

# HILLSIDE CLUBHOUSE

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**SEPTEMBER  
2022 EDITION**



**Hillside Clubhouse**  
**T<sup>🏠</sup>ogether**  
**We Grow**  
**Gardening Group**

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**SECTIONS**



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

**MORNING:**  
**10-12:30**

**AFTERNOON:**  
**1:30-4**

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





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



# HILLSIDE CATERING

SANDWICH SELECTION - £5.00 PER HEAD

## VEGETARIAN

Cheddar cheese and apple chutney  
Avocado dip with spring onion and tomato  
Egg mayonnaise  
Cheese and coleslaw

## VEGAN

Roasted Mediterranean vegetables in olive oil and mixed herbs  
Sliced avocado, cucumber and tomato with crushed black pepper  
Hummus, grated carrot and spinach  
Baby spinach, tomatoes and vegan pesto

## FISH

Smoked salmon and cream cheese with cucumber  
Tuna mayonnaise  
Sardines in tomato sauce with black pepper and mixed green leaves  
Pink salmon, cucumber and finely chopped pepper

## MEAT

Roast beef and horseradish  
Roast beef with English mustard  
Pastrami with mayonnaise and salad leaves  
Roast chicken with spinach, mustard and mayonnaise

SERVED ON WHOLEMEAL, WHITE, SEEDED OR SUBWAY ROLLS

## BREAKFAST

£2.50 PER ITEM

Danish pastries  
Croissants  
Assorted breakfast muffins  
Individual fresh fruit pots  
Greek yoghurt with fruit compote

## SALAD SELECTION

£5 PER HEAD

Butternut squash, feta cheese and kale with chilli dressing  
Couscous and roasted vegetables with pomegranate and lemon wedges  
Greek salad - feta cheese, olives, mixed green leaves, cheery tomatoes, red onion with an oregano dressing  
Pancetta with basil, baby spinach, mint and a lemon dressing

## LUNCH BOX EXTRAS

£2.50 PER ITEM

Samosas with yoghurt mint dip or mango chutney  
Pakoras with yoghurt mint dip or mango chutney  
Onion bhajis with yogurt mint dip or mango chutney  
Vegetable spring rolls with sweet chilli sauce  
Mozzarella balls with cherry tomatoes, olives & basil  
Hot and spicy chicken wings (2 per order)  
Breaded mushrooms with herby garlic mayonnaise  
Vegetable crisps

## SWEET

£2.50 PER ITEM

Homemade banana bread with frosting  
Lemon drizzle  
Chocolate and orange cake  
Vegan courgette cake  
Gluten-free lime and polenta cake  
Red velvet muffin with vanilla frosting

## CONTACT

Email: [enquiries@hillsideclubhouse.org.uk](mailto:enquiries@hillsideclubhouse.org.uk) / [jnembhard@hillsideclubhouse.org.uk](mailto:jnembhard@hillsideclubhouse.org.uk)  
Telephone: 020 7700 6408 - Additional charges applied for service and delivery



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!



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

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

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

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

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

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

**T**  **gether**  
**We Grow**





## 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



# WIN A BIKE

The competition for the bike that was donated is now closed and we have a winner:

## JEFF YOUNG

"I was amazed to win the bike - it must be a first for me to actually win something. It was very nice of Hillside to make me the winner, thank you. I used to cycle regularly. It was great and I haven't been able to cycle for a long time. My old cycle is no longer road worthy as it is very old. It would be nice to get back into cycling as it used to make me feel so good. I find it hard to use public transport as I get overwhelmed and stay at home instead of going out, so I can't wait to get riding."



# UPCOMING TRAINING

English – dates to be confirmed – West Islington Library

Maths – dates to be confirmed – West Islington Library

Employability Skills - Tuesdays 10-12:30 - 20th September to 18th October

Equality, Diversity and Inclusion – Tuesdays 1:30-4 - 20th September to 18th October

Basic IT – Wednesdays 10-12:30 - 21st September - 7th December - Working Men's College

Introduction to Teacher Training – Date and venue to be confirmed

Level 3 Teacher Training – Date and venue to be confirmed

Mentoring Training – Fridays 10-12:30 - 7th October to 28th October @ Clubhouse

Presenting Yourself Effectively – Wednesdays 10-12:30 - 14th September to 19th October @ Clubhouse

Volunteering in your Community – Wednesdays 10-12:30 - 2nd November to 7th December.

Workshops in Catering/Hospitality and Retail - Dates to be confirmed

Food Safety - Dates to be confirmed

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# CONTRIBUTE TO THE GAZETTE

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

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

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

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

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

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# 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 the 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)



### 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 are available at Islington venues for issue 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 in circumstances. advice and support is also available 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@islingtonmnd.org.uk](mailto:athena.tsigaras@islingtonmnd.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: [stephen@manorgardenscentre.or.uk](mailto:stephen@manorgardenscentre.or.uk)

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

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



# MINDFUL COLOURING

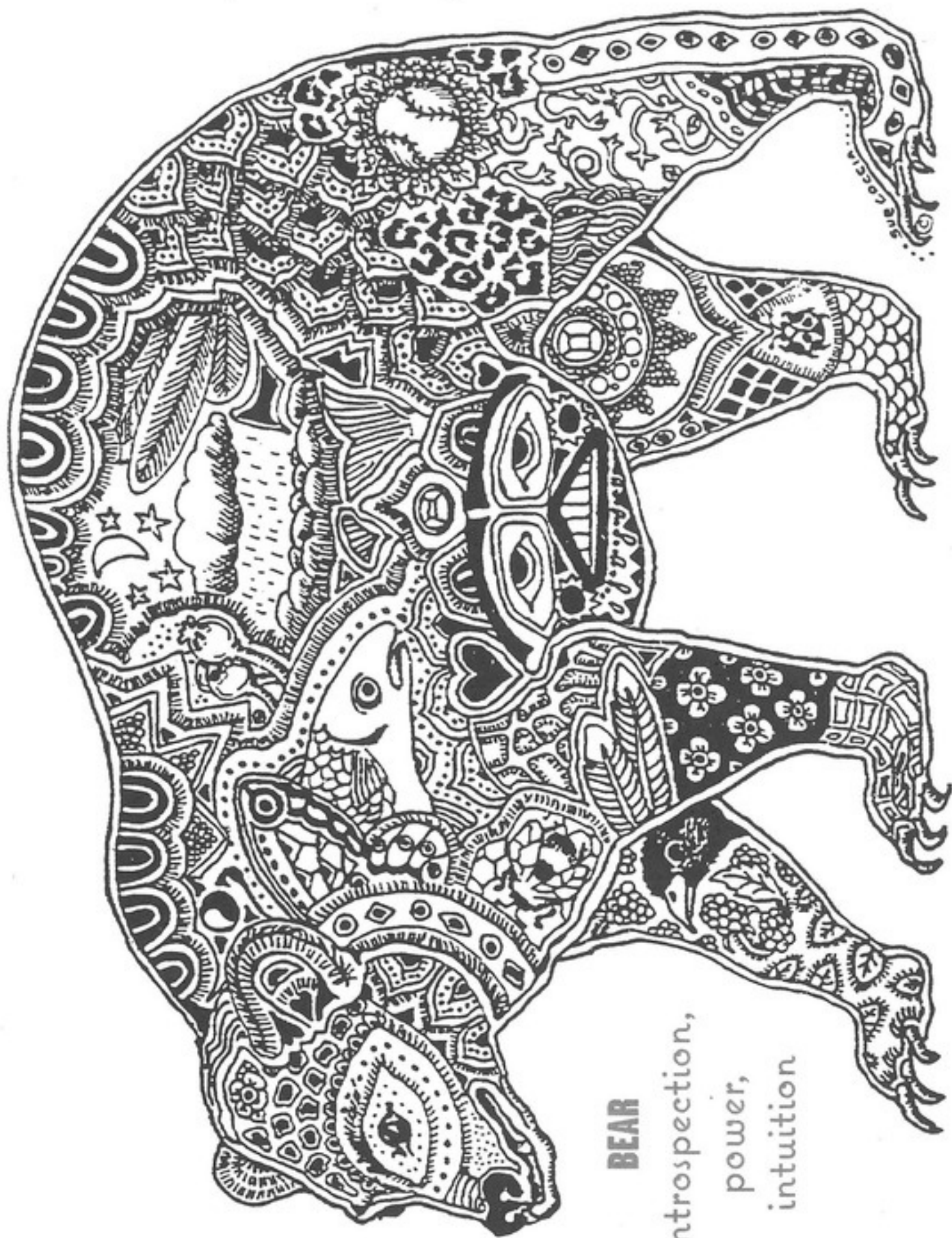
Research suggests that mindful colouring, as with meditation and art therapy, can provide numerous benefits for all ages. Along with providing a much-needed break and the chance to relax and refocus, it can help to lift your mood, decrease anxiety and reduce stress.

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

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



**BEAR**  
introspection,  
power,  
intuition



# MY JOURNEY TO EMPLOYMENT

I would like to share with you the members of Hillside my journey back to full time employment. I have recently been offered a teaching assistant role in a primary school in Islington. My journey has been a long one with lots of challenges, but leading to eventual success. I am writing this article to share my story with Hillside members, so you can be encouraged in your own search for work but also so you can learn from it.

I started at Hillside after being told about it by a professional I was working with. In fact, they mentioned it to me a number of times, but I didn't think it was for me. My previous experience of day centres had left me sceptical. I could not have been more wrong. I eventually referred myself and met Jessie, who became my employment support worker. Jessie immediately noticed I had been volunteering at an after-school club and suggested I do some sort of teaching qualification, something I had not thought of myself. After researching courses together, I settled on the supporting teaching and learning course at WM College, which is a course to become a teaching assistant. I also started mentoring at Hillside in the entry level English class. As part of my course, I did a placement one day a week, which I found a very valuable experience academically but I also found that I loved working with children.

After I completed both the level 2 and 3 supporting teaching and learning courses I started applying for work. I found this a very challenging experience. I had not filled in an application form for a long time and as for interviews I had even less experience. I eventually had some success in my applications and even got a couple of interviews, but I was unsuccessful. I was told I didn't have enough experience. To stay positive, I decided to do an English GCSE course and carry-on mentoring at Hillside to keep up my teaching experience. Then the bombshell of COVID hit, the college closed, Hillside closed and like everybody else I spent untold months alone in my flat wondering about my life.

After things returned to the new normal, I managed to secure a volunteering role in a primary school and then we went into lockdown again. I had to stop volunteering. However, whilst schools were shut an opportunity arose at the after-school club I volunteered at, as it went virtual. I volunteered virtually every week for a number of months. This was a valuable experience for my future applications

When schools started advertising for teaching assistant roles again, I started applying. Like my previous attempt, I had successful applications and another couple of interviews. But I couldn't get past the interview stage! Jessie, who had been supporting me the whole time, suggested I do the employability course facilitated by Jack Wright at the WM College. I found the course very useful and would recommend it to anybody looking for work. Jack was fantastic - he really changed my mindset and I learnt some incredibly valuable interview skills.

After being unsuccessful at interview again, I started volunteering at another Islington primary school for more experience. Eventually it got around to the time where jobs were starting to be advertised. I was encouraged to see a vacancy for the school I was currently volunteering at. I submitted my application form and waited. I waited quite some time thinking my application was unsuccessful. Then to my surprise I was offered an interview. I went with a positive attitude and prepared using what I had learnt on the employability course. The interview went really well, I was less anxious because of my previous experience at the school. I am very pleased to say I was offered the job the next day and start in September.

I hope you have enjoyed reading my story and that it gives you the incentive to persevere with your own job seeking endeavours. Take it from me it is worth it, keep trying even if you are unsuccessful at first, you will get there eventually. Like my journey, your own journey may be difficult. you may be frustrated at times but there are always avenues to approach like I did with volunteering and training remember Hillside its members and staff are there to help you, so keep trying. I hope my story inspires you.

**WELL DONE  
ANDREW!**

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**ANDREW FOLAN**



# THE NIGHT I MET IAN DURY

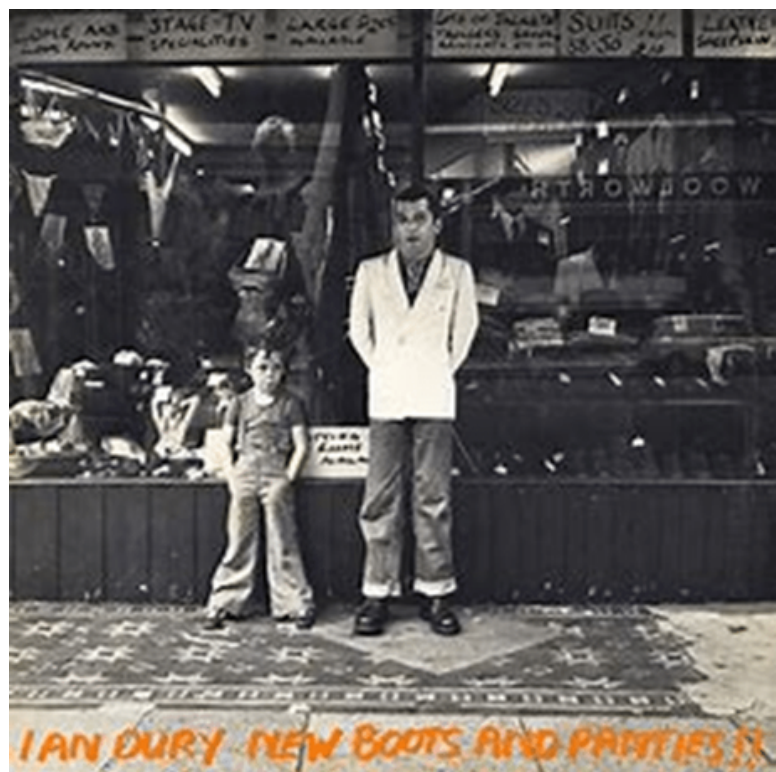
As always, I was (dare I say) a little bit merry the time I met Ian Dury. I never really liked having a go on a Pogo stick like the other people at the gig, so I just danced my way and strutted my funky!

All I really remember was Ian calling me out of the audience. I made my way to the stage. He said I was his chosen blockhead for the evening because of my great energy in the crowd and I got to shake his hand.

As a reward, he handed me an Anita Harris album. Being a bit wrapped up in the moment and also a wee bit stupid, I decided to break it over my knee. In hindsight, I do regret this.

Looking back, what I should have done was to keep it, but being a young upstart, I thought that was the punk thing to do. It wouldn't have been important to me for its monetary value, but I would have liked it for its sentimental value.

It just goes to show, when you're young you live in the moment and you don't know how you will feel in the future!



# DEORESTATION & REWILDING

Deforestation has been caused by human activity over thousands of years. Land is used for agriculture, wood for fuel, space & resources for housing and infrastructure. After the beginning of the industrial revolution, new technologies developed increasing deforestation at an alarming rate. In fact, these technologies are causing dangerous increases in temperature, sea level rises, droughts and more.

Deforestation is mainly for economic reasons. Using land for farming, housing, herding, veg crops, palm oil, soy etc. Advances in medicine and improved lifestyles have led to dramatic increases of demand of resources leading to more deforestation.

The impacts of deforestation are numerous. Burning & logging reduces photosynthesis and releases carbon locked in trees resulting in large amounts of carbon-dioxide and reduction of oxygen in the atmosphere. The land is only fertile for a few years, leading loggers to destroy more forests.

Deforestation destroys ancient ecosystems (home to animal, plant & insect species) and sometimes affecting indigenous peoples. This survival interaction is called biodiversity; all of different animals, plants, insects and humans interact as well as natural processes e.g. volcanoes, temperature, atmosphere, land and oceans.

The more biodiversity there is, the better for the environment. Human activity is damaging the ancient biodiversity, causing species extinction, floods, fires and hot temperatures.

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**KATE OSBORN**

However, there is hope. There is a growing movement called rewilding. This involves large-scale restoration of deforested land to new forests, decreasing temperature and increasing space for indigenous people to live. There are 5 principles of rewilding:

- 1.Support people and nature together.
- 2.Let nature take the lead to protect the land as natural processes occur. Rewilding takes time as trees grow etc. a natural state of healthy biodiversity forests occur.
- 3.Create resilient local economies that work with nature.
- 4.Given space and protection worldwide, forests will recover. The balance that is needed is a respect for forests and at the same time a respect for sustainable housing, agriculture, roads and train lines and general infrastructure.
- 5.Rewilding needs to be in place well into the future to maintain a balance between nature and people.





Many countries are rewilding;

1. Angola, Democratic Republic of Congo, Zimbabwe
2. India – Wildlife Conservation Trust
3. UK – Rewilding Britain
4. South Africa – Peace Parks Foundation
5. Australia – Bush heritage

This article will use Costa Rica as a case study. Pedro Garcia turned cattle pasture to forest over 36 yrs. Costa Rica is far ahead of its competitors in conservation. They have saved one million hectares of forests and planted over 7 million trees.

The rewilding projects have been a large tourist attraction in Costa Rica bringing in lots of money and creating jobs for environmental infrastructure and general infrastructure for a better life for Costa Rican citizens.



A Costa Rican Farmer shows off the rainforest he helped to regrow.

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**KATE OSBORN**

The benefits of rewilding are many fold:

- Rewilding prevents flooding. The trees , plants and insects help to keep the soil healthy and so It can hold water and prevents flash floods turning into torrential movements of water.
- Rewilding absorbs carbon dioxide from the atmosphere, storing carbon in trees and plants and at the same time gives out Oxygen (photosynthesis). This process helps restore the atmosphere's natural gas equation.
- Rewilding dramatically reduces wildfires as increased biodiversity retains water in contrast to animals grazing on plants, which are dry.
- A natural way of rewilding is to introduce beavers into recovering land. To protect their homes they build dams, which creates pools of water. This reduces flash flooding reaching human homes, lessens the impact of drought, improves the quality of the water and encourages water wildlife such as dragonflies and fish.

Rewilding can be done for more than just forests. For example, oceans. With the advent of the industrial revolution and till now, the oceans have suffered over fishing., pollution from dumping of chemical, sewage, waste. Pollution from fossil fuelled ships and boats, and high level of plastic pollution.

As well as trying to stop all of the above, one type of rewilding is to rebuild natural habitats on the ocean floor floor; e.g Oysters. Crabs, Seagrass, Seaweeds ect. This helps rewild all oceans above with marine life, large and small.

There have been sad cases of some reserve parks created to conserve wildlife such as tigers, lions, elephants, rhinos etc. Very often there are already indigenous people living there and very often these people end up in slums in local towns losing livelihoods and natural knowledge of forests and natural medicines, housing and fuel.

However, on a good note, national parks and rewilding forests nowadays work with the local people to establish integration with nature and to create sustainable economic systems.

Even the 2022 Chelsea Flower show acknowledged the rewilding movement by giving first place to Lulu Urquhart & Adam Hunt for a garden with a rewilding theme. They had a beaver dam and UK grasses, bucking the usual colourful flowers and plant designs. This bodes well for the future, alerting the public for the need to actively stop climate change issues and to heal the environment.

Basically the Industrial revolution and population explosion over the last 200 years led to large deforestation around the world. We now know this activity contributes to climate change and biodiversity loss.

Slowly, over the last 50 years, efforts are being made to reverse the situation by rewilding. Nowadays, many parks and new forests are functioning both sustainably and economically. i.e balanced and repaired to be correct for the climate and honest and profitable economies such as tourism, or infrastructure with roads, railways and housing that respects both the new forests and a healthy climate. Also, a sustainable economic culture for indigenous people.



# A TOUR OF THE ARSENAL

What a great day we had visiting the Arsenal ground with Hillside Clubhouse. It was a first for me and very interesting to see the whole place, especially the dressing room which had all the shirts of the players. It was where I got to take a photo of me with Saka's shirt. We were also able to go to the manager's office and sit behind his desk.

When we went down to see the pitch, I asked the tour guide if I could score a goal on the pitch, but he said I couldn't. I also really enjoyed learning about the history of Arsenal and seeing the press box, where they do interviews after the games. There were lots of photos of the legends that played there as well, like Thierry Henry and Ian Wright.

I recommend a viewing to anyone who is interested, as it is fascinating to see what goes on there. I would like to thank Janet for taking us there. and we are looking forward to the next one.

Hopefully it might be the Spurs ground...



# CREATIVE GROUP MOSIAC

Our first session of mosaic making in our creative skills workshops has been successfully completed. It goes without saying that we have some very creative and talented members at Hillside. The rich diversity of pattern and design is amazing. Daryl Hart who is one of our regular members in the creative workshops, has a great deal of skill and experience making mosaics. Daryl helped lead the class and gave us great direction which enabled the group to create some really impressive and professional pieces. Look out for the new calendar of mosaic workshops, ask a member of staff if you'd like to sign up and take part! Here's some feedback from some members who took part....

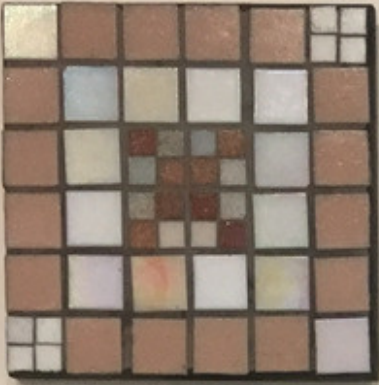
Daniella ~ "This was my first experience of making a mosaic. I really enjoyed looking how patterns could be created by arranging the square tiles in different orders."

Maxwell ~ "They weren't as difficult as I thought they were going to be. Help was on hand for the grouting thankfully! I would have made a right mess if I'd have been left on my own devices. The whole process from start to finish was very rewarding and I had a lot of fun getting involved."

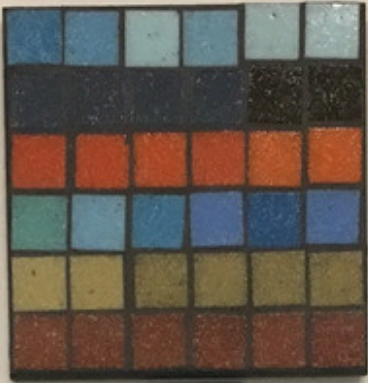
Daryl ~ "Since coming to Hillside Clubhouse its been great fun helping & showing people how to make simple and decorative mosaic (coaster) mats.

Its been a good team effort from everyone involved and with all the mosaic mats that are now on display & they "look great".

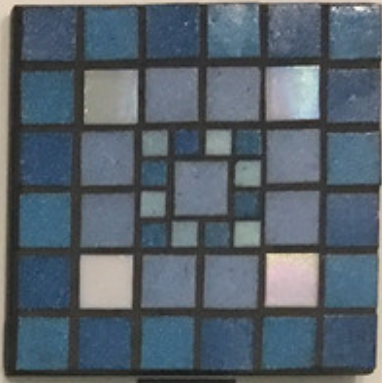
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Valente



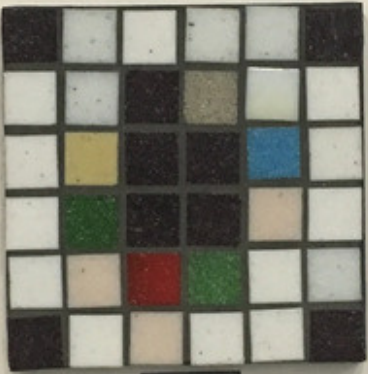
Idris



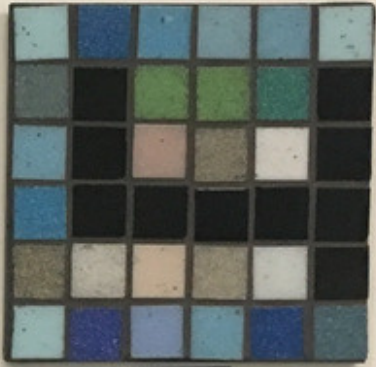
Damien



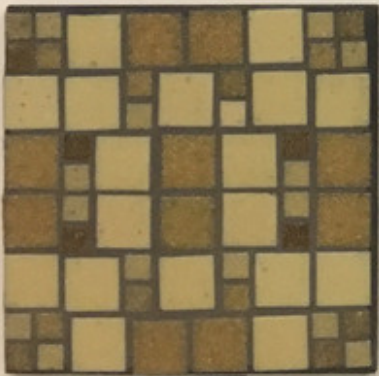
Dennis



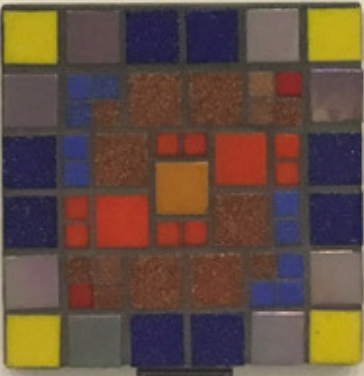
Charrell



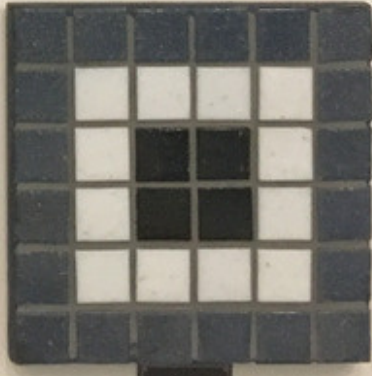
James



Damien



Maxwell

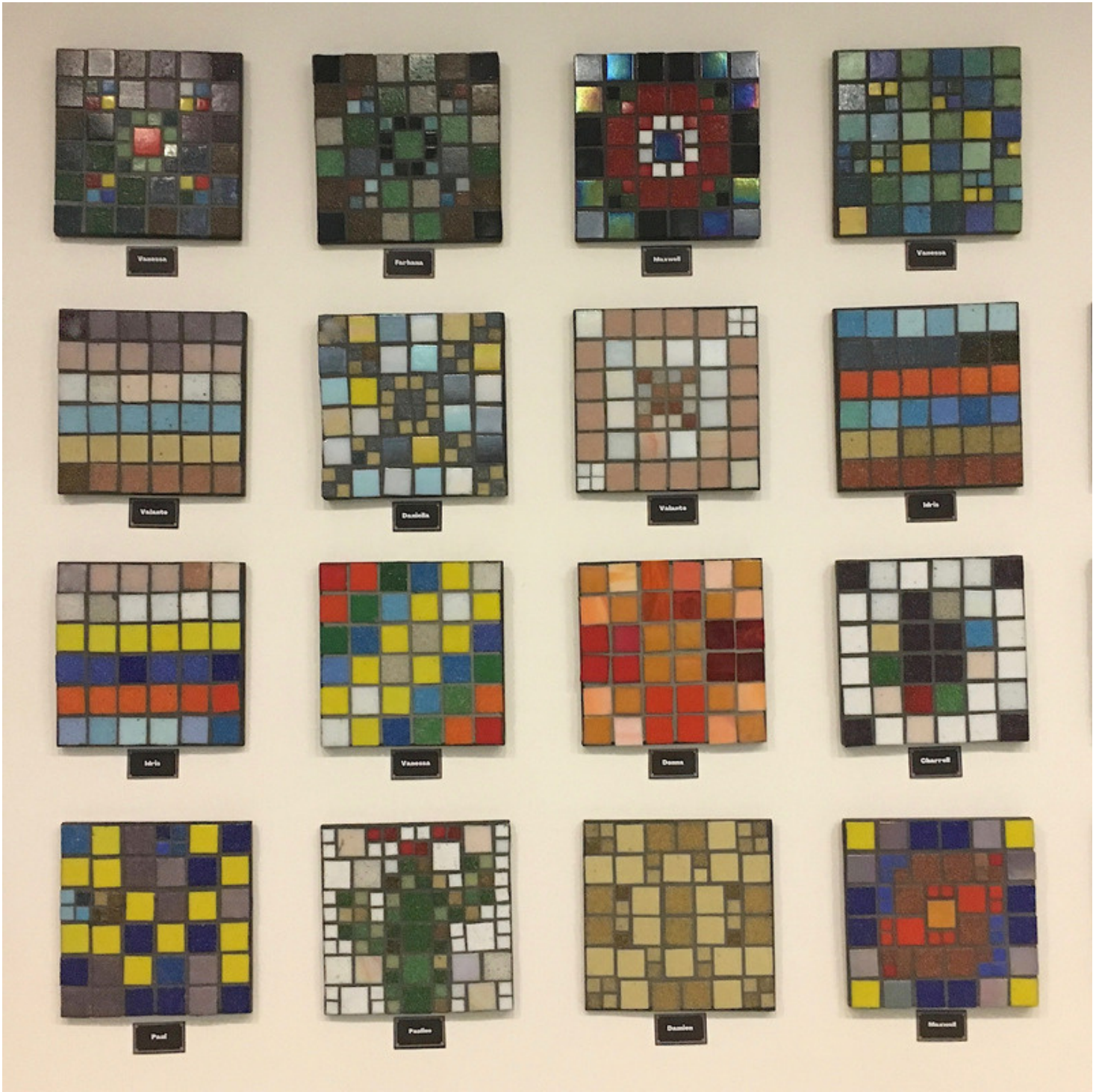


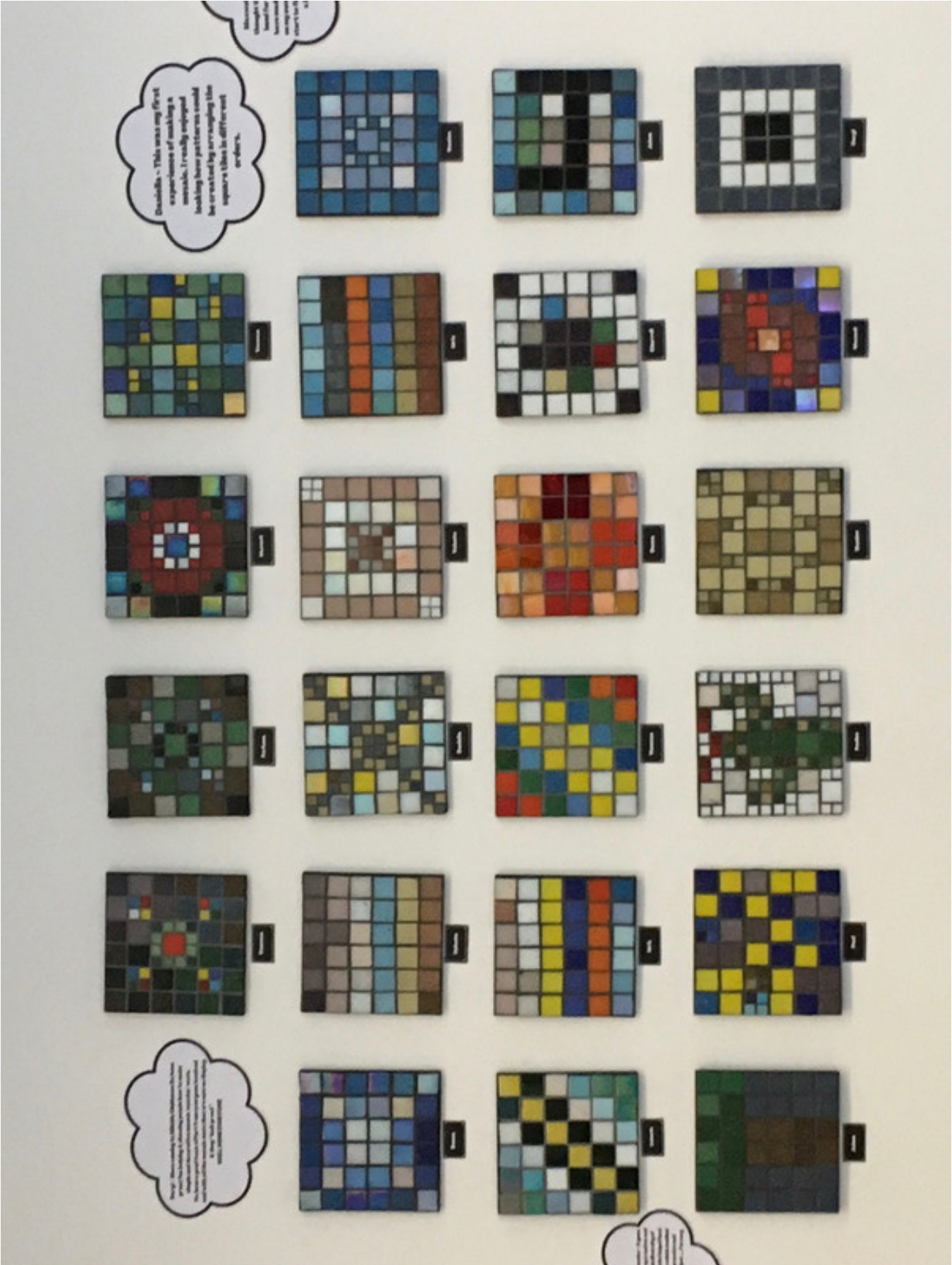
Daryl



WELL DONE EVERYONE!

It's been a great opportunity for members to be involved our recent mosaic workshops.. We have some pretty talented and creative members in Clubhouse. We've been very fortunate to have.







## A BIT ABOUT MOTOWN

Northern Soul is influenced by Motown and Soul from America, which began to be played in clubs and dancehalls in the north of England and the midlands around the late 60s and early 70s. Some of the first venues where it began to be played were 'Twisted Wheel' in Manchester and the Wigan Casino. They also used to have all-nighters in the 'Blackpool Mecca'.

Originally, it was DJs playing old Motown records such as Marvin Gaye, Stevie Wonder and the Supremes. As it became more popular, DJs also sought out very rare records that were never released in the UK, some of which have sold for over £10,000. One example of this is Darrell Banks' 'Open the Door to your Heart', which sold for £14,543.

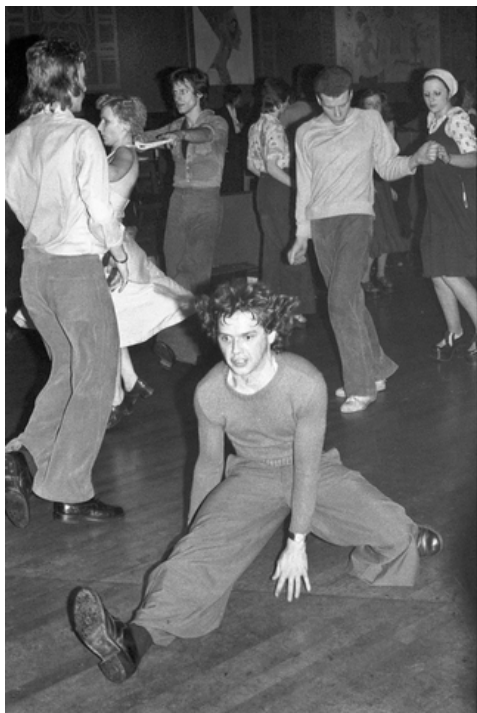
Northern Soul also had a big influence on the 'Mods', who would listen to lots of soulful music. They used to drive Italian scooters such as Lambrettas and would dress in very fancy and stylish clothes. They could often be identified by their haircuts (short back and sides) and fashionable suits.

Northern soul had heavy influences on the Jam, The Murton Parkers, The Lambrettas, Nine Below Zero.



Below is a list of 5 songs you have to check out to really understand Northern Soul:

- Marvin Gaye – Heard it through the Grape Vine
- Martha and the Vandellas - Dancing in the Street
- Marvin Gaye – Ain't no Mountain High Enough
- The Supremes – Baby Love
- Smokey Robinson – Tears of a Clown



Stevie Wonder  
Marvin Gaye  
The Spupremes  
Jackie Wison  
Diania Ross

Gloria Jones~Tainted Love  
Edwin Starr~Ghost in my house  
Love train~The O'jays  
Daryl Banks~Open the door to your heart

# MY MUSEUM TRIP ADVISOR

## REVIEWS

On Sunday 8th August, I made a visit to the dinosaur's gallery at The Natural History Museum, in South Kensington. My favourite displays are the huge structures showing the 'Tyrannosaurus skeleton', the skeleton of Diplodocus and the skull of plant eating Triceratops and many more.

I learned about the different periods during which the dinosaurs lived and the type of facts and myths about why they died out. The Earths Treasury in the Museum is another display I enjoyed. The area displayed a glittering selection of minerals, gemstones, rock from Stonehenge and kryptonite and much more. My favourite display in the show are the mineral marvels that glow in the dark, the colourful gemstones, rare platinum, all that glitters with gold, diamond, sapphire, ruby and emerald specimens.



Model of roaring T-Rex



Dippy the dinosaur skeleton

On Wednesday 10th August, I also made a trip to see 'The Egyptian Death And Afterlife' at The British Museum. My favourites were the mummies, coffins, funerary masks and other items designed to be buried with the deceased. These were very significant and meaningful for the ancient Egyptians as they signified death and the afterlife.

Mummy of a man in middle ages. Museum number: EA6660  
(Coffin; wrapping human mummy)



Blue glazed shabti of Sety I, from the valley of the Kings, Egypt about 1290 BC. Museum number: EA22818

The Shabti figures were part of ancient funerary Egyptian funerary traditions. The Shabti spell from the book of the dead indicated that the Shabtis must do the work of the owner in the Afterlife



# REVIEWS OF DRUMMING WORKSHOP

On the 8th of August, we had a great drumming workshop led by Totally Flawed. For more information or to register your interest in our next workshop, speak to your support worker.

"Intuitive, friendly and compelling. What a better way to beat anxiety than beating some skin?. Although mostly populated by non-drummers, we all found a groove with a little difficulty. Who that anxiety busting could be such fun? Totally Flawed? Not today"  
~ Nick



A promotional poster for a drumming workshop. The background is a solid mustard yellow. In the center, there is a circular inset photograph of a woman with long blonde hair, wearing a grey t-shirt, playing a drum set with her eyes closed and mouth open in a joyful expression. To the right of the photo, the text reads: '@totallyflawedcourses' in a small font, followed by 'OFF BEAT' in large, bold, black capital letters. Below this, it says 'Professional drum lessons with anxiety education'. Further down, it states 'Free spaces available!' and 'Register at totallyflawed.com'. The poster is decorated with faint, stylized illustrations of drumsticks and drum heads.

@totallyflawedcourses

## OFF BEAT

Professional drum lessons with anxiety education

Free spaces  
available!  
Register at  
[totallyflawed.com](https://totallyflawed.com)

"Thoroughly enjoyable experience. The group was made up of members and staff, with little knowledge of drumming between us. It was a good way to release stress and anxiety. The deep breathing exercising was very helpful and we were made to feel at ease by the therapist, Amy and the drum tutor, JT. I would recommend attending if you have the chance and i would love to attend again." ~ Ray.

"On Monday 8th August, I was learning how to play the drum. I really enjoyed learning to play. One of my favourite parts was when the instructor played a tune on a CD. We then had to play it differently on the drum. Some of it was a bit tricky, but I'd definitely like to do more if I get the chance!" ~ Trevor

"I thoroughly enjoyed the Off Beat drumming workshop... my 1st time learning the drum... I found participating in a group really fun and very relaxing and I was surprised how quickly I learned the basics... the tips on learning to deal with anxiety, especially through focused breathing was really beneficial. A great experience all round!" ~ Kevan.



"I learnt a lot about self-regulating my body to help me manage my anxiety symptoms. The facilitators were knowledgeable about how drumming can help overcome stress. It was fun and the next day I could I could feel that my breathing had improved. Looking forward to going to more sessions". ~ Jacqueline.

"My experience was positive in controlling my stress and to socialise with others. I did like the therapist teaching us how to control anxiety and also the drum instructor as I felt relaxed playing the drum." ~ Jeffrey.

"My name is Vanessa. I went to the drumming class. I really like drumming because you can gain a lot of experinance drumming. I found that drumming was fun and easy to learn." ~ Vanessa.

"It was the first time that I'd taken part in workshop that combined drumming (for all levels) with coping mechanisms for anxiety and other issues that probably challenge us all at some level. I really enjoyed it and had the impression everyone else did, even if they had been a bit apprehensive. I'm looking forward to another one." ~ Suzanne.







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 Khorasan 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](http://www.alcontrol.co.uk)

# LEMON CHICKEN PICCATA



Preparation time: 20 mins.. - Cooking time: 30 mins. - Serves: 4

## INGREDIENTS:

- 3 large skinless, boneless chicken breast halves - cut into 1/2-inch medallions
- salt and pepper to taste
- ½ cup all-purpose flour
- 2 tablespoons vegetable oil, or as needed
- 1 clove garlic, minced
- 1 cup low sodium chicken broth
- ½ lemon, thinly sliced
- ¼ cup fresh lemon juice
- 2 tablespoons capers, drained and rinsed
- 3 tablespoons butter
- 2 tablespoons chopped (flat-leaf) parsley

METHOD:

1. Preheat oven to 200 degrees F (95 degrees C). Place a serving platter into the oven to warm.
  2. Season the chicken breast pieces with salt and pepper and dredge them in flour. Shake off excess flour.
  3. Heat the vegetable oil in a skillet; pan-fry the chicken pieces until golden brown on both sides, about 3 minutes per side. Work in batches and do not crowd skillet, adding oil as needed .
  4. Place the chicken pieces onto the warmed platter in the oven. When finished with all the chicken, drain most of the oil from the skillet, leaving a thin coating on the surface of the pan.
  5. Cook and stir the minced garlic in the skillet until fragrant, about 20 seconds.
  6. Pour in the chicken broth. Scrape and dissolve any brown bits from the bottom of the skillet.
  7. Stir in the lemon slices and bring the mixture to a boil. Let cook, stirring occasionally, until the sauce reduces to about 2/3 cup, 5 to 8 minutes.
  8. Add the lemon juice and capers; simmer until the sauce is reduced and slightly thickened, about 5 minutes more.
  9. Drop the butter into the skillet and swirl it into the sauce by tilting the skillet until the butter is melted and incorporated.
  10. Add the parsley; remove from heat and set aside.
  11. Arrange the chicken medallions on serving plates and spoon sauce over each portion to serve.
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# BIRTHSTONES FOR SEPTEMBER

Sapphire is the birthstone for the month of September

The September birthstone is usually used for protection purposes. Thus, if you are worried about spiritual, mental, physical and emotional attacks, then you can greatly benefit from the protective powers of Sapphire.

What are the characteristics of September Birthstone

This birthstone will work in order to preserve your purity, honour and truth. It will help inviting spiritual awakening and improve your connection with your higher self.

If you are born in September, this stone will provide you with mental clarity and most importantly, improve your leadership skills. It will also strengthen your motivation and improve your memory. With the presence of the September birthstone, you will become more disciplined in every aspect of your life.



On the other hand, Sapphire is an excellent stone that can help you become a great speaker. All your words will resonate with the people you speak with and even in front of. Your meaning will be understood by your listeners with ease.

## SAPPHIRE



BLUE



YELLOW



PINK



WHITE



PURPLE



LAVENDER



GREEN



PADPARADSCHA



PEACH



ORANGE

### The Meaning of September Birthstone

Sapphire comes from the Greek word “sappheiros”, the French word “saphir” or the Latin word “sapphirus”. And in fact, all these words have the same meaning which is blue stone or crystal. Nevertheless, here are the other meanings of the birthstone for September that you need to know.

### Etymology, History and Folklore

Did you know that the September birthstone is also called the Celestial stone?

# SEPTEMBER EVENTS

## September 1st

INSTALLATION OF THE GURU GRANTH SAHIB IN THE HARMANDIR SAHIB - Sikhism

In 1604 CE, in the place of worship where the Golden Temple now stands, Guru Arjan Dev, the Sikhs' fifth Guru, installed the Adi Granth, a newly compiled volume of scripture. It consisted of the hymns of the first five Gurus plus those of other Indian and Persian 'saint-poets' from the Hindu and Muslim traditions. After the selections were made, the Guru dictated the hymns to Bhai Gurdas, who wrote down the words and music of the Adi Granth. Guru Arjan later suffered a martyr's death, preferring to save his life rather than make alterations to the hymns, as required by Emperor Jahangir.

## September 3rd

FRAVARDIN MAH PARAB - Zoroastrianism

On the day of Fravardin, the 19th day of the month of Fravardin, the first month of the year, Zoroastrians visit the vicinity of the Towers of Silence in India (or in the UK the Zoroastrian Cemetery in Brookwood, Surrey) to participate in a jashan ceremony in memory of the departed fravashis (guardian spirits and souls of the community). Sacred food is prepared as an offering to the departed during the jashan and is later shared by the participants.



### September 11th

ETHIOPIAN NEW YEAR'S DAY - Rastafari

Ethiopian families love to celebrate their New Year, which they call Enqutatash, 'gift of jewels', with presents and visits. They celebrate a four year cycle, in which each year is named after an evangelist. It is claimed that the Queen of Sheba was in fact an Ethiopian, and that when she returned from her visit to King Solomon, her chiefs welcomed her back by replenishing her treasury with enku, 'jewels'.

### September 19th

ROSH HASHANAH (HEAD OF THE YEAR) judaism

(New Year's Day, 5779 years from the creation of the world). Rosh Hashanah marks the beginning of ten days of repentance and self examination, during which God sits in personal judgment on every individual. The blowing of the ram's horn (shofar) in the synagogue is a reminder of Abraham's sacrifice of a ram instead of his son, Isaac. Apples dipped in honey are eaten in the hope of a 'sweet' new year. The greeting is 'Leshanah Tovah Tikatev' (may you be inscribed for a good year).

### September 20th

HIGAN - Japanese

This celebration marks the autumn equinox for Japanese people. As at the spring equinox, harmony and balance are the themes; sutras are recited and the graves of relatives are visited. September 23 is the equinox, the 24-hour period when day and night are the same length, the beginning of Autumn. On this day the sun shines at the equator for 12 hours. On the next day, days begin to become shorter than nights in the Northern Hemisphere.

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### September 20th

#### AUTUMN EQUINOX - Paganism

Day and night stand hand in hand as equals. As the shadows lengthen, Pagans see the darker faces of the God and Goddess. For many Pagans, this rite honours old age and the approach of Winter.

### September 27

#### HARVEST FESTIVAL - Christianity

Special services are held around this time of year to give thanks for the goodness of God's gifts in providing a harvest of crops along with all the other fruits of society. Displays of produce are often made, usually distributed afterwards to those in need. Increasingly the emphasis is on a wider interpretation than just the harvests of the fields and seas.

### September 28th

#### YOM KIPPUR (DAY OF ATONEMENT) - Judaism

This is the final day of the ten days of repentance, following on from Rosh Hashanah, and is the holiest day of the year in the Jewish calendar. The Torah calls it the 'Sabbath of Sabbaths', and it is marked by 'afflicting the soul' – chiefly expressed through a total fast that lasts for 25 hours. Jews spend the eve and most of the day in prayer in the synagogue, asking for divine forgiveness for past wrongs and resolving to improve in the future in their attempt to live a moral life. In the days before the festival they will have tried to set right any breakdown in their relationships with others. Now they ask the Almighty for forgiveness before the gates of heaven are closed and the record books are sealed, so that they may live throughout the coming year as He would wish.

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# SUDUKO

1

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

2

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



# WORDSEARCH

## Physical Training Puzzle

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

APPLY

AWARENESS

BALANCE

BODY

COMMITMENT

CONFIDENCE

DEFEND

DEFENSE

ESTEEM

FOCUS

FOUNDATION

JUNG SUWON

MIND

OVERCOME

PHYSICAL

PRINCIPLE

PRINCIPLES

REWARDS

SPIRIT

STRENGTH

STUDENTS

TRAINING

VISUALIZATION

WARRIOR

# JOKES



- I bought a boat because it was for sail.
- A backwards poet writes inverse.
- Velcro - what a rip off!
- Need an ark? I Noah guy.
- Acupuncture is a jab well done.
- What do you call an articulate dinosaur? A Thesaurus
- I'm an archaeologist. My life is in ruins.
- I tried to catch some fog, but I mist.
- I once heard a joke about amnesia, but I forgot how it goes.
- The dead batteries can be given out free of charge.
- I wanted a camouflage shirt, but I didn't see one.
- My fear of moving stairs is escalating.
- Inspecting mirrors is a job I could really see myself doing.
- If a wild pig kills you, have you been boared to death.
- Can February March? No, but April May.
- Someone stole my toilet but the police have nothing to go on.
- Why did the gym close down? It didn't work out.
- A cross-eyed teacher couldn't control his pupils.
- I used to be a banker, but I lost interest.
- Never lie to an X-Ray technician, they can see right through you.
- I went to a costume party dressed as a turtle. I had a shell of a time.
- What do you call a theiving alligator? A crookadile.

# SUDOKU ANSWERS

1

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

2

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