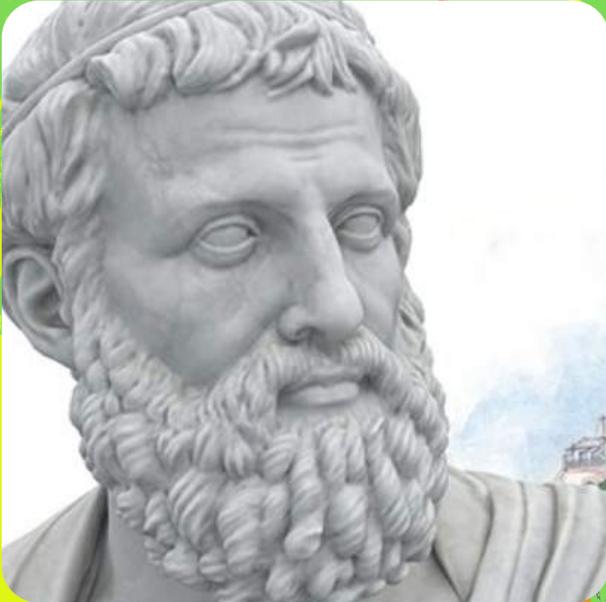
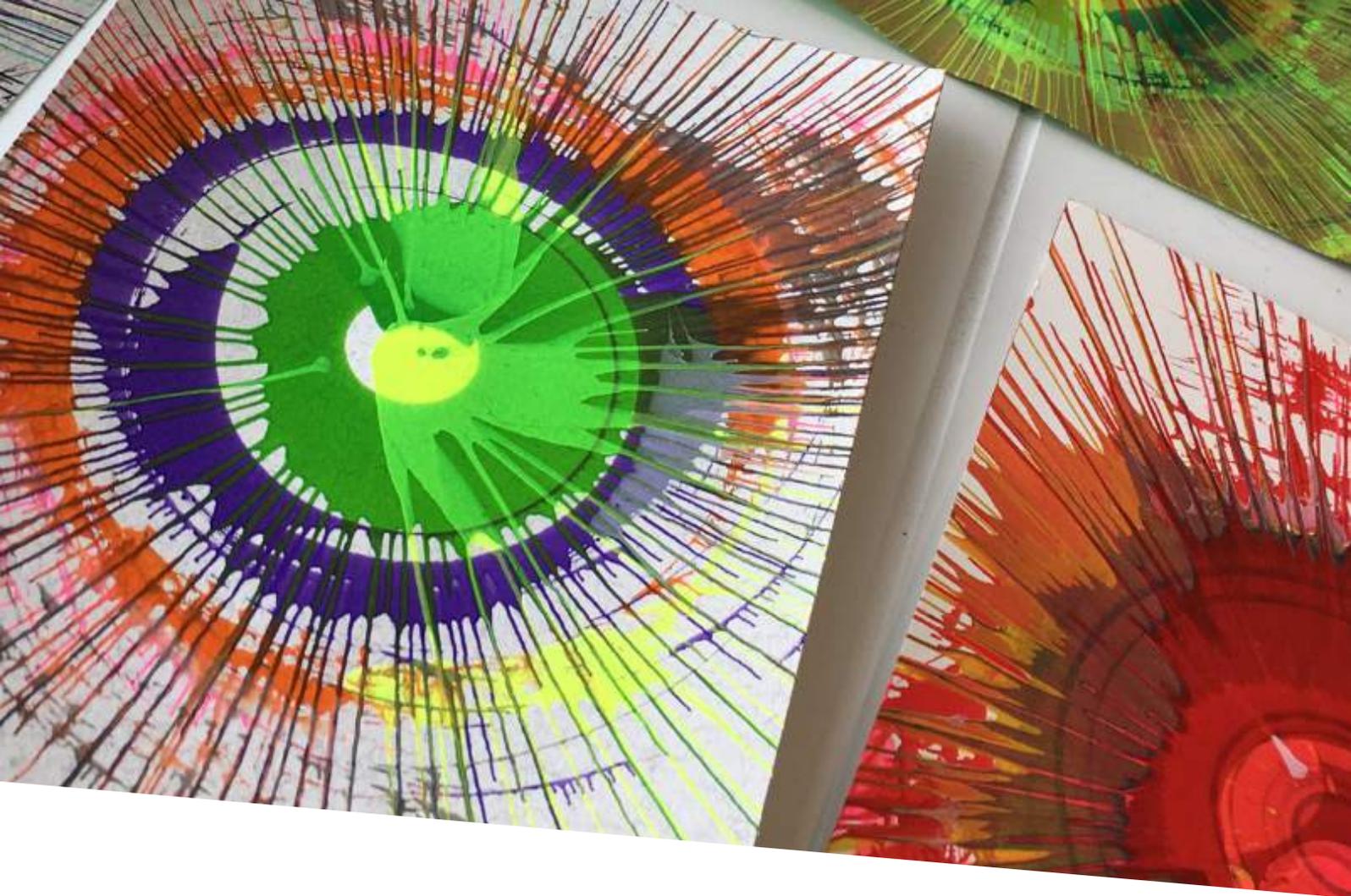


HILLSIDE CLUBHOUSE



**FEBRUARY 2024
EDITION**





01 INFORMATION FOR
MEMBERS

08 REFERRALS
& SUPPORT

21 MINDFUL
COLOURING

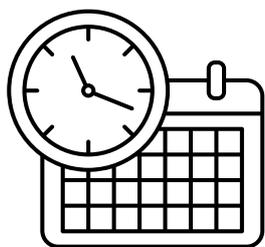
SECTIONS

23 MEMBERS'
ARTICLES

41 CREATIVE
CORNER

45 RECIPES

49 GAMES



WEEKLY SCHEDULE

DAILY

10:00-12:30

Admin & Reception
Kitchen

13:30-16:00

Admin & Reception
Kitchen

MONDAY

10:00-12:30

Open for Support
Sessions

13:30-16:00

Creative
Group

TUESDAY

10:00-12:30

Social
Events

13:30-16:00

Social Media
Gazette

WEDNESDAY

10:00-12:30

Open for Support
Sessions

13:30-16:00

Gardening
Group

THURSDAY

10:00-12:30

Job
Search

13:30-16:00

Open for Support
Sessions

FRIDAY

10:00-12:30

Open for Support
Sessions

13:30-16:00

Creative Group
Gazette

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

LGBTQ+ History Month: February

There will be walks, talks and events at locations all over Islington

<https://islingtonlife.london/things-to-do/lgbtq-history-month/>

Royal Academy of Arts: Impressionists on Paper - Feb 16th 12 noon from the clubhouse

**Weston Rise Community Centre:
Volunteering Fair - 21st Feb**

**Caxton House Community Centre:
Volunteering Fair - 27th Feb**

**Trip to - London Zoo
21st Mar - sign up at the clubhouse**

UCL OBSERVATORY VISITS

**THE OBSERVATORY HOLDS FREE
PUBLIC OPEN EVENINGS
FORTNIGHTLY ON FRIDAYS
18:00-19:30 & 20:00- 21:30
TO BOOK YOUR TICKET PLEASE GO
TO [EVENTBRITE.CO.UK](https://eventbrite.co.uk)**

**DON'T WORRY IF IT'S CLOUDY
PLENTY TO SEE**



The Food Pantry



To help with the cost of living, Hillside will be launching a food pantry service:

For the price of £3.50, you can receive up to £25 worth of groceries.

Ask a staff member at Hillside for further details...

Open....

Tuesday 2pm – 4pm

Wednesday 10am – 4pm (closed from 12:30pm – 1pm for lunch)

Thursday 10am – 4pm (closed from 12:15pm – 1:30pm)

Starts Jan 23rd



*For
Hillside
Members*

hillside clubhouse

THE PANTRY

ST GILES

WHO WE ARE

Our Pantry offers nutritious and healthy food to families and individuals struggling to feed themselves.

People pay a small weekly subscription of £3.50 and then can choose their food as they would in any other supermarket shop. Enabling people to pay a subscription gives them choice and dignity.

Whilst shopping at The Pantry, expert advice and support is on hand from our Peer Advisors who can help them address any barriers they are facing.

To find out more just visit:
www.stgilestrust.org.uk/what-we-do/tackling-poverty/

HOW WE WORK

The Pantry is operated by UK charity **St Giles**

Membership costs £3.50 a week and entitles you to one visit per week

Pantry Members can choose up to ten coloured items

- Red x 1 item
- Blue x 2 items
- Orange x 3 items
- Yellow x 4 items





AUTIMATIC

Re-imagining the future of work
for talented autistic people

Fully Remote and part time Jobs

- In-house team of job coaches
- Online Community
- Tasks matched to autism strengths
- **Careers within:**
 - Administration
 - Automation
 - Artificial intelligence

You must have a good working knowledge of
Microsoft Office and Microsoft Teams

Apply on our website: autimatic.co.uk





Walks, talks and events throughout February in Camden and Islington....

LGBTQ+

HISTORY MONTH

Check out the full list of events here:

<https://islingtonlife.london/things-to-do/lgbtq-history-month/>

CAMDEN SUPPORT SERVICES

Citizens Advice Camden

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

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

Please call their free advice line 0808 278 7835. Lines are open between 10am - 4pm, Monday - Friday.

Website: www.camdencabservice.org.uk

Mary Ward Legal Centre

They provide specialist advice in housing, welfare benefits and debt. They also provide free legal advice as part of our pro bono clinic in the areas of employment, housing, small claims, consumer, and family.

Unfortunately, they do not offer basic benefit checks or form filling for new claims (with the exception of PIP and DLA forms), but advise clients when there is a problem with their claim, for example with appeals or sanctions.

TEL: 020 7831 7079 (Monday to Friday, 10am to 1pm)

ADDRESS: Mary Ward Legal Centre, 10 Great Turnstile, WC1V

7JU WEBSITE: <https://www.marywardlegal.org.uk/>

Camden Community Law Centre

Camden Community Law Centre's solicitors, caseworkers, and volunteers provide and deliver free and independent legal advice, assistance and representation in housing, welfare benefits, asylum, immigration, and employment law matters.

To access IPR advice services:

Call the telephone advice line on: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

Website: cclc.org.uk

Mind in Camden

Mind in Camden provide a host of free support groups, as well as a great service called Healthy Minds.

Healthy Minds is a Mind in Camden Project aimed at supporting adults who may be struggling with their mental health, feeling isolated or disconnected with their community. Over 12 sessions, you will be paired with volunteer to create a personal development plan identifying your individual needs, goals and barriers to enable you to access the sessions that suit you.

Call: 020 7241 8996

Email: healthyminds@mindincamden.org.uk

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

Website: www.mindincamden.org.uk

Somer's Town Living Centre

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

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

The St Pancras and Somers Town Living Centre

Address: 2 Ossulston Street, London, NW1 1DF

Phone: 020 7380 0453

Email: info@thelivingcentre.org

Website: www.thelivingcentre.org



Food Support in Camden

- Primrose Hill Community Centre, 29 Hopkinsons Place, NW1 8TN
 - Free cooked meals to take away every Wednesday 10–11am.
- London Irish Centre, 50–52 Camden Square, NW1 9XB
 - Cooked meals for £3 every Tue, Wed & Fri, 12–2pm
 - Community fridge every Friday 12–4 pm
- St Mary's Church, Dartmouth Park Rd, NW5 1SL
 - Three course meal for £1 every Tue, Wed & Fri, 10.30–2pm
- Barnes House, 9–15 Camden Rd, NW1 9LQ
 - Weekly hot food collection either on Thursday or Friday. You need to register and they will call you.
- 02 Community Venue, Finchley Road, NW3 6LU
 - Free hot meals on Wednesdays, 12.30–2pm.
- JW3 Community Centre, 341–351 Finchley Rd NW3 6ET
 - Fresh fruit, veg, bread and snacks every Wed 2–5.30pm
- King's Cross Brunswick Association, 51 Argyle St, WC1H 8EF
 - 1.30–3pm Wed. Ready to eat meals and food parcels for £3
- Somers Town Living Centre, 2 Ossulston St, NW1 1DF
 - Mon, Fri and Sat, 10–2pm. Hot meals and food parcels.
- Castlehaven Community Centre, Hawley Rd, NW1 8RN
 - Food parcels every Thursday.
- Maiden Lane Community Centre, 156 St Paul's Cres, NW1 9YA
 - Food parcels on Thursdays and Fridays.
- Food Cycle at St Cuthbert's Church, Fordwych Rd, NW2 3TN
 - Hot meals every Saturday, 1–2pm.

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

viktorija.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

Food Support in Islington

Monday

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

Tuesday

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

Brickworks Community Centre Drop-in for food parcels 12pm-3pm. 42 Crouch Hill N4 4BY
colin.adams@hanleycrouch.org.uk / 0207 263 1067
On other days, can provide emergency food bags (subject to availability)

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

Wednesday

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

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

Thursday

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

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

Friday

Mildmay Community Centre.
N16 8NA
Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: mildmaycp@gmail.com
020 7249 8286
If you don't have access to a phone or email, feel free to go to the centre Fridays
11.30am - 1.30pm

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

Weekends

Choices CIC - African Caribbean Cultural Food Co-op
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods
First Saturday of every month at 2pm
Caxton House N19 3RQ
If you are on low or no income, please contact us about joining:
info@choiceslondoncic.com

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

Monday

The Ringcross Community Foodbank
N7 8RH
Food parcels, meals and essential items
12pm to 4pm
Open to residents of Holloway, Laycock and Caledonian Wards (proof of address needed), as well as people who are sleeping rough
02077002498

Tuesday

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

Wednesday

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

The Ringcross Community Foodbank
12pm to 4pm

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

Thursday

Hillside Clubhouse
30 North Road,
N7 9GJ
Hearty Thursdays
12:30 - 3pm
Giving out free meals, hand-cooked by their members for the community.
Halal, Kosher & vegetarian options

Friday

The Ringcross Community Foodbank
12pm to 4pm

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

Weekends

Choices CIC - African Caribbean Cultural Food Co-op
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods
First Saturday of every month at 2pm
Caxton House N19 3RQ
If you are on low or no income, please contact us about joining:
info@choiceslondoncic.com

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



Other services:

Bags of Taste: **free, mentored at-home cooking course** to make low-cost, nutritious meals. Ingredients provided for free and delivered to your house. Open to all Islington residents. islington@bagsoftaste.org // 07986042458

Hornsey Lane community centre, N19 3YJ:

Lunch Club for people over 50 Mon-Fri

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

St Luke's Community Centre, EC1V 8AJ:

Over 55s Lunch Club for Islington residents

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

Healthy Start Vouchers

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

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

Complete application online:

www.healthystart.nhs.uk/how-to-apply/

HEALTHY
START



Join or start a food co-op!

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

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

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



Please note, this is not a fully comprehensive list of all food support available in Islington. For more information, please visit www.islingtonfoodpartnership.org.uk

ISLINGTON SUPPORT SERVICES

Citizens Advice Islington

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

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

Please call their advice line 0808 278 7836 (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 Devonia 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: 020 3301 9850

Email: athena.tsigaras@islingtonmind.org.uk

Website: www.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:

Email: najuma@manorgardenscentre.org

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 they can register their interest here:

<https://tinyurl.com/peerbud>

WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

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

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

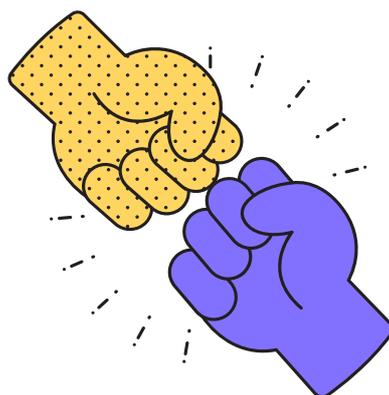
To register your interest, simply add your details and any questions to <https://tinyurl.com/peerbud> and we will give you a call.

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

Tel: 07738 236 041

Email: najuma@manorgardenscentre.org

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.

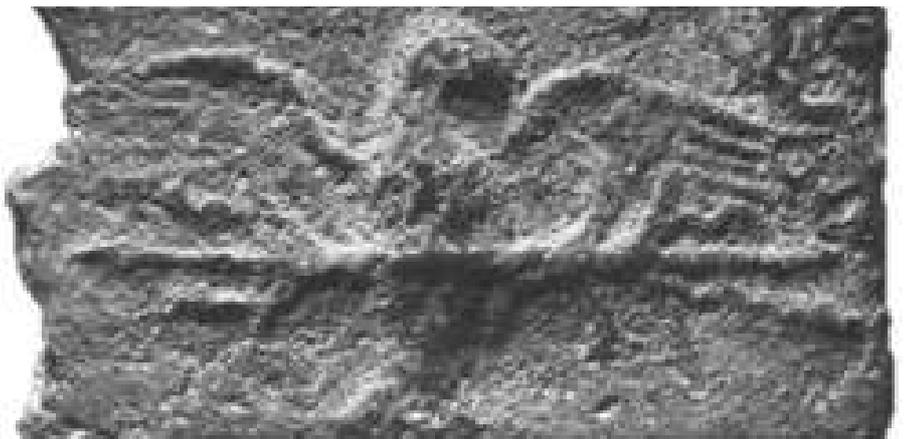


THE EXTRAORDINARY VOYAGE OF PYTHEAS THE GREEK

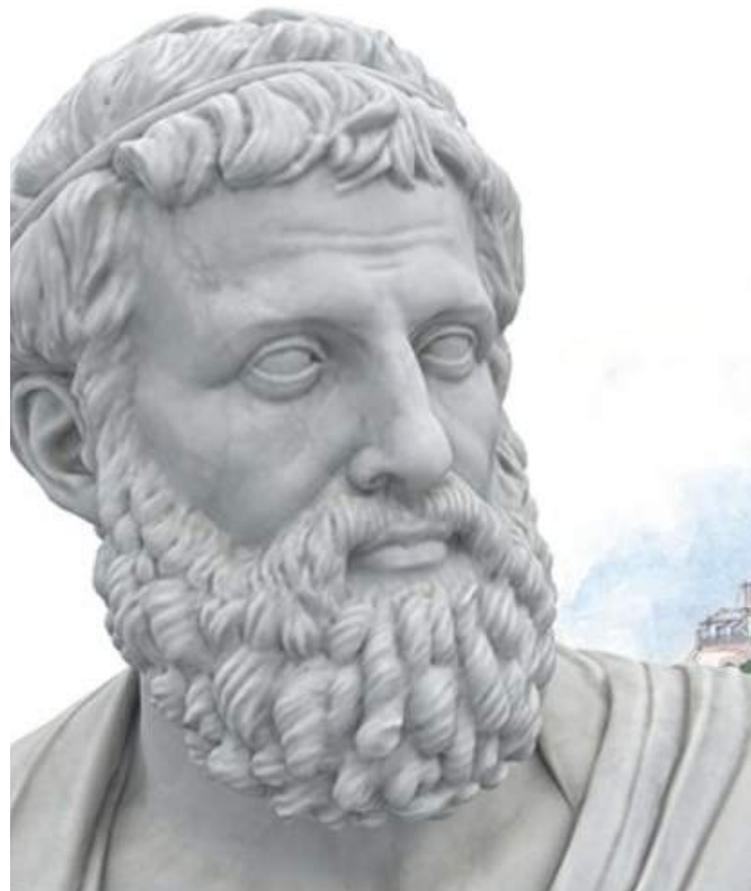
In 330 BC, for mediterraneans, the far north of Europe was a question mark. Greek scientists considered that the north was too cold for humans to live in and that it was a land inhabited by giants called Hyperboreans, meaning 'beyond the North'.



They were intrigued as to where tin and amber came from and also if there were markets for their goods in the far North and also simply in a thirst for knowledge of what lay "beyond".



Sometime between 330 and 325 BC a certain Pytheas was tasked with sailing to Northern Europe to see what he could find. He was a well-known geographer, astronomer and explorer and considered perfect for this adventure. At the same time that Alexander The Great was in Asia and Africa on his great adventure, Pytheas set forth on his own in Northern Europe. It was the equivalent of a modern day voyage to Mars. Pytheas wrote an account of his voyage, well known in antiquity, but it is lost and is only known through the writings of others.



Some people believed his account, while others were sceptical or downright hostile: the historian Polybius called him “The biggest liar in the history of the world”. The distinguished English historian Brian Cunliffe put this opinion down to “professional jealousy”. Cunliffe said that Pytheas was sober and objective, not prone to wild imagination. He described him as a skilled navigator,

possessing a capacious intellectual curiosity that exceeded any other Mediterranean imagination. He also said that Pytheas can be set apart from the other explorers of antiquity in that he was a scientist who travelled for reasons of pure research. embarked on a journey of exploration in the truest sense of the word in an attempt to understand and gain knowledge about the world through direct observation.

From scattered fragments, modern scholars have pieced together the voyage. The journey took maybe as long as 5 years (a bit like Star Trek).*

Pytheas planned to sail North via Spain, Portugal and Northern France to South-East England along to Cornwall for the tin-mines and then see what happened.

There was a problem: The Carthaginians (of Hannibal

fame) controlled the Western Mediterranean and closed the strait of Gibraltar to all ships from other nations. To avoid the Carthaginian blockade, Pytheas stayed close to land and only travelled at night.

*"A 5-year mission to explore strange new worlds, to seek out new life and new civilisations. To boldly go where no Greek had gone before."



He sailed in a ship called a Holkas, famous for its durability and sturdiness, rather than the more famous Bi-remes and Tri-remes of antiquity. It was 150-170 feet long (longer than that of Columbus), with a crew of perhaps 200. On reaching Cornwall, he observed that the native Celts were hospitable, having encountered many foreign merchants from Northern France.



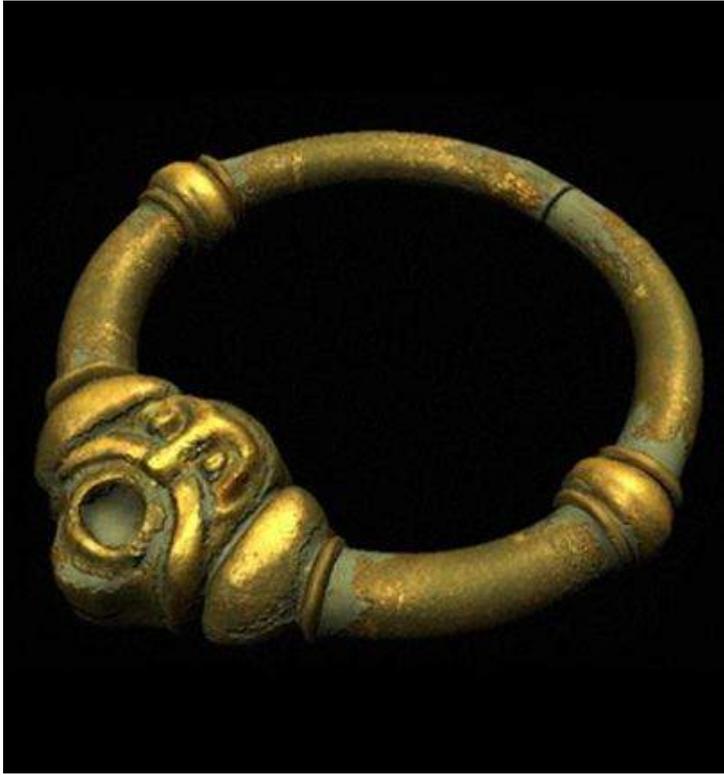
They lived in thatched dwellings, and made intricate jewellery of gold and silver. They showed him their paintings and pottery. They fought wars from chariots like in the Trojan Wars and drank mead. He listened to and was fascinated by

htrhsldfb



their customs, their life-stories and the lives and ways of their ancestors. He then travelled North between Britain and Ireland, to Western Scotland. The most daring leg of the voyage was leaving the Scottish islands behind and venturing North into adventure land, a veritable leap in the dark.

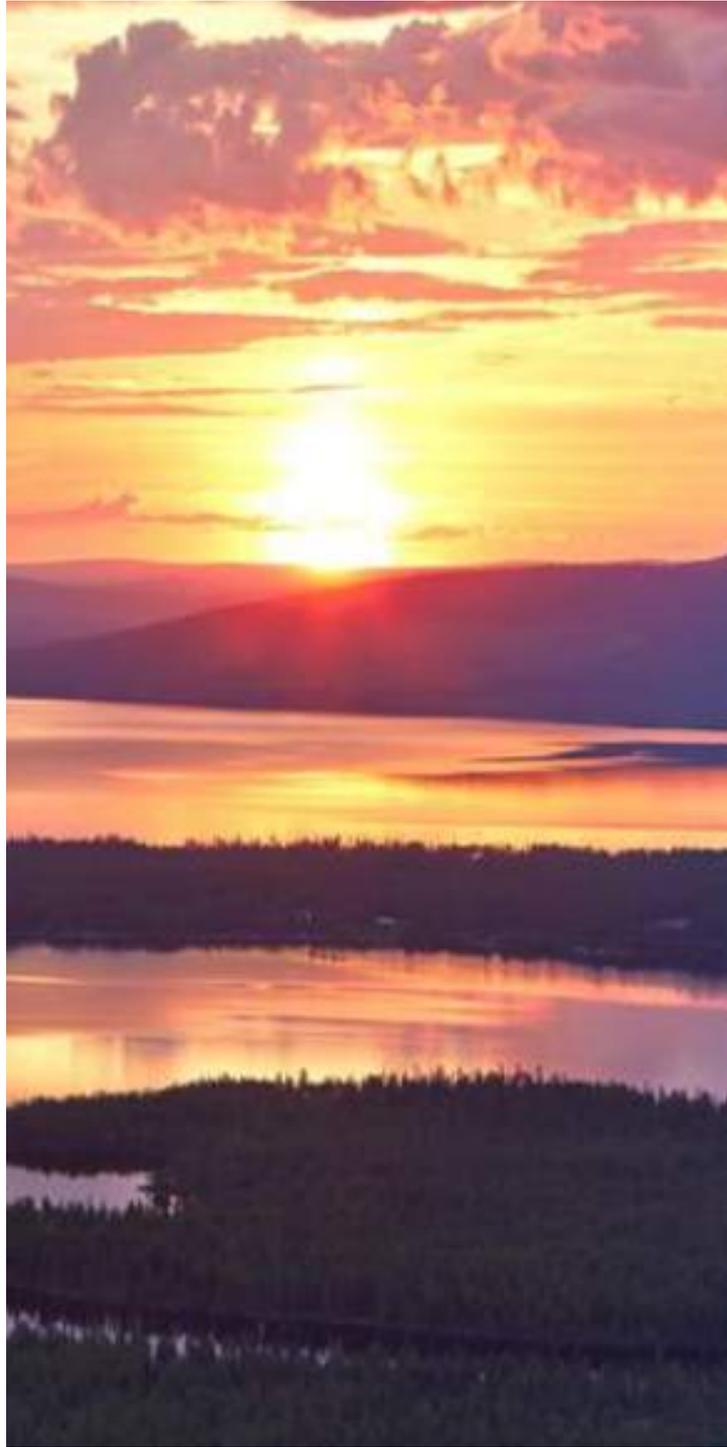
JAKE ARNOLD



He reached and was the first person to discover Iceland, then continued North for no-one knows how long, except that it was as far as the Arctic Circle. With mouth agape and full of wonder and incredulous, Pytheas saw the midnight sun skimming on the ocean horizon to the north for several successive nights at midsummer. Schools of huge whales and other sea-creatures

frightened and amazed him. He only returned when “Neither earth, water nor air exist separately, but form a single mass”. This was perhaps an encounter with an Arctic mist. On returning South, he took a detour to the Baltic Sea, as far as the river Vistula, in search of amber. Such was its abundance, the native Germanic tribes used it for fuel. By now, everyone in the ship they had learnt to love had had enough; it was time to go home. Just like Alexander the Great’s men in the East, Pytheas’ men decided they had been away from home for long enough and the ship was turned around and headed back for the





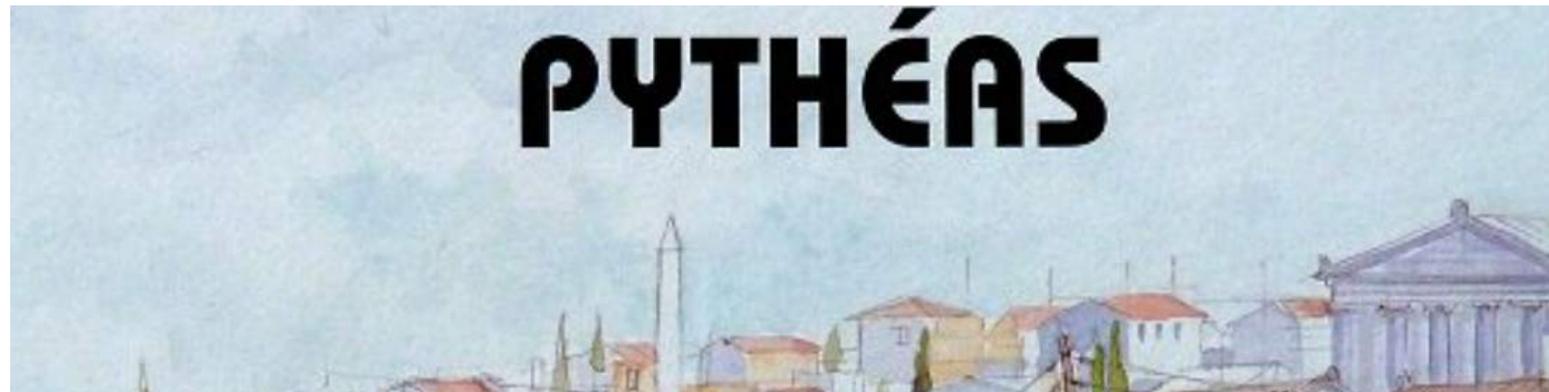
Mediterranean, the way they had come. The ship was loaded with valuable tin, amber and priceless knowledge. Pytheas' voyage contained information valuable to modern scholars.

These include his discussion of the moon's influence on the tides. He was also the first Greek to formulate the correct notion of tides and their connection with the moon and their periodic fluctuations.

He wrote about the midnight sun and gave ethnographic descriptions of the native peoples he encountered. He invented new instruments of precision for astronomical and oceanic measurements.

Pytheus the Greek.

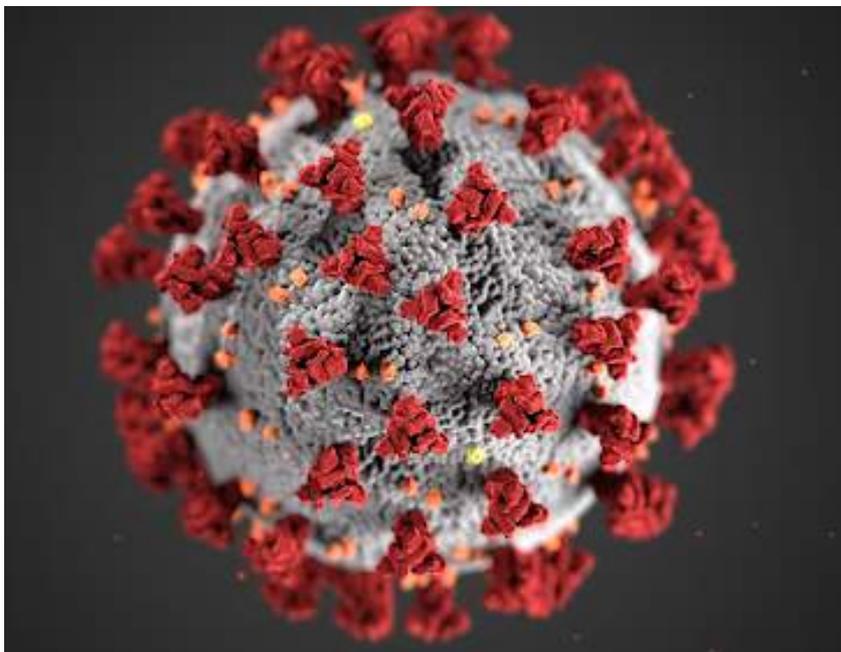
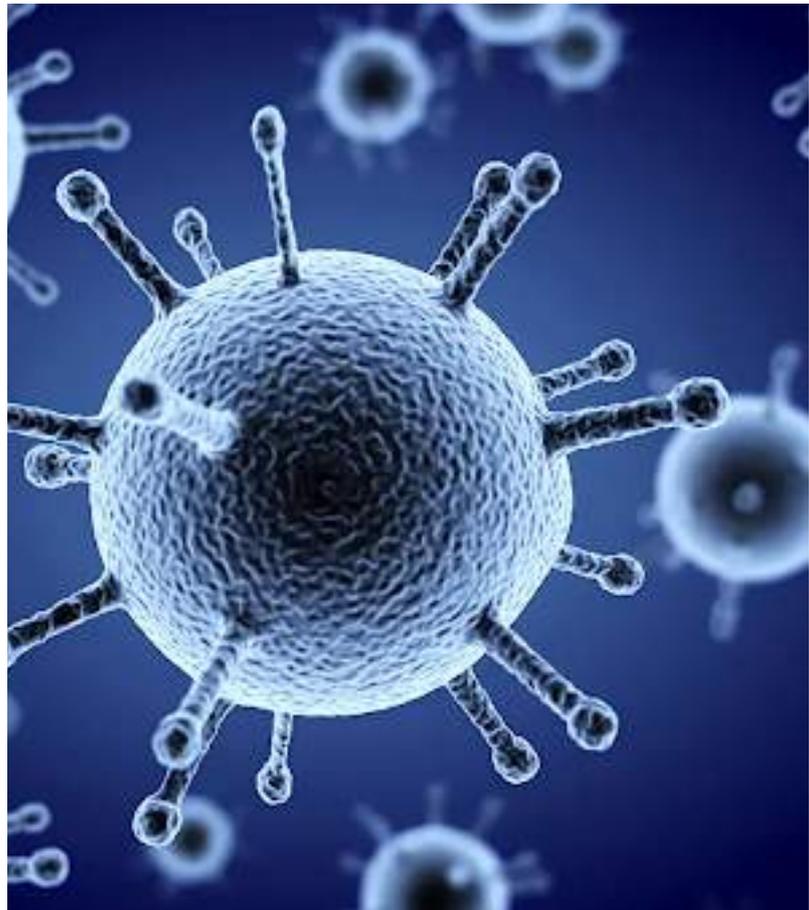
PYTHÉAS



JAKE ARNOLD

CATCHING THE COMMON FLU / COVID 19

Who would have thought that this little virus could cause so much trouble? Way back when in 1918 the Spanish Flu killed more than 25-50 million people. Such a small thing. Now, the modern Flu season is here, although it doesn't happen so much. Yes, there are a few deaths due to existing medical conditions, but not like the old days.



Now let's talk about the new virus that can mimic the flu, COVID-19. It's a virus that can cause some serious complications, even to people who claim that they're healthy. The lines are blurred between the two viruses.

PHILLIP JOHNSON

The Symptoms

At the back of your throat, you just get a little tickle, just a scratching. You don't really think much about it, so you just ignore it. That will turn out to be a mistake. Should I have paid more attention?!

Now you begin to take notice that the scratching is getting more annoying and more persistent. A headache starts to intrude upon your thoughts and starts thumping. This makes doing anything hard, because it is difficult to concentrate. Also this is when you must be careful when taking paracetamol, that you don't overdose.

~~~~~

Now, your headache is thumping, and you really are hampered by it. Moving, and doing household chores becomes harder. This is when the shivering and cold sweats start. No matter how you try, you cannot get warm. You will also feel light headed. You must be careful in this period because you could fall down



and hurt yourself. Lay down, wrap up and drink lots of fluids. This period will affect some people differently. This is when you realise that it's not the flu, but COVID.



That's all you need at this time. Just when things were looking up.

Upon realising what you have, you then try and fight back. Now the shakes and the sweats become a bit more intense. For a lot of people with medical conditions this can be a dangerous time.

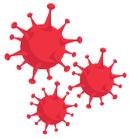
Your energy levels will drop, just stay in bed and get through this time. Don't try and eat at this time, because you will have a very explosive adventure and that can be embarrassing. Very embarrassing!

Hygiene is very important. You must not risk having a shower or bath, because your energy levels are not high enough. Just to be safe, have a flannel wash, this is more safe and gives you more time to get over it. Seriously, be careful. When you should, start with some fluids

and simple soup, not solid food or you will have an explosive adventure again. So do this very carefully and slowly. So that your body can get used to having food again. After that you can begin to start putting small amounts of food in the soup, i.e. crackers, bread or croutons. This is the build up to having more solid food.

**Be careful. COVID-19 is still out there, and doesn't care what the season is, you can still catch it.**



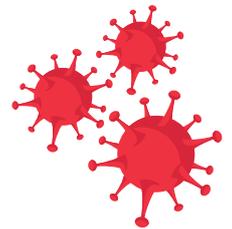


## A POEM ABOUT COVID - ANON

Life was always fast-paced, we never slowed down,  
Until everything stopped when Corona came to town.

Now all is quiet and there's peace all around,  
We've looked in our hearts and kindness we've found.

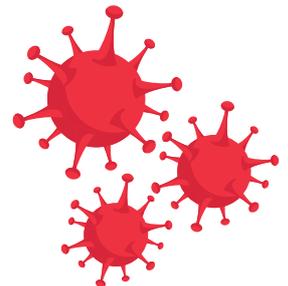
We learn now with mum, this is a new feature,  
But we can't wait to get back to our teacher.



I miss Sea Cadets, school, my friends and my dad,  
I miss sharing the fun times and that makes me sad.

We've had social distancing picnics, social distancing  
walks,  
Social distancing hugs and social distancing talks.

I'm looking forward to getting away,  
The beach, the hotel and a perfect holiday.



When it is? I'll throw my arms open wide,  
And shout to the world, WE CAN ALL GO OUTSIDE!

Don't give up hope, the end is in sight,  
If we all stick together, we'll all win this fight.



# A HISTORY OF KINGS CROSS & ICONIC LOCOMOTIVES

Queen Boudicca is said to have fought her final battle against Roman invaders at where Kings cross station is now. Back then the area was called Broad Ford, the designated place to cross the River Fleet. The area became known as Battle Bridge following



Boudicca's defeat. There are stories that her final resting place is between platforms 9 and 10. (Where the Kings Cross Suburban Services run from). A statue of King George IV was erected at the Battle Bridge crossroads in 1830. The statue was not well received and was demolished in 1842, but the new name for the area 'Kings Cross' - stuck.



Queen  
Boudica



King  
George IV

Between 1849 and 1852 the Great Northern Railway (GNR) developed their London Terminus in the area. The GNR purchased land for the station to the south of the canal and land to the north for its goods station and steam locomotive depot.

King's Cross was planned as a new terminus for The Great Northern Railway and was built on the site of a smallpox and fever hospital over ten acres. At the junction of four roads; New Road (Euston Road), Maiden Lane (York Way), Pentonville Hill (Pentonville Road), and Gray's Inn Road.

The first temporary passenger train station opened in 1850 to the North of the canal. It was a temporary wooden terminus at Maiden Lane (now York Way). This was used until the permanent one was opened to passengers on 14 October 1852, which was designed by Lewis Cubitt, to be simple and functional. At the time the largest railway station in Britain.

The temporary station became part of the wholesale potato market. Grain was transported from East Anglia and stored in the specially constructed Goods Yard complex (1850-2) before being transported onwards across London. Coal was stored in the Eastern Coal Drops (1851) and Western Coal Drops (1860's). Various inlets allowed transfer direct from barges on the canal.

The Great Northern Hotel opened in 1854, largely for the patrons of the railway.

By the end of the 1850's construction of residential buildings was well advanced.



Lower quality housing was built along the Caledonian Road and more expensive properties in Barnsbury. On the Western side of Kings Cross, the terraces and squares of Somers Town, continued to be built.. These were now occupied by railway and industrial workers. An area between Somers Town and the Goods Yard was leased to workmen to build their own homes and became associated with poor quality dwellings, known as Agar Town.



Agar Town and areas of Somers Town were redeveloped in the 1860's to create space for the tracks, terminus and goods yards of the Midland Railway. This included St. Pancras, built between 1866 and 1868, and the Midland Grand Hotel completed in 1876.

The Midland Grand Hotel was closed in 1935 due to the high running costs and used as railway offices. In the 1960's National Rail wanted to demolish it, but it was saved after a campaign led by John Betjamin and the Victorian Society. Since an extensive refurbishment in 2004, there are a number of apartments in the building as well as hotel rooms.



A statue of Sir John Betjamin is erected at St. Pancras station.



In the 1970's a temporary canopy was built, covering the facade of Kings Cross Station, but this stayed in place until the 2014 redevelopment of the station, which was then demolished. Bringing the original details of the station back into view.



Also a statue of Sir Nigel Gresley was erected on the station. He was famous for designing great steam engines for the company in the 1920's and 1930's.

### Some Iconic Steam Engines

The A3 Pacific No. 4472(60103) Flying Scotsman, the A4 Pacific No. 4468 (60022) Mallard and Sir Nigel Gresley No. 4498(60007), steam engines which survive to this day. Either in the railway museum, or used for special nostalgic excursions.

**The Flying Scotsman** was the first steam engine to pass 100 m.p.h. On the 30th November 1934..



**The Mallard** steam engine holds the record for the fastest time for a steam locomotive at 126 m.p.h. On 3rd July 1935. Which still stands to this day.



The **Sir Nigel Gresley** steam engine holds the post war record for a steam locomotive at 112 m.p.h.(180km/h), on 23th May 1959 and carries a plaque to that effect.



At different periods of time the GNR: Great North Railway. Became the LNER: London North Eastern Railway. Then British Railways. This was known as the East Coast Main Line, being London to Scotland.

After British Railways the Government privatised the railways between 1994 and 1997. Handing out franchises to various companies. Firstly to GNER(Great North East Railways). Between April 1996 and December 2007. This was owned by Sea Containers.

Then National Express, Stage Coach with the Virgin Group, then Virgin Trains East Coast(VTEC) from 1st March 2015 to 23rd June 2018. This franchise was cut short as there were a lot of problems and the Government took it back in house and now it's called the LNER again.



**After steam engines, diesel ones took over.** Firstly the Class 55 Deltics, of which 22 were built between 1961 and 1962, these could reach speeds of 100 m.p.h. These lasted until 1978 where a recorded speed was attained of 117 m.p.h. The last one to run was actually in 1981

One of my favourites was the class 43, Inter-City 125 in yellow and blue colour, also known as the HST(High Speed Train). This was the original colour scheme. Built between 1975 and 1982. 125 meaning that they could reach a speed of 125 m.p.h. The actual record for this train was 148.5 m,p,h. Set between Northallerton and York on 1st November 1987. This is the fastest ever speed for a diesel train.

On the East Coast Main Line the 125 trains were made up of 2 power cars with 8 MK 3 Coaches, which were introduced in 1978, and became great workhorses and were a big success.



Meanwhile they were working on a Class 370, APT(Advanced Passenger Train), known as the 'Tilting' train, but kept having problems with it. A large amount of money had been invested in this project. So they decided to have a test run anyway and invited VIP guests for the trial.

The tilting round the bends didn't work correctly, and the food and drinks went all over the place. These trains were scrapped in 1989.

The track became above rail electrification in two phases, firstly 30 miles of the Hertfordshire Line and completing 393 miles from London to Edinburgh, this took place between 1975 to 1991.

Built between 1989 to 1991 The Class 91 Intercity 225 took over. Meaning 225 km/h or 140 mp/h. But these were restricted to 125 m.p.h., owing to the state of the track. They were built to be similar to the Intercity 125, but electrified, as the Intercity 125 had been very successful.

These trains were made up of the Class 91 Locomotive

plus 9 MK 4 Coaches and a Driving Van Trailer(DVT).

At the end of service on 15th January 2021, the remaining serviceable InterCity 225 sets went into storage temporarily as part of the East Coast upgrade.



King's Cross Station Today

# Hearty Thursdays at Hillside

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

Each week, our wonderful members will be cooking a different delicious free meal to take away for those struggling with the cost of living. Halal, Kosher and vegetarian options are available.



The number of meals we have to give out are limited, but those who don't receive one will be prioritised for the next week and will be given information about alternative organisations who can help with food and the cost of living.

# PAPIER MACHE



The artists from top to bottom, right to left:  
Paul, Vanessa, Jackie and Jeff.



**The artists from top to bottom, right to left:  
Selda, Jeff, Maggie, Ruth.**



# Creating Papier-Mâché

## What You will Need:

Papier-mâché can get a bit messy  
(like any DIY project worth your time!)

Lay down a few newspapers or easy wipe plastic tablecloth to easily clean your working surface and keep mess to a minimum

## Equipment and materials:

- A small plastic mixing bowl
- A simple hand whisk & metal spoon
- Newspapers (\*to make the Papier-mâché)
- Scissors
- Plain flour to make the glue paste
- Water
- Cling film
- Ceramic bowls, plates or dishes to use as form-moulds & shape templates to create your own Papier-mâché bowls.



# Creating Your Papier-mâché Bowl, Plate or Dish

## Step 1: Prepare the paper and form/base to mould your item:

To get started, prepare the papers by tearing them into rectangular strips (approximately 10cm/ 4 inch long by 4cm/1.5inch)

Next, select & over a ceramic bowl, plate or dish with either cling film on the outside side of the item (\*this will be used to form the mould to create your Papier-mâché item.

## Step 2: Creating the first layer of paper

In the clear plastic bowl, Mix 2 parts plain flour to 3 parts water and gently whisk to create a runny batter-like consistence (\*its best to use warm water as this will dilute the flour and make it quicker, to create a simple flour and water paste) Take several pieces of paper and sink them into the glue-water mixture, allow to soak, then remove excess paste by sliding along the rim of the plastic bowl.

Carefully place it on the outer surface of the bowl. Use your fingertips, sponger a brush to smoothen the paper with the outer surface of the bowl.

Continue to soak the paper pieces into the glue-water mixture and layer in strips vertically on the outer, cling filmed outer of the bowl.

## Step 3: Creating Papier-mâché layers:

To give the paper mache bowl a more firm structure you will need add and build up multi paper layers of paper. I would recommend adding 5 layers of Papier-mâché, allowing the work to fully dry for 2-3 days, then add a further 5 layers (10 layers in total) allowing to dry for a further 2-3 days.

## Step 4: Removing & Shaping The Edge of The Bowl

Once fully dry, the paper layers should become stiff and sturdy. Carefully ease the dried Papier-mâché layer away from the ceramic bowl, by carefully removing the cling film layer from inside the bowl and gently easing the Papier-mâché layer from the ceramic bowl mould, you can use a small (\*non sharp) table knife to gently prise the paper from the ceramic mould.

(\*make sure you remove all cling film from the Papier-mâché surface inside the newly formed bowl. Use a pair of scissors to cut an even borderline around the top edge of the Papier-mâché bowl pattern to create a neat, crisp rim.

You can soften the edge by carefully sanding the edges with sandpaper,

This will give the top end of the bowl a smoother finishing.

## Step 5: Decorating your bowl:

Cover the entire bowl inside and out with an even later of matt white paint This will help to give a nice even surface for you to paint your decorative design.

See the following pages for ideas and inspiration....be bold and bright with your design!

# TANDOORI CHICKEN WINGS

## INGREDIENTS

- 10 whole Chicken Wings with skin on (1 bone and 2 bone joined together)
- 3 cloves garlic crushed
- 1 inch ginger crushed
- 1 tbsp heaped Tandoori masala (I use Rajah or TRS)
- 1 level tsp Turmeric powder
- 1 tsp level Chilli powder(optional or as much as required)
- 1 level tbsp Curry powder
- Half a lemon juice
- Salt to taste
- 2 tbsp oil of choice
- Coriander leaves roughly chopped without stalk to garnish



## METHOD



Clean wings if needed, cut a slit between the 2 bone wings and 1 slit near the to the bone of the one bone wing.



Rinse and drain in colander if you prefer to as I do. Mix all the ingredients in a bowl together with the wings except the coriander.



Can be left to marinate for 10/15 mins. if you prefer, otherwise Lay out on a baking tray and cook on middle shelf for 20 minutes uncovered.



Take out and turn them over and cook for a further 20 minutes or less depending on the size of the wings.



They should be ready but cook for longer if you like them well done. Take them out and sprinkle over roughly chopped coriander leaves if using and cover for 2 minutes.

# 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.

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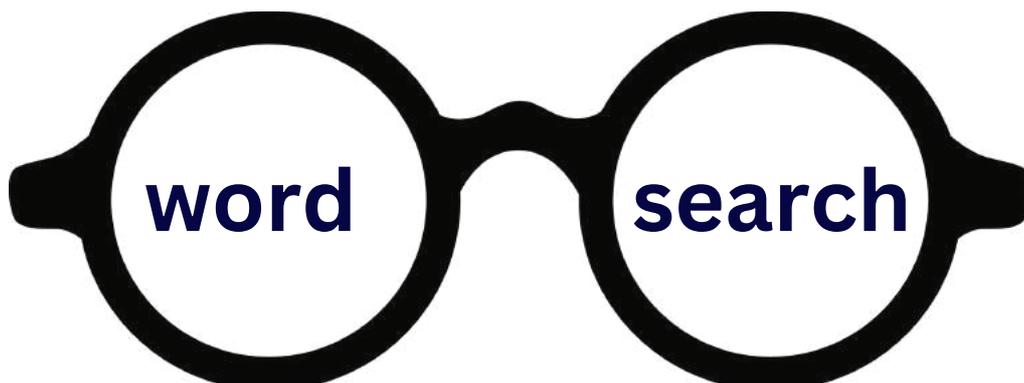
# WORD SEARCH

## Types of Food

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| K | A | E | T | S | B | A | E | C | U | T | T | E | L |
| R | T | A | E | A | U | L | A | E | R | E | C | S | S |
| V | E | L | I | T | T | E | H | G | A | P | S | A | H |
| E | N | N | A | H | T | O | F | D | N | B | A | L | A |
| G | A | A | T | U | E | G | A | A | L | U | E | A | M |
| E | D | T | N | P | R | E | S | E | A | R | A | D | I |
| T | I | U | R | F | A | E | T | R | I | G | O | N | H |
| A | O | N | I | O | N | B | F | B | T | E | O | G | O |
| B | O | T | A | V | K | R | O | P | D | R | D | R | T |
| L | L | S | E | L | D | O | O | N | A | S | S | A | D |
| E | F | N | T | U | N | A | D | C | A | T | H | V | O |
| S | L | E | U | E | M | T | A | L | G | N | A | Y | G |
| R | O | L | L | S | P | M | R | V | G | A | M | M | S |
| R | A | D | I | S | H | T | V | D | I | N | N | E | R |

ONION  
 PORK  
 BURGERS  
 FAST FOOD  
 RADISH  
 MACARONI  
 LETTUCE  
 VEGETABLES  
 NOODLES  
 BREAD  
 CEREAL  
 HAM  
 FRUIT  
 TUNA  
 SALAD  
 SPAGHETTI  
 BUTTER  
 ROLLS  
 TV DINNER  
 HOTDOGS  
 STEAK  
 GRAVY

Play this puzzle online at : <https://thewordsearch.com/puzzle/289/>



# SUDOKU: ANSWERS

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



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

Answers on the previous page

# SUDOKU

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|---|---|---|---|---|---|---|---|---|
|   | 7 |   |   | 2 |   |   | 4 | 6 |
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|   |   |   | 1 | 3 |   | 4 | 8 |   |
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|   | 5 | 8 |   |   |   |   | 6 |   |
| 4 | 3 |   |   | 8 |   |   | 7 |   |



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