

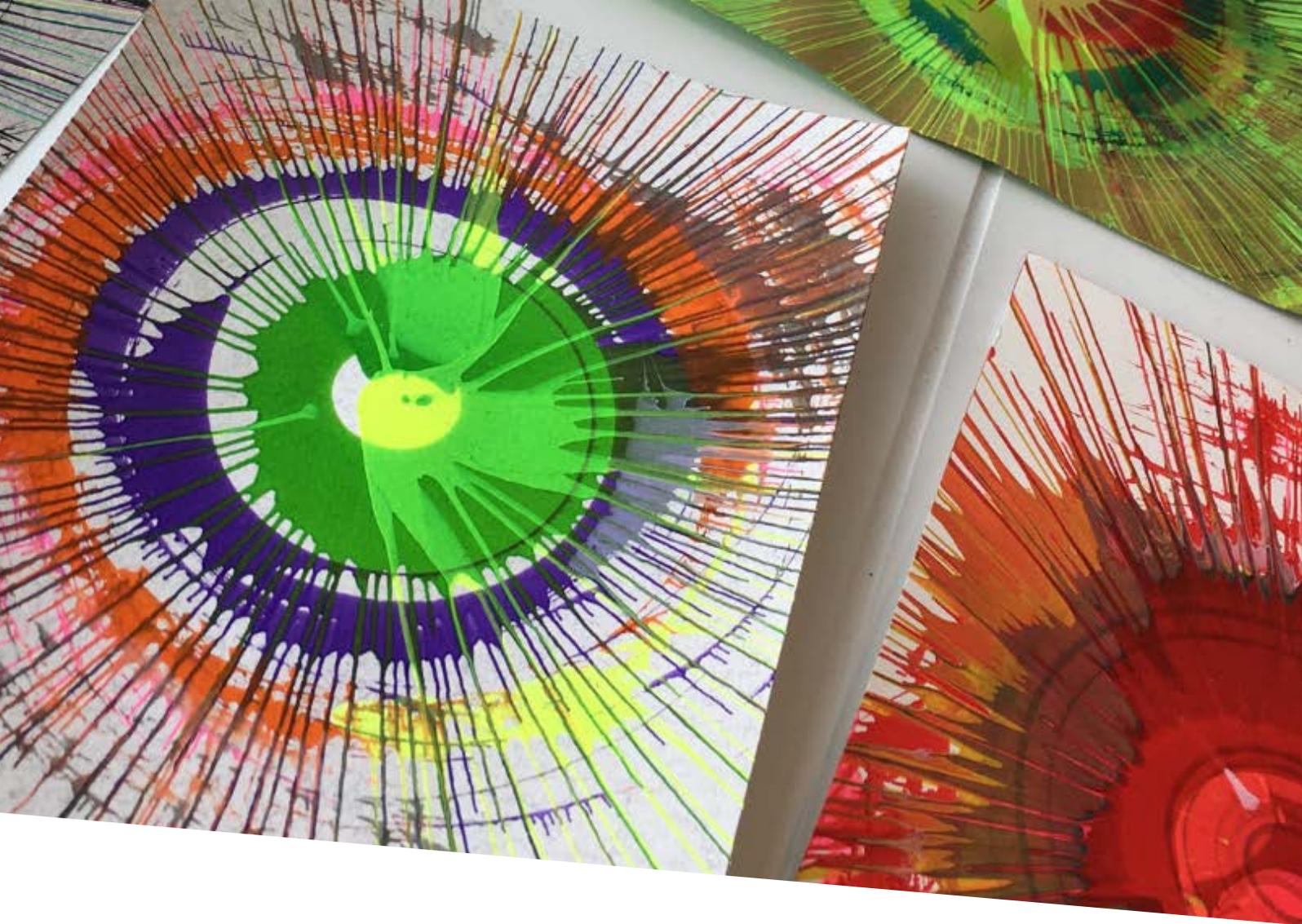
# HILLSIDE CLUBHOUSE

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**JULY 2023  
EDITION**





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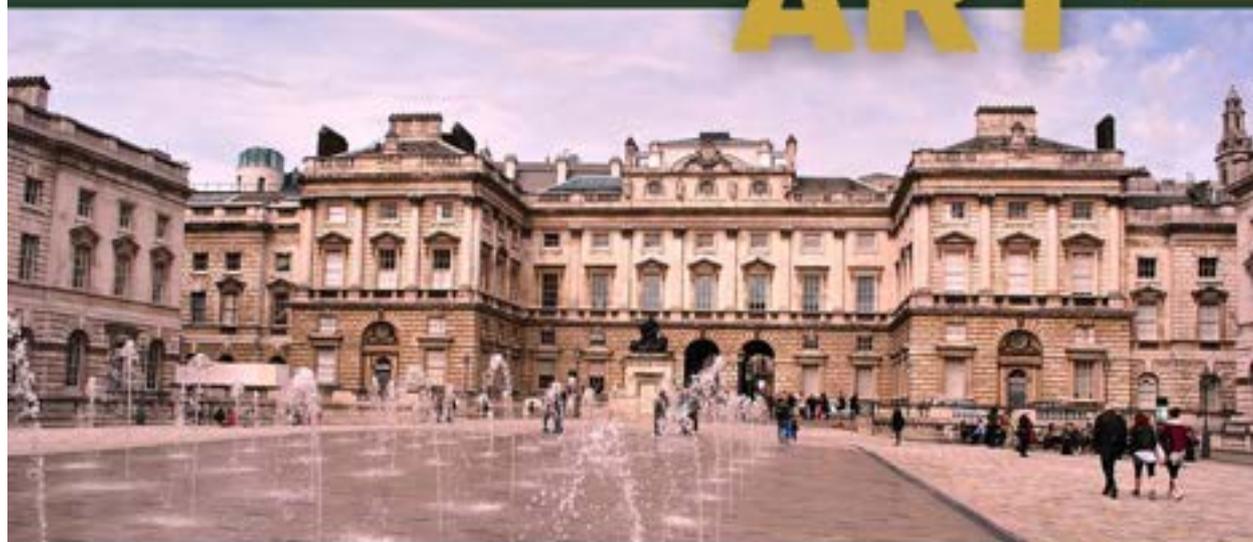
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## Hillside Clubhouse

Join Kevin on a trip to the world famous Courtauld gallery and admire inspiring works of art by famous world renowned artists!

# ART



# EXHIBITION

Friday 14th July,  
2023

Meet at Clubhouse  
1pm

Somerset House,  
Strand, London

The Courtauld is home to one of the world's greatest art collections located in the magnificent historical setting of Somerset House in Central London.

# GO-TO EVENTS - JULY

**EVERY DAY**  
08:30AM - 8PM

Visit the arboretum and Victorian cemetery to shade from the sun and get close to nature. Get tickets and find out more at <https://tinyurl.com/3m6866a9>

## ABNEY PARK CEMETERY

**EVERY DAY**  
08:30AM - 8PM

A little-known part of Hampstead Heath with great views of London. Find out more at <https://tinyurl.com/mtp72y3s>

## HAMPSTEAD HEATH HILL GARDEN AND PERGOLA

Enjoy a sunny wednesday afternoon on the college green at Westminster Abbey listening to great brass bands! No tickets or bookings are needed for these events. Find timings and details at <https://tinyurl.com/t9cd3wtm>

## BRASS ON THE GRASS: LUNCHTIME CONCERTS AT WESTMINSTER ABBEY

**WED 19TH**  
**JULY -**  
**9TH AUG**

**9TH**  
**JULY**  
**1PM -**  
**3.30PM**

Meet and mingle with other knitters. All abilities are welcome. Just turn up with your needles and yarn. Occurs every second Sunday. Yarn and kit on sale if you need supplies. Find out more at <https://tinyurl.com/yck5mwds>

## KNIT AND NATTER GROUP

This offers hands-on activities. Drum to improve your health, predict the next eruption of a volcano and drive a replica Mars rover! Find out more at <https://tinyurl.com/jwzu9s5m>

**10AM-**  
**6PM**  
**5TH-9TH**  
**JULY**

## SUMMER SCIENCE EXHIBITION 2023

## MUSEUM OF THE MONTH

### NATIONAL PORTRAIT GALLERY

Visit the revamped gallery to see some famous faces. Tickets are free, just choose the £0 donations option. Get tickets and find out more at <https://tinyurl.com/3m6866a9> St Martin's Place London, WC2H 0HE

**OPEN DAILY**  
**10:30AM- 6PM**  
**FRI&SAT - OPEN**  
**UNTIL 9PM**

# Hearty Thursdays at Hillside

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.



# WEEKLY SCHEDULE

## DAILY

**10:00-12:30**

Admin & Reception  
Kitchen

**13:30-16:00**

Admin & Reception  
Kitchen

## MONDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative  
Group

## TUESDAY

**10:00-12:30**

Social  
Events

**13:30-16:00**

Social Media  
Gazette

## WEDNESDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Gardening  
Group

## THURSDAY

**10:00-12:30**

Job  
Search

**13:30-16:00**

Open for Support  
Sessions

## FRIDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative Group  
Gazette

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

## 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](http://islingtonmind.org.uk)

Registered charity no. 294535

# STUART LOW TRUST REVIEW

Stuart Low was a young man who sadly took his own life in 1997, after failing to find the help he needed to cope with schizophrenia. His death prompted local people to form The Stuart Low Trust. Their aim was to create social therapeutic activities for vulnerable, local people.

Most of the activities take place in the evenings or at weekends, when people may be at their lowest ebb and many services are closed.



The SLT aims to ensure that local people, especially those experiencing social isolation or mental distress, have access to the support they need for better health and wellbeing.

The SLT is inclusive, welcoming and friendly, promoting a culture of volunteering, working with local partners, being effective and efficient, offering encouragement, support and opportunity. The SLT provides safe spaces and community activities focusing on wellbeing, arts and nature.

## Wellbeing Programme

An example of the WP is the Friday evening event. This runs 52 weeks a year and provides an opportunity to socialise with nutritious refreshments and a different presentation or performance each week. For example, a busker, a comic or someone giving a talk on benefits.

One participant said, “I arrived tentative, but on leaving I felt refreshed, hopeful, rejuvenated, deeply grateful and thankful”



## Arts Programme

The Arts Programme includes painting, visits to art galleries and a poetry corner, where people can read out their favourite poems and listen to others reading theirs.

A service user said that “It’s such a wonderful atmosphere, so conducive to creativity”.

## Nature Programme

As part of the nature programme, SLT has its own garden plot in Culpepper Gardens, near the Angel, where they can express themselves and experience nature at first hand.



In 2018, SLT produced a report about how effective they are at supporting people:

- 86% believe that SLT has helped them to become or feel healthy.
- 86% believe that SLT has helped them to experience greater wellbeing.
- 85% believe that SLT has helped them to meet people in an enjoyable way.
- 83% believe that SLT has helped them to look forward to enjoying things.
- 83% believe that SLT has helped them to feel less isolated.

One user said of SLT's activities in general "It is the only place I have looked forward to going to in my life. I have a definite skip in my step on the way there".

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**JAKE ARNOLD**

Here are some of many of SLT's external achievements:

- London Health Commission Award for mental well-being in 2010
- One of three featured charities in the Cripplegate foundation's 'Unlocking the Potential: Volunteers in Islington' report in 2010
- Queen's Award for voluntary service in 2015
- SLT volunteers recognised at the voluntary action Islington awards in 2016
- Healthy London workplace charter in 2017
- Team London Award 2018
- The British Medical Journal chose the trust as its small charity for 2014 and has then repeated it every year.

## **The Stuart Low Trust**



*Bringing people together for better health and wellbeing*

ADDRESS: 24-27 WHITE LION STREET, ISLINGTON,

LONDON, N1 9PD

TELEPHONE NUMBER: 020 7713 9304

# The Stuart Low Trust

Bringing people together for better health and wellbeing

20<sup>th</sup>  
Anniversary

## Gentle Exercise (Zoom) Tuesdays

Brand new exercises designed to improve core strength. With Peter.

## Art workshop (F2F)

**Tuesday 4th & 18th July**

Join our friendly community art workshops. Get creative and relax with like-minded people. Explore the gallery's internationally acclaimed exhibitions and collections and be inspired to create your own artwork.

## Men's Club (F2F)

**Thursdays**

Keep Fit and coffee social for the 50+.

## St Mary's Secret Garden and seed sewing workshop (F2F)

**Thursday 6th July**

Explore the herbaceous borders, wild flower meadows, herb garden and woodland in this beautiful community garden. Followed by a hands on workshop learning how to sew seeds.

## Philosophy Forum (F2F)

**Sunday 9th July**

Take part in philosophical discussions exploring topics of interest.

## 'Bruin's Ruin (F2F)

**Friday 14th July**

Traditional and contemporary folk songs and tunes, and music hall songs, accompanied by guitar, mandolin and whistle.

## Chi Kung (F2F)

**Saturday 15th July**

Gentle, rhythmic movements to soften. With Belinda

## Poetry and Creative Writing Course (F2F)

**Tuesday 18th & 25th July**

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. *(Eligibility criteria applies).*

## The History of Arsenal: Walking tour (F2F)

**Wednesday 19th July**

Discover the forgotten history of the area, on a guided tour through nature from Highbury to Arsenal. Followed by a visit to Emirates Stadium and Museum.

## Mindful Stretching and Acupressure points (Zoom)

**Saturday 22nd July**

Explore exercises to improve anxiety and wellbeing. With Maurizio.

## NEW EVENT: Social Night (F2F)

**Friday 28th July**

Join us for an evening of games and laughter. More opportunities to connect with the community and have fun!

## Let's Dance (F2F)

**Saturday 29th July**

Lift the spirit and have fun with invigorating easy dance moves. With Mark.

# 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

### 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: [healthyminds scp@mindincamden.org.uk](mailto:healthyminds scp@mindincamden.org.uk)

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

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### Somer's 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/)



## Food Support in Islington

### Monday

Margins Project at Union Chapel  
Drop-in session for people facing homelessness  
Hot food takeaway  
11:00am-1:00pm  
19B Compton Terrace  
N1 2UN

The Ringcross Community Foodbank  
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

### Tuesday

St Luke's Food Hub 1:30-3:30pm  
for EC1 residents, by appointment  
0207549 8181 / info@slpt.org.uk / EC1V 8AJ  
Brickworks Community Centre 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)

Elizabeth House  
Pop-up food store, £3  
For residents in: N4 2, N4 3, N5 1, N5 2, N7 7  
Register: 02076901300  
info@elizabeth-house.org.uk

Hilldrop Community Centre N7 0JE  
12:15 - 2pm  
Free hot lunch for residents of N7 and local Hilldrop Estates

Hornsey Lane Community Centre  
Giving out surplus food every Tuesday, 2:30-4:30pm at Hornsey Lane N19 3YJ  
020 7272 5938

### Wednesday

St Luke's Food Hub 1:30-3:30pm  
for EC1 residents, by appointment  
0207549 8181 / info@slpt.org.uk / EC1V 8AJ  
Brickworks Community Centre 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)

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

Manor Gardens Centre  
9 Manor Gardens, N7 6LA  
10:45am-12pm  
Food co-op. Take what you need for £3

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

Margins Project, Union Chapel  
Drop-in session  
11:00am-1:00pm

The Ringcross Community Foodbank  
12pm to 4pm

Mildmay Centre N16 8NA  
Winter Warmer meal  
Food served 12:30-1:30pm

### Thursday

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

Mildmay Community Centre  
Woodville road N16 8NA  
Community Cook-up  
Free shared meal (donations welcome)  
Cooking activity:  
9.30am - 12.30pm  
Food served:  
12.30pm - 1.30pm

Hillside Clubhouse  
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

### Friday

Mildmay Community Centre.  
N16 8NA  
Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: mildmaycp@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

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

The Ringcross Community Foodbank  
12pm to 4pm

Andover Surplus Food project  
Andover Community Centre, N7 7RY. 1:30pm  
Residents of Finsbury Park Ward. Free - choose 5 items  
020 7272 3493  
andoverccc@islington.gov.uk

### Weekends

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

FoodCycle Finsbury Park  
Free 3 course vegetarian meal  
Saturdays 1pm onwards  
Community Hub, Corker Walk, N7 7RY  
No need to book!



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) // 079886042458

Hornsey Lane community centre, N19 3YJ:

**Lunch Club for people over 50** Mon-Fri

Open from 12-3pm with lunch served around 1pm. Cost £3

St Luke's Community Centre, EC1V 8AJ:

**Over 55s Lunch Club** for Islington residents

offering low cost freshly cooked lunches on-site 90 Central St, EC1V 8AJ. Monday to Friday 12-2pm.

Healthy Start Vouchers

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

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

Complete application online:

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

HEALTHY  
START



Join or start a food co-op!

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

Find your nearest food co-op by contacting co-operation town here:

<https://cooperation.town/contact/>

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

# 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 Devonia 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)

### 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.

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**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)



# 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:** Tel: 07738 2360

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>

# 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.

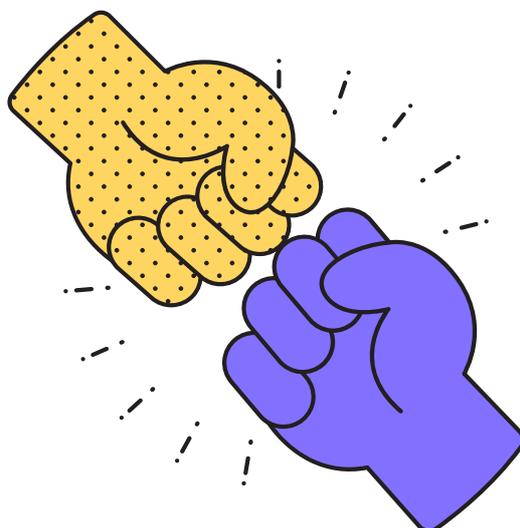
To register your interest, simply add your details and any questions to <https://tinyurl.com/peerbud> and we will give you a call.

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

Tel: 07738 236 041

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

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



# MINDFUL COLOURING

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

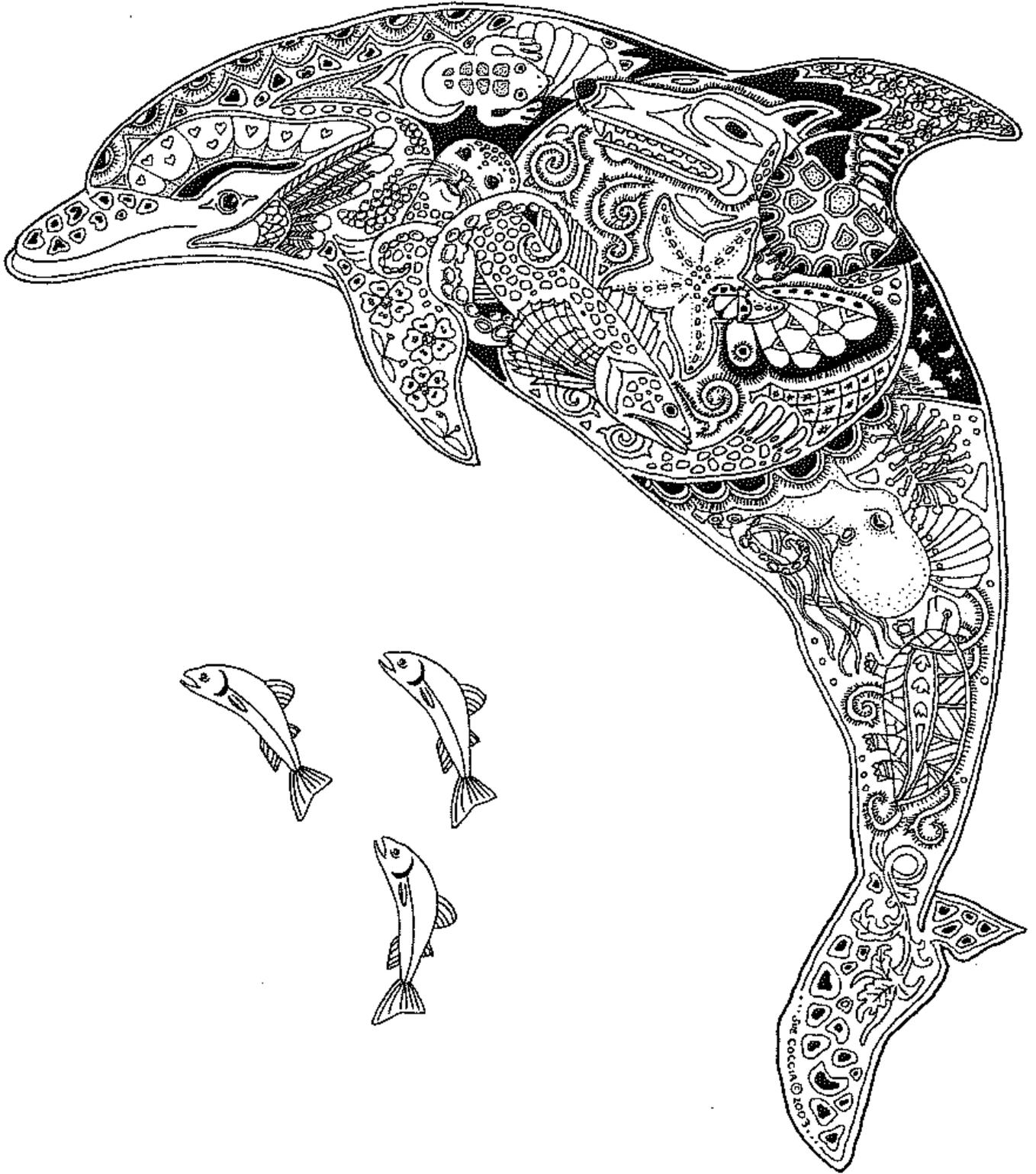
Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state of mind as meditating, through reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long and stressful day.

Multiple studies have shown that colouring can reduce depression - the simple act of colouring a picture can be quite beneficial. One 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.



**DOLPHIN**

joy, playfulness, harmony

# HILLSIDE AT PRIDE



**Hillside Clubhouse members marching in the 2023 London Pride Parade**

Saturday 1st of July saw huge crowds turned out for Pride in London with over 30,000 people taking part in a colourful parade through the capital. A very special day for Hillside Clubhouse as this was our very first Pride event, where we promoted our mental health charity and our support of the LGBT+ community.



**Johnathan parading with a Hillside placard!**

**KEVAN TOMLIN**

For several months we've been planning how we want to present ourselves at this event, attending meetings with the London Pride organisers, through to designing our very own 3 metre banner, T-shirts and placards. The run up to Pride Month has been a busy time in the creative workshops we run on Monday and Friday afternoons.



Our Pride banner and placards were carefully created and embellished by our members creative art group.

On Friday the 30th June (the day before the march) we hosted a full-day creative workshop where members and staff joining the parade, were able to customize their very own Hillside Pride T-Shirts.

**This year's "Hillside Rainbow" instillation was created by our members in our Friday knitting group, which is currently displayed in the centre.**



**Anna and Neisha showing off their customised T-shirts and pom-pom necklaces**

**KEVAN TOMLIN**

The 2023 theme was 'Never March Alone' in support of trans and non-binary allyship through 600 LGBT+ groups which attended the parade. 2023 also marks 51 years since the first march for LGBT+ rights in the capital back in 1972.



**Hillside members proudly displaying the 'Never March Alone' banner.**

This year, the parade began at midday and ran from Hyde Park Corner, through Piccadilly Circus, down Haymarket and along Pall Mall to Trafalgar Square, culminating at Whitehall Place.

Our day was absolutely wonderful. Staff, members and friends who wanted to march met at Clubhouse, then travelled to Mayfair where we met up with other colleagues and friends who had travelled from other parts of London. The Pride March experience was full of fun and joy, supported by the thousands of people who lined the streets cheering and waving as we walked along the parade route.



**Kevan and Sam waving the LGBT+ flag and enjoying the Pride celebrations!**

Such a fantastic day was had by all... let's hope this is the first of many more public events where we can promote Hillside and our pride in supporting our members inclusively

One Team, One Community, One Love.

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**KEVAN TOMLIN**

# THE PUNK ROCK POGO

Crass came to mind after I heard their music and liked it by getting into the scene (anarcho-punk). I also came across the commercial side called punk rock.



From when I was born to when the scene came out in Britain with bands like *The Sex Pistols*, *The Damned* and *The Clash*, particularly the 80s revival of the side of the scene with bands like *The Exploited*, *Discharge*, *Chaotic Discord* and *The Partisans* that I chose to listen to. They were still pogoing (the dance up and down) that sprung out from *The Sex Pistol* days.

The outfits included trousers with lots of zips on them, t-shirts of the bands, leather jackets with studs, painted colour band names and lots of badges to wear because they were so into it.

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**DANIEL MACLENNAN**



The music itself was rhymed fast and went together with extremely fast drums and vocals, often concentrating on vulgar subjects or to protest against injustice. Other bands from this era are Abrasive Wheels, The Straps, Bow Wow Wow and Theatre of Hate. There was a film made about *The Sex Pistols* called *The Great Rock and Roll Swindle*.

The Anarchos didn't sell out to the state because they were serious about obtaining utopia. Crass records sold bands' singles that came out of their label for next to nothing. Many anarcho bands played community centres and they were very cheap to get into. This punk scene spread across the nation like wildfire adopting outfit music lingo and many other branches of life-style.

On the commercial side, at the same time as The Sex Pistols, some names that came on the scene were: *The Exploited*, *Discharge*, *Vice Squad* and *Killing Joke*. They also had branches of life-style.

# 999 AND MENACE LIVE



Another great night at The 100 Club. First on was *The Bottlekids*, a rock and roll band from the 50s and early 60s. They went down really well with the crowd.



**Noel Martin, the *Menace* Front Man.**

Second on was the 1976 punk band *Menace* who played a brilliant set, with songs like *Screwed Up*, *I Need Nothing*, *GLC* and *Last Years Youth*. There was even a stage invasion for the last two songs. I've been a fan and a roadie for *Menace* since 1978, and friends with the guitarist, Steve Tannett, who's no longer with the band since 1971.



This is the first time I've seen 999 live, but I've been a fan since 1977. The band have put out hit after hit, with tracks like *Nasty! Nasty!*, *Emergency*, *Homicide*, *No Pity* and *Feelin' Alright with The Crew*, to mention only a few. I also had a photo or two with Nick Cash, who does vocals and guitar for 999 - a lovely bloke. A great night had it all.

**Above: Nick Cash onstage with 999. Below: Me with Nick Cash**

Noel Martin and Steve Tannett from Menace produced our first single "My Friends" and "John Wayne", a double a-side, and Noel also managed us and got us our first deal with Fresh Records.



**ANDREW 'RIFF' SOCRATOUS**

# THE BOYS AT THE 100 CLUB

What a gig! *The Vulz* were on when I first got there, they sounded just like *The Jam*. Then came *The Boys*!



**The front and back cover of our second single, *Hawaii Five O*, produced by Matt Dangerfield.**

I met Matt Dangerfield, the guitarist of *The Boys*, in 1980, when I approached him to produce our second single, *Hawaii Five O*, at *The Music Machine*, which he produced for a case of lager. The recording company *fresh* were shocked, as they thought it would cost a lot money to get him to produce for us.



**Me and Matt Dangerfield**

**ANDREW 'RIFF' SOCRATOUS**

I had a photo taken with Matt, a lovely talented bloke, as is John Plain, who wasn't there on the night, although his son was. The Boys were brilliant on the night, playing all my favourite tracks: *First time Out* (1977), *Sick on You* (1977), *I Don't Care* (1977) and their chart single, *Brickfield Care* (1978).

The Boys first formed in 1976 and their first gig was at The Hope & Anchor in Islington on the 15th October 1976. They're also known as The Yobs, Boys spelt backwards. Their first album, self-titled *The Boys*, was released in 1977 and their second album, titled *Alternative Chartbusters*, came out in 1978. To promote it, they toured with The Ramones in 1979.

I've been told I am also in their new video, which is an honour because they're such a great band. They finished with *Living in the City* and *Sick on You*. Another great gig. If you get a chance to see The Boys, you definitely won't be disappointed.



**Matt on stage, binging the house down.**

# MY FITNESS REGIME

I enjoy going regularly to the gym and wanted to talk about what I do there and share some of my tips with you. I find the gym is really good for my mental health.



## Why is going to the gym good for you?

Going to the gym keeps me fit. I've read that exercise releases endorphins which makes me feel good and are good for my mental health. Going to the gym also helps me get me out of the house, to have a routine and structure. It helps my mental as well as physical health. It helps to reduce my stress and anxiety too.

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**DANNY MAKEPEACE**

## What does my average week look like?

I go to the gym four times a week, doing two days where I go to the gym followed by one day off. An average week would be going on Monday and Tuesday at 8.30am and then again on Thursday and Friday at 8:30am.



**Monday:** A light full body workout with super sets of light weights and some cardio.

**Tuesday:** Chest and triceps with Heavy weights. I do a heavy workout which would be for one or two body parts.

**Wednesday:** Day off

**Thursday:** Light body work out with supersets - lots of repetitions with lighter weights. When I do my shoulders routine, I do dumbbell lateral raises, shoulder press, cable front raises and shoulder shrugs.

**Friday:** Legs. Machines, walking lunges and smith machine - sometimes I do an all-body workout instead.

**Saturday & Sunday:** Day off.

### What do I do at the gym?

When I go to the gym I enjoy doing free weights, especially:

- Dumbbells curls
- Flys
- Presses with dumbbells
- Bench press
- Shoulder shrugs
- Hammer curls with dumbbells
- Lunges
- squats

I also enjoy using these machines most:

- Chest press machine
- Leg press machine
- Leg extension



### What made me to go to the gym?

I started going to the gym when I was twenty-seven. My GP suggested it as a way to get healthy and to help my damaged back. I have been going on and off for many years. I enjoyed going to the gym straight away and would recommend it to keep healthy and release endorphins.

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**DANNY MAKEPEACE**

### Good ways to start - My top tips

- Have a gym induction. This will look at your fitness levels, any injuries, show you how to use the equipment and give you a personalised programme. It also makes sure you don't hurt yourself or pull muscles and you get the best out of your workout. It is safer.
- Find a friend to go with you. You can motivate each other.
- Start slowly and be realistic, otherwise you are more likely to hurt yourself



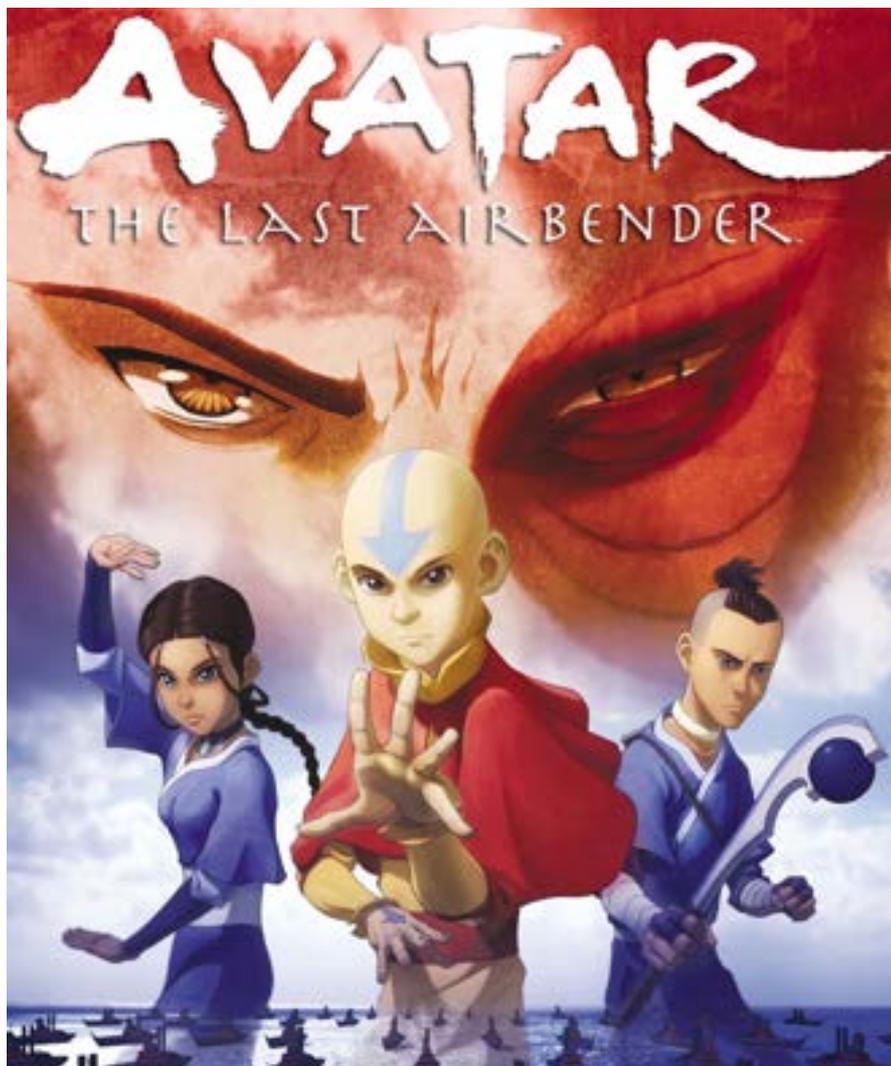
### Diet and supplements

I try to eat a lot of protein and vegetables, mainly chicken and fish. I do not really eat a lot of red meat or pork. I include a lot of fruit in my diet. This consists of my favourite fruits like grapes, bananas and oranges.

I take a protein shake before and after working out, alongside amino acids and creatine. I only take these supplements when I am working out.

# REVIEW PART 1 - AVATAR: THE LAST AIRBENDER

This is an animated series that will appeal to people of all ages. It is one of my favourites and many layers that will keep you coming back for more. You will find more each time you watch. There are many themes that are covered in this series, such as Genocide, Death, Love and Redemption - all this and more in a cartoon series made for children.



It tells is the story of a young boy named Aang, the last airbender, who ran away from his responsibilities and in doing so set in motion events that will reverberate throughout this series.

Fire Lord Sozin, the ruler of the Fire Nation, launched an Genocidal attack against the Air Nomads, knowing that the next Avatar will be a Air Nomad. With the help of a comet that enhanced their fire wielding abilities, he launched a war that has lasted 100 years.

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**PHILLIP JOHNSON**

Here, I've given a small overview of the episodes, so you can get a general sense of what to expect.

### The Boy in the Iceberg / The Avatar Returns

We travel to the South Pole to meet two young characters Sokko, elder brother to Katara, a young Water Bender who on a hunting trip accidentally frees Aang from his ice prison. The Avatar has returned. Now we meet Prince Zuko, a banished prince searching for the Avatar to regain his honour, with his esteemed Uncle Iroh, former General of the Fire Nation Armies. The Avatar has returned.



### Southern Air Temple

We meet Momo the flying Lemur for the first time, we also meet Commander Zhao, the main villain of this Book. In the temple they see statues of his Aang's past selves and one in particular Avatar Roku. Now he must deal with the loss of his best friend.



### **The Warriors of Kyoshi**

The gang travel to the island called Kyoshi, named after one of Aang previous lives - Kyoshi, an Earth Bender. Here we also meet Suki, a Kyoshi warrior. Don't get carried away with fame.

### **The King of Omashu**

Travelling to the earth kingdom of Omashu we meet another one of his oldest friends from his past Bumi, who is now the King who gives Aang some important and valuable lessons. To think outside the box.

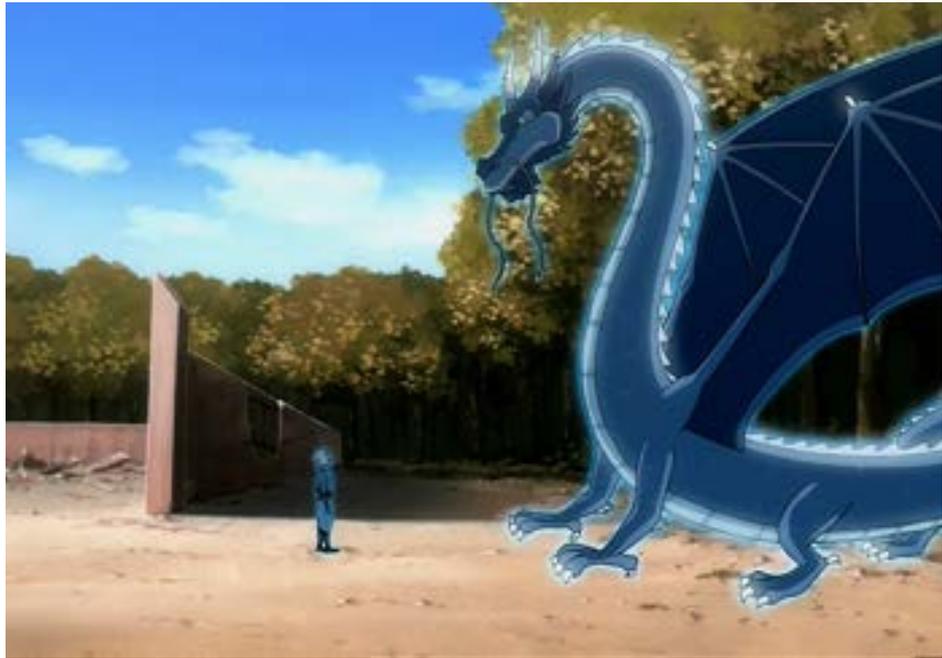


### **Imprisoned**

Katara helps a group of earth benders trapped on a floating prison escape their captors. Deals with what it's like being trapped in your own mind.

## Winter Solstice: The Spirit World pt1

Flying towards the north pole. They spot an area of woodland heavily burnt like a wound. They land and are greeted by silence. A stranger approaches asking if the Avatar can help against an angry forest spirit called Hei Bai.



That night at the village Aang comes face to face with Hei Bai and loses. But during the fight, Aang somehow enters the spirit world and cries out to Roku for help. But what comes is Roku's animal guide Fang to show Aang what is coming and where to go to talk to him. But to talk to Roku he must travel to his temple, the only problem is the temple is on Crescent Island, but that's in the Fire Nation.



### Winter Solstice pt2: Avatar Roku

Travelling in haste they head to the temple. But the Temple Fire Sages refuse to let him in. Escaping after a brief ugly fight, they rush towards the temple, only to find the doors closed.



After a few mishaps, they get the doors open and Aang finally gets to talk to Roku. Roku warns him that Sozin's comet is coming back and that Ozai, the current Firelord, will use it to finish what was started.



TO BE CONTINUED...

PHILLIP JOHNSON

# SODUKU

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



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

# YABA'S 20 MINUTE JOLLOF RICE

## INGREDIENTS

(for 2)

- 2 cups of Tilda Rice.
- 2 Shallots.
- 1 Brown Onion.
- 1 Red Onion.
- 2 Slices of Butter.
- Salt to taste.
- 2 Fresh Tomato.
- 1 Tin Tomato.
- Tbs Tomato Puree.
- 1 Scotch Bonnet Pepper.
- Vegetable Oil.



**METHOD**

1. Dice your shallots, brown onion, red onion. Simmer in vegetable oil.
2. Add your salt. A sprinkle.
3. Whisk your tin tomato and scotch bonnet pepper. Pour into your onions.
4. Leave to simmer.
5. Add the butter, fresh tomato and tomato puree. Leave to simmer.
6. Now add your plain rice. One cup of water to one cup of rice.
7. When it starts to bubble lower the cooker. Leave the lid on.
8. Keep watching your food. Taste to see if it has cooked.
9. Serve with vegetables, fish, chicken or lamb.

This is your Jollof, if you work full time, look after children, and clean all day.



# SODUKU ANSWERS

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



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