clubhouse and Finn for the tickets.

# MIND FULL CAFÉ MENU

## Breakfast - 8am-12pm

Porridge or Cornflakes

£2.00

Toast with jam & butter

£2.00

Served with complimentary Tea or Filter Coffee

## Lunch - From 12pm

Soup of the Day

£3.50

Toasties:

£2.00

Cheese & Tomato

Ham & Cheese

Panini with Side Salad

£3.50

Tomato, Pesto & Mozzarella

Avocado, Chicken & Tomato

Brie, Spinach & Cranberry

Jacket Potato

£3.00

Choose any 2 from:

Coleslaw, Beans, Cheese,

Tuna Mayo & Sweetcorn

Extra Toppings

£0.20

See the board for lunch specials & soup of the day.

## Sweet Treats

Banana Bread

£2.00

Lemon Cake

£2.00

Courgette, Lime

& Ginger Sponge

£2.00

Chocolate &

Orange Traybake

£2.00

## Drinks

Tea

£1.50

Filter Coffee

£1.50

Cans

£1.00

from the Fridge

Bottled Water

£1.00

from the Fridge

# Greatly Thursdays at Gillelde

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

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.



The show's main lead, played by Ruth Henshall, breaks her leg (after too many scotches, probably) so the show can't go on. One of the chorus girls suggests that Peggy could save the show, but the manager didn't think so. He thought Peggy had too much to say (or he fancied her). In the end, he had to bring Peggy back and she saved the show!



In The Money, 42nd Street, Lullaby Of Broadway and I Only Have Eyes For You are the stand out songs of the show. Along with great songs, the one-liners had the audience in stitches, and the tap-dancing was excellent.



# 42ND STREET - THE MUSICAL

What a great way to spend a Thursday afternoon! I arrived at Sadler's Wells theatre in Rosebery Avenue around one-thirty in the afternoon, for a two-thirty start. I'm not usually one for musical theatre, but I have to admit that the show was absolutely brilliant, as was the whole cast.

Ruth Henshall was brilliant, Adam Garcia's dancing and singing was on the money but, for me, the real star was Nicole Lily Baisden as Peggy Sawyer. She stole the show and received the loudest ovation of the night. Simply brilliant.



The show is about a young girl from small-town America dreaming of stardom. Peggy Sawyer arrives off the bus in New York City and heads straight to Broadway. Peggy joins a musical theatre company but her dreams quickly shatter, along with the dreams of her fellow actors.

**ANDREW 'RIFF' SOCRATOUS**

## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### TO BE CONFIRMED...

M&S and Farmhouse Inns

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## Camden play schemes 2023

- **Feb half-term:** Monday 13 February to Friday 17 February 2023
- **Easter/spring holiday:** Monday 3 April to Friday 14 April 2023. (Closed on Good Friday, 7 April, and Easter Monday, 10 April)
- **May / June half-term:** Monday 29 May to Friday 2 June 2023. (Closed on Spring Bank Holiday 29 May)
- **Summer holiday:** Weds 24 July to Monday 4 September. (Check scheme dates with individual providers)
- **Oct half-term:** Monday 23 October to Friday 27 October 2023
- **Note:** Some Camden schools may have different term dates to those above – please check with your child's school before making any holiday plans. Play centres don't operate on bank holidays.

## Coram's Fields out of school club

93 Guilford Street, London WC1N 1DN. Tel: 020 3384 2212 / 020 3384 2203

Email: [oscbbookings@coramsfields.org.uk](mailto:oscbbookings@coramsfields.org.uk) Website: [coramsfields.org](http://coramsfields.org)

Social media: Facebook: [facebook.com/OfficialCoramsFields](https://facebook.com/OfficialCoramsFields) Twitter:

[twitter.com/coramsfields](https://twitter.com/coramsfields) Instagram: [www.instagram.com/coramsfields/](https://www.instagram.com/coramsfields/)

Contact: Kate Humphrey

**Times:** Opening times 8.30-5.30 (Funded spaces available 10am-3pm) **Fees:** Fees £27.00

(£16.50 if eligible for a subsidy) Breakfast and a snack provided All children will need a

healthy packed lunch which contains no nuts or fizzy drinks. **Activities** include arts / crafts,

sports, gardening, access to a 7acre open space and much more! **Facilities/access for**

children with special education needs and disabilities (SEND): Wheelchair access.

## Plot 10 community play project

128 Chalfon Street, London NW1 1JD

Tel: 020 7387 1356. Email: [plot10@btinternet.com](mailto:plot10@btinternet.com)

**Contacts:** Manager: Sally Warren. Deputy manager: Dionne Warren-Robinson

**Times:** Extended day from 8.30am to 6pm or core day from 10am to 4pm

**Fees:** Subsidised places available for low-income families or those in full-time study.

Extended day: £14 per day. Core day: £9 per day. Full cost is £25 per day, per child

**Other information:** Varied programme of after-school and holiday activities, including

adventure play, arts and crafts, football, planting and growing, cookery. Remember to

provide a healthy lunch for your children. We can heat food from home if needed. We have a

'no nuts' policy on food

Please don't bring in glass bottles or fizzy drinks either. Sweets allowed in moderation during

holiday schemes. Children should wear old clothes as some activities will be messy

**Facilities/access for children with special education needs (SEN) or physical**

**disabilities:** We welcome children with additional support needs and are happy to meet

parents and professionals to help arrange provision.

## PACE (based at three centres)

Website: [paceforall.com](http://paceforall.com) Telephone: 020 7183 5120.

"The Evil Dead" is not at all the sort of film I normally watch. However, it's a historically important one, as it gave director Sam Raimi and actor Bruce Campbell their big breaks... and is a great example of a super-cheap film that earned back a fortune for the filmmakers.

In many ways, this early feature by Raimi reminds me of George Romero's "Night of the Living Dead" (the 1968 version) and Peter Jackson's "Bad Taste" as they, too, were early films of these directors and earned a fortune...catapulting these men to A-level films.

The plot here isn't exactly deep. Five young people go off to a cabin in the woods. They find a tape recorder and play it, only to have a professor on the tape blurt out an incantation from a book he found... and the incantation brought out the evil dead who soon began invading the bodies of these folks. For some odd reason, Ash (Campbell) is spared and the final portion of the film is a total bloodbath as he is forced to violently dismember his friends in order to avoid being killed by these demonic beings.

While the gore level is off the charts in this film, it's so ridiculous over the top and fake looking that it is worth seeing. Had they had a better budget, no doubt the gore could have looked much more realistic...and the film would have turned me off completely! As it is, it's somewhat comical because it's so ridiculous. Not a great film but for its budget, an amazing picture... one all budding filmmakers should see.



# THE EVIL DEAD REVIEW



The Evil Dead was directed by Sam Raimi and was released in 1981.

The plot is simple: Five friends travel to a cabin in the woods, where they unknowingly release flesh-possessing demons. This film probably used more blood than all the "Living Dead" movies put together!!

JUAN ANON

**Camden Square** Murray Street, London NW1 9RE  
**Contact:** Paula Peet Email: [ppeet@paceforall.com](mailto:ppeet@paceforall.com)

**Fairfield Play Centre** Mary Terrace, London NW1 7LR  
**Contact:** Angela Ramos Email: [aramos@paceforall.com](mailto:aramos@paceforall.com)

**Fortune Green Play Centre** Fortune Green Road, London NW6 1DR  
**Contact:** Keith Davidson Email: [kdavidson@paceforall.com](mailto:kdavidson@paceforall.com)

**Activities:** We offer a range of fun, creative indoors and outdoor play activities including art and craft activities, sports, games, cooking, gardening, natural play, cultural activities, field trips and more

**Age group:** 4 to 12 years

**Subsidised prices** (for families with household income under £50,000 per year):  
 8am to 6pm: £17.50, 11am to 4pm: £12.

**Standard places** (for families with a household income over £50,000 per annum):  
 8am to 6pm: £25, 11am to 4pm: £12

**Facilities/access for children with special education needs (SEN) or physical disabilities:** Accessible sites, hoists and changing tables, sensory room and sensory garden. Our staff are trained and have experience working with children who have disabilities or complex needs. We are committed to providing a high-quality service which meet the individual needs of the children who use our services.

**Other information:** All children need to bring a healthy packed lunch. Breakfast and a late afternoon snack is provided for children on the extended day service. A lot of trips and activities are to parks and on-site messy play is encouraged so children should wear comfortable clothing and footwear (not their best clothes).

**Talacre Action Group play project**  
 Adventure Building, Wilkin Street, London NW5 3AG  
**Tel:** 020 7267 9755. Email: [talacreplaycentre@gmail.com](mailto:talacreplaycentre@gmail.com)  
**Contact:** Paulette King

**About:** Talacre Play Centre is a two-storey indoor building with an outdoor grassed area and a small hard court playground area. The upstairs room is used for arts, crafts, large table-top games and construction play. On the lower ground there are two separate rooms - one has a permanent home corner and toy room, while the other room is used for quieter and small group activities. Weekly trips and outings are part of the play programme and joint activities are organised with other community play projects

**Ages:** 5 to 12 years. **Times:** 9am to 5pm. **Days:** Mon to Friday, except public/bank holidays  
**Fees:** Standard £12, subsidised £10, concession £6 (limited places and times 11am to 4pm). All rates are per child, per day. Note that subsidised places are available to any parent/carer who lives in Camden and receives working tax credit or is a full time student

**Other information:** Please provide a healthy packed lunch. The lunch period is a catch-up time for the children when we encourage them to have quiet sociable conversations with each other and the staff team. Fruit is provided during late afternoon each day

**Facilities/access for the children with SEND:** Please contact us to discuss and plan for any special requirements.



**Hampstead Community Centre play scheme**  
78 Hampstead High Street, London NW3 1RE  
Tel: 020 7794 8313. Email: [hampsteadcommunitycentre@btconnect.com](mailto:hampsteadcommunitycentre@btconnect.com)  
Website: [hampsteadcommunitycentre.co.uk](http://hampsteadcommunitycentre.co.uk)

**Contact:** Dittany Bak Olesen  
**Activities:** Arts and crafts, games, sports and trips. **Ages:** 5 to 12. **Times:** Extended day, 9am to 6pm. Core day, 11am to 4pm. Summer Play Scheme 2023: 31 July to 25 August  
**Fees for extended day,** 9am to 6pm - weekly bookings only:  
• Low-income family (subsidised by Camden Council): £85 per week  
• Standard rate (subsidised by the Centre): £110 per week  
• Non-resident rate: £220 per week

**Fees for core day,** 11am to 4pm – weekly bookings only:  
• Low-income family (subsidised by Camden Council): £55 per week  
• Standard rate (subsidised by the Centre): £75 per week  
• Non-resident rate: £170 per week  
Low-income rate will only be accepted with the low-income letter from Camden - available from the centre or online

**Other information:** Bring a healthy packed lunch. All details are contained in the handbook and programme available from the centre or on the website.  
**Facilities/access for children with SEND:** Full disabled access to all facilities. All details are contained in the handbook and programme available from the centre or on the website.

**Three Acres Community Play Project**

29-31 Parkhill Road, London NW3 2YH  
Tel: 020 7722 3812. Email: [threeacresplayproject@gmail.com](mailto:threeacresplayproject@gmail.com)  
Website: [threeacresplay.co.uk](http://threeacresplay.co.uk)

**About:** Three Acres holiday play schemes are run in every school holiday, except Christmas, and are open all week days, except for public / bank holidays. The day is made up of an intensive programme of activities that reflects the needs of the children and activities are often modified to enable children of all ages to participate. We also give children the opportunity to go on trips and outings, both entertaining and educational, some of which are free to attend. Our holiday play schemes are run by our core staff team and a pool of sessional workers. Our sessional workers return each holiday, which helps to provide a positive and familiar environment for our children. We offer a large outdoor play space with a variety of play opportunities including a zipwire, adventure play swings, an area for younger children and an astro turf football pitch  
**Days / times:** Monday - Friday (except public/bank holidays), 8am to 6pm  
**Ages:** 5 to 12 years.

Prices		
per child	per family (2 or more)	
Non-Subsidised Price	£14	£25
Subsidised Price*	£12	£20

\*A subsidised place is available to any parent/carer who lives in Camden and receives working tax credit or is a full time student  
**Facilities/access for children with SEND:** We welcome children attending with disabilities, medical conditions or special needs. Please contact us to discuss any special requirements.



Courtney Sation, Al Sation and Riff



Lots of sing-along and great riffs, the crowd all get involved and sing with them. A lot of their songs critique politicians, the establishment and wrong-uns. Your taking the Pistorious, Duglie the Drugie and The Joys of Getting Old are a few songs their songs.



Hung Like Hanratty hit the stage next. The singer, Al Sation, took the stage wearing a The Dark T-shirt, from my band. The T-Shirt is print from the single On-The-Wires. The front-man explained to the crowd that he wasn't wearing his famous jacket because he was rockin' with Riff tonight!



He introduced me to the crowd as the guitarist from The Dark, his favourite band, and I was well received which was unexpected and nice. If you want a good night, they are proper punk band to get you going.



Ricky Barsby of Hung Like Hanratty, the guitarist.

ANDREW 'RIFF' SOCRATOUS

### The Winchester Project

21 Winchester Road, London NW3 3NR

Telephone: 020 7586 8731

Email: [play@thewinch.org](mailto:play@thewinch.org) [susan@thewinch.org](mailto:susan@thewinch.org) [info@thewinch.org](mailto:info@thewinch.org)

Website: [Thewinch.org](http://Thewinch.org)

Contact: Kim Mabbutt

The Winch is a five-floor Victorian building in the heart of Swiss Cottage. The main playroom is situated on the ground floor where most arts and crafts take place, and has a home corner and toy play area. We also have a separate room that is used for quiet / group activities and which is also the access to our adventure playground. The first floor has a large gym space and a separate room for use with smaller projects/group work. We also have the use of our basement Youth Club and second floor kitchen at times

**Activities:** A variety of stimulating play opportunities including arts and crafts, gym games, drama, singing, sports, cooking, sewing, trips and adventure playground. We create a balance between child-initiated and adult-initiated/led play; where children have the freedom to choose, shape and control their own play and experiences, alongside receiving guidance, encouragement and support from our play team

**Age group:** 4 to 11. After School Club - school collection from Holy Trinity NW3 and George Eliot Primary Schools. Abacus Primary School arranged drop-off at The Winch.

Play Schemes opening times - 9.15am to 5.45pm

**Fees – Holiday Play Schemes** (weekly rates): Standard, £75, Camden Subsidised, £55.

Concession £30 (limited places). There are additional costs for some trips

**After-school club:** (daily rate) Standard £9.50, Camden Subsidised £7, Concession £4 (limited spaces)

**Other information:** We are a Healthy Lives Play Provider and have created a Winch Guide to Healthy Lunches and Snack Pack. Lunch at the Winch during play schemes is from 12.30 to 1.30pm. We also provide a variety of healthy snacks in the afternoon; both for the after-school club and holiday play schemes. A welcome pack will be given to all new parents and carers outlining our policies, procedures and information on holiday play scheme provisions. The Winch operates a 'no nut' policy

**Facilities and access for children with SEN / disabilities:** Wheelchair access is currently only on the ground floor. We welcome parents and carers to visit the site to discuss and plan for their child's needs.

- All of the above voluntary sector schemes are funded and supported by Camden Council. For more details visit: [camden.gov.uk/play](http://camden.gov.uk/play)
- For other local activities for children and young people, please visit: [camdenrise.co.uk/things-to-do](http://camdenrise.co.uk/things-to-do)

CatAndMouseLibrary  
ReadLearnConnect

CentralLibrary  
ReadLearnConnect

Football Finger Puppets

Tuesday 25 July, 2-4pm

Who will be in your finger puppet team? Use our football annals and other books to choose.

Bendy Gymnast

Tuesday 1 August, 2-4pm

Create your own flexible gymnast using pipe cleaner sticks. What moves can you make it perform?

Ranger Stu

Thursday 10 August, 2pm

Meet Ranger Stu and his animals too - suitable for children aged 4 and over.

Recycled Owl

Thursday 17 August, 2-4pm

Join in our animals and birds quiz and learn how to make your own paper owl and other animals from recycled materials.

Caterpillar Racing

Tuesday 22 August, 2-4pm

Make a hungry caterpillar and race it with your friends!

Pop-Up Cards

Tuesday 29 August, 2-4pm

Send greetings to friends or family by making them a pop-up card and paper flowers.



Finger Football Frenzy!

Monday 24 July, 2.30-4pm

Make your own football team and pitch to play on.

Catch that Bee!

Monday 31 July, 2.30-4pm

Make a frog and bee catching game.

Mimi's Rainbow Adventure

Wednesday 9 August, 2pm

Join the Institute of Physics in a range of hands-on activities, experiments and arts and crafts.

Snakes and Ladders

Wednesday 16 August, 2.30-4pm

Create your own Snakes and Ladders board game.

Frog and Tortoise

Monday 21 August, 2.30-4pm

Make a cheeky frog and a smiling tortoise!

Ranger Stu

Wednesday 23 August, 2pm

Meet Ranger Stu and his animals too - suitable for children aged 4 and over.

Cheerleader Fun

Wednesday 30 August, 2.30-4pm

Make cheerleader pom poms and a megaphone and cheer on your team!



HUNG LIKE HANRATTY AT  
THE 100 CLUB

Next on was Change Persona, who are destined for big things and are a great band with great tunes. The frontman, Connor 'CJ' Fulcher stomps around the stage as if he owns the stage! A strong presence. For the first time, they will be headlining The 100 Club on the 11th of August 2023, which I will attend and review.

The first band to take the stage was support act, *Plague UK*, who had been around for a few years. They've released three albums to date, the latest being *Time To Come Down*. I enjoyed their set. They are a three-piece band consisting of a bassist, guitarist and a drummer with the bassist as the front-man.



Connor 'CJ' Fulcher from Change Persona, Guitarist and singer





### The Siege of the North Pt 1

As the Northern Water Tribe gets prepared for war, Sokka meets Princess Yue, the Chiefs daughter and is smitten. She carries a dark secret. Meanwhile Admiral Zhao gathers his fleet to attack the North.



### The Siege of the North Pt 2

The war is on. Zuko captures Aang again before Zhao can complete his dastardly plan. Iroh warns Zhao that this course is very dangerous, but he ignores the warning and proceeds, and then all hell breaks loose. To balance out what has happened, Aang goes into the Avatar state and destroys the Fire Nation fleet.



At the end of Book 1: The Way of Water, a new villain arises and she will be more than match for everyone.



PHILLIP JOHNSON

### **FinsburyLibrary** **ReadLearnConnect**

- Finsbury Cheer Squad**  
**Thursday 27 July, 2-4pm**  
Make pom poms and a megaphone to cheer on your team!
- Lift-the-Flap Landscape**  
**Friday 4 August, 2-4pm**  
Make a lift-the-flap golf course - where did the golfer lose their ball?
- Sports Poetry**  
**Thursday 10 August, 2-4pm**  
Come and play with words that pack a punch and give a kick!
- Soccer Stars**  
**Tuesday 15 August, 2-4pm**  
Construct a footballer with elastic powered kicking action and design a football kit for your Dream Team.
- Ranger Stu**  
**Wednesday 23 August, 11am**  
Meet Ranger Stu and his animals too - suitable for children aged 4 and over.
- Ready, Set, Read! The Board Game**  
**Saturday 26 August, 11am-1pm**  
Make a fun board game featuring the Summer Reading Challenge team and their mascots!
- Eggcup Kendama**  
**Wednesday 30 August, 11am-1pm**  
Make a cardboard version of the classical Japanese cup and ball game for you to play and keep.

### **LewisCarrollLibrary** **ReadLearnConnect**

- Mini Skateboard**  
**Wednesday 26 July, 2.30-4pm**  
Make a mini skateboard to race in the library!
- Paper Puppets**  
**Wednesday 2 August, 2.30-4pm**  
Create your own split pin paper puppet to take home with you.
- Build a Racing Car**  
**Wednesday 9 August, 2.30-4pm**  
Test your creativity by building a Lego car to compete in a race in the library!
- Paper Hand Puppets**  
**Monday 14 August, 2.30-4pm**  
Make paper hand puppets of animals or monsters with the help of Little Angel Theatre.
- Painting Fun**  
**Monday 21 August, 2.30-4pm**  
Showcase your imagination by painting a beautiful nature scene.
- Medal Making**  
**Wednesday 30 August, 2.30-4pm**  
Design and make your own Olympic medal to wear and take home!

MildmayLibrary  
ReadLearnConnect

N4Library  
ReadLearnConnect

Badge Making

Tuesday 25 July, 2-3pm

Design and make a badge or fridge magnet with images of your favourite sporting hero or team.

Sun Visors

Tuesday 1 August, 2-3pm

Join us for a colour splash! Make the best-looking paper plate sun visor!



Ranger Stu

Thursday 3 August, 2pm

Meet Ranger Stu and his animals too - suitable for children aged 4 and over.



Puzzle Making

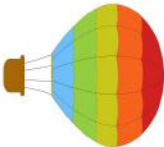
Tuesday 8 August, 2-3pm

Make a jigsaw of your sporting hero and challenge others to complete your puzzle!

Hot Air Balloon

Tuesday 15 August, 2-3pm

Make a hot air balloon to hang up in your home!



Fantasy Football Team Collage

Tuesday 22 August, 2-3pm

Contribute to our Fantasy Football Team Collage by joining a team, choosing a team name, and designing a logo and football shirt.

Join the Explorer's Quest!

Wednesday 26 July, 11.30am-12.30pm

Overcome challenges and puzzles to uncover the mystery of the missing Blaze the Phoenix!

Budding Editors

Friday 28 July, 10.30am-12pm

Design your own miniature sports magazine!

Designer Sportswear

Wednesday 2 August, 2.30-4pm

Design your own paper football shirt to wear.



Activity Morning

Friday 11 August, 10.30am-12pm

Celebrate all things sport with colouring, puzzles, word-searches and dot-to-dot games.

Paper Hand Puppets

Monday 14 August, 11am-12.30pm

Make paper hand puppets of animals or monsters with the help of Little Angel Theatre.



Trumps Cards

Friday 25 August, 2-3.30pm

Design and make characters to start your own set of trumps cards.

Parlour Games

Wednesday 30 August, 2.30-4pm

Join us for fun children's parlour games, including charades and pass the parcel.

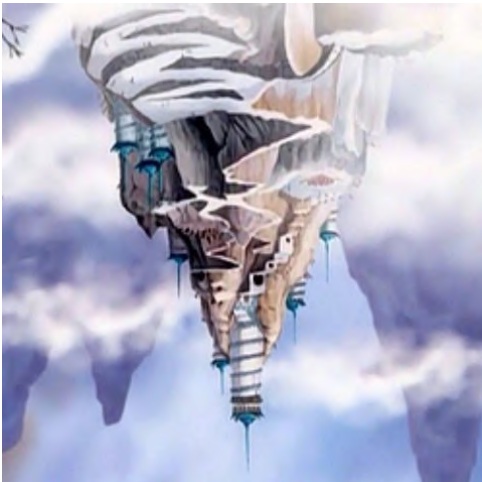


The Deserter

Aang meets a reluctant firebender Master, former General Jon Jon, who is disillusioned and tormented by the way he and his nation have misused the power of fire. After a few training exercises, Aang tries firebending and gets to be over confident, loses control and burns Katara. But Katara finds out that she has healing powers. Aang then swears off firebending, but will need it in the future.

The Northern Air Temple

Aang hears some stories that airbenders might be back at the temple, he hurries there, only to find refugees that have fled from the fire nation and found a home at the temple. One of them holds a dangerous secret that will shake their foundation to the core and change the balance of the war in favour of the Fire Nation.



The Waterbending Master

After their many adventures they finally reach the Northern Water Tribe to find a Waterbending Master for Aang and Katara, but this comes at a high price. For Master Paku forbids Aang from teaching Katara anything. Katara, being strong willed, challenges the Master to a duel, who gets defeated. In defeat comes a ray of hope. Meanwhile Admiral Zhao is making a deal with pirates to do what? Who will it effect?







### The Fortuneteller

Aunt Wo vs Sokka. What happens when two different styles clash? One, a man of science; the other from the world of mysticism. Katara will take Aunt Wo's predilections too far, Aang takes his too literal. But then science and mysticism must come together to save the village from disaster.



### The Blue Spirit

After the last episode, Sokka and Katara are sick. Leaving them, Aang goes in search of some medicine. Meanwhile, Commander Zhao gets promoted to Admiral. He then proceeds to capture Aang, who is then rescued by a masked man. Who is the Masked Man that saves him and why?



### Bato of the Water Tribe

Coming across a recent battle between the water tribe and the fire nation, Aang, Sokka and Katara find a water tribe boat. When a figure approaches, it's Bato, a close friend of their father. Meanwhile back in the Earth Kingdom, we first meet Jun the Bounty Hunter. No one can escape her.

PHILLIP JOHNSON

## SouthLibrary ReadLearnConnect

### Surfer Dudes

**Monday 24 July, 2-3.30pm**

Choose the design and decoration of your ideal mini surf board!

### Paper Hand Puppets

**Wednesday 2 August, 11am-12.30pm**

Make paper hand puppets of animals or monsters with the help of Little Angel Theatre.

### Playground Games

**Monday 7 August, 2-4pm**

Enjoy learning and playing old fashioned playground games.

### Join the Explorer's Quest!

**Wednesday 9 August, 11.30am-12.30pm**

Overcome challenges and puzzles to uncover the mystery of the missing Blaze the Phoenix!

### Badge Making

**Monday 14 August, 2-3.30pm**

Make a badge or a fridge magnet of your favourite sport and club logo.

### Sportswear Designers

**Monday 21 August, 2-3.30pm**

Design a sports shirt for your favourite sport or team!

### Airplane Craft

**Wednesday 30 August, 2-3.30pm**

Have fun making paper airplanes and having a flying race!



### Make a Sporting Rosette

**Tuesday 25 July, 2.30-4pm**

Make and decorate a rosette and theme it to your favourite sport.

### Emblem Making

**Saturday 5 August, 2-3.30pm**

Create your own sporting emblem.

### Ranger Stu

**Thursday 10 August, 11am**

Meet Ranger Stu and his animals too - suitable for children aged 4 and over.

### All the Fun of the Fair

**Saturday 19 August, 2.30-4pm**

It's all the fun of the fair with juggling, target practice, hook the duck and other activities!

### Mimi's Rainbow Adventure

**Tuesday 22 August, 2pm**

Join the Institute of Physics in a range of hands-on activities, experiments and arts and crafts.

### Spinning Windmill

**Saturday 26 August, 2-3.30pm**

Catch the breeze with your own handmade windmill.

### Treasure Hunt

**Saturday 2 September, 2-3.30pm**

Crack the clues and follow the trail to the treasure!





WestLibrary  
ReadLearnConnect

Join the Explorer's Quest!

Tuesday 25 July, 12-1pm

Overcome challenges and puzzles to uncover the mystery of the missing Blaze the Phoenix!

Paper Fan Making

Thursday 27 July, 2.30-4pm

Stay cool by making your own paper fan!

Ranger Stu

Thursday 3 August, 11am

Meet Ranger Stu and his animals too - suitable for children aged 4 and over.

Design Your Own Tote Bag

Thursday 10 August, 2.30-4pm

Get creative and add your own decoration to a reusable cloth bag.

Write Your Own Book

Tuesday 15 August, 2.30-4pm

Ever wanted to be an author? Use our templates to write, illustrate and design a cover for your own book!

Make a Football Pitch Mouse Mat

Friday 25 August, 2.30-4pm

Create a football-themed foam mouse mat to take home.

Football Pennants

Thursday 31 August, 2.30-4pm

Make football pennants and take them home to decorate your room!



Islington Library Locations

- 1 Archway Library
- 2 Cat and Mouse Library
- 3 Central Library
- 3 Home Library Service
- 4 Finsbury Library
- 5 Lewis Carroll Children's Library
- 6 Midway Library
- 7 N4 Library
- 8 North Library
- 9 South Library
- 10 West Library



For full addresses and contact details visit [www.islington.gov.uk/yourlocallibrary](http://www.islington.gov.uk/yourlocallibrary)

Do you need this information in another language or reading format such as Braille, large print, audio or Easy Read?

Please contact 020 7527 2000.

- Contact Islington  
222 Upper Street London N1 1XR  
contact@islington.gov.uk  
020 7527 2000
- 020 7527 5001
- 020 7527 1900
- www.islington.gov.uk/libraries



The Great Divide

Once there were two tribes, one named the Zhangs - the more peaceful and tranquil - the other Can Jins - the uncouth, but good natured. But an incident occurred that left them bickering for over one hundred years. To cross the divide they must overcome their differences and unite to become one tribe.

The Storm

During a savage storm the origin of two troubled boys is revealed. We take a deeper look at Aang, who ran away from his responsibilities.



Zuko after a terrible mistake, wants to regain his honour. The only way to do this by capturing the Avatar, and for Aang to realise he must overcome his fears and embrace his destiny.



## REVIEW PART 1 - AVATAR: THE LAST AIRBENDER (CONT)

### The Waterbending Scroll

During a shopping trip to find some supplies, the gang see some pirates who sell all sorts of odds and ends. Katara notices a waterbending scroll and, to her surprise, steals it, setting off a chain of events. Zuko teams up with the pirates, who then go chasing them to reclaim their stolen property. She will pay a price later on.



### Jet

The gang are walking through a forest, where they meet up with a gang of freedom fighters and their charismatic leader, who sweeps Katara off her feet. Sokka doesn't quite trust him, because his sense of justice seems a bit warped, and that could lead to trouble for the team.



**PHILLIP JOHNSON**

## 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

## CAMDEN SUPPORT SERVICES

### Citizens Advice Camden

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 free advice line 0808 278 7835. Lines are open

between 10am - 4pm, Monday - Friday.

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 (Monday to Friday between 10am and 1pm)  
ADDRESS: Mary Ward Legal Centre, 10 Great Turnstile, WC1V 7JU

A fantastic interaction of man and the universe. The point of contact of the planets in our solar system. Each one had a God. Man had studied the zodiac, astronomy was prevalent, but best of all there was the gathering here. Man and woman could party with the Gods. They were the audience and Stonehenge was the stage.



Solstice at Stonehenge

The Summer Solstice is celebrated every year at Stonehenge on the 21st of June, the longest day of the year. The stones were placed to match the movement of the Sun. There is also a Winter Solstice, on the 21st of December, the shortest day of the year.

At dawn, the druids would perform elemental rituals to maintain the cycle of the Solstice within the universe. Celebrating the Summer Solstice is still a very popular attraction from inland and abroad. Stonehenge is located on Salisbury Plain, about 88 miles from central London.



# THE GATHERING

Folk gathered in the field. They were looking forward to a full day of festivity, feast, and dance. Folk music was tradition, with acoustic instruments and costume. An eagerness to act out their steps of dance. Tents were around. The summer sunshine put everybody in a festive mood. From dawn the people started to appear. All part of the same club. The 'Solstice' club.



**People  
celebrating the  
Solstice in  
traditional  
headdresses and  
costumes**

An upbringing of 'Druidry', country homes and England. Stonehenge was the venue, the master sculpture steeped in mythology. An attraction. A magnetic monument. A great place to celebrate the alignment of the universe.

The Gods found themselves close to each other at this time of year so the gathering at Stonehenge met them. People knew this and celebrated. They met with the Gods here and communed with them.

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**DANIEL MACLENNAN**

## Camden Community Law Centre

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.

To access IPR advice services:

Call the telephone advice line on: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

Website: [cclc.org.uk](http://cclc.org.uk)

## Mind in Camden

Mind in Camden provide 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.

Call: 020 7241 8996

Email: [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

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

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Somers Town Living Centre

The Living Centre is a community centre offering health and wellbeing services to the St Pancras and Somers Town Community and beyond.

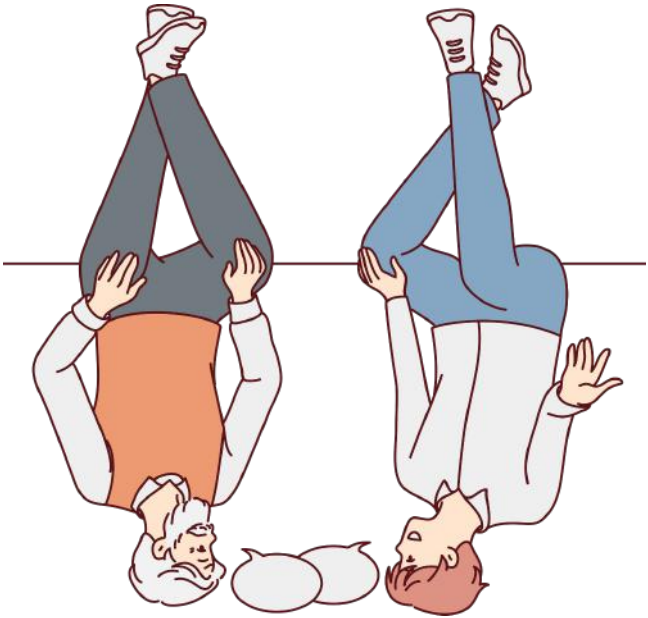
They provide wide-ranging support and resources for local residents, around all aspects of health – from staying physically well to mental health, ageing healthily to financial health, professional training, counselling, volunteering opportunities and more.

The St Pancras and Somers Town Living Centre  
Address: 2 Ossulston Street, London, NW1 1DF  
Phone: 020 7380 0453  
Email: [info@thelivingcentre.org](mailto:info@thelivingcentre.org)  
Website: [www.thelivingcentre.org/](http://www.thelivingcentre.org/)



these two groups?

But how can we encourage a positive conversation between



We could have a discussion about responsibility. I think it's important to foster responsibility, but also to identify the places where somebody already demonstrates responsibility. One way to put it into practice is through volunteering. Volunteering is a two way relationship - lift someone's mood by your effort and be valued. Even if you are not an official volunteer it would still be good to identify that you do volunteer - just by your existence, you do contribute in life.

Thanks for volunteering, for adding value.



# IT CAN BE HAPPY

Hi there. If I continue, it's a mood I would hope to grab you, your attention I mean. But why?

Without going on too much, things are fast paced so we are used to getting on with it. I'm going to write later on about growing up and how young people find their 'place in society', which could cause a stir in the minds of some people - they may agree or agree to disagree.



Young people have an idea about how they want to make choices in their lives, but adults get involved in those choices. Because of that, young people can feel undervalued and that can resonate and impact our environment. This is the agenda for us to explore - the topic of how young people impact adults and vice-versa, and how this creates our environment. It is your agenda as much as it is mine.



**NEW! Poetry & Creative Writing Course**  
**Tuesday 1st, 8th, 15th & 22nd August (F2F)**  
Explore your imagination and learn new techniques and writing styles in this 6 week creative writing and poetry course run in collaboration with Islington Mind. Connect with like-minded individuals and self-express in a safe and friendly environment. Led by Bill Dury. (Eligibility criteria applies).

**The Charterhouse Sensory and Poetry Tour**  
**Thursday 3rd August (F2F)**  
Join a private tour through the beautiful gardens and be inspired to get creative, making and sharing poetry.

**Waterlow Park**  
**Wednesday 9th August (F2F)**  
Explore the once private estate of Sydney Waterlow. Learn about the flowers and watch the wildlife as we wander through the orchards and walled gardens.

**Alfred Hitchcock's London**  
**Friday 11th August (F2F)**  
An illustrated talk following in the footsteps of Alfred Hitchcock. Born in and brought up in London's East End, Visit his birth place and other iconic London locations connected to him. With Tina Hodgkinson.

**Sitting Yoga**  
**Saturday 12th August (Zoom)**  
Gentle, rhythmic movements to soften the body and destress. With Belinda on Zoom.

**A Day out at Kew Gardens**  
**Wednesday 16th August (F2F)**  
Experience the beautiful world-famous botanic gardens, housing the largest, most biodiverse botanical and mycological collections in the world.

**Men's Club**  
**Thursday 17th, 24th & 31st August (F2F)**  
Keep Fit and coffee social for the 50+.

**Mindful stretching & Acupressure Points**  
**Saturday 19th August (Zoom)**  
Exercises and techniques to help support the mind and body. With Maurizio on Zoom.

**A visit to Sunnyside Community Gardens**  
**Monday 21st August (F2F)**  
Join us for a private guided tour of the green spaces, walled gardens, and community projects taking place at Sunnyside.

**Special Stage**  
**Friday 25th August (F2F)**  
Sing along, enjoy the music and vote for your favourite performance!

Weekends
<b>Choices CIC - African Caribbean Cultural Food Co-op</b> Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods First Saturday of every month at 2pm Caxton House N19 3RQ If you are on low or no income, please contact us about joining: info@choiceslondoncic.com
<b>FoodCycle Finsbury Park</b> Free 3 course vegetarian meal Saturdays 1pm onwards Community Hub, Corker Walk, N7 7RY No need to book!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Margins Project</b> at Union Chapel Drop-in session for people facing homelessness Hot food takeaway 11:00am-1:00pm 19B Compton Terrace N1 2UN	<b>St Luke's Food Hub</b> 1:30-3:30pm for EC1 residents, by appointment 0207549 8181 / info@slpc.org.uk / EC1V 8AJ <b>Brickworks Community Centre</b> Drop-in for food parcels 12pm-3pm, 42 Crouch Hill N4 4BY colin.adams@hanleycrouch.org.uk / 0207 263 1067 On other days, can provide emergency food bags (subject to availability)	<b>FoodCycle Islington</b> Free hot meal, 1pm New River Baptist Church, N1 2TL. No need to book! <b>Manor Gardens Centre</b> 9 Manor Gardens, N7 6LA 10:45am-12pm Food co-op. Take what you need for £3 <b>The Hive Foodbank</b> 6,30-8,30pm 020 7916 2710 hivefoodbank@gmail.com	<b>Copenhagen Street Foodbank</b> N1 0SR Weekly foodbank 1pm-3:30pm. Fresh food and non-perishable items. 02078378378 copenhagenseetfoodbank@gmail.com <b>Mildmay Community Centre</b> , Woodville road N16 8NA <b>St Mary's Church &amp; The Hive Foodbank</b> 3,30-6pm. N19 3AD Cook Together Drop-In Learn to make cheap, easy & tasty meals. All ingredients provided	<b>Mildmay Community Centre</b> , N16 8NA Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: mildmayc@gmail.com 020 7249 8286 If you don't have access to a phone or email, feel free to go to the centre Fridays 11,30am - 1,30pm
<b>The Ringcross Community Foodbank</b> N7 8RH Food parcels, meals and essential items 12pm to 4pm Open to residents of Holloway, Laycock and Caledonian Wards (proof of address needed), as well as people who are sleeping rough 02077002498	<b>Elizabeth House</b> Pop-up food store, £3 For residents in: N4 2, N4 3, NS 1, NS 2, N7 7 Register: 02076901300 info@elizabeth-house.org.uk <b>Hilldrop Community Centre</b> , N7 0JE 12:15 - 2pm Free hot lunch for residents of N7 and local Hilldrop Estates <b>Hornsey Lane Community Centre</b> Giving out surplus food every Tuesday, 2:30-4:30pm at Hornsey Lane N19 3VJ 020 7272 5938	<b>Margins Project</b> , Union Chapel Drop-in session 11:00am-1:00pm <b>The Ringcross Community Foodbank</b> 12pm to 4pm <b>Mildmay Centre N16 8NA</b> Winter Warmer meal Food served 12:30-1:30pm	<b>Hillside Clubhouse</b> 30 North Road, N7 9GJ Hearty Thursdays 12:30 - 3pm Giving out free meals, hand-cooked by their members for the community. Halal, Kosher & vegetarian options	<b>Andover Surplus Food project</b> Andover Community Centre, N7 7RY, 1:30pm Residents of Finsbury Park Ward. Free - choose 5 items 020 7272 3493 andover.cc@islington.gov.uk

Updated: 06/04/23



From another part you could see the arch of Wembley Stadium in the distance, but as it was such bad weather, this was very faint, and quite hard to distinguish. We pulled some chairs together to sit at a table, and had a chat and some cake. Your allotted time is for an hour, but nobody seemed to mind as we were there for way over the hour, but this might be by how busy it is.

The Walkie Talkie on a sunny day.  
What could have been!

It was a shame that it wasn't a better day weather wise, as the 'Thames' is a lovely place on a sunny day. But it is a very fast flowing river and very cold and quite dangerous, so people using it need to treat it with respect!



Looking out of the windows, the other way from London Bridge, you could see Tower Bridge, probably the most impressive one we have on the Thames.

Built in 1894 out of necessity, because London Bridge could not cope with the amount of traffic trying to cross it. Is is Neo-Gothic in style at the request of Queen Victoria, so as not to look out of place with the Tower of London, so it looks older than it is.



Tower Bridge with the Walkie Talkie building behind.

In 1967, an American entrepreneur bought a dismantled version of 'London Bridge' after bidding 1.02 million pounds, it was rumoured that he thought he had bought 'Tower Bridge', but this is a myth and was vehemently denied by all parties involved in the sale. Tower Bridge allows large vessels to dock by HMS Belfast, by raising its drawbridge, to let them through from the sea.

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/)

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.

COOPERATION TOWN STARTER PACK

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/>

# ISLINGTON 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](http://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](mailto:info@islingtonlaw.org.uk)

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

The design of the building allows a panoramic view of London, as the building is mainly made of glass, also the ceiling. This probably also acts as a greenhouse effect for the plants.

We couldn't go outside onto the balcony because of the inclement weather. Again, this also in some spoiled the views. Another problem was people hanging around in front of the windows which again restricted viewing.



St. Pauls Cathedral and the 'Wobly' Bridge

You could see St. Paul's Cathedral, which funny enough looked rather small, whereas close up its a rather imposing building. Going across the Thames from St. Paul's is the Millennium Bridge which, when was originally built and open to the public, became known as the 'wobbly bridge'.

This bridge was only opened to the public for about a week, but was then closed so it could be stabilised. I walked across the bridge when it was 'wobbly', as this was when I was doing jury service at The Central Criminal Court of England and Wales ('The Old Bailey'). Again, from one of the courts at the top of 'The Old Bailey', you can see the dome of the top of St. Paul's which is close to it. This is how I compared size!



## TRIP TO SKY GARDEN AT THE WALKIE TALKIE BUILDING

The weather was terrible just after we met at the Hillside Clubhouse. We had a torrential downpour! So we delayed when we set off, and knew we would not get there by our allotted time spot. We went by tube train from Caledonian Road Station.

Tickets for The Sky Garden need to be booked in advance, but are free (<https://tinyurl.com/3v8nmd96>) so this is good for a meeting place, as we found out, by the number of people there.

You take a lift to the top of the building, which seems very fast and smooth, where there are restaurants and eating places. As it's a Sky Garden, they have added lots of massive fern type plants, so it's very green. It would have been nice if there were some more colourful plants too.



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KEVIN PEARCE

### 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](mailto:info@ipradvice.org.uk)

Website: [www.ipradvice.org.uk](http://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 of 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

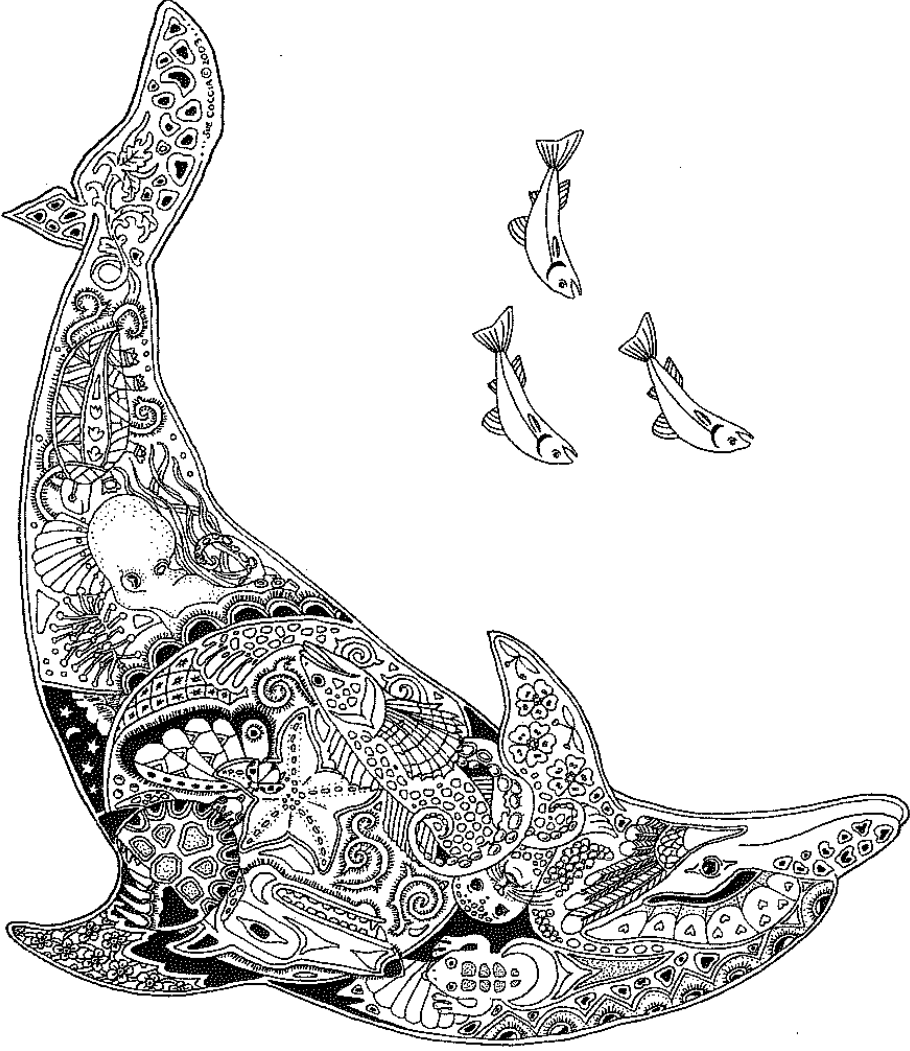
Tel: 0203 301 9863

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



joy, playfulness, harmony

## DOLPHIN





## 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 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.

## DO YOU 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:**

**Mon, Tue, Wed:** Tel: 07526 692507

Email: [satoko.fujishiro@islingtonmind.org.uk](mailto:satoko.fujishiro@islingtonmind.org.uk)

**Wed, Thu, Fri:**

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

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

**To refer yourself to the service:**

Email: [HandinHand@islingtonmind.org.uk](mailto: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>

- 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: [najuma@manorgardenscentre.org](mailto:najuma@manorgardenscentre.org)

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



## 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.