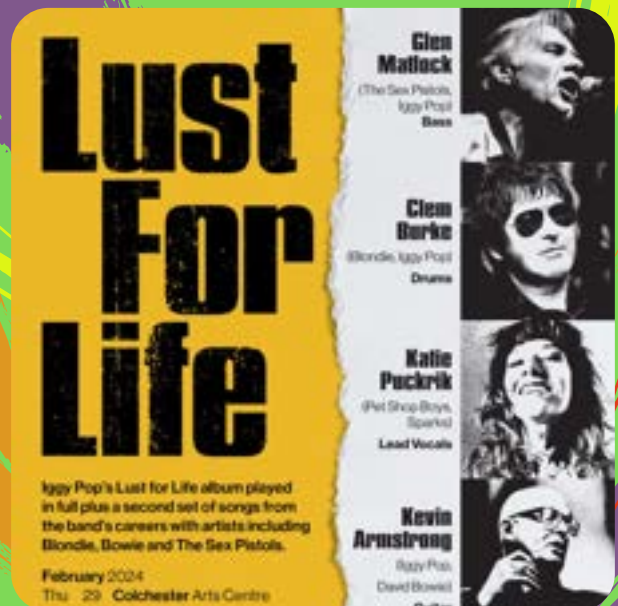
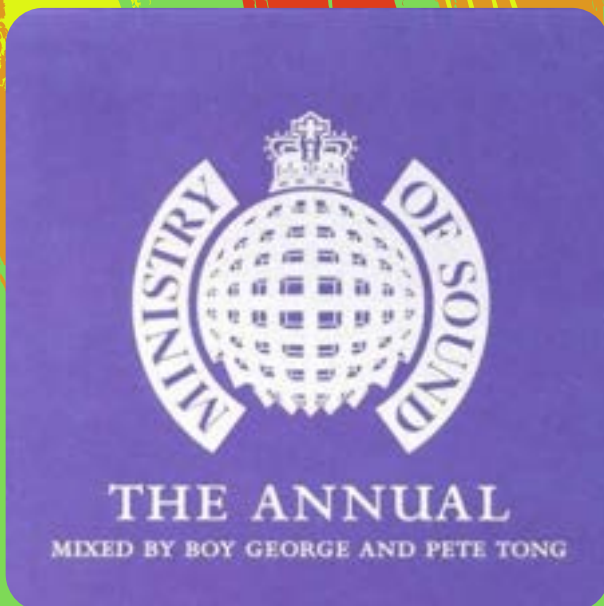


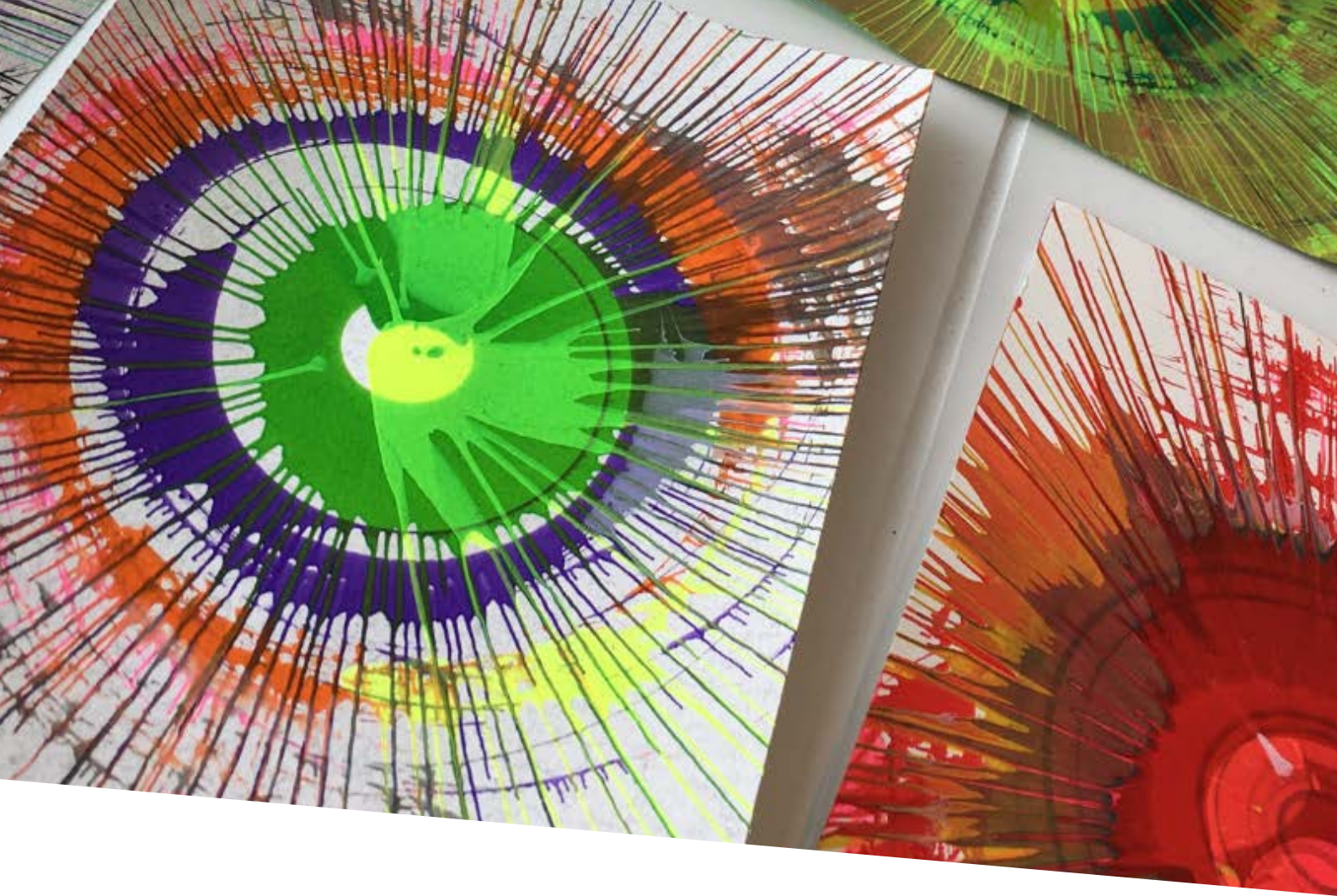
# HILLSIDE CLUBHOUSE

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**NOVEMBER  
2023 EDITION**





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**01** INFORMATION FOR  
MEMBERS

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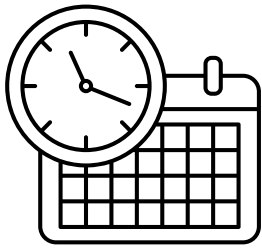
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**68** RECIPES

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**SECTIONS**





# WEEKLY SCHEDULE

## DAILY

**10:00-12:30**

Admin & Reception  
Kitchen

**13:30-16:00**

Admin & Reception  
Kitchen

## MONDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative  
Group

## TUESDAY

**10:00-12:30**

Social  
Events

**13:30-16:00**

Social Media  
Gazette

## WEDNESDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Gardening  
Group

## THURSDAY

**10:00-12:30**

Job  
Search

**13:30-16:00**

Open for Support  
Sessions

## FRIDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative Group  
Gazette

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

# GO-TO EVENTS - NOVEMBER

Join an artist on a 3 hour walk around hyde park to take in and draw all the beautiful sights. Book through this link: <https://tinyurl.com/5e6mf6kk>

2PM

## NATURE IN THE CITY

4<sup>TH</sup>

1PM

See Santa turn on the lights live music along with free family-friendly activities. For more lights ceremonies, go to <https://tinyurl.com/4mfspywy>

17<sup>TH</sup>

## ANGEL LIGHTS CEREMONY

Bring any broken item, whether it's a bike, toaster, laptop or phone. Their experts will repair them for free. Book at <https://tinyurl.com/4d3sv5mt>

11AM

## MEND & REPAIR CAFE

22<sup>ND</sup>

12PM

St Mary's Church, NI 2TX, embraces the Christmas spirit with their annual christmas market. Better yet, Hillside will be hosting a stall!

25<sup>TH</sup>

## CHRISTMAS MARKET

St Paul's Cathedral opens their doors for you to explore by walking a Labyrinth under the Dome. Book at <https://tinyurl.com/mvnhz78n>

6PM

## ST PAUL'S LABYRINTH

28<sup>TH</sup>

## MUSEUM OF THE MONTH

### THE WELLCOME COLLECTION


A free museum and library that aims to challenge how we all think and feel about health by connecting science, medicine, life and art. Find out more on google or visit them at 183 Euston Road, NW1 2BE.



HILLSIDE CLUBHOUSE


LIMITED SPACES


MUSEUM OF THE ORDER OF ST. JOHN AMBULANCE



Lots of staircases so not access friendly

Come along on a visit to this acclaimed museum in Clerkenwell and discover the unique and fascinating story of an ancient religious military Order. From its origins caring for sick pilgrims in eleventh century Jerusalem, through to its modern-day role with St John Ambulance, the international first aid charity.





Thu 16th Nov 2023

Leave from Clubhouse at 1:15pm

Poster created by Jay Hinds

# MIND FULL KITCHEN BY HILLSIDE



5 week  
course

**Learn how to cook healthy food  
which is good for the planet**

**NEW COURSE STARTING NOVEMBER 7TH!  
ASK A STAFF MEMBER FOR MORE INFORMATION**



islington  
giving



In association with Islington Adult Community Learning






## Learn to cook healthy and delicious food that is good for the planet!

We are thrilled to launch a new project funded by Islington Food Partnership and run in collaboration with Working Men College (WMC) & Adult Community Learning Islington (ACL).



The project aims at supporting people in precarious accommodation and who experience mental health difficulties to cook on a low budget and build their confidence around reducing food waste.

Hillside Clubhouse is a registered charity.  
Charity Number 1080735  
Unit A - 30 North Road  
London N7 9GJ







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



# Hearty Thursdays *at Hillside*

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

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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.

# WHO DOESN'T WANT CHEAPER BROADBAND?

The cost of living is hurting everyone. You want to cut costs so you try and think about cutting your broadband, but you realise that they don't want to lose your custom. So they try to get you to sign a better contract, but the catch is that after one year the contract goes up, and then you're right back to square one. It's one of the traps that many different companies deploy.

But you realised that just having a broadband package is expensive, no matter how many add-ons you cut just to make your life easier. That's when the pressure starts to build and you realise keeping up with payments gets harder. Then you must start looking for cheaper options. You go to your provider and ask about cheaper rates, but they won't really tell you about the cheaper rates, you have to go look for it. Here are my tips to get cheaper internet:

- It's good to check on their own website for deals. You will usually find them under 'Universal Credit Broadband Deals'. There you will also find other benefit deals, it's just a matter which one suits you best.
- If your provider doesn't have a cheap deal for universal credit recipients, try looking online to see if someone else does.
- When you find a deal, have ready your account details, National Insurance number and your Bank details.



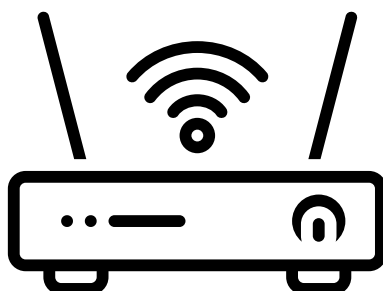
- You can do all this online at their website, but sometimes this can be a bit confusing. If not, you can telephone - just listen to the options and pick the right one.
- Once you get through, tell them you want to change your contract to the Universal Credit Deal. They will try to put you off by telling you about other deals or small things you lose out on, but stick to your guns!
- For BT, they will give you two options. Option One is cheap, but half the speed. Option two is five pounds more, but a faster speed.

Here are some of the offers for people on benefits:

- BT Home Essentials - £15.00 per month at 36 mbits/s, £20.00 for 75 mbits/s.
- Community Fibre Essential - £12.50 per month at 35 mbits/s.
- EE Basics - £12.00 per month at 25 mbits/s.
- Virgin Media Essential - £ 12.50 per month at 35 mbits/s.
- Vodafone Fibre Essential - £12.00 per month at 38 mbits/s.

You can choose from these few examples, but you can look up more information that will suit you.

## **Be Patience, Stay Calm and Breathe**



# CAMDEN SUPPORT SERVICES

## Citizens Advice Camden

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

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

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

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

## Mary Ward Legal Centre

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

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

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

ADDRESS: Mary Ward Legal Centre, 10 Great Turnstile, WC1V 7JU



### 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](http://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](mailto:healthymindscp@mindincamden.org.uk)

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

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### Somer's Town Living Centre

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

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

The St Pancras and Somers Town Living Centre

Address: 2 Ossulston Street, London, NW1 1DF

Phone: 020 7380 0453

Email: [info@thelivingcentre.org](mailto:info@thelivingcentre.org)

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





# Food Support in Camden

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

## Mental health crisis support in Islington

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

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

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

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

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

**faith.giwa-osagie**

@islingtonmind.org.uk

**lorraine.dixon**

@islingtonmind.org.uk

**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





# The Stuart Low Trust

Bringing people together for better health and wellbeing



## Men's Club (F2F)

### Thursdays

Keep Fit and coffee social for the 50+.

## Choir (F2F)

### Thursdays

Singing together with Cici!

## Gentle Exercise (Zoom)

### Tuesdays

Brand new exercises designed to improve core strength. With Peter.

## Art workshop (F2F)

### Tuesday 7th & 21st November

Explore the gallery's internationally acclaimed exhibitions and collections and be inspired to create your own artwork.

## Primrose Hill in Autumn (F2F)

### Wednesday 8th November,

Explore the park in its autumn glory, spot the birds and waterfowl and visit one of the six protected viewpoints in London, offering spectacular views.

## Chi Kung (Zoom)

### Saturday 11th November,

Reboot, and rebalance the body, mind and spirit. Suitable for all levels of experience. With Belinda.

## Philosophy Forum (F2F)

### Sunday 12th & 26th November

Join our Philosophy discussion group and ponder the greater questions in life.

## An Evening of Entertainment with

### John Hegley (F2F)

### Friday 10th November,

Marvellous and joyful fun with Poet, Comedian and Musician, John Hegley and guests.

## Mindfulness Practice Session (F2F)

### Saturday 18th November,

Practice different mindfulness techniques, helping to leave you feeling refreshed and relaxed. With Katy.

## Hoarding Support with Megan

### Karnes (F2F)

### Friday 24th November,

An interactive presentation and discussion about hoarding support.

## A visit to Clissold Park (F2F)

### Wednesday 22nd November,

Visit the growing centre, ponds, and explore the aviary and animal enclosures.

## Let's Dance (F2F)

### Saturday 25th November,

Lift the spirit and have fun with invigorating easy dance moves. With Mark.

## The Museum of the Home (F2F)

### Wednesday 29th November,

Join us for a visit to The Museum of the Home, an C18th Grade I-listed former almshouses in Shoreditch. Now, the museum's purpose is to reveal and rethink the ways we live, in order to live better together.

NOVEMBER | [www.slt.org.uk](http://www.slt.org.uk) | [info@slt.org.uk](mailto:info@slt.org.uk) | 020 7713 9304



## Food Support in Islington

### Monday

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

### Tuesday

St Luke's Food Hub 1:30-3:30pm  
for EC1 residents, by appointment  
0207549 8181 / info@slpt.org.uk / EC1V 8AJ  
  
Brickworks Community Centre Drop-in for food parcels 12pm-3pm. 42 Crouch Hill N4 4BY  
colin.adams@hanleycrouch.org.uk / 0207 263 1067  
On other days, can provide emergency food bags (subject to availability)

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

Hilldrop Community Centre N7 0JE  
12:15 - 2pm  
Free hot lunch for residents of N7 and local Hilldrop Estates

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

### Wednesday

St Luke's Food Hub 1:30-3:30pm  
for EC1 residents, by appointment  
0207549 8181 / info@slpt.org.uk / EC1V 8AJ  
  
Brickworks Community Centre Drop-in for food parcels 12pm-3pm. 42 Crouch Hill N4 4BY  
colin.adams@hanleycrouch.org.uk / 0207 263 1067  
On other days, can provide emergency food bags (subject to availability)

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

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

The Hive Foodbank  
6.30-8.30pm  
020 7916 2710  
hivefoodbank@gmail.com

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

The Ringcross Community Foodbank  
12pm to 4pm

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

### Thursday

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

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

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

### Friday

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

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

The Ringcross Community Foodbank  
12pm to 4pm

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

### Weekends

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

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





## Other services:

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

Hornsey Lane community centre, N19 3YJ:  
**Lunch Club for people over 50** Mon-Fri  
Open from 12-3pm with lunch served around 1pm. Cost £3

St Luke's Community Centre, EC1V 8AJ:  
**Over 55s Lunch Club** for Islington residents offering low cost freshly cooked lunches on-site 90 Central St, EC1V 8AJ. Monday to Friday 12-2pm.

## Healthy Start Vouchers

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

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

HEALTHY  
START



Complete application online:  
[www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/)

## 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](http://www.islingtonfoodpartnership.org.uk)

# ISLINGTON SUPPORT SERVICES

## Citizens Advice Islington

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

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

Please call their advice line 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 &amp; 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:**

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

**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 they can register their interest here:

<https://tinyurl.com/peerbud>



# WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

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

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

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

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

Tel: 07738 236 041

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

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





# MINDFUL COLOURING

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

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

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

Seven good reasons why colouring is good for you:

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





# REVIEW: LUST FOR LIFE

## @ THE LEXINGTON

My friend Sabine had a ticket for the show, but didn't know where the venue was, so asked me to meet up with her for a drink, and then show her how to find the Lexington on Pentonville Road.

When we walked in, I recognised a few people there and got chatting so sat down. I was sitting there when someone said, "I know you!"

I responded, "From where?" and he told me we had a mutual friend in Bath, who helps me to make T-Shirt designs.

SMALL WORLD!

**Lust For Life**

Iggy Pop's Lust for Life album played in full plus a second set of songs from the band's careers with artists including Blondie, Bowie and The Sex Pistols.

**February 2024**  
Thu 29 Colchester Arts Centre

**March 2024**  
Fri 01 Hull Social  
Sat 02 Glasgow St Luke's  
Sun 03 Manchester O2 Ritz  
Tue 05 Leicester O2 Academy2  
Wed 06 Birmingham O2 Academy2  
Thu 07 Sheffield O2 Academy2  
Fri 08 Liverpool O2 Academy2  
Sat 09 London O2 Academy Islington

Support: Fifteen Lions (all venues)  
Maniac Squat (London only)  
Electric Music Club (Birmingham only)

tickets: [lustforlifetour.com](http://lustforlifetour.com)

A Tim Wilcox & Robert Russell Production for Maniac Squat Records

**Glen Matlock**  
(The Sex Pistols, Iggy Pop)  
Bass

**Clem Burke**  
(Blondie, Iggy Pop)  
Drums

**Katie Puckrik**  
(Pet Shop Boys, Sparks)  
Lead Vocals

**Kevin Armstrong**  
(Iggy Pop, David Bowie)  
Guitar

**Luis Correia**  
(Earl Slick)  
Guitar

**Florence Sabeva**  
(Heaven 17)  
Keyboards

The Gig poster with all the contributing members of the tour.

ANDREW 'RIFF' SOCRATOUS

When it came time for Sabine to go upstairs for the gig, the guy said, "Ain't you going too?" When I told him I didn't have a ticket, he asked, "If you had a ticket, would you go?" it turns out his wife was the organiser of the tour and managed to get me on the guest list.

What a gig and what a line-up! When I got in, an all-star cast was there to celebrate the forty-fifth anniversary of the release of Iggy Pop's classic *Lust For Life* album. Legendary Blondie drummer, Clem Burke, was joined by former Sex Pistol and punk pioneer, Glen Matlock, on bass; broadcaster and Pet Shop Boys dancer, Katie Puckrik on vocals; Iggy Pop and David Bowie collaborator, Kevin Armstrong on guitar; Luis Correia, who's toured internationally with Earl Slick on second guitar together with classical pianist, composer, and touring member of Heaven 17, Florence Sabeva on keyboards.



**Katie Putrik on vocals belting out the Iggy Pop anthems, such as The Passenger and Success.**



Three of the band members, Glen Matlock, Clem Burke and Kevin Armstrong have toured with Iggy Pop and each has made an album with him: Glen Matlock Soldier in 1980, Clem Burke Zombie Birdhouse in 1982 and Kevin Armstrong Blah Blah Blah in 1986.

They started with Lust for Life and then went into a few songs for their other bands : 'The Passenger', 'I wanna be your dog', 'Rip shreds', the Blondie classic, 'No fun', 'Pretty vacant' and 'Search and destroy'.



**From left to right: Glen Matlock, Katie Puckrik, Clem Burke and Kevin Armstrong**

Katie Puckrik , who has toured the world with The Pet Shop Boys as a dancer and was on vocals for the tour, and was excellent on the night and really got the crowd going. She has also performed at the Sadlers Wells with The Fall and Michael Clark Company, and she sang in Sparks' opera "The Seduction of Ingmar Bergman".



**Me and Clem Burke, drummer of Blondie.**

Steve Norman of Spandau Ballet also appeared to play sax on a few of the tracks. All in all it was a great night. I caught up with Steve Norman at the end of the gig and told him we knew each other. He said "Don't tell me!", but he couldn't place me. I told him I was Andy Riff from The Dark and was a friend of Tony Hadley, his singer. He said, "How could you I forget you!" My band, The Dark supported his band Gentry back in 1979. I took a couple of photos with Clem Burke and Steve Norman after the show, then made my way home.



**Me and  
Steve  
Norman of  
Spandau  
Ballet.**

# MY TRIBUTE TO MARTESE.

## REST IN PEACE

Not a day goes by when I don't think of her. I miss her smile, her humour, her laughter and her wonderful, kind personality. All of a sudden, losing Martese, understanding the risks of passing on, is too horrible for us to bear.

Martese fitted well in the Clubhouse as a receptionist and was an old hand at the computer. She was generous in showing other members in need of assistance how to operate the computers.

At Christmas and Easter gatherings at the Clubhouse, she enjoyed the ambience and atmosphere and joy of the occasion. She loved the whole group celebration around the table together.

She never hated anything and was always first to put her hand up and assist another member in need of help. At the clubhouse, Martese and her fellow members studied work-related courses in catering and customer care.

We were awarded BTEC certificates for our efforts, studying lessons to our advantage and completing course work.



Clubhouse used to take us to the cinema, where we had a choice of programmes to watch and introduced us to ballet and contemporary dance movement at Sadler's Wells Theatre.

She loved the Com Cab Taxi, because she could travel in it at half price to the normal cab company, because of her mental health disability.

A lovely friend who enjoyed everyone's company, she was always a great entertainer. She always had the last word in general conversation, was often well dressed and loved to wear navy, blue and purple clothing.

Martese liked living in Finsbury Park and was very house proud of her surrounding. Our best times together were our holidays abroad - in total we went to between 8 and 10 countries. She was always very comical and made everyone laugh, with a glint shining in her eyes and happy memories for everyone to cherish in their hearts.

Mark has known Martese for at least 15 years. Martese and I go a long way back, for a whopping 25 years! I would not change a thing about my memories with her.

**Rest in Peace, my beloved friend.**

# HUMOROUS SPORTS QUOTES

“Everyone has a plan... until they get punched in the face.” - Mike Tyson.

“I’m so quick, I can turn off the light switch and get into bed before the light goes out.” - Muhammed Ali.

The golfer, Gary Player was being interviewed by a journalist, who suggested that Player was lucky when it came to golf. Player replied, “The funny thing is, the more I practise, the luckier I get.”

The footballer Stan Bowles had a gambling problem. His manager said, “If he could pass a betting shop the way he passed the ball, he would have been okay.”

Liverpool bought Alan Kennedy from Newcastle. After a terrible debut, the Manager said, “They shot the wrong Kennedy.”

The following is hilarious if you’re 8 years old! At the start of a new over in a game of cricket, the commentator said, “The bowler’s Holding, the batsman’s Willey”.

Of Brian Johnson, the sports commentator, someone once said that the key to his success was that “Hehe told bad jokes well.

"A rugby player was writhing on the ground in agony after a horrible tackle. He called out, "The pain's excruciating." A team-mate said, "If he can think of a word like that, then it can't be too bad."

David Coleman was interviewing a young athlete. She mentioned that she had just got married and would be going on honeymoon. He actually said, "What will you be doing on your honeymoon?"

When a Cambridge University student, Atherton, first started playing for Lancashire CCC, someone wrote on his locker "FEC". Atherton himself suggested that it might mean, "Future England Captain". But it didn't. Can you guess the answer? Unfortunately, it's too rude to publish. It would never get past the editor. Actually, a lot of my stuff doesn't get past the editor. Indeed, sometimes he cuts me off in mid-sent





# AVATAR: THE LAST AIRBENDER BOOK 2, PART 2 REVIEW

## The Library

The gang arrives at a tourist spot looking for a way across a large desert. They meet a Professor of Local History trying to find a Mythical Library in the desert. With his help, they find it. Back at the Oasis, the Bounty Hunters arrive and start looking for Toph, but instead find Uncle Iroh and Zuko. They escape the Bounty Hunters and head out to Ba Sing Se. At the Library, Sokka finds out some information that is vital, but the Librarian gets angry at the group for lying to him and starts to collapse the Library. Toph, who is outside, tries her hardest to stop it from collapsing. But tragedy will strike and affect everyone.



### The Desert

With the tragedy of the previous episode, the gang are now stuck in the desert and have no way out. Aang, who is very angry, goes in search of his friend, leaving behind the rest of the gang to fend for themselves. Their main problem is the lack of water and which direction they should go. Sokka spots a cactus. Katara warns him not to, but he drinks from it and a mind-bending journey begins. During their walk, they come across a discarded sand glider, that will make life a bit more simple. When the gang is attacked by sand people, Aang finds out that one of them sold his friend and his anger erupts. It is Katara who then calms him down.



Serpent's Pass (Part 1).

With the help of the sand people, the gang find an oasis and have a chance to relax and to make plans. At the same time, on a boat going across the lake towards Ba Sing Se, Iroh and Zuko meet some freedom fighters, Jet, Longshot and Smellerbee,



who are also going to the great city. The gang meets a young couple whose wife is pregnant. They tell them about a secret cave where they can cross the bay safely and there they meet an old friend who will join them when they travel a dangerous path. After crossing the border, the woman goes into labour and has a baby girl named Hope. This causes Aang to realise that he had given up and tells his friends that he will see them in the city then goes in search of Appa. But a bigger problem has arisen.





### The Drill (Part 2).

The problem is that the Fire Nation has built a drill to breach the outer wall. On board are Princess Azula, a bored Mai and a bubbly Tai Li. The gang has to find a way to destroy the drill from the inside. In the ensuing battle, Aang is battling Azula and Tai Li is getting subdued by Katara and Toph. The drill eventually gets destroyed and the gang continue on their journey.



### City of Walls and Secrets

Arriving at the main station they are met by Joo Dee, who is there to ensure that they won't disrupt the city by spreading wild rumours. Aang tries to find out information

when they can see the Earth King, but keeps getting stonewalled. Meanwhile Iroh and Zuko are settling into their new life. But Jet tries to upset the cabbage cart. Then the Dai Li step in and this will be the last you see of Jet for a

while. After finding out that there will be a birthday party at the Palace, the gang try to gain entry. They meet a mysterious man named Long Fen, Head of Culture and Antiquities and leader of the feared Dai Li. They find out he is



really there to stop the gang. He then warns them not to upset the cabbage cart.

### The Tales of Ba Sing Se

This episode focuses on stories about life in the big city:

#### The Tale of Toph and Katara

The girls have a fun day out. Then they meet the Mean Girls. This won't end well for the Mean Girls.



#### The Tale of Iroh

This will be the saddest of all the tales. This tale is also a tribute to Mako, the voice behind Iroh. With one of the most famous songs.

### The Tale of Aang

Out looking for clues about his friend. He comes across a horrifying site of a zoo, where the creatures all look depressed and need space. So he does it the Avatar way. Oh boy!



### The Tale of Sokka

Sokka gets caught up in a Haiku battle and the fun begins.... 5,7,5, but don't make a mistake.

### The Tale of Zuko

Zuko goes out on a date for the first time in a while and he's very nervous. Iroh is very proud of him.



### The Tale of Momo

Momo goes on adventures that are a bit dangerous, but very funny, while he's out searching for his friend Appa.



**To be Continued...**



**PHILLIP JOHNSON**



# WHY I DJ

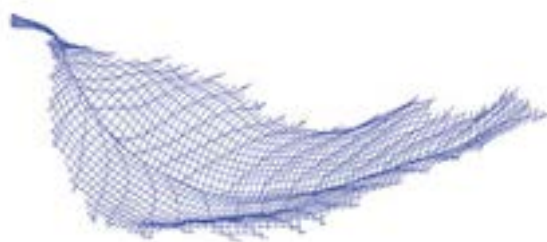
**“Gimme two records and I’ll give you a universe.”**

**- DJ Spooky, That Subliminal Kid, 1996**

The first DJ mix I ever heard was in 1995 whilst in Our Price in Hereford, whilst perusing the charts for dance music compilations. I used to get my mum to buy as many of them for me as I could, although she had her limits - one time she refused because the album I wanted only had two tracks on it that I didn’t already own. One of those tracks was the Wild West rave anthem “Hands Up” by The Big Breakfast’s resident alien double act Zig And Zag, so maybe she was right to put her foot down.

On Our Price’s domineering soundsystem they played a hefty techno track called “I Believe” by Calvin Rotane. It reminded me a little of the Happy Clappers song with the same title. It also made me forget about the Robson & Jerome song with the same title. This was a compromise I could get behind. The track seemed cool but, in typical clickbait style, it was what happened next that blew my socks off.

NEW ORDER



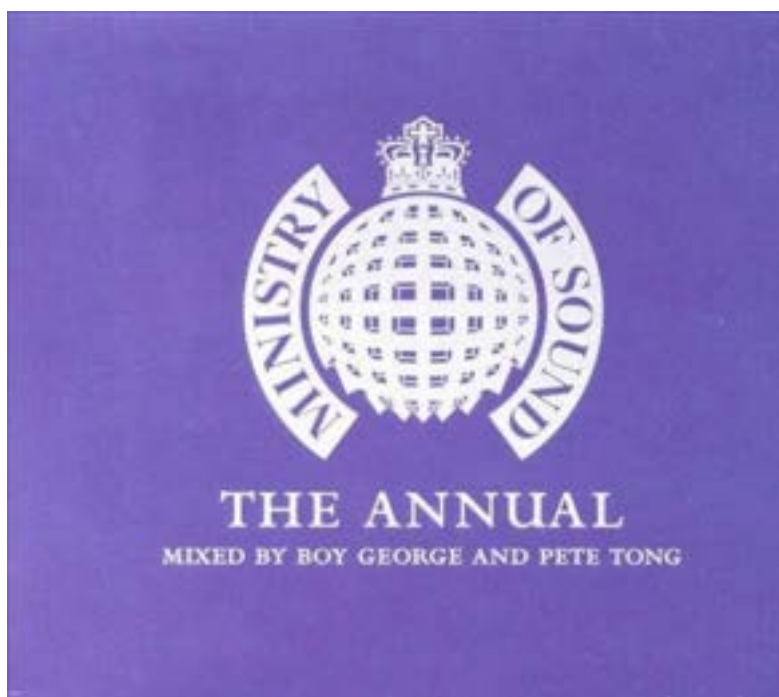
BLUE MONDAY / ORIGINAL BE VERSION / HARDFLOOR REMIX

**A little teaser of the track that blew my socks off**

**IAN LANE**

The next song was Hardfloor's remix of "Blue Monday" by New Order: a souped up remake that added the classic 'acid' sound - the 303 - to the original synth-pop classic. I'd heard this version before on one of my many dance compilations. I'd also been played the iconic original version by my mother, which musically ignorant 10-year-old me was somewhat unimpressed by. I was so taken by the fact that a dance track I knew and liked was being played in a public space, I almost didn't take in how we'd got there.

Usually the compilation albums I bought had silent gaps between the tracks, whereas in this instance "Blue Monday" gradually took flight through the embers of "I Believe" in such a subtle, unified way that I didn't even realise it had happened until it happened. I got my mum to ask the person behind the counter what the album was, as I didn't talk to strangers. The album was Ministry Of Sound's first ever edition of The Annual.



**The first ever 'The Annual'**

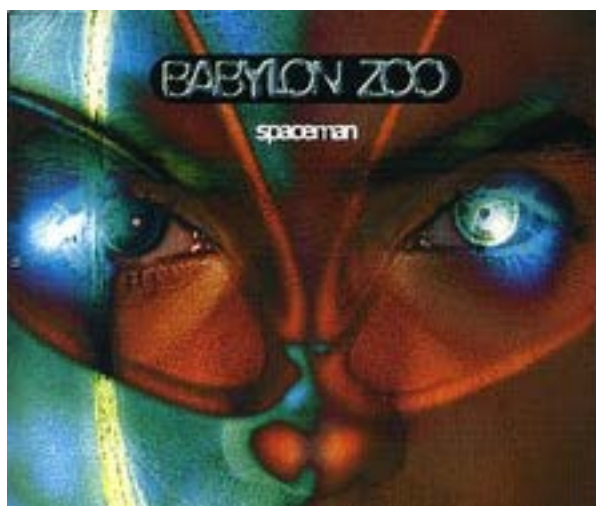
I pored over the album cover and tracklist. The cover had the words “Mixed by Boy George and Pete Tong” emblazoned across it in what looked like silver - words that meant nothing to me at the time (I hadn’t even heard of Culture Club at this point, let alone Radio 1’s Essential Selection). It seemed a bit different from my current fare, so my mum let me have it. I took it home and listened avidly. One thing immediately stood out within the first few tracks: there were absolutely no gaps between each song. Each one gradually blended into the next, with their beats entirely in sync. This is what “mixed” meant, so it seemed.

I wanted to know how they did it. I’d not seen turntables at the time, so just imagined some sort of Deep Blue-esque supercomputer interweaving the tracks into musical excellence. I remember mucking around with a tape recorder, jamming a bunch of tracks from different compilations together in the hope that I’d achieve something like what George and Tong had achieved on *The Annual*. Yet no matter how hard I tried (I tried for about 10 minutes), all I could achieve was a sudden stop-start transition between tracks. I couldn’t replicate that sustained interaction between records that those actual DJs had managed to engineer. How were they able to do this?

Unfortunately, I didn’t find out for another few years, for as soon as I’d gotten into DJ mixes I suddenly became afraid of them when, after several listens, a technological catastrophe occurred on Disc 2 of *The Annual*. During the intro to a carnivalesque house number from Norman Cook’s less well remembered alter-ego Pizzaman, the CD got stuck.



As an autistic person, certain sensory triggers can very much rub me up the wrong way. My young ears were often particularly oversensitive to sounds that I found unpleasant - when Babylon Zoo's "Spaceman" was in the charts, I remember walking around shopping centres in Aldershot with my hands over my ears in the hope that Jas Man's heavily chipmunked vocals wouldn't be inflicted upon them against my will. Eventually the song snuck up on me, Whamageddon-style, whilst shopping for trainers in JD Sports and suddenly I was like "Oh...I guess this isn't that bad, really." I'm still not a huge fan of obviously sped up vocals in music, but I've grown to love some music that uses them - Burial, for example.



**Spaceman  
by Babylon  
Zoo**

But the fear of music being destroyed against its will became unbearable. I remember cassettes being chewed up by the tape player in the car, resulting in them playing at around double or triple speed. The threat of chipmunked vocals was everywhere! This, combined with the stuttering of scratched CDs, caused me to stop buying music for about a year. I loved music, but the physical format had its weaknesses, and as a much needed escape from the grey drabness of secondary school, I couldn't put my faith in something that would let me down so abruptly.

Fortunately, there was another medium available - one in which nothing ever goes wrong: the radio. The DJs of Radio 1 would never let a record skip, and if it did, they would be able to smooth over it with some banter or by just putting another record on. The daytime brigade were fine, interspersing their music with comedy skits and forced catchphrases, but it was the post-6pm shows that really captured my imagination: Dave Pearce, Judge Jules and the aforementioned Pete Tong. All renowned club DJs, they would find any excuse to transition between records fluidly in the way that I'd heard on The Annual. Pearce even had a segment called "The Mix Selector" in which listeners could request their favourite club tracks and their in-house DJ would put them together into a mix on the night. It got to the point where the music being played didn't even matter to me that much: just the act of mixing records was the fix I needed.



**Pete Tong  
DJs in the  
90s**

The single coolest moment of my teenage musical education was in 1999 when Norman Cook - as his more well-known alias Fatboy Slim - and Armand Van Helden had a DJ-off live on Radio 1. It was on after my bedtime, so I remember listening to it in bed on my little radio.

From inside a boxing ring that contained a DJ set-up, Helden rattled through some house classics, whilst Slim's set felt more overtly gimmicky - a mash-up of Daft Punk's "Around The World" with Sub Sub's "Ain't No Love Ain't No Use" particularly stood out. At the time I felt lightly miffed that the post-battle consensus was that Slim had won - Van Helden's "U Don't Know Me" was a huge favourite of mine - but ultimately it didn't matter. The fact that such an event could even occur showed to me just how special DJing could be. It wasn't just functional: it was creative, expressive and could even tell a story.



**Fatboy  
Slim's and  
Armand  
Van  
Helden's  
'DJ Off'**

Strangely though, throughout all of this I had minimal interest in nightclub culture. The Annual came with a booklet, which my mum ended up confiscating due to some of its more adult content, but at no point in my reading of this literature did I find myself wanting to go to a nightclub. It sounded like a combination of elements that young me had no interest in whatsoever: loud volumes, large crowds, bad tasting drinks and scary drugs. No, the act of putting music together was what I was fascinated by. Obviously it originated so that nightclub attendees didn't have to stop dancing in between tracks, but it felt like a whole new land of world-building in music.



In 2000, I finally took the plunge to learn how to DJ. My mum and my cousin helped me get hold of some second hand Numark turntables and a mixer. Sat on the floor of the dining room armed with 12" records by Underworld, Sasha and Green Velvet, I tried to get to grips with how to seamlessly combine music. I assumed that there would be some sort of digital display that showed me where the beats were, what the volume of each part of the track was, when to press play, etc. There wasn't. Such technology is now easily accessible and has become the industry standard for DJing, but back in the vinyl heyday you had to do it by ear and feel. Many mistakes were made in the process, but once it started coming together I felt like I heard music in a completely different light. Music was a jigsaw puzzle and it was my job to try and put all the pieces together.



**Fatboy  
Slim's and  
Armand  
Van  
Helden's  
'DJ Off'**

Have I DJ'd publicly? Not a lot. I did a few student bars and house parties during my university days, but to date that's all. I wanted to do more, but some things held me back. Records cost money, and when I first moved to London I had a job so low paid I had to skip lunches and take a longer Zone 1-avoiding commute to work just to stay afloat, so keeping a steady flow of musical inspiration was tough.

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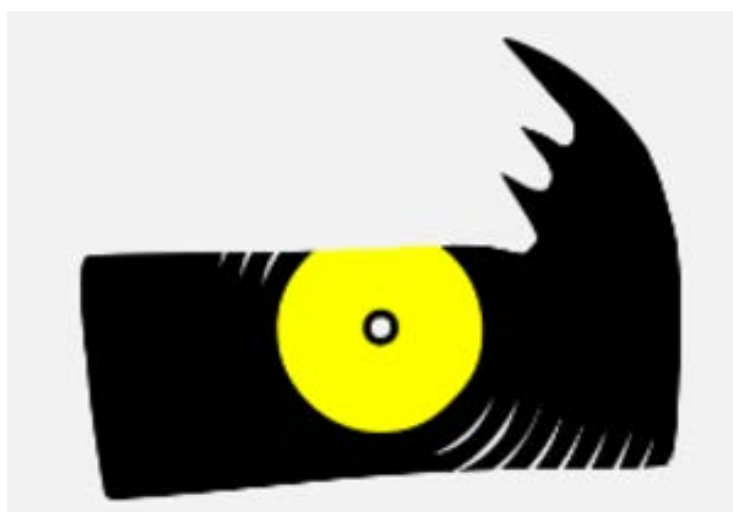
**IAN LANE**

I also got distracted for a decade pursuing a career in stand-up comedy, as you do. I know the millennial trend is to have several different artistic irons in the fire at once, but it seemed that the Steve Martin mantra of focussing on comedy exclusively had permeated my mindset somewhat, leaving the DJing on the back burner.

Most of all though, what held me back was that music meant something special to me, something that I didn't want to compromise. I'd met DJs who felt they had to put their own music taste to one side so that they could get a gig at the student union or a local pub. DJs who had to play "Summer Of 69" or "The Birdie Song" every week like they were trapped in a cross between Groundhog Day and Human Traffic. Fair play if you like those songs that much (or even at all), but the DJs who inspired me in the 00's were the ones who had their own style, the ones for whom DJing felt like their purest medium of artistic expression, and stubborn early-20s me was like "I want to be like them, not the mobile DJ who berated us for not dancing to Black Lace's 'Superman' properly." Whether it was the stuttering of a corrupted CD or the enforced playlists of a public entertainment venue, anything that got in the way of my musical refuge had to be given a wide berth, even if it meant avoiding music entirely for a while.

In 2020, Covid made its unceremonious debut on the world stage and a lot of entertainment venues closed. Many comedians turned to Zoom gigs or online sketches to keep themselves busy during lockdown. So I decided to go in a slightly different direction.

I had this DJing hobby in my back pocket. I had joined the live streaming site Twitch and wanted to find something to do on my own streams. So I started streaming DJ sets, just so that I could put my musical taste to good use. And I remembered why I started doing it in the first place. Yes, putting music together is satisfying, but I remembered the impact that mixing records together had on me when I first heard it, and how satisfying it must be to be able to do that in a way that people respond to, that they are impressed by. And when my Twitch viewers started reacting favourably to my transitions, I realised that I'd been missing the thrill of DJing in public for a long time.



Three years later and I'm still doing DJ streams regularly on my Twitch channel, RuffledMix. In a time when making a living in the music industry is harder than ever and there's more new music out there than ever before, my goal has been to try and bring attention to music that people might not have heard before as much as I can. And the best way I can do it without making it feel like homework for listeners is through the art of the mix: putting together different tracks, different genres, different vibes as slickly as possible, so that those listening can have that same experience I had in Our Price back in 1995.



# MARBLES

Marbles as a game can be traced as far back as 4500 years ago, but nobody knows their actual origin. Cave people played with small rounded pebbles or balls of natural clay. Clay balls have been found in the tombs of Egypt, in Native American burial grounds and in ancient Aztec pyramids.

Marbles can be made from glass, clay, steel, plastic or agate. They vary in size and are most commonly about 13mm (½ in.) in diameter. This size was most commonly played with in the playground at school. Sizes can go over 8cm (3 in.), while some that are glass marbles for display purposes are over 30cm (12 in.) wide.



**An inscribed  
Egyptian Marble  
(3050 - 2850 BCE)**

Artisans made them by hand for centuries, commonly made of clay, stone and glass. Marbles as we know them today began in the mid 1800s, when they were produced in large quantities in Germany.

The name marble derives from the type of stone that was used to make marbles. White marble and alabaster marbles were the best playing pieces during the early 1800s. German hand production continued until the early 1900s, when the earliest forms of machine production began.

The decade that spanned the late 1920s and the 1930s is referred to by collectors as the 'Golden Age of Marbles'. This was when glass marbles were first mass produced by machine in the United States of America by companies such as M.F. Christensen & Son, Christensen Agate Co., Akro Agate Co. and Peltier Glass.



**My own hand machined marbles.**

Since 1922, people have been competing in an annual 4 day National Marbles Tournament, which is held in Wildwood, New Jersey.

To play a game outside, first you have to chalk a 3 foot circle on the ground, then place about 15 small (half inch) marbles in the centre of the circle, but spaced evenly apart from each other. Then each player takes turns to flick a larger (1 inch) marble, known as their 'Shooter' or 'Law' marble, to try and get the small marbles out of the circle.

If the player manages to get a marble out, and their shooter remains in the circle, they get another go. If the player gets a marble out and their shooter comes out of the circle as well, then they wait until their next turn. If the player does not get a marble out, but leaves their shooter marble in the circle, they have to wait until their next turn, and take it from where it was left.

If the opponent takes out the other player's shooter marble, they win the marbles that the other player has already collected. When taking a turn, the player must shoot from anywhere outside the circle, but all body parts must remain outside the ring.



**Kids playing a game of marbles.**

The player who ends up with the most marbles is the winner. This game can also be played indoors by using a length of string to form the circle.

**KEVIN PEARCE**



When children got older and stopped playing with marbles, they would collect them instead as they are quite colourful. The larger marbles have been called lots of different names. I used to call them 'Coshers' and these were about 25mm (1 in.) in diameter.



**A sulphide  
octopus marble  
from my  
collection.**

Another game that can be played with marbles is solitaire. This uses a round board, where Thirty-three marbles are placed in the allocated dips: three middle rows of seven marbles and two rows of three each side of these. You take the centre marble out and jump over the marble to go into the empty space, remove it, and so on, until there is only one marble left. In a prefect game, this one should be left in the centre.



**A solitaire  
game ready  
to play!**



**A sulphide  
marble with  
a dog in.**

Marbles can be classified with different names:

- Onion skin,
- Swirl,
- Indian,
- Lutz,
- Opaque,
- Sulphide - these have an animal inside like a cat or a dog and are about 3 inches in diameter,
- Clambroth,
- Steely - a ball bearing,
- Mica - these are German,
- Commie or Common Clay,
- Aggie - made of Agate,
- Alley or Real - these actually made of marble or alabaster,
- Catseye.

**An amazing  
onion skin  
marble**



# AUTUMN IS MY FAVOURITE TIME OF YEAR

Autumn is my favourite season. It is famous for it's changing weather, which becomes cooler, harvesting, turning leaves and darkening nights.

It is the time of the year where everyone will settle in the evening with a nice cup of tea, coffee or hot chocolate and enjoy the view of the beautiful autumn leaves when going for a walk in the park.

But it is not just that. Here are some interesting and unusual facts behind this cosy season.

## The autumn equinox is different each year.

Whilst the Autumn equinox happens every September, each year it lands on a different date, normally either September 22nd or 23rd. The equinox is when the sun is directly in line with the Earth's celestial equator, meaning day and night are of equal length. The reason why the equinox falls on a different date each year is because the Gregorian calendar (the one used by most of the world) counts only 365 days a year, rather than the 365. 25 the Earth actually takes to orbit the sun.





### Autumn was once called Harvest.

It got the name Harvest because the full moon nearest to the Autumn equinox is called the Harvest moon. It also got that name due to the fact that farmers could harvest the crops they sowed and reap the rewards. Harvest was so significant that the Harvest festival was born, where pagans would give thanks for successful yields in the form of singing hymns, dancing, praying, and decorating churches with fruits.

In Britain, the Harvest Festival is traditionally held on the Sunday closest to the Harvest Moon, typically around the 22nd or 23rd September, which tends to be the same date as the Autumn equinox. Nowadays, the Harvest Festival is still celebrated in Christian churches – people are encouraged to bring in non-perishable food items, which are then donated to those who are less fortunate

### The term 'Fall' isn't exclusive to America only.

The term fall was used commonly in England up until the 17th century. It comes from the shortening of 'fall of the leaf'.



Because Britons emigrated to America when the word was still being widely used, they took the terminology with them. It wasn't until the 18th century that Autumn word was used in Britain. The terminology was taken from the french word 'Automne'. The reason why they adopted the word Autumn was because the upper class wanted a more of a refined word, separating them like that from the working class.

Their Yankee ancestors, on the other hand, were less bothered by the adoption of a poncier word.

### Autumn baby's live longer.

This suggested the study carried out by the Journal of Aging Research. The study found that 30% centenarians born during 1880-1895 were born in the Autumn season. The reason is because babies born in this season develop a greater immunity system to cold and flues.



# WHAT DO YOU THINK OF BASKETBALL?

Worldwide, Basketball has 47 different leagues. To a sport such as basketball, you therefore have lots of favourite teams to pick from, and there is an interest in many different countries. Now, in 2023, with huge marketing budgets and shown commercially worldwide, the NBA make \$8 billion per year.



**Some of the biggest players in the NBA.**

Basketball is known for its challenging mix of athleticism, speed, leaping and resilience. Along with this combination, the average height of a basketball player is 6 ft 6 inches. They compete at a constant frantic pace until the buzzer at the end of 80 minutes.

**YAPHET BERIHOUN**



During the live event, the teams are supported by thousands of fans, all anticipating a win, imagining their team being ceremonious, the animated celebration of reaching the finishing line in first place. A memory that is heart felt at the point where their captain lifts the trophy. This is Basketball.

Fans find a comfortable spot, so they can enjoy following their teams, usually their home town favourite. As it may, the demands of this sport, played by those in competition, by basketball players.



**Michael Jordan, the GOAT (Greatest of all Time).**

Basketball, as with other sports, has the demands of having to be played in a professional career. Or for anyone else, having the chance to look up at the hoop and shoot.

There is shooting, passing, dribbling, rebounding and also resisting. Resisting the urge to cheat, to play with sportsmanship instead. To enable the enjoyment of a social activity that everyone can get involved in. Playing together.

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**YAPHET BERIHOUN**

How can you learn to play basketball? Today, anyone is able to learn. Just pick up a ball and find your nearest court, which you can play on for free. Give it a go, but remember to have fun. That is what made James Naismith first get 2 baskets and a ball and create the game in 1893.



**A picture of James Naismith, the  
inventor of Basketball.**

And that is as much as can be said of this type of leisure. If Basketball is not for you, there are clearly substitutes, other sports to play.

# I DISCOVERED MY ANCESTRAL DNA !

My name is Paul and I am a member of Hillside. Some time ago I decided to do an ancestral DNA test. Ancestral DNA tests tell you which parts of the world your ancestors come from; they can also help to trace relatives. I knew that my father was Polish, from Vilnius (which is now the capital of Lithuania), and that my mother was British, from Taunton in Somerset. But I wanted to find out if there was anything else that I didn't know about in my background.

There are several companies that do ancestral DNA tests online. Most charge around £80. If you want to find out what illnesses you may be prone to it will cost you more.



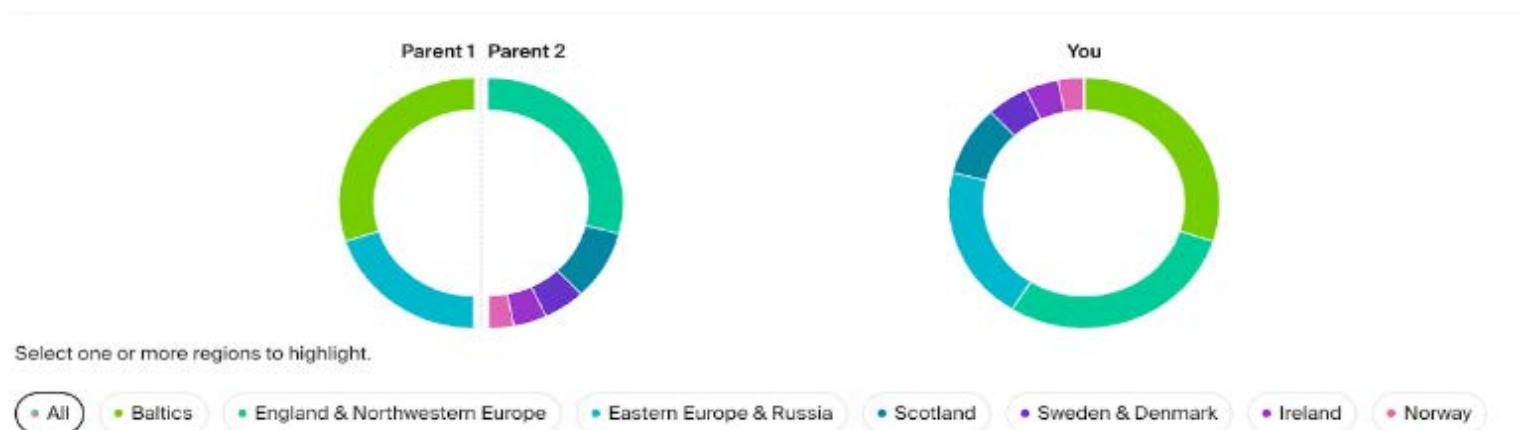
A map of Europe with my  
parents' birthplaces

**PAUL JACKSON**



I did mine with Ancestry.com, which is run by the Mormons in Utah, USA! It took a few weeks for the test kit to arrive, from Germany. You just put some of your saliva in a tube then mix it with a chemical and - Hey Presto! - you're done!

Your test gets sent to a laboratory in Ireland (it's a truly international affair!). The results come back to you - online, of course - quite a while later, depending on how busy they are.



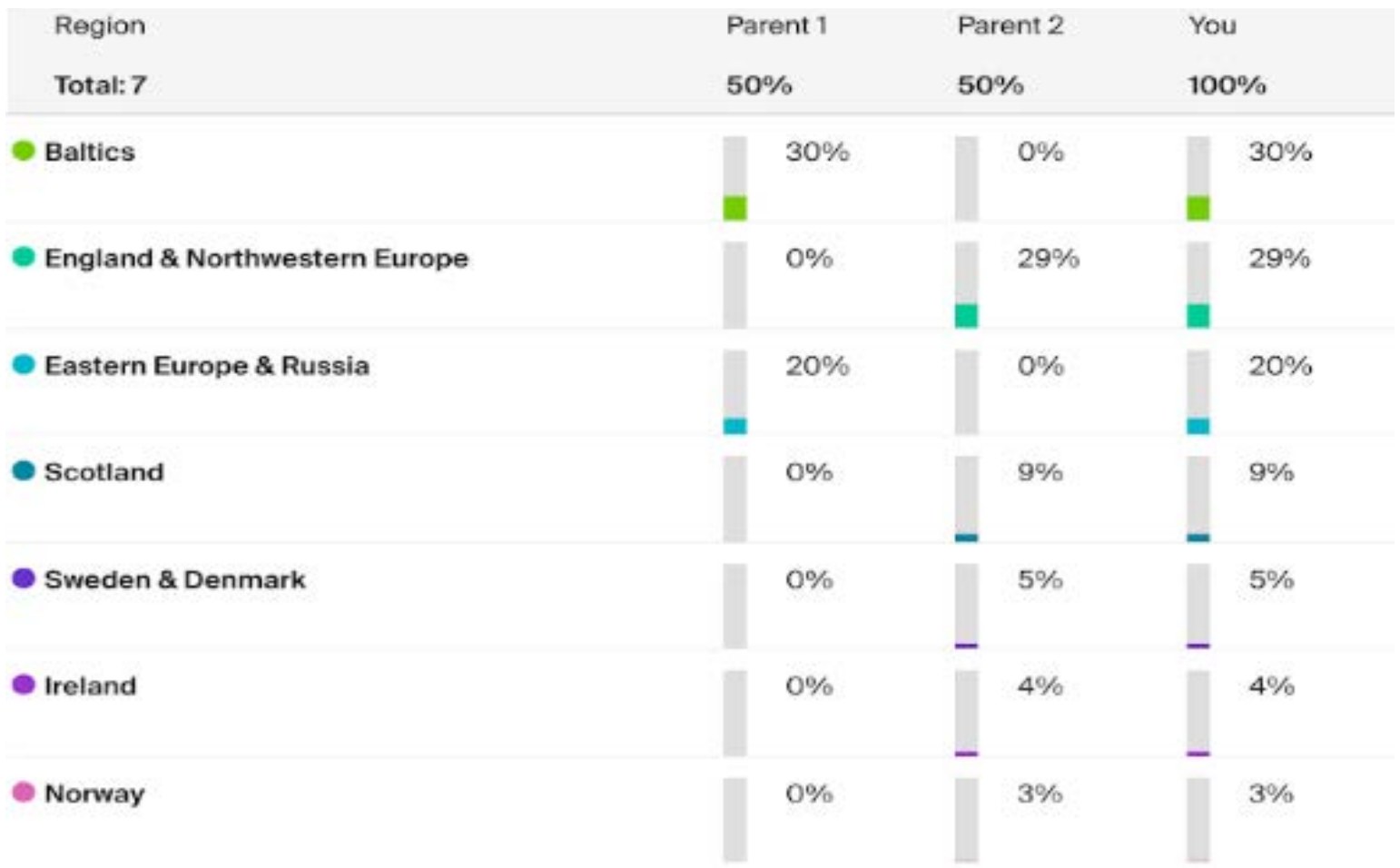
## The results - ethnicity inheritance

Parent 1 is my father. Parent 2 is my mother.

It was really interesting finding out about my ancestral DNA. There were a few surprises. On my father's side there's more Lithuanian (Baltic) DNA than Polish. On my mother's side, I didn't expect there to be any Scandinavian or Irish DNA.

Data comparison

This chart shows the percentages of the ethnicity you inherited from your parents. Added together, the percent for each parent for a region equals your percent for that region.



If you are curious about your ethnic background I would strongly recommend doing one of these tests. The cost can be a bit off putting, but you only need to do it once ! In addition, the one off payment enables you to keep checking your details on-line as the companies (which ever one you chose) regularly update and refine your DNA results. They also help you to build up your family tree.

# BLACK HISTORY PORTRAITS

As a celebration of Black History Month, the members of the creative group each painted a famous individual who inspired them. We wanted to highlight their amazing work here!

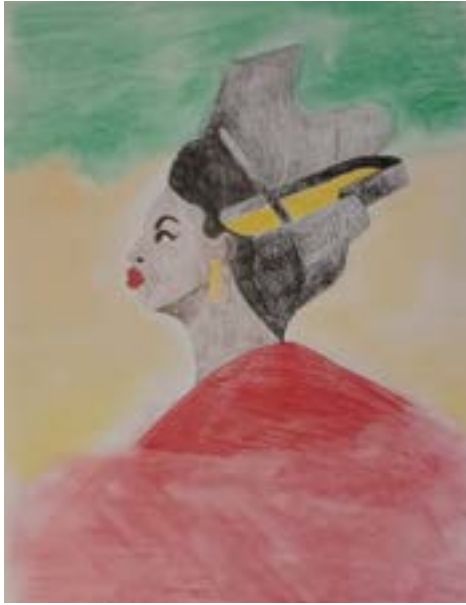


Left to right, top to bottom: Muhammad Ali by Aldo,  
Doreen Lawrence by Margaret, Nicola Adams by Vanessa,  
Michelle Obama by Jeff.





Left to right, top to bottom: Nelson Mandela by Margaret, Lewis Hamilton by Jeff, Basquiat by Vanessa, Angela Davis by Yaba, Toni Morrison by Janhoi, Errollyn Wallen by Janhoi



Left to right, top to bottom: Nina Simone by Patrycja, Aretha Franklin by Sheri, Josephine Baker by Frances, Martin Luther King by Vincent, Bishop Desmond Tutu by Jake





Left to right, top to bottom: Idris Elba by Jeff,  
Amanda Gorman by Jonathan, Prince by Jeff,  
Katherine Johnson by Yaba



**Left to right, top to bottom: Maggie Aderin-Pocock by Kate, Maya Angelou by Kate, Jessye Norman by Jake, Trevor McDonald by Orla, Rosa Parks by Donna**



# LENTIL & BUTTERNUT SQUASH SOUP

## INGREDIENTS

(Makes 4)

- 2 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- $\frac{1}{4}$  tsp hot chilli powder
- 1 tbsp curry powder
- 1 butternut squash, cut into 2cm pieces
- 100g red lentils
- 1l hot vegetable stock
- 1 small bunch coriander, leaves chopped, plus extra to serve
- Pumpkin seeds and natural yogurt, to serve



### METHOD

- 1.Heat the oil in a large flameproof casserole dish or saucepan over a medium-high heat. Fry the onions with a pinch of salt for 7 mins, or until softened and just caramelised.
- 2.Add the garlic, chilli and curry powder, and cook for 1 min more.
- 3.Stir in the squash and lentils. Pour over the stock and season to taste. Bring to the boil, then reduce the heat to a simmer and cook, covered, for 25 mins or until the squash is soft.
- 4.Blitz the soup with a stick blender until smooth, then season to taste. (To freeze, leave to cool completely and transfer to large freezerproof bags).
- 5.Stir in the coriander leaves and ladle the soup into bowls. Serve topped with the pumpkin seeds, yogurt and extra coriander leaves.



# 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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