

# HILLSIDE CLUBHOUSE

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**NOVEMBER  
2022 EDITION**







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Members

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**SECTIONS**



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

MORNING:  
10-12:30

AFTERNOON:  
1:30-4

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







**HILLSIDE  
CATERING**

*Great Food*  
**WITH A SOCIAL  
CONSCIENCE.**



**SANDWICHES**



**SALADS**



**SWEET TREATS**



**BREAKFAST**



**EXTRAS**

## ABOUT US

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

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

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

## CONTACT US

Email: [enquiries@hillsideclubhouse.org.uk](mailto:enquiries@hillsideclubhouse.org.uk)

Telephone: 020 7700 6408



# Together we Grow Gardening Group

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

## Monthly Schedule

**GARDENING  
DATES:**

**All sessions start 1:30-4pm**

<b>SEPTEMBER</b>	<b>Wednesday 21st</b>
<b>OCTOBER</b>	<b>Wednesday 5th Wednesday 19th</b>
<b>NOVEMBER</b>	<b>Wednesday 2nd Wednesday 16th Wednesday 30th</b>
<b>DECEMBER</b>	<b>Wednesday 14th</b>

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

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

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

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

Speak to your support worker about how to get involved.





Working in Partnership  
to Build a Better Future

## JOB SEARCH SESSIONS

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

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

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



## Mental health crisis support in Islington

The Crisis Café offers 4 **1-to-1 appointments** to Islington residents at risk of crisis (by professional referral only). Clients are offered an initial assessment, referrals to all Islington Mind services, and signposting to other local services.

The Crisis Café also offers an **out of hours drop in** and activities. This is open to existing service users who have completed initial assessments with the Crisis Café or Islington Mind's day opportunities.

**Please check capacity by contacting the Café directly during its opening hours on 020 7263 3397.**

Current Islington Mind service users can self-refer at our day centres.

We accept professional referrals by 3:30pm Mon-Fri. To make a referral, email:

**faith.giwa-osagie**

@islingtonmind.org.uk

**lorraine.dixon**

@islingtonmind.org.uk

**viktoria.stefanopoulou**

@islingtonmind.org.uk

The Crisis Café runs on weekend afternoon and weekday evenings.

Please see our website for our drop-in schedule.

### For more information:

Email: [min.wilkinson@islingtonmind.org.uk](mailto:min.wilkinson@islingtonmind.org.uk)  
Tel: 0203 301 9850

**islingtonmind.org.uk**

Registered charity no. 294535



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

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

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

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

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

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

**Tgether  
We Grow**



# 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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# OTHER SUPPORT SERVICES

## Citizens Advice Islington

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

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

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

Website: [www.islingtoncab.org](http://www.islingtoncab.org)

## Islington Law Centre

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

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

Tel: 020 7288 7630.

Email: [info@islingtonlaw.org.uk](mailto:info@islingtonlaw.org.uk)

Website: [www.islingtonlaw.org.uk](http://www.islingtonlaw.org.uk)

### Islington Peoples Rights

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

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

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

Email: [info@ipradvice.org.uk](mailto:info@ipradvice.org.uk)

Website: [www.ipradvice.org.uk](http://www.ipradvice.org.uk)

### Income Maximisation (iMAX), Islington Council

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

Telephone: 0800 731 8081 or 020 7527 8600

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

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Islington Mind**Mental Health Community Recovery & Crisis Enablement Service**

Islington Mind offer a quick response to urgent matters, such as:

- Escorting to medical appointments
- Escorting to benefits assessments and tribunals
- Support with urgent phone calls
- Ad-hoc emergency support with housing, tenancy, health care and employment
- Crisis advocacy
- Signposting to other community services.

They also offer a wide range of holistic and exciting activities.

Address: Islington Mind, Unit 4, Archway Business Centre, 9-23 Wedmore Street, Islington, N19 4RU

Tel: 0203 301 9863

Email: [athena.tsigaras@islingtonmind.org.uk](mailto:athena.tsigaras@islingtonmind.org.uk)



# DO YOU NEED HELP GETTING TO PLACES?

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

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

The peer travel buddies are fully trained and DBS cleared, but they do not provide therapy or specialist support.

They will meet you at your door or convenient location, but cannot come into your home. Their role is primarily in connecting, accompanying, reminding and reassuring.

**For more information:**

**Mon, Tue, Wed:** Tel: 07526 692507

Email: [satoko.fujishiro@islingtonmind.org.uk](mailto:satoko.fujishiro@islingtonmind.org.uk)

**Wed, Thu, Fri:** Tel: 07738 2360

Email: [stephen@manorgardenscentre.org.uk](mailto:stephen@manorgardenscentre.org.uk)

**Anytime:** Email: [Laura@manorgardenscentre.org](mailto:Laura@manorgardenscentre.org)

**To refer yourself to the service:**

Email: [HandinHand@islingtonmind.org.uk](mailto:HandinHand@islingtonmind.org.uk)

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

<https://tinyurl.com/peerbud>



# WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

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

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

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

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

Tel: 07738 236 041

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

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





# MINDFUL COLOURING

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

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

Multiple studies have shown that colouring can reduce depression - the simple act of colouring a picture can be quite beneficial. One popular way to do this is to colour and use it as a form of meditation.

Seven good reasons why colouring is good for you:

1. Your brain experiences relief by entering a meditative state.
2. Stress levels have the potential to be lowered.
3. Negative thoughts are expelled as you take in positivity.
4. Focusing on the present helps you achieve mindfulness.
5. Unplugging from technology promotes creation over consumption.
6. Colouring can be done by anyone, not just artists or creative types.
7. It's a hobby that can be taken with you wherever you go.

Have a go at the picture opposite and be expressive with your colours.

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**FROG**

prosperity, healing, inner peace



# 2022 FIFA WORLD CUP

I am very happy that the FIFA World Cup is coming soon. Qatar is a very beautiful place and the houses are all gorgeous and white. It is a hot country, which is why the World Cup is being held later in the year than usual.

The Qatari team haven't won anything, but there are lots of other teams who are good like Germany, Italy and many more. I know it is not hot weather at the moment, but that won't stop people from enjoying themselves. Maybe Spain can win it again, or Senegal, who won the African Cup of Nations. Can they win the World Cup this time?

For me, the man to look out for is Mo Salah - he plays for Liverpool and Egypt.



The 2022 World Cup will begin on Sunday 20th November, kicking off with Qatar v Ecuador. It ends on Sunday 18th December with the final, which will be held in Lusail Stadium.



You can watch it on ITV and BBC. We don't know the knock out games yet, but my pick for the best game of each pool is:

- Group A - Senegal v Netherlands
- Group B - England v Wales
- Group C - Argentina v Mexico
- Group D - France v Denmark
- Group E - Spain v Germany
- Group F - Belgium v Croatia
- Group G - Switzerland v Cameroon
- Group H - Portugal v Uruguay

# WHY IT PAYS TO BE KIND

What if no one wanted to be your friend? How would you feel? What would you do? Personally, I don't think I would like to be in that situation.

Now, this doesn't mean you have to go around smiling at everyone, but even a positive gesture could make someone happy.

There is this idea in society that being nice means you're soft or weak, but this isn't true. Sometimes, it's actually harder to be nice - maybe it takes forgiving someone when you don't want to, or going out of your way when you don't need to.

One day, I was on my way to buy some cigarettes from the shop and I saw a woman's carrier bag left unattended. I took a look inside because I was curious and found an address book, among other things.





I made my way to their abode and when I knocked on their door, a man opened. I told him I wanted to return a bag I had found and they were so pleased with me. They asked me why I had done what I had done. They said I could have not bothered, or stolen the cash. Especially the keys, they told me, they would have been impossible to replace.

They even invited me inside for a drink and we chatted for a while. Eventually, I made my goodbye smiles all round because I had other things to do. To tell you the truth, I also felt a bit self conscious.

Overall I felt a huge sense of positivity from the situation.



be kind  
to every  
kind

# CLIFFORD HENRY PEARCE

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

Clifford Henry Pearce, 15th Battalion 48th Highlanders of Canada (Red Watch), Sergeant No. 27533. 1914 -1918. He served in World War 1 with the Canadian Expeditionary Force. (C.E.F.). They wore the Davidson Tartan on parade and achieved 21 Battle Honours.



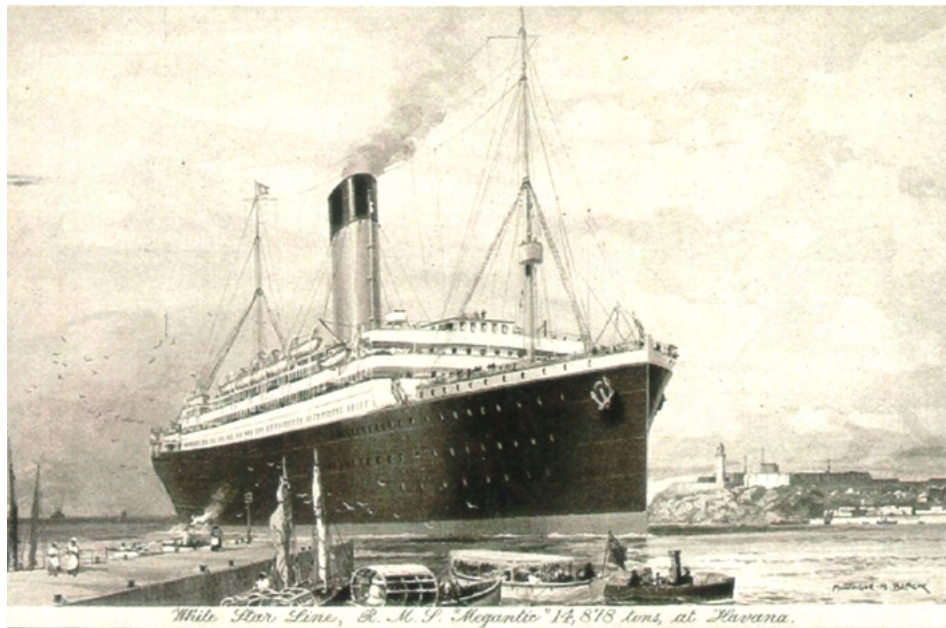
Lance Corporal Clifford  
in photograph, as  
displayed in Eaton's  
Department store.

He was born in North London on the 18th March 1896, and was a Carpenter by trade. He travelled to Canada by ship via the United States on the SS Ascania. Embarking at Southampton on 3rd April 1913 and disembarking at Portland Maine on the 13th April 1913, he was making his way to Toronto in order to do farming work.

He found a job at Eaton's Department store as a material cutter, where they encouraged the men to enlist to serve their country when the war broke out. They paid a single man half pay, and a married man full pay whilst he was at war. Each man had a photograph in uniform, which was displayed in the store.

He enlisted on 14th August 1914 in Toronto and started his training at Valcartier camp, where he had various assessments and inoculations. He completed his Attestation paper on 22nd September 1914.

He was assigned to the 48th Highlanders, becoming part of the 1st Canadian Division, 3rd Canadian Infantry Brigade. The 48th Highlanders embarked from Quebec on the 4th October 1914 in three groups. Two groups of 11 and one of 10, the Flotilla of ships carrying the C.E.F. crossed the Atlantic Ocean to England. Clifford was going back to England.



15th Battalion  
(48th Highlanders)  
crossing the  
Atlantic Ocean on  
the SS Megantic.  
Coming to  
England to  
prepare for the  
war.

The SS Megantic led the group on the left flank and carried The 48th Highlanders, consisting of 46 officers and 1109 other ranks, to England. Disembarking in Plymouth on 16th October 1914, they could hear cheers from the crowds who greeted them. From there, they made their way to the Salisbury Plains in Wiltshire to complete their training. This was through Autumn and Winter where it constantly poured with rain, and was remembered just for the 'mud'. The British Army used the plains as a training camp, but only in summer as it wasn't suitable for them in Winter.



They put up tents for their campsite at West Down South camp, but their tents were blown away after a violent storm. The Canadian Carpenters and Tin Smiths were drafted in to build stables for the horses and other buildings for two months. Then they built the huts at Lark Hill, and they moved here in December 1914 {Lark Hill Camp}. These huts were much more comfortable, but lots of the men caught meningitis and other illnesses. They had rain on 89 of their 123 days during their stay on the Salisbury Plains, Little did they know it, but these muddy conditions were going to be good preparation for the trenches.

There was a lack of small ammunition, so they couldn't practice rifle shooting until the month of January, when this problem was solved. Then they were then given intense training for their final preparations as soldiers.

While he was waiting to be called into action, Clifford was transferred to the 13th Battalion (Royal Highlanders of Canada—Blackwatch), on 31st January 1915 based at Lark Hill.

On February 1st, 1915 the brigade marched all the way to Stonehenge, returning to Lark Hill about noon. At 2 p.m. Col R.E.W. Turner V.C. D.S.O. inspected the Battalion and transport. He expressed his satisfaction at the units discipline and general appearance. Two days later, Lieut. Col. Loomis gave the Battalion a very careful inspection in preparation for the second visit of His Majesty the King on February 4th to bid the contingent farewell.

When the 4th February came, the 13th were prepared at 9.30 o'clock and paraded to a position north of Bustard camp a mile or so west of Lark Hill camp, where the review was to be held. Soon afterwards, the royal train steamed into a temporary platform nearby, where His Majesty was met by General Alderson. The King was accompanied by Field Marshal Lord Kitchener and numerous staff.

After inspection of the troops, the royal party returned to the station platform and witnessed a march past of the whole division. The troops lined the railway tracks and in appreciation of the honour the King had paid them, gave the royal train as it steamed away a heartfelt roar of cheers.



King George V,  
English Monarch  
during WW1

TUNE IN NEXT MONTH FOR THE NEXT INSTALLMENT OF  
CLIFFORD'S STORY, AS THEIR LONG AWAITED ORDERS FOR  
DEPARTURE ARE FINALLY GIVEN OUT AND THE 13TH BATTALION  
MAKE THEIR WAY TO JOIN THE MEN ON THE FRONT...

# NOVA ANGLIA

Everyone has heard of England, or New England in America, but very few people have heard of Nova Anglia (Latin for New England) in Ukraine.

Nova Anglia was a colony founded in the Crimean Peninsula between 1070 and 1090 by English refugees fleeing William the Conqueror after the Battle of Hastings in 1066.

“And so the English groaned aloud for their lost liberty and plotted ceaselessly to find some way of shaking off a yoke that was so intolerable and unaccustomed”.

After the Battle of Hastings, realising they had no future in Norman England, the flower of the English nobility left their homes in England to fight for the Byzantine Empire as soldiers of fortune, as their Scandinavian cousins had for two centuries.

4,350 individuals aboard 235 ships set sail for the Byzantine capital Constantinople, and after many adventures, including fighting in Spain and Sicily, they reached the fabled city.



An excerpt of the Bayeux Tapestry showing the boats setting off across the sea.



They arrived just in time, as the city was under siege by a hostile army, and defeated the besiegers.

The English exiles were warmly welcomed by the Greeks and the Byzantine Emperor, Alexius 1 Comnenus, "Took wonderfully well" to the newcomers.

Impressed by their fighting abilities and grateful for their help, the Emperor wished to reward them and to enrol them into his army as mercenaries, as many did.

However, there was another option: If the English could go to the Crimean Pensinsula and defeat the Emperor's enemies there , then they could rule it as their own," free from tax and toll". Thus they had a new home far away from home. As Billy Bragg said " I don't want to change the world, I'm just looking for a new England".

Many of the English agreed to this plan (pay was good but land was better). For the Emperor it had the added advantage of having friends there. After countless battles, the English won and Nova Anglia came into being.

Many cities were founded or taken over and named after cities in England, like York and London "and by the names of other great towns in England".



The route taken by the voyagers to set up Nova Anglia.

# MY BREAST CANCER JOURNEY

This is going to be a long one, but I just wanted to share in case it might help someone.

Last month was National Breast Cancer month. I never thought I would be associated with this, but I was diagnosed with breast cancer just over a year ago.

My breast cancer was hormone based, which means my system produces a lot of oestrogen. There are about 8 different types of breast cancers (shocking, right!?).

The crazy thing is that I was starting to feel a bit better in my life and the best I have felt for some time - despite the pandemic - mentally and physically. So this was such a shock and I think I was somehow in denial.

My lump was 2mm in size and a grade 3 ... so quite aggressive.

When I went to see the doctor she insisted on sending me home as she couldn't feel anything and she thought my pain was hormonal.' She said cancerous cells are not painful, but mine were! I persisted and refused to leave the surgery until she gave me a referral.

I know my body well and knew it wasn't there the previous month. I was thinking of my mum, or someone who takes a doctor's word for everything. They would've gone back home, and 6 months down the line the cancer could have spread.

Luckily, my cancer was caught early and it hadn't spread, but not everyone is so lucky.

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**SARAH NAMIREMBE**

I was shocked by some of the stories the nurses were telling me. A lot of people who are diagnosed, including men (men get breast cancer too!), won't go back for their treatments, either because they are either scared, they are in denial, or they would rather bury their heads in the sand. Who knows, but by the time they pick up the courage, it can be too late.

Chemotherapy and radiotherapy are tough, but they have come a long way and if you catch most cancers early enough your survival rates are increasingly high. You can still be active, but naturally your energy levels will get lower - just know that it passes. With some cancers, you might not need such intensive treatments (I am told)... just some tablets you might take for a few years. Sometimes your body needs a little bit of an MOT, to put it lightly.

Maybe most of you already know some of this and probably know of someone who's been diagnosed with cancer, but I thought it might help to share and maybe help someone.



**OCTOBER  
BREAST  
CANCER  
AWARENESS  
MONTH**



One other thing I wanted to mention and something I learned on this journey - despite not having to do with breast cancer - is about prostate cancer. It's the number one killer of men (especially black men). They call it the silent killer as most of the time there are no symptoms.

The thing is, I know it's not a fun procedure, but you have to do your annual checkups; the doctors have seen so many bums out there, and trust me they're not going to change their careers after analysing yours!

If you take one thing away from me sharing my experience, please check yourselves regularly. Get to know your body well and if something is not right, do not delay to get it seen to.

If you do not want to do it for yourself, do it for your loved ones, your parents, children, friends, because they are the ones that will hurt the most when you are not here for something that could have been avoided or prevented.

I know we all may have different types of faith and spirituality, but I feel I would not be here if it was not for my faith and the love of my friends and family. The lovely team of doctors and nurses who were fighting my corner and of course Hillside Clubhouse. You have all made my journey that little bit lighter in some way or another.

THANK  
YOU

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SARAH NAMIREMBE

It does not have to be a death sentence, the key is early detection.

I guess what I want to say is love your life. Get to know your body well, check yourself regularly and do not let any doctor try to talk you out of how you are feeling.

Do not cry over spilt milk, do not sweat the small stuff, live in the now. Do not bend your back backwards for people who don't appreciate you, do not be afraid to say no to anyone, and as long as you are looking after number one, everything will fall into place.

Big love and take care of yourselves, always.

Sarah

P.S. Here is a list of the organisations that I found helpful in my journey. I hope they can help you too if you need them.

- Macmillan - A great all rounder, including financial help or help with filling out forms or other more general support.
- Shine Cancer Support - This is a great organisation for meet ups to discuss what you are going through and to not feel so isolated in your own experience.
- The C List - This is great to find products that are specifically designed for cancer patients, as you have to be very careful what you put on your body during chemotherapy.
- Future dreams - I have just found out about this one and they have got rave reviews. It's a pink building based in Kings Cross and they have workshops going on regularly on all kinds of topics and offering lots of support.

# MY LEARNING EXPERIENCE

My amazing learning experience was 8 years and 9 months ago, when I found out I was pregnant with my second blessed child.

I've always wanted to learn how to knit and I thought to myself I'll never have a better time to do this, I've waited so long to have another child. I was very determined to learn how to knit and asked two work colleagues to teach me how. And so, just before my son was born, I finally learnt how to make my first blanket.

I felt so proud of my resilience and persistence. The process had been full of ups and downs - there had been so many challenges I'd come up against where I just wanted to give up! But I was determined to stick with it and in the end I was so amazed at my achievement. If you believe in yourself and work hard and really set your mind to something, you will achieve it.

Now, I would encourage others to do the same - find that thing you've always wanted to achieve. Just believe in yourself and you will get there no matter what anyone else says. After all...



...THERE'S  
NO SUCH  
WORD AS  
CAN'T! HERE  
IS MY  
PROOF!

---

**NATASHA BURRY**





ALcontrol Laboratories

# 14 ALLERGENS

coming to a food label near you

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

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



## Celery

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



## Cereals containing gluten

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



## Crustaceans

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



## Eggs

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



## Fish

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



## Lupin

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



## Milk

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



## Molluscs

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



## Mustard

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



## Nuts

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



## Peanuts

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



## Sesame seeds

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



## Soya

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



## Sulphur dioxide (also known as sulphites)

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

# ALcontrol Laboratories - Confidence to Act

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

original content taken from FSA allergens circular



# STEWED CHICKEN

## INGREDIENTS:

- 1.25 kgs chicken thighs
- 1 tbsp brown sugar
- 2 tsp browning
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp salt
- 1 tsp paprika
- 1 tsp dried thyme
- ½ tsp black pepper
- ¼ tsp allspice
- 1 yellow onion, chopped
- 3 spring onions, chopped
- 1 green pepper, chopped
- 1 scotch bonnet, seeds removed and chopped
- 4 garlic cloves, chopped
- 1 inch ginger, chopped
- ¼ cup oil
- 2 tbsp ketchup
- 1 cup chicken broth
- ½ cup water



**METHOD:**

1. Add the chicken, brown sugar, browning, garlic powder, onion powder, salt, paprika, dried thyme, black pepper, allspice, onions, green pepper, red pepper, scotch bonnet, garlic cloves, and ginger to a bowl and mix, rubbing seasoning into the chicken. Cover and marinate in the fridge for at least 1 hour or, if you have time, overnight.
2. Remove peppers, onions, garlic, ginger and thyme from chicken and set aside. Heat oil in large skillet over medium heat and add chicken, brown for about 1-2 minutes per side.
3. Remove chicken and add reserved onions and peppers to the skillet and sauté until softened, for about 5 minutes.
4. Add chicken back to skillet along with chicken broth, water, and ketchup.
5. Bring mixture to a simmer and cover and simmer for at least 30 minutes, but the longer the better.
6. Remove cover and simmer for an additional 10 minutes, to reduce the gravy.
7. Serve and enjoy.

Stewed chicken is one of my favourites. I learnt the recipe from my family when I was young. I have really good memories of being a kid, watching my dad cook it and the smell making me really excited and hungry. It's a really easy recipe, so don't be afraid to give it a go!



# WORD SEARCH

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

watch

beautiful

future

spaghetti

because

rollercoaster

primary

curry

secondary

scooter

reception

practice

course

experience

restaurant

family

# QUIZ

1. Which famous Greek philosopher wasn't Greek?
2. Which County Cricket Club did Norman Wisdom's son Nicholas play for?
3. Which West Sussex city was called Noviamagus by the Romans and then Cissa's Caester by the Anglo-Saxons?
4. In what century did the Western Roman Empire fall?
5. In what century did the Eastern Roman Empire fall?
6. What is the nickname of former footballer Fitz Hall?
7. What shape was King Arthur's table?
8. What year did Arthur Ashe beat Jimmy Connors in the Men's singles final?
9. Which English tennis player did Chris Evert marry?
10. In which year was the Battle of Hastings?
11. In which country was Martina Navratilova born?
12. What does the Japanese word "Kamikaze" mean?
13. Which English actress starred in 'Gone with the Wind' and what was her character called?
14. Which colours make up the rainbow?
15. In which century was the first Olympics held in Ancient Greece?
16. Who was the first woman of colour to win a Best Actress Oscar?
17. Who was Britain's first Prime Minister?
18. What year was Julius Caesar assassinated?
19. What are male bees called?
20. Who wrote The Great Gatsby?

# SODUKU

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



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



# QUIZ ANSWERS

1. Diogenes the Cynic. He called himself "A Citizen of the World".
2. Sussex.
3. Chichester.
4. 5th Century A.D. - 410 A.D. to be exact.
5. 15th Century A.D. - 1453 A.D. to be exact.
6. One Size - One Size Fitz Hall.
7. Round.
8. 1975.
9. John Lloyd.
10. 1066 A.D.
11. Czechoslovakia.
12. Divine Wind.
13. Vivien Leigh - Scarlett O'Hara.
14. Red, Orange, Yellow, Green, Blue, Indigo and Violet.  
(Richard of York gave battle in vain).
15. 776 B.C.
16. Halle Berry.
17. Sir Robert Walpole.
18. 44 B.C.
19. Drones.
20. F. Scott Fitzgerald.

# SODUKU ANSWERS

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



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