

SODUKU ANSWERS

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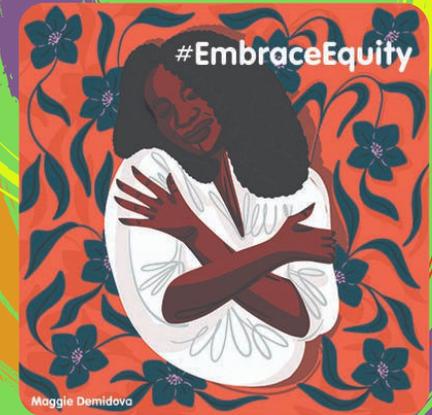


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HILLSIDE CLUBHOUSE



MARCH 2023 EDITION



SECTIONS

23 INTERNATIONAL WOMEN'S DAY

20 MINDFUL COLOURING

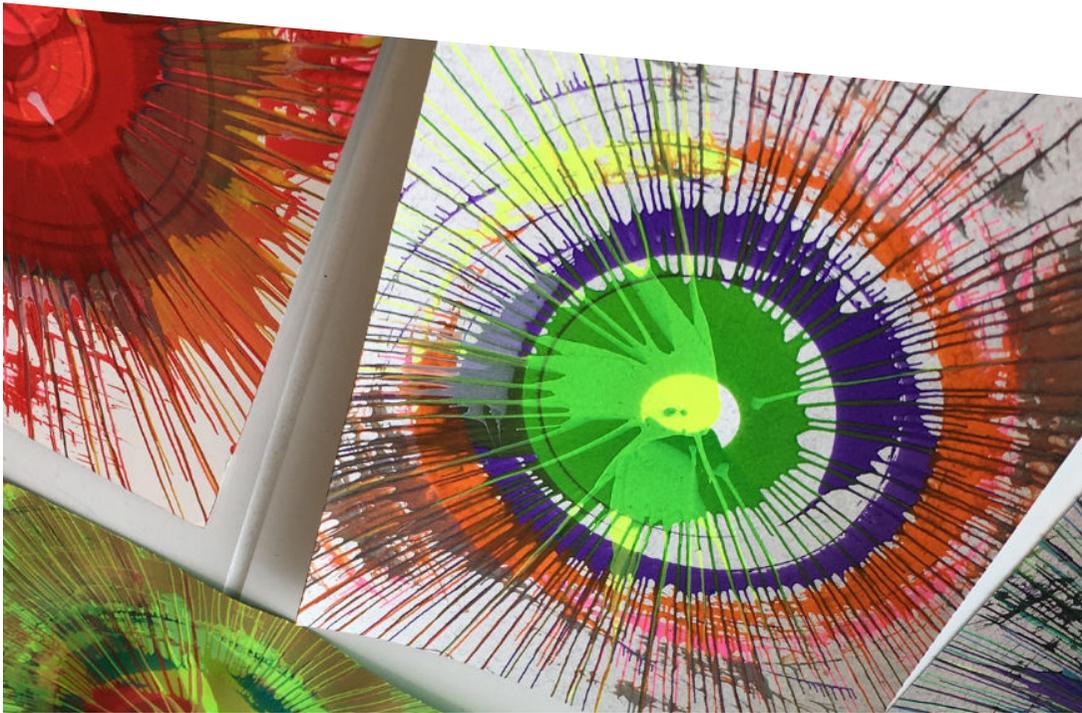
06 REFERRALS & SUPPORT

01 INFORMATION FOR MEMBERS

60 QUIZZES AND PUZZLES

58 RECIPES

38 MEMBERS' ARTICLES



FOOTBALL WORD SEARCH

Goal Mouth	Yellow Card	Kit	Corner Flag	Foul	Goal Area
Goal Line	Ball	Red Card	Pitch	Free Kick	Boot
C	E	L	S	X	A
O	M	B	F	J	V
W	F	D	G	D	A
R	N	Y	F	C	A
L	S	I	V	R	X
M	I	G	P	W	K
F	B	H	J	Y	O
N	Z	E	N	T	G
Z	L	X	E	U	H
L	K	Q	A	D	U
F	L	M	P	S	M
Z	D	X	H	K	R
B	A	H	B	G	X
N	Q	L	M	V	C
Y	O	Z	C	U	W
W	N	K	S	O	S
U	J	K	Q	A	Z
H	M	W	N	J	H
Y	E	L	L	O	W
N	H	P	C	S	F
L	F	K	G	A	K
M	J	B	D	P	Q
Z	N	S	D	W	C
U	E	D	T	L	D
M	E	W	E	Y	F
L	J	O	Y	B	N
A	R	K	F	G	E
C	O	R	N	E	R

SODUKU

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			4	1	9			5
				8			7	9

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.

GO-TO EVENTS - MARCH

Join Hillside for a trip to The Postal Museum. Ride the Mail Rail and explore postal history. Sign up at reception or speak to your support worker.

10AM
3RD

POSTAL MUSEUM TRIP

A tour through work about shifting landscapes with a particular interest in food and waste. Meet at 145 outside Highbury Station. RSVP: 0775 4486068

2PM
4TH

TOUR AND EXHIBITION

Join the free celebrations in Trafalgar Square. There'll be the best of Irish arts, culture, food, music to enjoy, including the spectacular annual parade.

10AM
12TH

ST PADDY'S DAY PARADE

Ever fancied a closer look at Cally clocktower and see the views from the top? Join Hillside for a trip up the tower and learn its fascinating history.

11AM
23RD

THE CLOCKTOWER CLIMB!

Watch on the bridges and embankments of the Thames as Oxford and Cambridge men's and women's rowing crews battle it out on the river.

2PM
26TH

THE BOAT RACE

THE BANK OF ENGLAND MUSEUM
Discover the Bank's history and the role it plays in the economy today, spanning over 1,500 years, including archaeology, banknotes, coins, artworks, sculpture, decorative art and social history.

MUSEUM OF THE MONTH

METHOD

1. Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook for 8 minutes.
2. Add the cauliflower florets to the water and cook for 2 minutes more. Drain in a colander and set aside.
3. Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion and cook over a medium heat for 8 minutes or until well softened and lightly browned, stirring regularly.
4. Sprinkle over the curry powder and cook for 30 seconds more, stirring.
5. Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly.
6. Add the stock and bring to a gentle simmer.
7. Add the vegetables and peas or spinach and simmer gently for 5 minutes, stirring regularly. If the sauce thickens too much, add a splash of water.
8. Serve immediately with yoghurt.



VEGETABLE CURRY

INGREDIENTS

- 2 medium potatoes (around 350g/12oz), peeled and cut into 2cm chunks
- 1 large carrot, peeled and sliced on the diagonal
- ½ cauliflower (around 300g/10½oz), cut into small florets and halved
- 3 tbsp sunflower or vegetable oil
- 1 large onion, coarsely grated or very finely chopped
- 1 tbsp medium or hot curry powder
- 1 x 227g tin chopped tomatoes
- 300ml/10fl oz vegetable or chicken stock (made with ½ cube), gluten-free if required
- 100g/3½oz frozen peas or two large handfuls young spinach leaves, or a mixture
- plain yoghurt or vegan alternative, to serve



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

MORNING:
10-12:30

AFTERNOON:
1:30-4

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



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.

HILLSIDE CATERING

Great Food

WITH A SOCIAL CONSCIENCE.

ABOUT US
Hillside Clubhouse is a mental health charity that makes social inclusion & participation in everyday life a reality.
At Hillside, our members get skilled, get creative, get support & get involved. Co-production is at the core of everything we do.
We cater to any other dietary requirements and use 100% biodegradable serving equipment.

CONTACT US
Email: enquiries@hillsideclubhouse.org.uk
Telephone: 020 7700 6408

EXTRAS

BREAKFAST

SANDWICHES

SALADS

SWEET TREATS

Toradora

My final suggestion is the romantic comedy series Toradora that is about high schoolers Ryuuji and Taiga. Ryuuji has a gentle personality and loves to do housework but is labelled as a delinquent because he has an intimidating face. Taiga has a fierce personality and wields a wooden katana and is known at school as Palmtop Tiger. The two find out they have a crush on each other's best friends and so form an alliance to help with each other's crushes.

Toradora is a 25 episode series that came out in 2008 and was one of the first romantic comedies I had seen and is in my top 10 for romantic comedies to this day.

How To Watch: You can find Toradora on Netflix and Crunchyroll in both English and Japanese with English subtitles.



I hope that you have found this interesting to read and something has piqued your curiosity to check out. Anime is broad and diverse so if it has caught your interest but there are particular themes and genres that you like which aren't listed above, you are more than welcome to ask me for suggestions for other titles to check out.

ALFIE KEYES

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.

Together
We Grow



SMART WORKS CHARITY REVIEW

Smart Works are a UK charity that exists to give women the confidence they need to reach their full potential, secure employment and change the trajectory of their lives.

At the heart of Smart Works sits a dressing and coaching service designed to help their clients be the best version of themselves at a crucial moment in their lives - the job interview.

If you have an interview and are interested in being referred to Smart Works, please speak to your support worker about how you can access their service.



Barakamon

The next suggestion I have is Barakamon, a series in the slice of life genre. Barakamon is a story about a talented and narcissistic up and coming calligrapher called Seishuu Handa. When at a calligraphy exhibit showing his work, Seishuu becomes unruly when his work is criticised and his father sends him to live on the Goto Islands as punishment.

Now living on the Goto Islands, Sei uses his time to reflect on his actions and tries to find inspiration and develop a new calligraphy style. But that won't be easy as children led by the hyper Naru and his neighbours are unable to mind their own business and give him peace.

Barakamon is a 12 episode series that came out in 2014 and is a favourite of mine. I thought Barakamon was a nice show, I enjoyed the story, its characters and the charm of the series.

How To Watch: You can find Barakamon on Crunchyroll in both English and Japanese with English subtitles.



Your Name

The third anime I have for you is a movie called Your Name by famous director Makoto Shinkai. Similar to Attack on Titan, Your Name was a major success worldwide that saw many go to see it at the cinema. Your Name grossed approximately \$357,986,087 worldwide on its original cinema release with \$233,794,134 of its ticket sales coming from the Japanese box office.

The movie is about high schoolers Mitsuha and Taki. Mitsuha, who lives in the countryside wants to live the life of a boy in Tokyo and one day awakens to find that her wish has come true and has switched bodies with a boy named Taki. Will Mitsuha and Taki find out why this phenomenon occurred? Or are they to live the rest of their lives in their new bodies? Your Name is excellent for entry to the anime medium and it's easy to follow.

How To Watch: Your Name can be found on Amazon to rent in both English and Japanese with English subtitles.



ALFIE KEYES

My experience at 'Smart Works' was just the best! I got there early and was immediately welcomed with a hot drink, comfy seats and magazines to browse through.

As soon as they saw me, they asked for my preferences; what colours, styles and lengths of outfits I liked. Within 5 minutes, they had outfits on a rail waiting for me to try on. It was like having your own personal shopper!

I ended up getting the first dress they had picked out for me as it was green and blue (my favourite colours), fitted like a glove, was so comfortable and made by a great brand. They then kitted me out with a stunning green coat, black boots and bag to go, all for free. I completely loved the look.

After that, without any wait, a team member went through some interview prep with me, highlighting how many different skills I could bring to the job and providing helpful tips on how to answer specific questions that might be asked in the interview. It was very chilled, and they were so encouraging.

I left feeling completely pampered, confident and buzzing. The next day, I was excited to go to the interview because it meant I could wear my new clothes. Walking into my interview, I felt like a million dollars. I didn't realise the impact that feeling and looking good made on my confidence.

My interview went great, and I got the job! This means I get to go back to Smart Works and they will kit me out with five more items for free for my new job. I can't wait.

JOHANNAH READ

Food Support in Islington

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<p>Margins Project at Union Chapel Drop-in session for people facing homelessness Hot food takeaway 11:00am-2:00pm 19B Compton Terrace N1 2UN</p>	<p>Brickworks Community Centre Drop-in for food parcels Monday - Thursday 12pm - 3pm. 42 Crouch Hill N4 4BY colin.adams@hanleycrouch.org.uk // 0207 263 1067</p>	<p>FoodCycle Islington Free hot meal, 1pm New River Baptist Church, N1 2TL No need to book!</p>	<p>Copenhagen Street Foodbank N1 0SR Weekly foodbank 1-3:30pm Fresh food and non-perishable items. 02078378378 copenhagenstreetfoodbank@gmail.com</p>	<p>Mildmay Community Centre Woodville road N16 8NA Weekly food co-op £1 per person in household 020 7249 8286 mildmaycp@gmail.com</p>	<p>Choices CIC - African Caribbean Cultural Food Co-op Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods. The first Saturday every month at 2pm Caxton House Community Centre N19 3RQ</p>
<p>The Ringcross Community Foodbank N7 8RH Food parcels, meals and essential items 12pm to 4pm Open to Islington residents (proof of address needed) 02077002498</p>	<p>The Arc Centre Weekly food packages for people living in N1 7 and N1 8 mellsa@thearccentre.org 0207 673 1281</p>	<p>Manor Gardens 11am - 2pm, N7 6LA Weekly co-operative food shop. Take what you need for £3</p>	<p>Mildmay Community Centre Woodville road N16 8NA Community cook-up Free shared meal (donations welcome) Thursdays 11.30am - 1.30pm</p>	<p>If you do not have access to a telephone or email, please feel free to come to the centre on Friday between 11.30am - 1.30pm to discuss your needs</p>	<p>If you are on low or no income, please contact us to join the membership at: info@choicesdondnic.com</p>
<p>Hilldrop Community Centre N7 0JE Free hot lunch 12:15 - 2pm</p>	<p>Elizabeth House Pop-up food store every Tuesday for residents in: N4 2, N4 3, N5 1, N5 2, N7 7 Register: 02076901300 nathalie@elizabeth-house.org.uk</p>	<p>The Hive Foodbank Wednesdays 6.30-8.30pm 020 7916 2710 hivefoodbank@gmail.com</p>	<p>St Mary's Church and the Hive foodbank N19 3AD Cook Together Drop In Fridays 3.30-6pm Learn to make cheap, easy & tasty meals. All ingredients provided</p>	<p>The Ringcross Community Foodbank 12pm to 4pm</p>	
<p>The Ringcross Community Foodbank 12pm to 4pm</p>		<p>Margins Project, Union Chapel Drop-in session 11:00am-2:00pm</p>			



Attack on Titan

Next up is the series Attack on Titan, the 2013 hit anime adaptation of the manga of the same name animated by Wit and MAPPA. The series spans four seasons and is still currently ongoing with the final season set to conclude this year. Attack on Titan is set in a world where mankind was brought to near extinction by huge man-eating Titans built gigantic walls to protect themselves from the Titans. When the series kicks off, humanity has been at peace for 100 years, until one day the Titans return.

I think Attack on Titan is a brilliant series for newcomers to check out, because the series was a mega hit when it was released and still is to this day. Also, because of its success, it brought in new fans to the anime community.

How To Watch: You can find Attack on Titan on Crunchyroll in both English and Japanese with English subtitles.



Suggestions

If anime has caught your interest I will leave some suggestions for titles to check out and where you can watch them.

Cowboy Bebop

First up is the 1998 classic Cowboy Bebop by studio Sunrise, it is a 26 episode original series in the action sci-fi genres. The series is set in an era where mankind has left Earth and spread across the galaxy. The expansion of humanity isn't all good, as the need for bounty hunters arose due to societies becoming plagued by crime. Spike Spiegel is one of those bounty hunters and with the crew of the Bebop they hunt down dangerous fugitives. I think Cowboy Bebop has fantastic music and is a golden oldie that every anime fan, new or old, should check out.

How To Watch: You can find Cowboy Bebop on Netflix in both English and Japanese with English subtitles.



ALFIE KEYES

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



Other services:

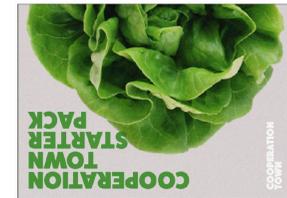
Bags of Taste: free, mentored at-home cooking course to make low-cost, nutritious meals. Ingredients provided for free and delivered to your house. Open to all Islington residents. islington@bagsoftaste.org // 07986042458

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.



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

CAMDEN SUPPORT SERVICES

Citizens Advice Camden

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

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

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

Website: www.camdencahservice.org.uk

Mary Ward Legal Centre

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

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

TEL: 020 7831 7079 (Monday to Friday between 10am and 1pm)
 ADDRESS: Mary Ward Legal Centre, 10 Great Turnstile, WC1V 7JU

Before I get to some anime suggestions, I would like to briefly share a select few of my personal favourites:

- **Ano Hana:** My favourite anime series of all time is *Ano Hana: The Flower We Saw That Day*. *Ano Hana* is about a teenage boy named Jinta who is a recluse and can see the ghost of his childhood friend.

- **JoJo's Bizarre Adventure:** JoJo on the other hand is full of action and is a series that follows the Joestar family through many generations. JoJo delves into the realm of super powers with an ability called Hamon in season one that allows the user to control energy through breathing and Stand abilities from season two onwards where some manifest as an entity near its user.
- **Berserk** is a dark fantasy that follows a mercenary named Guts, this anime has a mediaeval setting with some fantasy elements such as demons.



Left; JoJo's Bizarre Adventure

Right; Berserk (1997)



INTRODUCTION TO ANIME

Welcome to this introduction to anime, if you are unfamiliar with anime I will explain what it is as well as suggesting some for readers to check out if they are interested in delving into the world of anime.

So what is anime? Anime is Japanese animation but unlike western animation, which is aimed towards children a lot of the time, the target audience for anime is diverse. Anime is diverse, it can have some of the most light-hearted themes and others some of the darkest like you can see on television and in movies.



Ano Hana: The Flower We Saw That Day

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: healthymindscp@mindincamden.org.uk

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

ISLINGTON SUPPORT SERVICES

Citizens Advice Islington

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

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

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

Website: www.islingtoncab.org

Islington Law Centre

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

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

Tel: 020 7288 7630.

Email: info@islingtonlaw.org.uk

Website: www.islingtonlaw.org.uk

Trivia

Chief Joseph Ranch near Darby, Montana, home to the Dutton family in the series, is ordinarily open to the public for accommodation, but due to the popularity of the show, the ranch is booked out for months in advance.

Review

Very good show with too many repulsive characters. My rating for seasons 1-3: 9/10. Now, I'm watching Season 4 and, after 4 episodes, Yellowstone is becoming more and more like an annoying soap opera. Don't know if I will continue.

First of all: production values, cinematography and music in the whole series are of the highest order. Netflix, Disney etc should watch & learn from the good old Paramount.

But: there are too many repulsive characters in the series. In S4, there is also too much melodrama, plot holes and inconsistencies. Literally, the only good things in S4 were the first half of 1st episode, and (some of the) scenes about everyday life of cowboys at the ranch.



YELLOWSTONE

Plot

Yellowstone follows the Dutton family, led by John Dutton, who controls the largest contiguous ranch in the United States, under constant attack by those it borders - land developers, an Indian reservation, and America's first National Park. It is an intense study of a violent world far from media scrutiny - where land grabs make billions, and politicians are bought and sold by the world's largest oil and lumber corporations. Where drinking water poisoned by fracking wells and unsolved murders are not news: they are a consequence of living in the new frontier. It is the best and worst of America seen through the eyes of a family that represents both.



JUAN ANON

Islington Peoples Rights

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

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

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

Email: info@ipradvice.org.uk

Website: www.ipradvice.org.uk

Income Maximisation (iMAX), Islington Council

Income Maximisation can ensure you are getting the most money from your benefits and will support you to make benefit or tax claims. They can also help you challenge and appeal benefit decisions or advise you on how working can make you better off. They will also look at how much help you may get with childcare costs or help you with your benefits when you start work or have a change of circumstances. They also offer advice and support with benefit changes such as 'Bedroom Tax', Benefit Cap and Universal Credit. Where necessary, they can arrange appointments at council offices or home visits to assist you with filling out forms.

Telephone: 0800 731 8081 or 020 7527 8600

Lines open from 9:30am - 4:30pm, Monday to Friday.

Islington Mind

Mental Health Community Recovery & Crisis Enablement Service
Islington Mind offer a quick response to urgent matters, such as:

- Escorting to medical appointments
 - Escorting to benefits assessments and tribunals
 - Support with urgent phone calls
 - Ad-hoc emergency support with housing, tenancy, health care and employment
 - Crisis advocacy
 - Signposting to other community services.
- They also offer a wide range of holistic and exciting activities.

Address: Islington Mind, Unit 4, Archway Business Centre, 9-23

Wedmore Street, Islington, N19 4RU

Tel: 0203 301 9863

Email: athena.tsigaras@islingtonmind.org.uk



A SMILE

Smile to the world,

Smile to the young and old,

Smile in the day smile in the night,

Forget the problem, forget the sorrow.

Smile today and tomorrow.

Live with faith will remove all heartache.

Live with patience and smile your

Life will be worthwhile.

When you smile to me, I feel good I feel free,

When you smile to everyone you face the world,

You face the sun.

Smile to be happy to be strong.

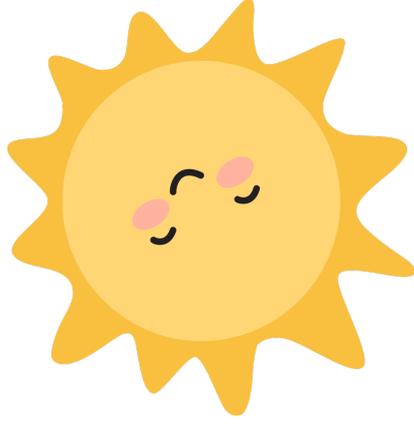
Keep your smile for so long,

Smile everyday shining lights on the way,

Smile and dance let's hold our hands,

Smile and communicate,

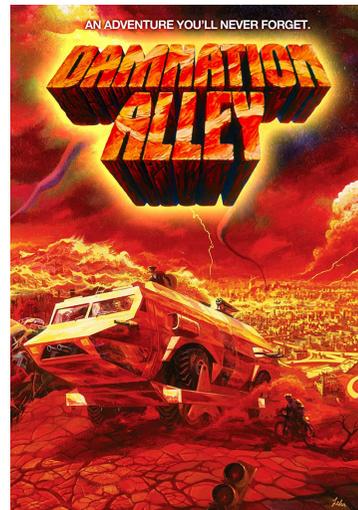
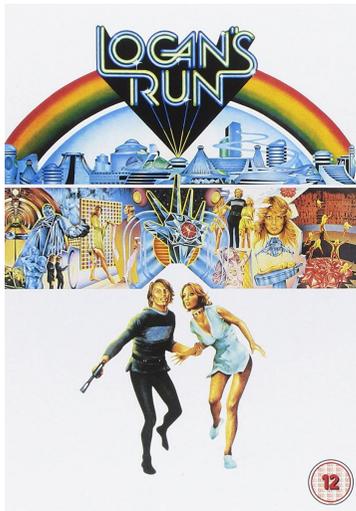
Smile now, don't be late.



Just as Logan's Run stayed in the warmth of the sanctuary and didn't go through carousel, Charlton Heston sacrificed his life to find the cure to the Bubonic Plague in a post 3rd world war scenario and George Peppard's Damnation Alley film depicted the remnants of the earth after - also - a 3rd world war, this time using Atomic Nuclear weapons. The best one to watch is The Time Machine starring Rod Taylor. He gets to the future ahead of time, where there is a depiction of utopia.

In the present, the Jehovah Witnesses believe that one day Jesus Christ will establish his Kingdom on our world in a real Utopian fashion - not Sci Fi - where all people are friendly and animals are welcome. So the Science Fiction continues in our own reality.

Planet of the Apes, Fantastic Voyage, Battlestar Galactica and not forgetting STAR TREK, to mention a few.



DANIEL MACLENNAN

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

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:

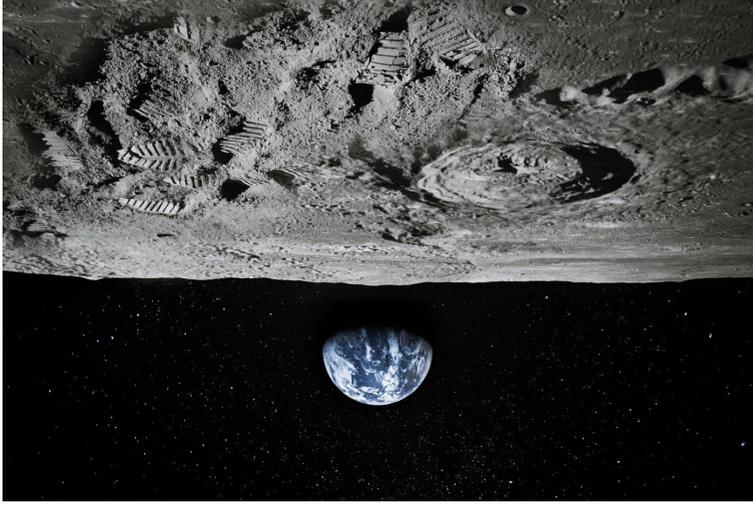
- Opportunities to improve work related planning, service and communication skills and get training on how to be a Peer Worker. Links into local employment specialists for employment support and advice to find paid roles.
- Gain confidence and work readiness through volunteering in your community.
-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

And so, the new genre of science fiction comes into being. From Space 1999 and Star Maidens, to Asimov's sci fi fantasy alteration, expansion and exploration. These birthed my interest in science fiction.

Back to our story, NASA, the space shuttle and Concorde, designed by Rolls Royce. The three astronauts must have a relaxed attitude to ensure mission success and the vision of the clear up of the moon.

The moon will be happy again!

This will mean we can go to bed on Earth, get a good night's sleep in our Zodiac Star Sign Tardises, dream a personal twilight zone and wake up renewed for the day.



MY SCIENCE FICTION JOURNEY

In 1980, NASA received correspondence from the United Kingdom that, in order to gain the next eclipse and equinox, they had to do a mission to the moon to retrieve any debris left by previous landings. NASA, on reply, agreed to do the mission with 3 astronauts.

Then, the moon can work again. It can function without interruption, placing itself neatly in the perfect order of things in our planet's solar system. Hence, allowing the stars to flourish, and the sun to shine, and the whole Culmination and Constellation of the universe to function.



DANIEL MACLENNAN

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

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

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

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

Tel: 07738 236 041

Email: stephen@manorgardenscentre.org

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



DO YOU NEED HELP GETTING TO PLACES?

HAND IN HAND is a new Volunteer Peer Buidying Service that will help Islington residents who experience mental health difficulties to get to other locations for appointments, courses, green spaces, and events.

The Buddies can remind you of an appointment, accompany you to appointments, events and activities that you would otherwise struggle to attend. They provide you with support and friendly encouraging conversation en route to the activity and give information about accessing other support services.

The peer travel buddies are fully trained and DBS cleared, but they do not provide therapy or specialist support. They will meet you at your door or convenient location, but cannot come into your home. Their role is primarily in connecting, accompanying, reminding and reassuring.

For more information:

Mon, Tue, Wed: Tel: 07526 692507

Email: satoko.fujishiro@islingtonmind.org.uk

Wed, Thu, Fri: Tel: 07738 2360

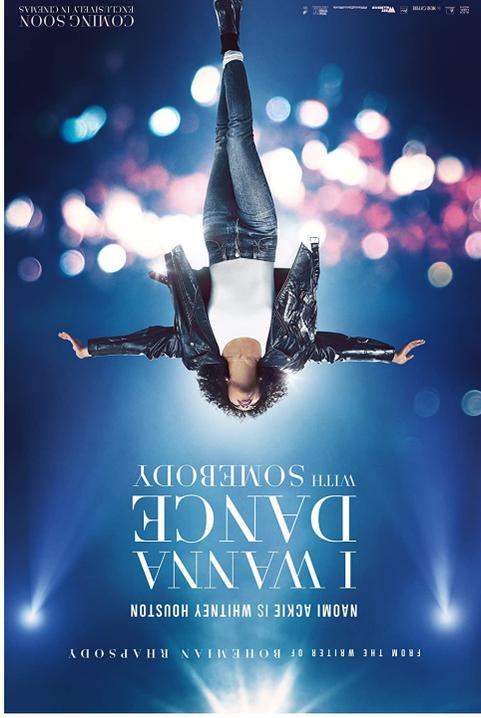
Email: stephen@manorgardenscentre.org.uk

Anytime: Email: Laura@manorgardenscentre.org

To refer yourself to the service:

Email: HandinHand@islingtonmind.org.uk

If you or someone you know might like to volunteer to be a peer buddy the can register their interest here: <https://tinyurl.com/peerbud>



with her mother.

The downside to the film is that the actress 'Naomi Ackie', performing the role of Houston, appears to look more like the RnB singer Brandy. The film is also 150 minutes long and doesn't include Houston's life in detail in the sense that she experienced struggles

The film stars Naomi Ackie as Whitney Houston, Stanley Tucci as Clive Davis, Whitney's record producer, Ashton Sanders as Bobby Brown, Whitney's husband, Tamara Tunie as Cissy Houston, Whitney's mother, Nafessa Williams as Robyn Crawford, Whitney's former girlfriend, Clarke Peters as John Houston, Whitney's strict father, Dave Heard as Ricky Minor, Whitney's musical director, Bria Danielle Singleton as Bobbi Kristina Brown, Whitney and Bobby's teenage daughter.

I WANNA DANCE WITH SOMEBODY FILM REVIEW

For any Whitney Houston fans out there, I recommend the film 'I Wanna Dance with Somebody'. It's incredible to see and listen to the singer singing some of her well known tunes and which showcase her incredible voice, such as 'I Wanna Dance with Somebody'. Her singing is like her music video, which was released in 1987. The film is based on the life and career of Houston which shows her as an American singer and actress.

The film exposes the intense relationship she had with her mother, who was a Christian women. She tried to hide her daughter's bisexuality. This is revealed in a scene when Houston finds attraction with Robyn Crawford, who was one of Whitney's closest friends. In the film, their friendship turns romantic and they both end up moving in together. It is sad near the end of the film to see how the singer lost her way through drink and drugs.



ROZITA BAKHSHIPOUR



Helping Families Helping Children

Do you need help from children's services to look after your child?

Do you have a child in care?

Are social workers worried about your child's safety?

Are you raising a friend or relative's child?

www.frg.org.uk

- Easy to understand information
- Discussion forums for parents and kinship carers, with support and expert advice
- Detailed legal guides

Free advice line 0808 801 0366

Monday to Friday 9.30am–3.00pm

- In-depth and confidential advice

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.

A BRIGHTER DAY

be happy

A person's most useful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others. Instead of giving people a piece of mind, give them a piece of your Heart instead. Every morning we get a chance to change our past it's the past leave it there, the future is not here yet, now is where it's at.

BE KINDER TO YOURSELF!



From there he was transferred to the Hospital ship St. David, destination Dover, from where he was admitted on the 20th March 1915 to The Queens Canadian Military Hospital at Shorncliffe (Kent). He would be discharged on the 19th April after spending 30 days in hospital. He was allowed sick furlough for a week between 20th to 26th April, and got a chance to return home to Finsbury Park, North London.

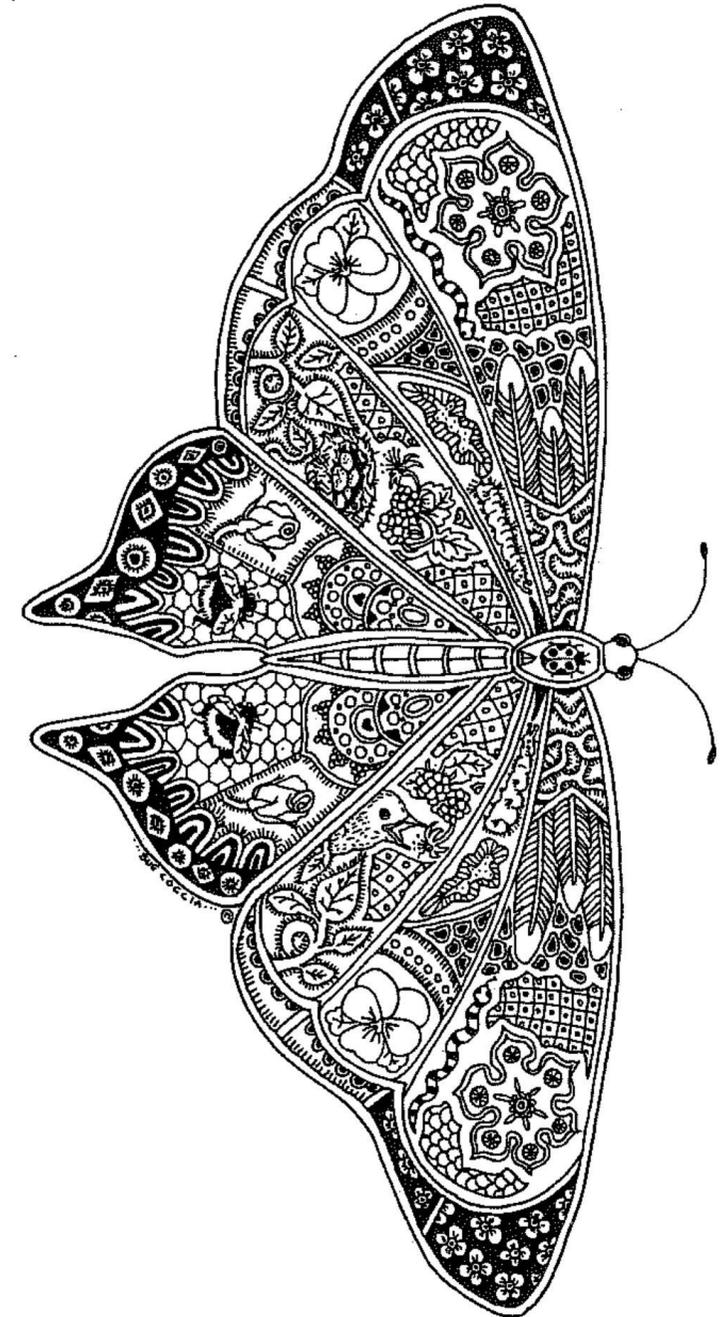
WAR DIARY or INTELLIGENCE SUMMARY. (Erases handling not required.)				Army Form C. 2118.
Place	Date	Hour	Summary of Events and Information	Remarks and references to Appendix
H.F. PETILLON	March 1915		<p>Second in command visited trenches during night work a new communication trench continued new positions for machine gun taken up so on to command post 27531 Pl. CH. TEARCE slightly wounded 27575 " S.T. WHITE " } by Lowtop's shell. H.E. 27140 " E.G. WILK " } killed. cut his eyes. He had wounds shelled refused to leave the trench. clear down trench. <i>See</i></p> <p>Estimate of enemy casualties published by Gen. H.G. gave the loss as <i>See</i> KILLED 4000. WOUNDED 12000. PRISONERS 2000.</p>	

An excerpt from the official War Diaries that mentions Clifford by name.

In recognition of his brave service, Clifford was appointed Lance Corporal on the 11th September of that year. He was able to re-join the 15th Battalion by travelling with the 43rd Battalion (Cameron Highlanders) to France.

TUNE IN NEXT MONTH FOR THE NEXT INSTALLMENT OF CLIFFORD'S STORY, AS HE REJOINS THE WAR IN THE SOMME!

transformation, beauty, joy





During the night of March 6th, the 13th Battalion moved up into the line, replacing the 16th Battalion Canadian Scottish, which had previously taken over from the British. Companies No. 1, 2 and 3 went into the front line, while company No. 4 was held in Battalion reserve, a short distance back. The Battalion occupied this line for three days in conjunction with the Engineers, who were repairing parapets and digging communication line trenches at night.

After a few days rest, the Battalion re-entered the trenches for another 3 day tour on the 13th March. At night a great deal of work was done in strengthening the positions and building protection from enfilade (rapid) fire.



A photo of the injured Clifford in the trenches.

On 15th March 1915, Clifford was engaged at Saille near Armentiers, {Rue Petillon}, where he was wounded by shrapnel to the right hand and right knee, and taken to No. 13 General Hospital in Boulogne.

CLIFFORD HENRY PEARCE

What follows is a tribute to my Grandfather, a very special, brave and courageous man.

Ask a staff member for the previous edition to catch up on Clifford's story...



General Anderson addresses a soldier.

In the early days of March it was announced that the Canadian Division was considered fit to take over a section of the line. On March 3rd the 13th Battalion formed up into Mairie Square in Armentieres and marched, via Bac St. Maar to Saily-Sur-La-Lys thence to billets in Rouge de Bout. These billets were in shell torn barns and were not comfortable.

On the following morning the Battalion paraded in a field and was addressed by Lieut. Gen. E.A.H. Alderson. His instruction to the Highlanders was that no matter what happened, they must hold the trenches entrusted to them - regardless of the cost!

KEVIN PEARCE

THE BEGINNING



As we are shifting, you will begin to realise that you are not the same person you used to be.

The things that you used to tolerate have now become intolerable. Where you once remained quiet, you are now speaking your truth, Where you once battled and argued, you are now choosing to remain silent.

You are now beginning to understand the value of your voice and there are some situations that no longer deserve your time and energy and focus.

Think Positive,
Be Positive,
And Positive things will happen.



JANET NEMBARD

IMPOSTER SYNDROME

Imposter syndrome in the workplace is the feeling that you aren't qualified or don't belong in the role that you are in. Women (the research referenced relates to cis-women and cis-men) regularly report feelings of imposter syndrome, particularly in leadership positions. We are all likely to have spoken to someone who has or is experiencing it.

These feelings of not belonging can affect our experience before we even enter the workplace, influencing the types of jobs we apply to. Women are much more likely not to apply for roles unless we meet all the essential criteria, whereas men usually apply after only meeting 60%.

Imposter Syndrome is something I certainly experience on an almost daily basis; despite having worked in the voluntary sector for over 10 years and as a CEO for more than 6. I'm not alone; a recent KPMG survey found that 75% of women experience imposter syndrome at work, and this is prevalent across industries.

Combined with this, women and birthing people who take parental leave find their career is impacted. In one large UK study, 26% of men were promoted or upgraded their jobs within five years of having a child, compared with 13% of women. Requests for flexible working are often denied, and many women feel they have to choose between their careers and their families, an experience rarely shared by men.

CATHERINE PYMAR

Language can be used without thought and may offend a particular person without meaning to. The fact that some people feel it is amusing to make fun of someone's looks, or because of choices that an individual has made needs to stop. Micro-aggression basically sums it up. This is something that happens every day, whether socially or just out and about.

People need to be mindful of how to talk to others. I know some people who tend to use derogatory language without even realising what they just did.

In my opinion, the sooner individuals are accepted for who they choose to be and not who they are told to be, life will run a lot smoother for everyone. It is encouraging to see both males and females learning to do all types of jobs, so that there is no idea that some jobs are male and others are for females. The sooner understanding, respect and acceptance is taught everywhere, the sooner a lot of problems will no longer exist.



RUTH SMITH

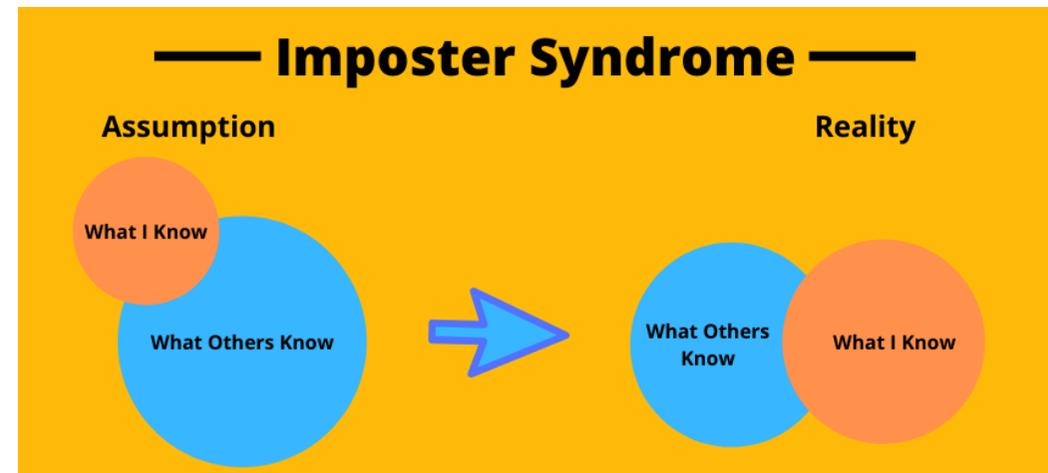
With little boys, they are encouraged to play with cars, trucks and train sets, then as they get older to play football and other ball games, motivating them to explore their future.

Men are still seen as the main breadwinners, their pay is often much better than females, which is totally unfair and should not be a reality in this day and age. This outdated thinking is over two hundred years or more old. At that particular time, men were the sole breadwinners, which suited everyone. This is slowly changing but the mentality is still there.

If you are in a corporate company, working your way up to the next level, it is much more difficult if you do not have the right background or look a certain way. Most board meetings (which are usually all male) will allow a female to sit in to take minutes, but will often expect the female worker to make refreshments for the Partners. This type of behaviour should have died out a long time ago, but is still alive and kicking. In this situation, you will be exposed to other people's perspective of what is expected of you, and to say that 'old habits die hard' is an understatement.



In part, imposter syndrome is due to who we see in senior roles; currently men hold 62% of manager-level positions, while women hold just 38%. There are many reasons for this, including out-dated, legacy expectations on a woman's role within society and a lack of infrastructure support for parents. Equally, imposter syndrome's prevalence could be because people don't want to talk about their experiences of it.



One of the things that drew me to Hillside was the recognition that everyone here has skills, experience and expertise to share. We are all valued, and we all add value. Hopefully by creating more spaces where people can bring themselves to their workspace, we can open up conversations and help women to recognise the valuable skills and knowledge that they bring to leadership roles.

LIFE AS IT SHOULD BE, NOT

AS IT IS

I would like to talk about people, how we behave, what we have learned from infancy, how our environment fashions us in our daily lives and how we are regarded from a female's point of view, as opposed to a male's or society's point of view.

In some cultures females are trained from an early age to be like their mothers and carry on the tradition. Some are encouraged to get an education, go on to university and have a career and become independent.

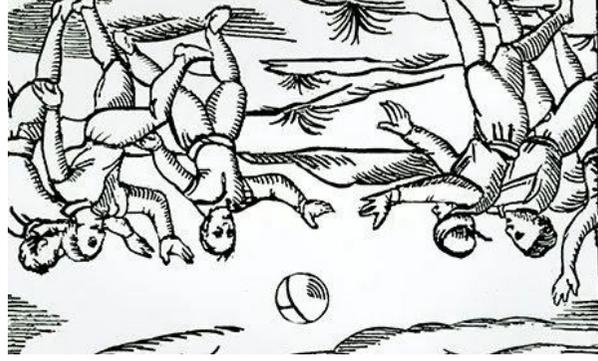
Little girls are traditionally dressed in pink (there is nothing wrong with that), however the toys they are given are usually dolls and tea sets, setting them up to be caregivers and homemakers, there is nothing wrong with that, except it doesn't seem to be a choice. It is telling the female child that "this is what is expected of you";



WOMEN'S FOOTBALL IN

ENGLAND

Women's football has been played in England for over a century, sharing a common history with the men's game. It was originally very popular in the early 20th century, but after being banned by the all-male Football Association, its popularity declined. It took until the 1990's for the number of female players and spectators to increase.



People playing football in the 16th Century

It is impossible to locate the precise moment at which women started playing football, just as much of the history of the men's game is uncertain. While football in the mediaeval era is generally believed to have been a man's game, limited evidence suggests that women were occasionally involved. In the late 16th Century, Mary Queen of Scots was known to have been a keen spectator of the game.

Although we have moved away from this, women's mental health is still impacted by inequality. They are overrepresented in low-income groups. Around 7% of women are victims of domestic abuse, with the true figure likely being higher. Young women are still under pressure about how they look. The bulk of childcare still falls to women, who balance that with work. Women make up the majority of refugees, with the impact of PTSD that often brings.

This International Women's Day, there is still more to do to improve women's mental health, to improve the societal pressures on them and that they are listened to about their own health and bodies.



As football developed from a disorganised village sport into a codified game at the end of the 19th century, women's football also developed. The women's England national team played a series of international matches against Scotland, drawing a crowd of 5,000 in Glasgow.

Women's footballers were not entirely able to operate without prejudice, as evidenced in the way many chose to play under assumed names to avoid reprisals for their participation.

In 1885, seeking to curb the more boisterous behaviour of male spectators, Preston North End began offering free admission to women, in the hope that their presence would restrain them. This policy was later adopted by other clubs. It was so successful that, by the late 1890's, free-entry was discontinued because the clubs were losing so much money.



A depiction of women playing football in Victorian England

As women's teams began to grow in reputation, some began to play their games at the same grounds as their male counterparts, often reaching respectably high attendances. Notably, a game played in 1895 at Reading FC drew a crowd higher than the highest crowd for the men's team at the time.

The First World War saw women's football gain in popularity as the men were off fighting, a bit like the film 'A League of Their Own'. In addition, the changing nature of women's work in war-time England helped raise the profile of the game. Official club teams were formed and had great success. A match played at Goodison Park attracted 53,000 spectators, with 15,000 turned away because the ground was full.



A team from a munitions factory in Coventry, around 1914 to 1918

Even though the war's end saw many women leave the workplace and return to the home, the game was still immensely popular. A touring French team played in England and drew crowds in the tens of thousands. The England team then toured France, going unbeaten. When they returned home, cheering crowds lined the streets, the equal of any accolade a men's team had received.

JAKE ARNOLD

The image of the hysterical woman, controlled by her womb, dates back to Ancient Egypt and Greece. Hippocrates and Plato spoke of the womb, hysteria, which they said tended to wander around the female body, causing an array of physical and mental conditions. Menstrual cycles were also seen as causing hysteria; throughout the 18th and 19th Century hysteria was a common diagnosis for women. Even as late as the 20th Century, hysteria was the medical diagnosis given to women going to their doctor for help with symptoms such as anxiety, fainting, depression, lack of appetite or fatigue.



This misdiagnosis had serious repercussions, not just for individual women but for research into conditions. An example is that, until the early 1920s, MS (multiple sclerosis) was erroneously considered more common in men, even with the same symptoms being presented in women. This was pre scans and MRI. With the invention of the MRI, it is now known that MS is three to four times more common in women. This has meant women can be accurately diagnosed, and not dismissed, and researchers have accurate information to look into treatment and causes.

YVONNE

WOMEN AND MENTAL HEALTH



March 8th is International Women's Day (IWD). It is a day to highlight and honour the achievements of women, reflect on the rights won and the barriers and discrimination women are still facing around the world.

IWD grew out of campaigns such as the right to vote and the first national women's day was in the US in 1909. In 1911, there was the start of an International Women's Day.

As we approach this year's International Women's Day, it's worth looking at how far the treatment of women in relation to mental health has come and the issues that still exist today.

As women fought for their rights and challenged the traditional roles they were expected to take, they also faced obstacles in how the mental health system viewed women.

The very nature of being a woman was seen as a cause of mental illness. Throughout history, women who rejected the role assigned to them, as wife and mother, were given the diagnosis of hysteria.

YVONNE

The 1920's saw the re-emergence of sexist theories that football threatened women's health and morality. In 1921, the FA banned all women's teams from playing on grounds, arguing that the game was "not fitted for females". A player of the time, Alice Barlow, commented "We could only put it down to jealousy, we were more popular than the men". The FA decision meant that, for several decades, professional women's football ceased to exist, although there was some amateur football.

The England men's triumph in the world cup of 1966 saw a boost in the women's game, with the formation of a women's Premier League. Shortly after, UEFA ordered the removal of all remaining restrictions. After their original mistake, the FA eventually resumed direct involvement in Women's football in 1993.

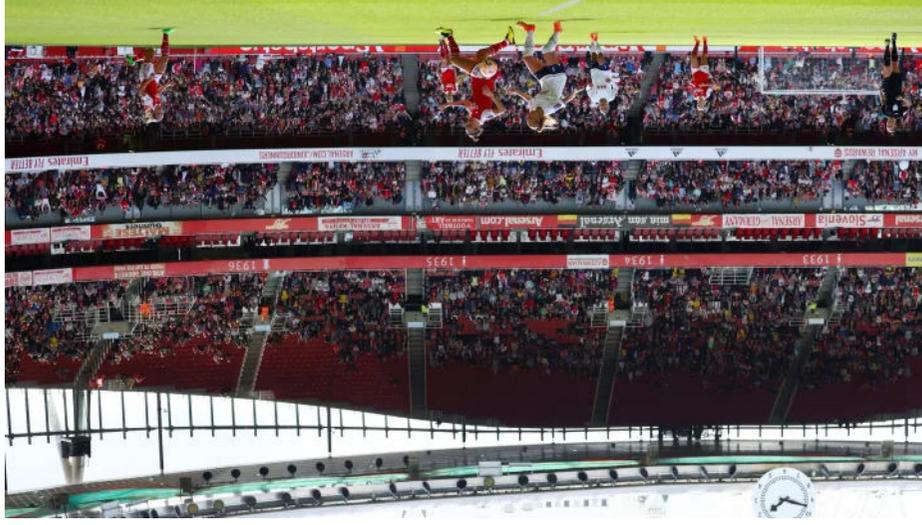


England's Men's
Team win the World
Cup in 1966.

Over time, most professional men's clubs chose to create a women's team and the sport gradually grew and the Women's Super League came into existence in 2010. This led to greater exposure and funding in the women's game. The national team also had some significant successes and the women's game began to receive a significant amount of largely positive coverage.

JAKE ARNOLD

This was complemented by other developments, including the launching of the now professional FA WSL and, from 2015, Sport England's 'This Girl Can' national media campaign. In 2015, the women's FA Cup Final was held at Wembley for the first time. In 2022, the women's North London Derby between Arsenal and Spurs filled the Emirates stadium, whose capacity is 60,260 and the world record transfer was broken when Keira Walsh was sold to Barcelona from Manchester City for approximately £500,000.



WSL attendance record smashed at historic north London derby.

Maybe the biggest boost for women's football is the 2022 Euros. The Lionesses captivated the nation with a swashbuckling run in the tournament that ended with an extra-time victory over Germany in the final. The tournament attracted record crowds, carnival atmospheres and, importantly, unprecedented media coverage.

Interestingly enough, the split of who watches women's football is men: 54%, women: 46%, showing that it has widespread public appeal. Since the last world cup, in 2019, there have been 605 new girls' youth teams and 260 new women's teams registered. Such are the numbers involved, that there is a scarcity of pitches on which to play.



The Lionesses celebrate winning the 2022 Euros.

After the Lionesses' Euros success, it's a case of onwards and upwards, with the world cup due to be played next year and England one of the favourites. The first women's World Cup was hosted by China in 1991 and the winners were USA. Since then, the USA have won 4 times, most recently in France in 2019. Taking place every 4 years, the women's World Cup in 2023 will see 32 nations compete for the prize. Hosted by New Zealand and tournament favourites Australia, the tournament starts on the 20th July, with the final on 20th August.