

HILLSIDE CLUBHOUSE



**OCTOBER
2022 EDITION**





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Members

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SECTIONS



DAY	MORNING	AFTERNOON
EVERY DAY	KITCHEN & KIOSK ADMIN & RECEPTION	KITCHEN & KIOSK ADMIN & RECEPTION
M	WEEKLY NEWSLETTER	CREATIVE GROUP GAZETTE
T	SOCIAL EVENTS	WEBSITE & SOCIAL MEDIA
W	OPEN FOR SUPPORT SESSIONS	GARDENING GROUP
T	FUNDRAISING & PROMOTION	JOB SEARCH
F	WEBSITE & SOCIAL MEDIA	CREATIVE GROUP GAZETTE

MORNING:
10-12:30

AFTERNOON:
1:30-4

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





HILLSIDE
CATERING

Great Food
**WITH A SOCIAL
CONSCIENCE.**



SANDWICHES



SALADS



SWEET TREATS



BREAKFAST



EXTRAS

ABOUT US

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

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

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

CONTACT US

Email: enquiries@hillsideclubhouse.org.uk

Telephone: 020 7700 6408

Together we Grow Gardening Group

Our twice monthly gardening group in partnership
with the "Friends of Caledonian Park"

Monthly Schedule

**GARDENING
DATES:**

All sessions start 1:30-4pm

SEPTEMBER	Wednesday 21st
OCTOBER	Wednesday 5th Wednesday 19th
NOVEMBER	Wednesday 2nd Wednesday 16th Wednesday 30th
DECEMBER	Wednesday 14th

**Please wear appropriate gardening clothing ~ durable
footwear/waterproofed outerwear if raining / warm clothing.**

Gardening and enjoying time outdoors is proven to aid mental health by helping reduce depression and anxiety. Gardening also benefits physical health by reducing stress and can help aid high blood pressure.

Join us in the Avenue at the Clocktower – Members meet at Hillside for each session at 1.30pm to walk over to the clocktower cafe to be briefed by the clocktower gardening team for each session's activities along with a member of Hillside Staff.

All gardening equipment supplied by Friends of Caledonian Park –
Gardening gloves provided by Hillside.

Speak to your support worker about how to get involved.

GO-TO EVENTS - OCTOBER

BLACK HISTORY MONTH SPECIAL

Islington Town Hall host a festival of food, activities and art of all kinds - textiles, literature, and fashion photography focusing on identity.

10-6PM

GO AFRICA ARTS FESTIVAL

4TH-5TH

2 PM

Author Monica Clarke reads from her children's book at Islington Central Library, as well as a drawing workshop inspired by the book.

8TH

APARTHEID & ME STORYTELLING

Jimi Famurewa, a British-Nigerian journalist tells of worship, markets, restaurants and traditional ceremonies, within London.

2 PM

CALLY PARK WINDRUSH PLAY

8TH

1:30 AM

Head down to the Craft Council to learn new skills and work with textiles, making your masterpiece to celebrate of Black History Month.

27TH-29TH

FAMILY CRAFT WORKSHOP

From art to architecture to armour, the Wallace Collection has something for everyone. Come with us on a guided tour of the Museum.

1 PM

WALLACE COLLECTION TRIP

28TH

MUSEUM OF THE MONTH

THE BLACK-ART GALLERY PRESENTS...

The Islington Local History Centre hosts an exhibition showcasing posters created by 'The Black-Art Gallery' between 1984 and 1988.



Working in Partnership
to Build a Better Future

JOB SEARCH SESSIONS

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

**PLAN FOR YOUR FUTURE EVERY
THURSDAY @HILLSIDE
CLUBHOUSE**

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

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
Tel: 0203 301 9850

islingtonmind.org.uk

Registered charity no. 294535

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

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

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

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

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

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

Tgether
We Grow



OTHER SUPPORT SERVICES

Citizens Advice Islington

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

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

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

Website: www.islingtoncab.org

Islington Law Centre

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

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

Tel: 020 7288 7630.

Email: info@islingtonlaw.org.uk

Website: www.islingtonlaw.org.uk

Islington Peoples Rights

Provides free specialist advice, casework and representation in Welfare Benefits and Debt. Appointments take place at the Manor Gardens Centre in Holloway, as well as the St Luke's Community Centre for EC1 residents. They also deliver outreach sessions at Islington venues linked to Mental Health, Drug and Alcohol Services and key BAME groups. Weekly advice sessions, including further areas of law, at St Luke's, with pro-bono input from City Law Firm.

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

Mondays, Tuesdays and Fridays 2:00pm-4:00pm.

Email: info@ipradvice.org.uk

Website: www.ipradvice.org.uk

Income Maximisation (iMAX), Islington Council

Income Maximisation can ensure you are getting the most money from your benefits and will support you to make benefit or tax claims. They can also help you challenge and appeal benefit decisions or advise you on how working can make you better off. They will also look at how much help you may get with childcare costs or help you with your benefits when you start work or have a change 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



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

Wed, Thu, Fri: Tel: 07738 2360

Email: stephen@manorgardenscentre.org.uk

Anytime: Email: Laura@manorgardenscentre.org

To refer yourself to the service:

Email: HandinHand@islingtonmind.org.uk

If you or someone you know might like to volunteer to be a peer buddy the can register their interest here:

<https://tinyurl.com/peerbud>

WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

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

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

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

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

Tel: 07738 236 041

Email: stephen@manorgardenscentre.org

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



WAYWARD BOW

LOVE ADORNS A WAYWARD BOW.

VISIONS BLIND WHILE HEARTS DEVOUR.

SILENT WORDS BETWEEN ANOTHER.

THROUGH THE WAVES, A LOVE UNCOVERED.

STRANGERS LOST BEFORE THE EVE.

THROUGH CROWDS, A STOLEN GLANCE RECEIVED.

TORTURED SOULS AND LONELY VOWS.

UNTIL THE EVENING ON THE BOW.



PEOPLE LIKE ME

People like me

In the darkness you'll find me,

And I'll be crying alone.

My futures behind me, no place to go.

See for people like me, what you don't expect you don't get,

And my expectations are low,

But I'm still the one who can let you go.

Ill at ease and unsure,

Awkward in company,

No social place or real face of my own,

Only one that's stamped on me.

Only by the kindness of others, am I allowed to be,

And then with silent agreement that I never say what I really feel.

But people like me like I said, expectations are low,

But we're still the ones , who can let it all go.

The pretty smiles that tell you lies,

Will find it easy to deceive.

But I could make my own sorrow from misguided belief.

People like me, we'd rather be faithless and still be free.

People like me still choose to hold on to dignity.

You run the race,

I quit the game,

Because people like me, we're still the ones who can let you go,

Let it go, let it all go...

GOODBYE TO THE QUEEN

I just want to say goodbye,
Tears flow in my eye,
I just want to say goodbye,
A warm hello or hi,
I always remember the good things she had done.
Friendly helping hand,
She always smile,
Her life is worthwhile,
She helped the needy,
Away from the greedy,
For her I show my love,
Kisses, hugs and love,
For her I show the way,
The distance is far away,
She is wearing a crown,
Walking all around,
She has an elegant dress,
She works hard and rest,
For the Queen who is nice,
She is honest and hates lies,
She is thoughtful and generous,
She loves pink flower Rose,
Goodbye to the Queen,
Heaven she win,
Goodbye to the Queen,
That's all what I mean,



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.

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.

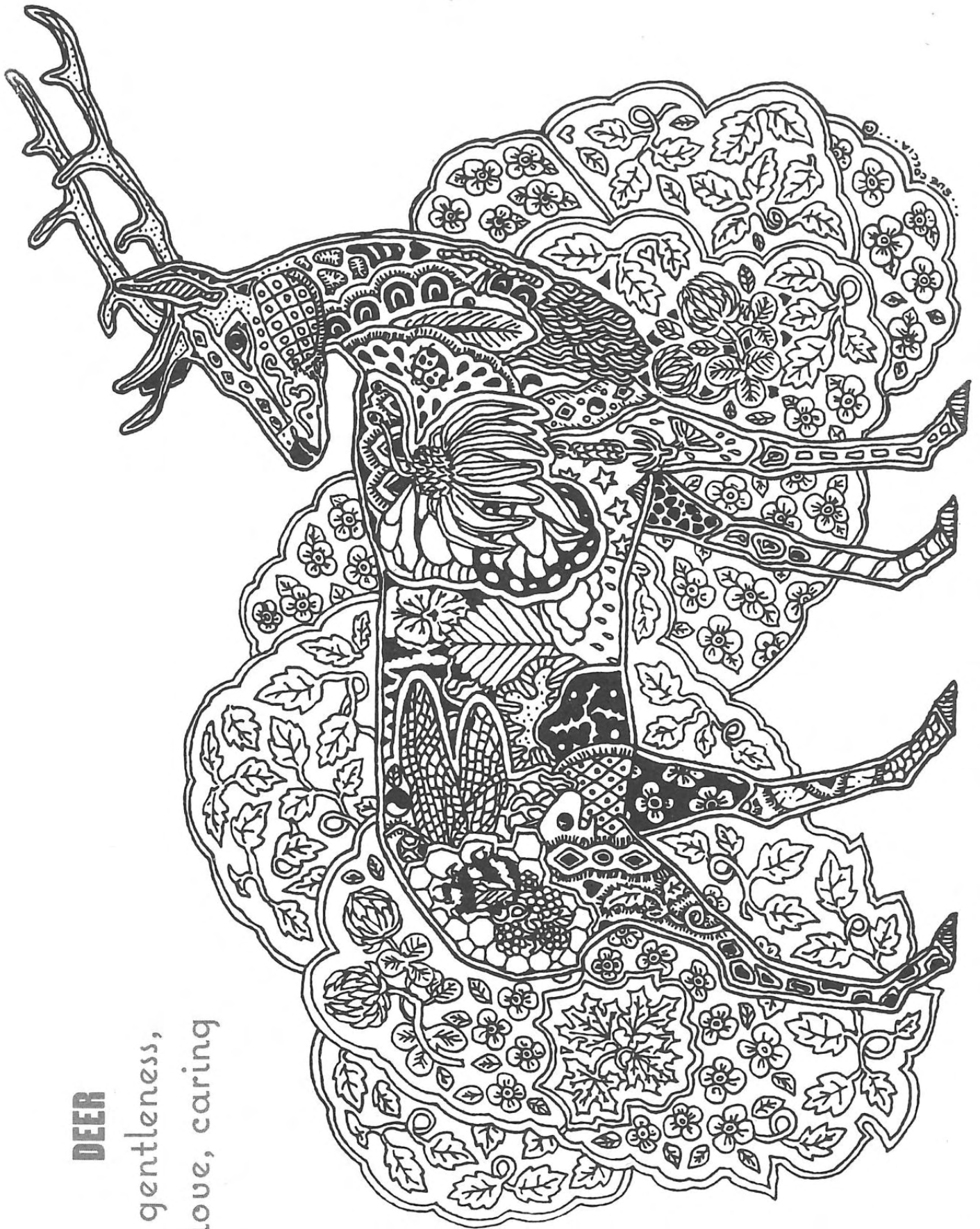
Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state of mind as meditating, through reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long and stressful day.

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.



DEER

gentleness,
love, caring

HALLOWEEN

Halloween is a holiday celebrated on the night of October 31st. The word Halloween is a shortening of All Hallows Evening, also known as Hallowe'en or All Hallows' Eve. Traditional activities include trick-or-treating, bonfires, costume parties, visiting 'haunted houses', and carving jack-o-lanterns. Irish and Scottish immigrants carried versions of the tradition to North America in the nineteenth century. Other western countries embraced the holiday in the late twentieth century including Ireland, the United States, Canada, Puerto Rico and the United Kingdom as well as Australia and New Zealand.

Halloween is one of the oldest holidays still celebrated today. It's one of the most popular holidays, second only to Christmas. While millions of people celebrate Halloween without knowing its origins and myths, the history and facts of Halloween make the holiday more fascinating.

Some people view Halloween as a time for fun, putting on costumes, trick-or-treating, and having themed parties. Others view it as a time of superstitions, ghosts, goblins and evil spirits that should be avoided at all costs. As the Christian debate goes on, celebrating Halloween is a preference that is not always viewed as participating in an evil holiday. Halloween is often celebrated with no reference to pagan rituals or the occult.



Halloween, October 31st, is the last day of the Celtic calendar. It was originally a pagan holiday, honouring the dead. Halloween was referred to as All Hallows Eve and dates back to over 2000 years ago.

All Hallows Eve is the evening before All Saints Day, which was created by Christians to convert pagans, and is celebrated on November 1st. The Catholic church honoured saints on this designated day.

While there are many versions of the origins and old customs of Halloween, some remain consistent by all accounts. Different cultures view Halloween somewhat differently but traditional Halloween practices remain the same. Halloween culture can be traced back to the Druids, a Celtic culture in Ireland, Britain and Northern Europe. Roots lay in the feast of Samhain, which was held annually on October 31st to honour the dead.

Samhain signifies "summers end" or November. Samhain was a harvest festival with huge sacred bonfires, marking the end of the Celtic year and beginning of a new one. Many of the practices involved in this celebration were fed on superstition.

The Celts believed the souls of the dead roamed the streets and villages at night. Since not all spirits were thought to be friendly, gifts and treats were left out to pacify the evil and ensure next year's crops would be plentiful. This custom evolved into trick-or-treating.



HOW TO GROW GARLIC

Plant in Autumn between September and December – Harvest in spring from January to late March.

Prepare your soil well. Mix in lots of good compost long before you want to start planting.

Make sure you have enough space (15cm between each clove – more for elephant). Plant in an area, which will receive maximum sunlight hours. Good drainage is key.

Break the bulbs into cloves, leaving the skin on. Place cloves 3-4cm below ground surface, root down (pointy end up), 15cm apart.

Water your garlic during dry periods throughout the growing season, but stop watering completely during the last few weeks. Carefully remove any weeds as they appear. From February, apply sulphate potash to garlic every 6 weeks to give it all the nutrients it needs to grow successfully.

Garlic will tell you when it's time to harvest. Too early and you will miss the final growth spurt, too late and your bulbs will rot in the ground. When the garlic falls over and the leaves are brown, its harvest time!



Garlic can be successfully grown in pots. Use a fresh standard growing medium.

Typically plant 3 cloves to a 15cm pot, 6 to a 20cm pot and 8-10 to a 25cm pot. Be sure to use pots with at least 15cm depth to allow adequate freedom for the roots. Keep well watered and stand outside on a patio or window ledge, in a good sunny position.

GARLIC TYPES

Elephant Garlic is a perennial plant. It has a tall solid ,flowering stalk and broad , flat leaves. The flavour is milder than garlic and can be eaten raw in salads, roasted or sautéed, but it is generally not a suitable substitute for conventional garlic in cooking.



Hardneck types produce beautiful floral spikes. These can be snapped off almost as soon as they appear to encourage the plants resources back down towards the bulb. Also known as scapes these can be sautéed and enjoyed like a garlicky green bean or asparagus or made into a delicious pesto.

HARDNECKS

Produce a hard flowering spike. Cloves form a central stem. Varieties include:

Lubasha Wight, Kingsland Wight, Caulk Wight. Typically planted in Autumn for harvest end of June-July. Hardnecks are typically hardier when growing and stronger in flavour when growing.



SOFTNECKS

Produce a softer stem with no flowering spike, typically more cloves to a bulb, bunched together in tight circles. Varieties include : Rhapsody Wight, Provence Wight, Picardy Wight, Maddock Wight Mersley Wight and Solent Wight. Typically easier to grow, with good keeping qualities.

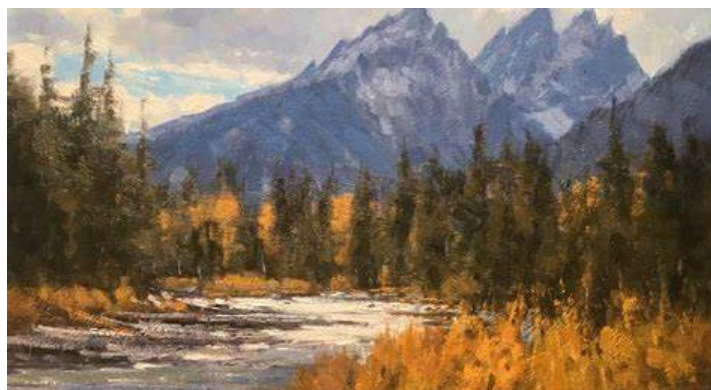


THINGS THAT ARE GOOD FOR MY MENTAL HEALTH

I like listening to magic radio in the evening because it helps me get to bed. It is smooth radio. I listen a few hours and it also lets me know about the news. I close my curtains because I like it pitch black. I don't listen too loudly.



I like to play football on Thursday afternoons after I finish my class. We play seven aside. I play in midfield. Some of us wear red bibs and we play for one hour. I get sweaty and need water, but other than that everything is cool. I got my kit before I started playing.



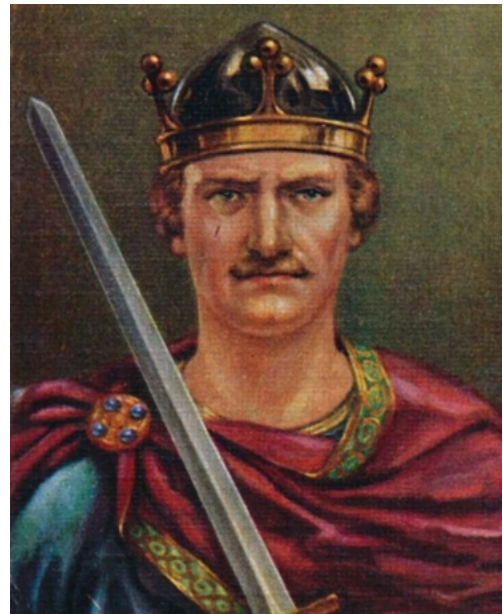
I like art once a week. It gets me relaxed and all my worries go away. I like drawing landscapes. I just learnt how to draw them at Hillside. I like painting. I like the colour blue. I am not that good, but my teacher said I am not too bad. I feel good because it goes to charity.

THE BATTLE OF HASTINGS

At the Battle of Hastings on October 14, 1066, King Harold II of England was defeated by the invading Norman forces of William the Conqueror. By the end of the bloody, all-day battle, Harold was dead and his forces were destroyed. Harold was the last Anglo-Saxon king of England, and the battle changed the course of history and established the French-speaking Normans as the new rulers of England, which in turn brought about a significant cultural, economic and military transformation, and helped to create the modern English language.



King Harold



William the Conqueror



Bayeux Tapestry

The battle of Hastings took place in 1066 because of a disputed succession. For the previous 24 years England had been ruled by Edward the Confessor, who, despite being married, had failed to produce any children to succeed him. It is thought that in the middle of his reign, in the year 1051, the king promised the English succession to his cousin, William, duke of Normandy. Edward had spent half his life in exile in Normandy, and clearly felt a strong debt of gratitude towards its rulers.

This plan went down badly with Edward's English subjects, especially the family of his queen, Edith. She was the daughter of the country's most powerful earl, Godwine, and in the late 1050s her brothers – the Godwinesons – became the dominant force in English politics. During the same period a long-lost relative of Edward, a boy known as Edgar Ætheling, was located in Hungary and brought to England. However his impeccable ancestry counted for nothing: when Edward died on 5 January 1066 it was his brother-in-law, Harold Godwinson, who claimed the throne, insisting that the old king had nominated him in his dying moments.



THE DAY I MET HER MAJESTY

I remember the days leading up to meeting the Queen. I was thinking 'What will the entourage be like on the day'. I don't think I was nervous – I would have been more nervous to meet some of my heroes, such as Geddy Lee from Rush or Youth from Killing Joke – but I was definitely curious.

I was a volunteer at an Old Folk's Home just off Seven Sisters Road and it was International Volunteers Day.

I really liked working there, I didn't do it just so I could meet the Queen. I had a couple of people who I would sit with and befriend, reading the paper, chatting over cups of tea and the like. On the day, my boss had put me on the snack bar. I think it was because I would be more likely to engage in a bit of small talk with her.

To tell you the truth, she was a LOT smaller than I had ever thought she would be, only around 5ft. It wasn't because she was old or hunched over, she was just a lot more petite than you ever would have imagined from seeing her on TV. I think the thing that struck me the most was her demeanour, that of porcelain, very white and pristine. It was before she was using a walking stick. I think she would have been in her 80's, but she seemed okay for it. I guess she must have had the best doctors in the world!



When she came to where I was standing, I asked if she would like some chocolate, which I like to think was the most thoughtful thing anyone said to her that day. She politely refused, I guess because it would have broken protocol. She can't go about accepting chocolate from just about anyone, can she? After that, we had a quick chin-wag and she asked if I was always in charge of the chocolate.

To be honest though, I don't remember too much of the conversation apart from offering her chocolate. I do remember how much it meant to some of the residents, especially the veterans. I will never forget one of the residents who came out to meet her wearing his military suit and his medals. When it came to his turn to chat to her, he blurted out 'I fought in the war for you, luv', which I thought was pretty funny.

My friends still think I'm pulling a fast one, but to this day it really happened.



OCTOBER TRIVIA

Octo is Latin for Eight

October was the eighth month in the original ten-month Roman calendar. After January and February were added in a calendar reform, it became the ten month, but kept its original name.

Long Lives

People born in the northern hemisphere in October tend to live longer than anyone else across the year.

McTober

In October 1974, the very first McDonald's in the UK was opened. The restaurant is still operational today and is found in Woolwich.

The Times, They are a'Changin

October is seen by many to be a time of real seasonal change, both in the northern and southern hemispheres. For those in the north, autumn is really kicking into gear and the nights are getting cooler. It is the time of year that the colour of leaves begins to change into a magnificent array of hues.

October Dates

- Mahatma Ghandi was born on October 2nd 1869.
- The battle of Hastings was fought on October 14th 1066.
- The Peoples' Republic of China was founded on October 1st 1949. Mao Zedong ruled China until his death in 1976.
- Halloween is celebrated on October 31st.
- National Noodle Day is on October 6th.



Oktoberfest

Bavarian beer festival Oktoberfest takes place every year in Munich. The festival usually runs for 16 days from Mid-September until the Sunday of the first weekend in October.

Signs of the month

October has just one birthstone: The opal. The opal was valued by the Romans as the most priceless of all. The opal comes in a myriad of striking colours that often seem to swirl together and is symbol of faithfulness, purity and hope.

Those born in October can be born under one of two very different star signs. If you're born before the October the 23rd, then you're a Libra. Those born after are Scorpios. Libras are said to value harmony and diplomacy and are said to be both intelligent and kind. Scorpios are quite different, valuing trust and honesty above other things, as well as being quite intense and imaginative people.

October has two strikingly different birth flowers: The paste-hued cosmos and the radiant marigold. The cosmos flower is representative of the joy one finds in peace and love. The marigold is said to be a symbol of tranquillity, grace and grief.

FAMOUS BLACK PEOPLE FROM ISLINGTON & CAMDEN TO INSPIRE YOU

October marks Black History Month, and in the Camden and Islington areas, these people have been inspirational in both boroughs.



Nubya Garcia

This Camden-born jazz musician began learning the saxophone at the age of 10, and her first EP, Nubya's 5ive, brought much attention, as well as performing in Jazz festivals worldwide. Her first studio album, Source, earned her a shortlist nomination for the 2021 Mercury Prize. She also has a monthly residency appearance on online radio station, NTS Radio, since 2017.



Ugo Monye

Ugo is a former rugby union player, playing for Harlequins in the wing, centre and fullback positions. He also played internationally for England and the British & Irish Lions. Post playing career, he now chairs the Rugby Football Union's independent advisory group on diversity, and on the media side, he took part on season 19 of Strictly Come Dancing in 2021, which he finished 11th, and he is currently a team captain on Question of Sport.



Naomi Harris

Naomi was born in Islington and has become one of the UK's most celebrated actresses. Best known for her role as Eve Moneypenny in James Bond movies 'Skyfall', 'Spectre' and 'No Time to Die', she has also been nominated for an Oscar for her role in 2016 movie Moonlight. In 2017, she was awarded an OBE by the Queen.



Norwell Roberts

Having gone to school in Camden after moving to the UK when he was 2, Norwell was the first ever black person to become a met police officer. He made it to the rank of detective sergeant before retiring in 1997, but writes in his book about how he was treated by fellow officers, including cups of tea being thrown at him, being ignored and shunned by colleagues, and facing racist abuse from senior officers. "I walked in on my first day at Bow Street station and the sergeant said, 'Look at me *****, I will see that you won't finish your probation'. Pick up his book 'I am Norwell Roberts' to read the inspirational story of his struggle for representation in the police force.



BLACK HISTORY MONTH

RECIPE - ACKEE & SALTFISH

Ingredients

- 8 ounces (225g) salt cod
- 2 tablespoons (30ml) neutral oil, such as canola or vegetable
- 2 tablespoons (1 ounce; 30g) diced yellow onion, from 1/4 onion
- 2 heaped tablespoons (1 ounce; 30g) diced bell pepper, from 1/2 bell pepper
- 1/2 Scotch bonnet chilli, stemmed, seeded, and minced
- 2 garlic cloves, minced
- 1 small tomato (about 2 ounces; 55g), cored and diced
- 1 scallion (10g), thinly sliced
- 2 tablespoons (3g) fresh thyme leaves and tender stems, chopped
- One 18–20-ounce can of ackee
- Kosher salt and freshly ground black pepper
- Sliced avocado, for serving



Method

1. Put the salt cod in your pot and cover with cold water. Bring to the boil, then boil for 5 minutes, drain and add fresh cold water to cover.
2. Repeat this process until you're happy with the saltiness when tasted; we recommend to boil the fish three times in total for a perfect balance of salt in the fish. Drain and leave to cool. Use a fork to shred the salted cod into pieces and set aside.
3. Now you'll need a large frying pan. Pour the vegetable oil into the frying pan and place over a high heat. Once the oil is sizzling hot, turn the heat down to low-medium. Add the onion, garlic, spring onions and scotch bonnet, then cook until soft, for around 5-7 minutes.
4. Add the salted cod, dash in some black pepper, thyme and pimento, then mix it together and cook down for around 3 minutes.
5. Next, add in the red and green bell peppers, along with your tomato. Mix together and cook down for 2-3 minutes. These ingredients help to bring a heat balance, so it's not too spicy.



6. Now you'll need to add in your ackee and dash in a little more black pepper. Fold in the ackee; the ackee is soft so it's important to fold it in very gently – nobody likes mushy ackee.
7. Once folded in, simmer for 3-5 minutes before serving.

This dish is widely regarded as the national dish of Jamaica, and is by far the most popular breakfast in the country. Its history is closely related to the slave trade in Jamaica:

- The ackee fruit is the national fruit of Jamaica. It was imported to the Caribbean from Ghana during the slave trade.
- Salted codfish, on the other hand, was introduced to Jamaica for enslaved people as a long-lasting and inexpensive protein source.

In Danny's house, it was one of the first things his dad taught him to cook.





ALcontrol Laboratories

14 ALLERGENS

coming to a food label near you

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

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



Celery

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



Cereals containing gluten

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



Crustaceans

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



Eggs

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



Fish

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



Lupin

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



Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces. It's often split into casein in curds and BLG in whey.



Molluscs

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



Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



Nuts

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



Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



Sesame seeds

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



Soya

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



Sulphur dioxide (also known as sulphites)

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

ALcontrol Laboratories - Confidence to Act

www.alcontrol.co.uk

original content taken from FSA allergens circular

JOKES

Why can't a bicycle stand on its own? Because it's two tired.

Sea captains don't like crew cuts.

A successful diet is the triumph of mind over platter.

What do you get from pampered cows? Spoilt milk.

Reading while sunbathing makes you well red.

A backwards poet writes inverse.

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist, do you get repossessed?

If a clock is hungry does it go back four seconds?

You feel stuck with your debt if you can't budge it.

Every calendar's days are numbered.

A boiled egg in the morning is hard to beat.

He had a photographic memory that was never developed.

The short fortune teller who escaped from prison was a small medium at large.

Bakers trade bread recipes on a knead-to-know basis.

Acupuncture is a jab well done.

Without geometry, life is pointless.

When you dream in colour, it's a pigment of your imagination.



WORD SEARCH

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

- APPLE
CIDER
CORN
HALLOWEEN
LEAF
PUMPKIN


- AUTUMN
COLORFUL
FALL
HARVEST
NOVEMBER
RAKE


- BRISK
COOL
FOOTBALL
HAY
OCTOBER
SCARECROW



SODUKU

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



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

SODUKU ANSWERS

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



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