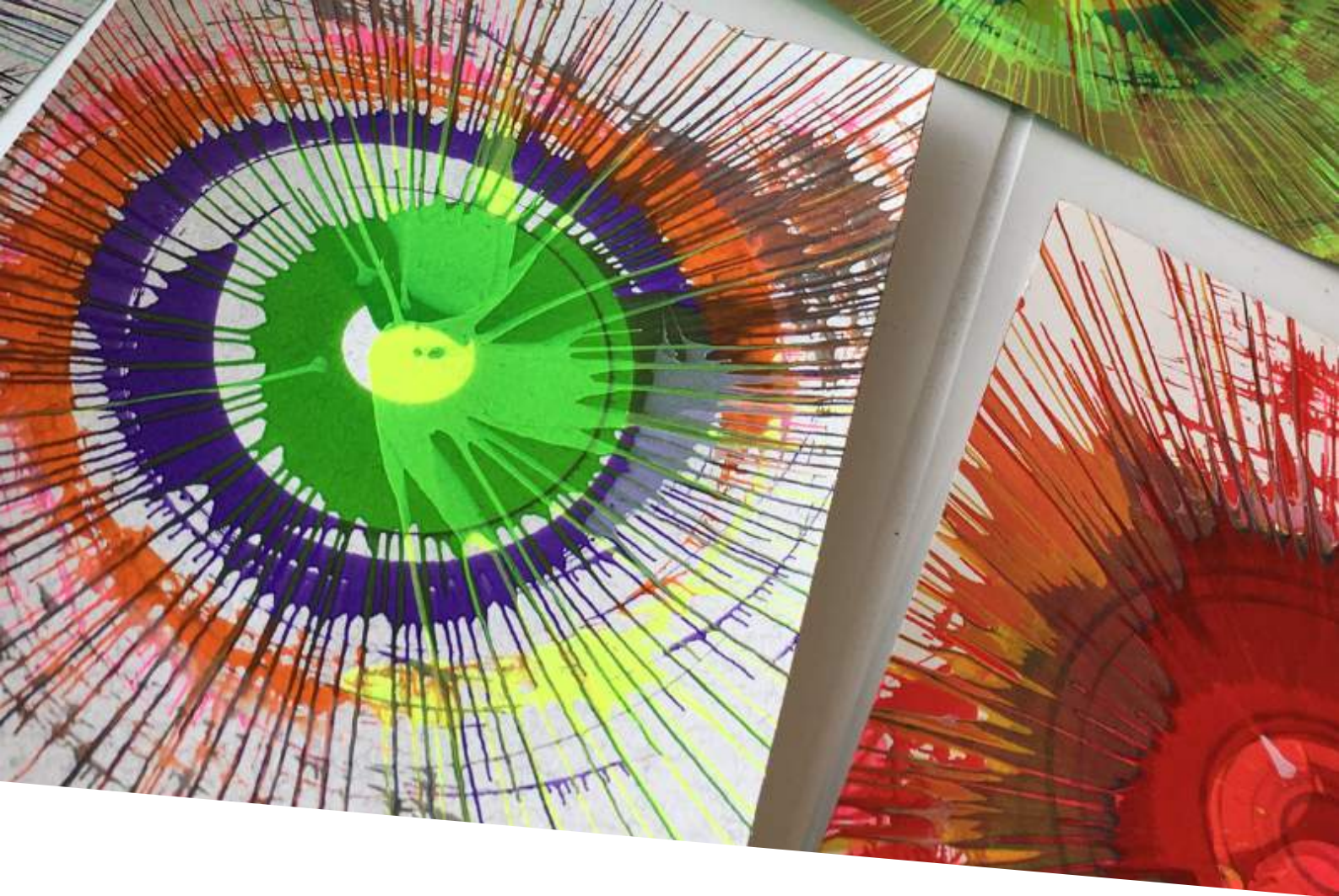


HILLSIDE CLUBHOUSE



**APRIL 2024
EDITION**





01 INFORMATION FOR
MEMBERS

07 REFERRALS
& SUPPORT

27 MINDFUL
COLOURING

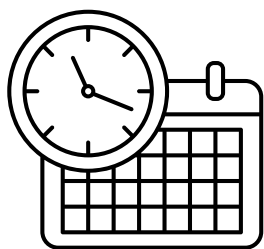
SECTIONS

29 MEMBERS'
ARTICLES

55 SUDOKU ANSWERS

56 RECIPES FOR EID

63 GAMES & PUZZLES



WEEKLY SCHEDULE

DAILY

10:00-12:30

Admin & Reception
Kitchen

13:30-16:00

Admin & Reception
Kitchen

MONDAY

10:00-12:30

Support Sessions
Job Search

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

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.**

Hearty Thursdays at Hillside

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

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



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



Hillside Clubhouse
"Together We Grow"
Gardening Workshop
Summer Season 2024
dates:

April 3rd/17th May 1st/15th/29th
June 5th/19th July 3rd/17th/31st
August 14th/28th September 4th/18th

Each gardening session is from 1.30-4pm at
Caledonian Park

meets at Hillside Clubhouse at 1.30pm

Speak to Kevan or any member of staff for details



**MIGRATION
MUSEUM**



HEART
OF
THE
NATION

7 March -
27 July 2024

**MIGRATION AND THE
MAKING OF THE NHS**

**Come and
celebrate the
vital role of
migrants in
creating the NHS**



THURSDAY 11TH APRIL, LEWISHAM

LEAVE THE CLUBHOUSE 10.30AM

WIMBLEDON MUSEUM & TOUR



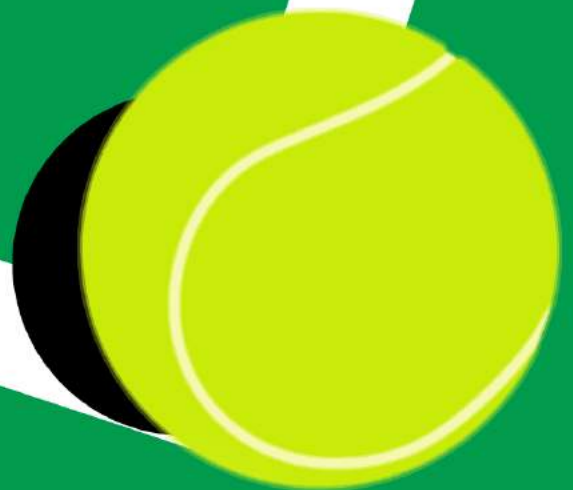
15th APRIL 2024



COME AND FEEL THE
MAGIC OF WIMBLEDON
ON THIS FREE TOUR!

10:00AM – 2:00PM

LEAVE FROM OUTSIDE THE
CLUBHOUSE 8.15AM....
EARLY BUT WORTH IT!!!





HILLSIDE CLUBHOUSE

**ONLY 8
TICKETS
AVAILABLE!!**

TAKE THE STREETCAR ON A SIZZLING JOURNEY TO NEW ORLEANS AS YOU'VE NEVER SEEN IT BEFORE.

THIS ASTONISHING TAKE ON TENNESSEE WILLIAMS' FAMOUS PLAY IS NARRATIVE BALLET AT ITS VERY BEST, WITH STUNNING DANCE, DEVASTATING DRAMA, PITCH-PERFECT PERIOD DESIGN AND A SIZZLING SCORE USED TO TELL THE ICONIC STORY.

SCOTTISH BALLET'S HUGELY POPULAR, AWARD-WINNING PRODUCTION OF A STREETCAR NAMED DESIRE RETURNS TO LONDON FOR THE FIRST TIME SINCE 2015 AND FOLLOWING THEIR SELL-OUT RUN OF COPPELIA IN 2023.

IN STEAMY 1940s NEW ORLEANS, FADING SOUTHERN BELLE BLANCHE DUBOIS MOVES INTO HER SISTER STELLA'S APARTMENT. STELLA'S BRITISH HUSBAND STANLEY SEES THAT BLANCHE IS NOT WHAT SHE APPEARS TO BE, AND SETS OUT TO DESTROY HER...

SCOTTISH BALLET'S STYLISH PRODUCTION BREATHES NEW LIFE INTO THE CLASSIC TALE, WITH GRACEFUL WALTZES AT THE DUBOIS FAMILY HOME, ELECTRIFYING LINDY JIVES IN A LOUISIANA NIGHTCLUB, AND INTENSE DUETS IN THE CAGED HEAT OF STELLA AND STANLEY'S APARTMENT.

PLEASE NOTE THIS PRODUCTION DEPICTS SUICIDE, ADDICTION, AND DOMESTIC AND SEXUAL VIOLENCE.

THE AMERICAN CLASSIC
NEVER LOOKED THIS GOOD.

"WINNERS OF OUTSTANDING ACHIEVEMENT IN DANCE AT THE UK THEATRE AWARDS 2023
AND OUTSTANDING COMPANY AT THE NATIONAL DANCE AWARDS 2023.
SCOTTISH BALLET IS NOT TO BE MISSED."

TENNESSEE WILLIAMS' A STREETCAR NAMED DESIRE

SADLERS WELLS THEATRE
ROSEBERY AVENUE, LONDON EC1R 4TN
FRIDAY 17TH MAY 2024
7:30PM
***TICKETS ARE VERY LIMITED,
PLEASE USE SIGN UP SHEET BELOW**
PLEASE NOTE THIS PRODUCTION DEPICTS SUICIDE, ADDICTION,
AND DOMESTIC AND SEXUAL VIOLENCE.

**S A D L
E R S W
E L L S**



BRIGHT LIVES WELLBEING COACHING SERVICE



What is the Bright Lives Coaching service?
The Bright Lives Coaching service is a new service for adults living in Islington, who are vulnerable and have complex needs. We have a dedicated team of Coaches providing one-to-one, medium-term support for residents, for up to 6 months.

'Coaching allowed me to come out of my bubble! Having a coach to talk to made me realise I can live independently'.

Jack, Holloway resident

'I felt motivated after every session. Coaching has given me the space to realise what I want to do with my life and helped me regain some of the confidence I've lost over the years'.

Adebola, Tufnell Park resident

'There were times when I couldn't face leaving my room.

Coaching helped me reflect on what is important to me and gave me space and time to work out a path to recovery'.

Olivia, Finsbury rewsident

'I started feeling more in control and was able to get back on my feet. Having someone to help you access specialist support out there in Islington proved to be a lifeline for me!'

Rui, Archway resident

If your an Islington resident and are interested in using the service or wish to find out more information please speak with your advisor or a member of staff

Jay Hinds Productions

Free Short Courses



My hobby is finding things that you can do for free in London, and it is through this that I discovered that the Capital College Group do a lot of free courses.

The three colleges that I found are Islington College in the Angel, Kingsway College in Victoria and Enfield College in Tottenham High Road.

You can train to be a chef, do carpentry, sports psychology, digital skills and many other courses. All these courses are free, and some carry a level 2 qualification. The catering courses have a job finding service, so all you need to access these courses is to log on to Capital College free courses.

I'm sure that you will find courses that you will enjoy doing, and you will also find a job that you will enjoy. Some of these courses can be done online, so it would be possible to do them at Hillside Clubhouse.

<https://capitalccg.ac.uk>

Free Short Courses

The Food Pantry



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

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

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

Open....

Tuesday 2pm – 4pm

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

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

Starts Jan 23rd



*For
Hillside
Members*

hillside clubhouse

JAKE ARNOLD

THE PANTRY

The first thing that hits you when you enter the Pantry is just how much and how varied the food is: meat, seafood, all kinds of fruit and vegetables, milk, juice, different kinds of bread and 'good for you' crisps.



The second thing that hits you is just how healthy it all is: no processed produce here! The fruit and vegetables are farm fresh dirty healthy Organic strawberries - how much would that cost you at Wimbledon?



You have to book an appointment before you can use the Pantry, but it's easy and straight-forward. There is no time limit for choosing what you want, so you can take your time and browse. The staff are friendly, helpful, organised and knowledgeable.

JAKE ARNOLD

Membership entitles you to one visit per week. You pay £3.50 for up to £35.00 worth of stuff (card only). The Pantry reserves the right to cancel your membership if you move away from the area, you don't use the Pantry in a 3 three week period or you behave badly. If membership is cancelled for non-attendance you can reapply, but you will be put on a waiting list. Membership for the Pantry is reviewed every 3 months. Also, no fridge/freezer means you can't use the Pantry. Membership lasts 6 months.

Because the food is surplus, you don't know week to week what will be available. If you are allergic to any food, then tell the staff. Some products come without labelling, so the pantry will provide a list of ingredients on a separate sheet. Some products may be close to or beyond Best Before dates, but this is more a question of flavour and texture rather than being harmful.



The Pantry opening times:

Tuesday: 2.00- 4.00

Wednesday: 10.00-4.00
(closed 12.30-1.00 for lunch)

Thursday: 10.00-4.00
(closed 12.15- 1.30 for lunch)

The reasons why I use the Pantry are:

- 1.The quality can't be bettered
- 2.It's easy to use
- 3.It's basically free. As anyone on benefits knows - 31.50 makes all the difference.

JAKE ARNOLD

THE PANTRY

ST GILES

WHO WE ARE

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

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

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

To find out more just visit:

[www.stgilestrust.org.uk/
what-we-do/tackling-poverty/](http://www.stgilestrust.org.uk/what-we-do/tackling-poverty/)

HOW WE WORK

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

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

Pantry Members can choose up to ten coloured items

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

CAMDEN SUPPORT SERVICES

Citizens Advice Camden

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

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

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

Website: www.camdencabservice.org.uk

Mary Ward Legal Centre

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

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

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

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

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

Camden Community Law Centre

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

To access IPR advice services:

Call the telephone advice line on: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

Website: cclc.org.uk

Mind in Camden

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

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

Call: 020 7241 8996

Email: healthyminds@mindincamden.org.uk

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

Website: www.mindincamden.org.uk

Somer's Town Living Centre

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

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

The St Pancras and Somers Town Living Centre

Address: 2 Ossulston Street, London, NW1 1DF

Phone: 020 7380 0453

Email: info@thelivingcentre.org

Website: www.thelivingcentre.org



Food Support in Camden

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

ISLINGTON SUPPORT SERVICES

Citizens Advice Islington

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

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

Please call their advice line 0808 278 7836 (calls charged at local rate) or call free from 222 Upper Street. Lines are open between 10am-4pm.

Website: www.islingtoncab.org

Islington Law Centre

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

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

Tel: 020 7288 7630.

Email: info@islingtonlaw.org.uk

Website: www.islingtonlaw.org.uk

Mental health crisis support in Islington

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

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

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

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

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

faith.giwa-osagie

@islingtonmind.org.uk

lorraine.dixon

@islingtonmind.org.uk

viktorija.stefanopoulou

@islingtonmind.org.uk

The Crisis Café runs on weekend afternoon and weekday evenings.

Please see our website for our drop-in schedule.

For more information:

Email: min.wilkinson@islingtonmind.org.uk
Tel: 0203 301 9850

islingtonmind.org.uk

Registered charity no. 294535

Food Support in Islington

Monday

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

Tuesday

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

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

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

Wednesday

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

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

Thursday

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

Friday

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

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

Weekends

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

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

Monday

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

Tuesday

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

Wednesday

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

The Ringcross Community Foodbank
12pm to 4pm

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

Thursday

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

Friday

The Ringcross Community Foodbank
12pm to 4pm

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

Weekends

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

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



Other services:

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

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

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

Healthy Start Vouchers

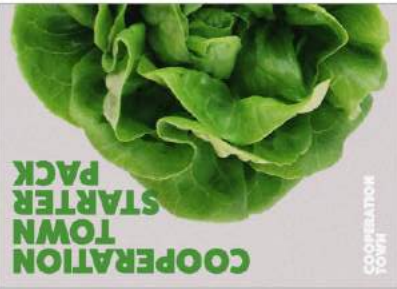
Get support to buy milk or food. Payments are loaded onto a prepaid card to be used in shops. Open to women/people at least 10 weeks pregnant or families with a child under four years and on:

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

HEALTHY START



Complete application online:
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

ISLINGTON SUPPORT SERVICES

Citizens Advice Islington

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

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

Please call their advice line 0808 278 7836 (calls charged at local rate) or call free from 222 Upper Street. Lines are open between 10am-4pm.

Website: www.islingtoncab.org

Islington Law Centre

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

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

Tel: 020 7288 7630.

Email: info@islingtonlaw.org.uk

Website: www.islingtonlaw.org.uk

Islington Peoples Rights

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

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

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

Email: info@ipradvice.org.uk

Website: www.ipradvice.org.uk

Income Maximisation (iMAX), Islington Council

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

Telephone: 0800 731 8081 or 020 7527 8600

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

Islington Mind

Mental Health Community Recovery & Crisis Enablement Service

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

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

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

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

Tel: 020 3301 9850

Email: athena.tsigaras@islingtonmind.org.uk

Website: www.islingtonmind.org.uk



DO YOU NEED HELP GETTING TO PLACES?

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

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

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

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

For more information:

Mon, Tue, Wed: Tel: 07526 692507

Email: satoko.fujishiro@islingtonmind.org.uk

Wed, Thu, Fri:

Email: najuma@manorgardenscentre.org

Anytime: Email: Laura@manorgardenscentre.org

To refer yourself to the service:

Email: HandinHand@islingtonmind.org.uk

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

<https://tinyurl.com/peerbud>

WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

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

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

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

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

Tel: 07738 236 041

Email: najuma@manorgardenscentre.org

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



MINDFUL COLOURING

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

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

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

Seven good reasons why colouring is good for you:

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

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



MINDFUL
COLOURING

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.

ALIEN ABDUCTION!

True Event:

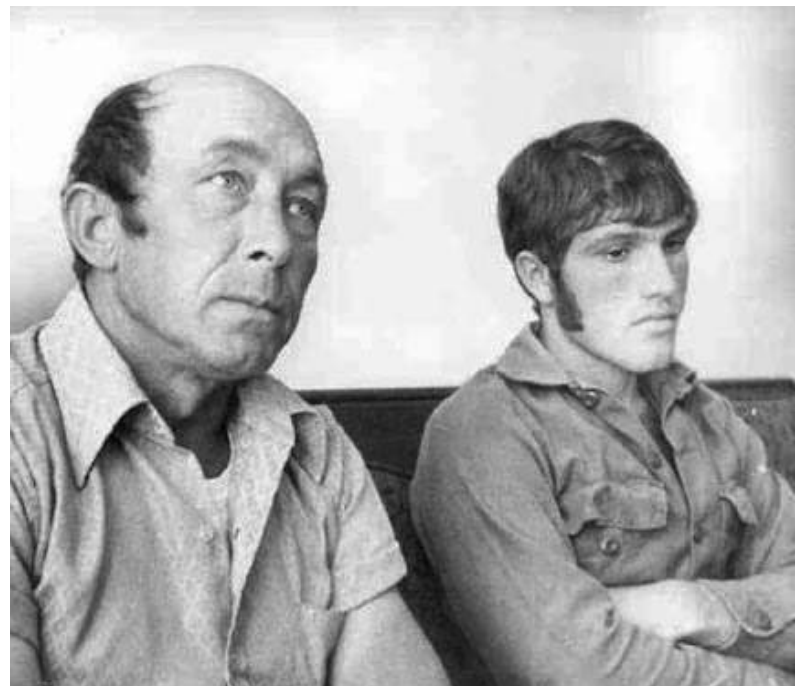
The Abduction of Charles Hickson and Calvin Parker Jr.



Ever since I was a kid, I was totally into sci-fi movies. My favourite films were War of the Worlds and the Forbidden Planet. Star Trek was another big influence, as was Lost in Space.

Since then I got really interested in UFOs and extra-terrestrial sightings. This is one story that got me really fascinated...

During an interview on October 18th 1979 Charles Hickson and Calvin Parker Jr of Passcagoula, Miss. recounted their alleged abduction by aliens from the banks of the Passcagoula river where they were fishing.



What is certain about the night of October 11th 1973 is this: when Charles Hickson and Calvin Parker Jr arrived at the sheriff's department in Passacagoula, Miss, they were frantic.



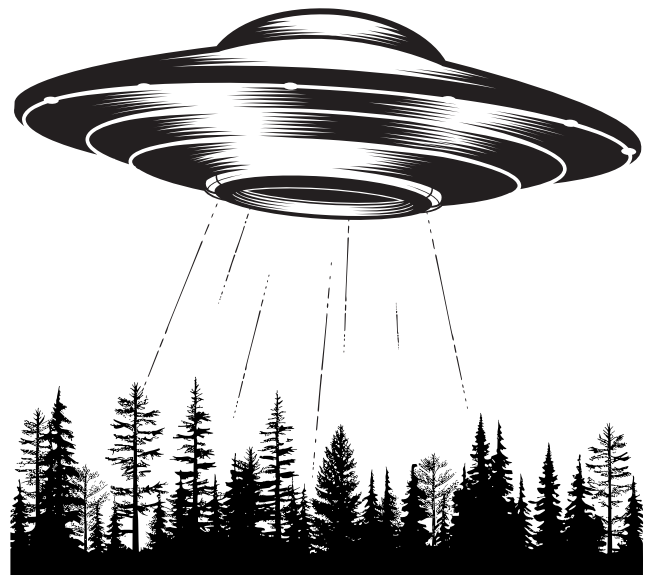
They told authorities they had just been abducted by aliens. Each had a puncture wound in one arm. Police tried to catch them in a lie, but it didn't work. Both men later passed a polygraph test.

On Saturday, the river bank where the men said they had a close encounter happened became a historical marker, and there was a placard placed there. It became known as one of the 'best documented cases of alien abduction'. After decades of avoiding media attention, Parker went there for the dedication of the plaque. Hickson died in 2011.

Calvin Parker stands with his family members at the historical marker in Pascagoula, Miss., that depicts the night he and Charles Hickson Jr. said they were abducted by aliens in 1973. (Courtesy of Pascagoula mayor Dane Maxwell).



In 1973, Hicksn was Parker's foreman at the shipyard. The two had gone fishing after work at the abandoned boat launch and were still there after the sun went down. 'I was just getting ready to get some more bait', Hickson told Washington Post in 1975, 'when I heard a kind of zipping sound. I looked up and saw a blue flashing light. Calvin turned around too, we saw a 30 foot long object with a little dome on top. As it hovered just above the ground, three small creatures emerged, also hovering' he said. The men were suddenly paralysed. The creatures grabbed them with pincer-tight claws and pulled them towards the object' he said. 'I floated inside' Parker told the Biloxi Sun Herald in 2018. Hickson said they were subjected to physical examination by something that looked like a big eye. There was a constant mechanical sound buzzing the whole time.



And then they were dropped off, right back in the dark delta where they started. Hickson found Parker standing up, arms raised to the sky and screaming', he told the post. They ran for help.

At first, sheriff's investigators thought the men had been drunk, or lying. After interviewing the men, they secretly tapped them, hoping to catch the pair dropping the act once they left, but they didn't. They kept on talking about what they had seen and how scared they were.

We did everything we knew to try to break their stories'. Jackson county sheriff's Capt. Gen Ryder told the post in 1975 'If they were lying to me, they should be in Hollywood'.

Overnight, it was national news. There were news conferences and cameras thrust in their still-stunned faces. A 'UFO investigator from North Western University flew down and said their story checked out.

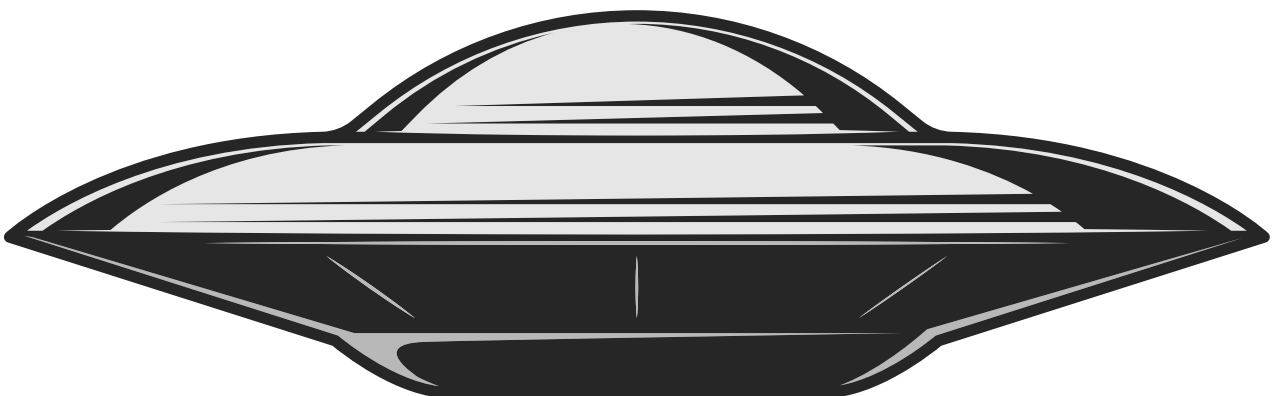


Skeptics called them liars, or said Hickson had an episode of sleep with hypnagogic hallucinations, while Parker was highly suggestible'. Believers flooded into Pascagoula in their thousands, wrapped in aluminium foil and sitting all night on the hoods of their cars, awaiting visitors from another world.





Hickson was 42 at the time, and was well-known in the community, so perhaps he felt more able to handle the media crush. He recounted the experience to anyone who would listen. He went on Johnny Carson and Dick Cavett he published a book in 1983. Parker, on the other hand, was 18 or 19 when it happened. He had just arrived in Passagoula from an even smaller town and had planned to earn some extra money before returning home to get married. He told the media he had passed out at the beginning of the whole affair and couldn't remember what happened. That was the only lie he told, he said to the Sun Herald in 2018. In fact, he did remember what happened, and was so afraid that the aliens had infected him with something that when he got home from the sheriff's department, he took a bath in bleach.



AVATAR: THE LAST AIRBENDER

BOOK 3: FIRE (PT2)

Nightmares and Daydreams

On the eve of the Invasion, Aang is having doubts about his up and coming fight against the Firelord. Meanwhile Zuko is adjusting back to palace life, while Azula is still playing her mind games. Back with Aang, who's stress levels are rising and his nightmares are getting worse and his hallucinations are bizarre, but in the end the gang tell Aang, that he will be alright and he will be ready. He finally falls into peaceful sleep.

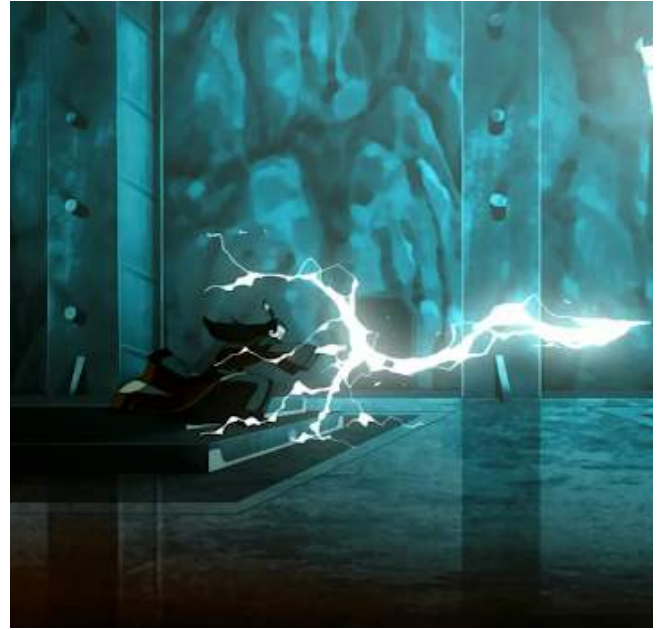


Day of the Black Sun (Part 1): Invasion

After a peaceful night, the gang are getting ready. When the Invasion fleet arrives with some old friends and enemies that have become friends. Sokka is taking his very first war meeting, but that doesn't go to plan. Meanwhile Zuko makes a life changing decision that will have major ramifications for Aang and the Fire Nation. Oh and Uncle Iroh escapes from prison. Invasion Day, they land and fight their way towards the capital. Aang races ahead only to find out that the entire city is empty. They knew they were coming.

Day of the Black Sun (Part 2): The Eclipse

The Invasion has started and the Eclipse has begun. But a problem has arisen that nobody is around, the city is deserted. Then Aang, Sokka and Toph try to find a hidden bunker that the Firelord has for himself. At the same time Zuko himself enters the bunker to confront his father.



Meanwhile Azula is captured and goes on to torment Sokka about an old friend. Also Uncle Iroh has escaped. And a new and deadly invention is revealed.



The Western Air Temple

After the events of the previous episodes. Zuko is following the gang to the temple in hopes of joining them. We get a glimpse into his past with Uncle Iroh and his drive to catch the Avatar. Now a few problems start to arise, Toph gets injured and then Combustion Man came, he saw and?



The Firebending Masters

Zuko is having a few problems. His firebending is gone and he doesn't know how to resolve it. Toph suggests that he goes and finds the original firebenders, The Dragons, but there's a problem, none are left.

So Aang and Zuko travel to find an ancient tribe called the Sun warriors, who protect the last two Dragons Ran and Shao. Who is going to show them the point of fire?



The Boiling Rock (Part 1).

Back at the temple, the gang are relaxing and telling jokes. When Sokka asks Zuko about where they keep their high profile prisoners. After finding out, Sokka then sneaks off with Zuko to rescue his father. After sneaking into the prison, Sokka suddenly finds his old friend Suki.



Then the problems start happening. Firstly the Warden who just happens to be Mai's Uncle arrives, Zuko gets captured. So that their first escape failed. And now some new prisoners arrive, yes one of them is Sokka's father.



The Boiling Rock (Part 2).

Where their first attempt failed. But now a new problem arises, Azula, Mai and Ty Li arrive, now the time table has to move up. Mai meets Zuko, which doesn't go too well for her. The new plan is to start a riot to aid in their escape and capture the Warden, to hold him as a hostage, but Azula is there to foil it, but the twist is Mai, she goes against Azula, to help Zuko and the others escape. Azula doesn't take it very well And now this is where the cracks start to appear.

To be continued...

THE GREAT NORTHERN HOSPITAL

The Great Northern hospital was founded in 1856 at 11 York Road now called York Way by Dr. Sherard Freeman Statham, an assistant surgeon, who had been dismissed from the University College Hospital for smacking a patient's bottom. The hospital had 16 beds which provided medical treatment for 2 hours a day for the poor of North London. The hospital received additional funding from the Midland, Great Northern and Metropolitan Railways, whose employees received treatment there.



By the following year the staff had increased to 20 Physicians, Surgeons and Dentists. Then neighbouring houses 9 and 10 York Road were acquired allowing bed numbers to increase to 50, when finances allowed.

In 1862 they were forced to move to a number of different premises as the Metropolitan Railway Company bought their premises. A house was provided by the railway company at 286 Pentonville Road as an outpatients department. In-patients were accommodated at the Spinal hospital at 84 Portland Road.

The two hospitals merged and the Spinal Hospital became the orthopaedic department of the Great Northern Hospital. The Hospital expanded in more houses in Caledonian Road, but purpose built premises were still needed.

In 1883 they failed to acquire the freehold for its buildings, which they wanted to redevelop, so the Hospital joined a committee which was planning to build a central Hospital in the same



area. The site of Grove House in Holloway Road, with just over an acre of land, was purchased in 1884 and the Great Northern Central Hospital with 68 beds opened in 1888. A new block was added in 1894 and in 1895 the Hospital was granted medical school status. Further extensions in the building included the Prince Albert Wing and a circular block with three wards. In 1898 more ward blocks were opened. In 1911 the word Central was dropped from the title.



During WW1 the Hospital became a section of the Second London General Hospital, with 206 beds for wounded and sick servicemen.

- In 1917 the freehold of 4-5 Manor Gardens was acquired for a Nurses' home. An X-ray Department was installed in 1918.

- In 1921 the name of the Hospital was changed to the Royal Northern Hospital after the amalgamation with the Royal Chest Hospital. Which had 110 beds.
- In 1922 building began for a new Casualty Department, funded by the Islington War Memorial Fund, and a new Nurses' Home. A school of Radiography, one of the first in the country, opened in 1929, as well as a School of Housekeeping and Catering.
- In 1931 the three storey St, David's Wing, a private patient's block with 55 single and 5 double rooms, opened on the Manor Gardens side of the site.
- In 1937, the Pharmaceutical firm Beechams Pills Ltd financed new laboratories for Pathology, Bacteriology and Biochemistry as well as a Pharmacy. A Fracture clinic opened in the same year together with an occupational Therapy Centre and a Radiotherapy Department.

During WW2 both the Royal Northern and Royal Chest Hospitals received bomb damage, but by 1944 the Royal Northern Hospital had 307 beds including the 60 convalescence beds at Grovelands. In 1948 the Hospital joined the NHS, and merged with the Whittington Hospital in 1963. By 1980 it had 262 beds including 23 for private patients.



After amalgamations through the NHS, the Royal Northern Hospital closed in 1992, having lost out to the Whittington, University College and Royal Free Hospitals. It has now been converted into a large apartment block and the Northern Medical Centre has a part of it.



In 2002 the Royal Northern Gardens opened, this is a small park which incorporates a memorial wall with masonry from the original Hospital, and 4 original planters.

There is also a World War 1 memorial on Manor Gardens which was at the entrance to the Casualty Department, this is Grade II listed. This has been preserved by incorporating it within the departments.

The significance of this place to me is that I spent nearly nine months of my life between the ages of 5 and 6 in the Hospital. Being diagnosed with Perthes Disease, which is a disintegration of the hip bone. I had a pioneering operation where some bone was taken from my left side hip and shot up into my right side hip. After the operation I had to spend the time in bed on traction.



So with all those months in bed like this, physiotherapy was an important recovery process. I also had a little bike bought for me, and I think this was a great help.

It is still not known the best way to treat Perthes Disease, as the results from the varying operating methods or not operating at all cannot be determined as a control type test is unethical to put children through. The best prognosis for a good recovery is for the disease to be identified at around 6 years of age. Otherwise the person will suffer from terrible arthritis, and will have to live with the debilitating pain.



CARRY ON FILMS

Carry On was a British comedy franchise comprising 31 films. The first 30 were made between 1958 and 1978, with a one-off film in 1992.



There was a regular ensemble that included Sid James, Kenneth Williams, Charles Hawtrey, Joan Sims, Kenneth Connor, Peter Butterworth, Hattie Jaques, Terry Scott, Bernard Bresslaw, Barbara Windsor and Jim Dale.

The films were directed by Gerald Thomas and produced by Peter Rogers. They were responsible for all 31 films, usually on time and to a strict budget.

The Carry On series contains the largest number of films of any British franchise.

Several people, like Peter Lamont, also worked on the Bond films!

All the films were made at Pinewood Studios, near Iver Heath, Buckinghamshire.



Budgetary constraints meant that the films were always near the studios. Many of the early films had the same plot of a bunch of misfits making calamitous mistakes, only to come together and succeed in the end.



The cast were badly paid: £5,000 per film for principle performers. The most appearances by an actress was 24, by Joan Sims. The most appearances by an actor was 26, by Kenneth Williams.

Of Kenneth Williams, Peter Rogers said, "Kenneth was worth taking care of, because while he cost very little, he made a lot."

Many modern comedians, like Harry Enfield, make affectionate parodies and references to the Carry On films, being brought up on them like so many of us.

The phrase 'Carry On' comes from the first film Carry On Sergeant: after addressing the troops, the senior officer would turn to the Sergeant and say, "Carry on Sergeant".



List Of All The Carry On Films



- [Carry On Sergeant](#) (1958)
- [Carry On Nurse](#) (1959)
- [Carry On Teacher](#) (1959)
- [Carry On Constable](#) (1960)
- [Carry On Regardless](#) (1961)
- [Carry On Cruising](#) (1962)
- [Carry On Cabby](#) (1963)
- [Carry On Jack](#) (1964)
- [Carry On Spying](#) (1964)
- [Carry On Cleo](#) (1964)
- [Carry On Cowboy](#) (1965)
- [Carry On Screaming!](#) (1966)
- [Don't Lose Your Head](#) (1967)
- [Follow That Camel](#) (1967)
- [Carry On Doctor](#) (1967)
- [Carry On Up the Khyber](#) (1968)
- [Carry on Camping](#) (1969)
- [Carry On Again Doctor](#) (1969)
- [Carry On Up the Jungle](#) (1970)
- [Carry On Loving](#) (1970)
- [Carry On Henry](#) (1971)
- [Carry On at Your Convenience](#) (1971)
- [Carry On Matron](#) (1972)
- [Carry On Abroad](#) (1972)
- [Carry On Girls](#) (1973)
- [Carry On Dick](#) (1974)
- [Carry On Behind](#) (1975)
- [Carry On England](#) (1976)
- [That's Carry On!](#) (1977)
- [Carry On Emmannuelle](#) (1978)
- [Carry On Columbus](#) (1992)

When the first Carry On film was made in 1958 (Carry On Sergeant), expectations were not high, but the public flocked to see it and a star was born that shone brightly for another 20 years.

A lot of people find fault with the Carry On films, but you have to realise that it was of its time. Accept it for what it was: bawdy humour in the best British tradition of music hall and seaside postcards. It is too easy to rationalise an age which expresses its human needs in different ways to our own. Every generation blames the one before. In 20 years time people might say, "You mean they really ate meat, that's disgusting, I think I'm going to be sick".



The humour is unsophisticated, uncomplicated: innocent even, but often genuinely witty. It's a celebration of low-brow humour. It highlights what we have lost: an absence of cynicism.

Peter Rogers said: 'we were vulgar but never crude'.

On the one hand, Carry On has been described as the lowest of cultural lows and on the other as the ultimate in family entertainment. Carry on Columbus was designated the worst film in British film history.

"Infamy! Infamy! They've all got it in for me! Was voted the funniest one-line gag in British film history.



Carry On was not a didactic social statement but humorously reflected the collapse of the age of deference and the strides towards social equality. There is no hint of replacing the existing order of authority but there is equally no suggestion that the order is anything other than ridiculous. At their heart there is a distrust of said authority and never missed an opportunity to send up the supposed superiors.

Some have suggested that the Carry On films were a reaction to the second world war: working class people wanted social change. It's the same attitude that saw Churchill booted out of office, for representing the out of date, unpopular past.



Working class people saw themselves on screen for the first time as something other than the clichés of former times and previous films. While the men run around like headless chickens, it's the women who quietly, calmly, and efficiently keep the hospitals

the schools or the police stations running. In Carry on Cabby, it's the female cab drivers who blow away the hapless male cabbies. In Carry on Constable, Hattie Jakes muses 'why is it the female rookies who are the most competent?' While the men prevaricate and the chips are down, it is the women who come to the fore.

I personally think that the 50's films were good; the 60's ones were brilliant; and the 70's ones were awful: Carry On Cleo (1964) was the funniest film I ever saw and Carry On England! (1976) was the worst comedy film I ever saw. My personal favourite character was Amanda Barrie as a clueless Cleopatra, who didn't know her asp from her elbow.



Professor Colin McCabe is an English academic, writer and film producer. He was asked to list his favourite 10 films of all time.

MY JOURNEY THROUGH THE ROUTE

Large vehicles can be challenging to drive, especially in London. As a bus driver, there was so much to take on board. It was challenging to deal with passengers (especially the aggressive ones), as well as controllers, who gave us instructions to maintain the time table. In the driver's area, there are three buttons: the red button, referred to as 'code red', a blue button, 'code blue'. The green button was our controller button: 'centrecomm', which happens to be the emergency service. It was challenging to deal with pushchairs, wheelchair users, other road users, and especially cyclists.

I always wondered what it was like to drive a bus. It looked so easy, from my point of view. Those drivers looked so relaxed. I was not working at the time, so I had plenty of time on my hands. One day I had a conversation with my brother, who remarked about a friend who did a driving course.



Something popped up in my head thinking that's a good idea.

BERNARD WEEKES

Fed up with signing on the dole, I went to the job centre and asked about a driving course. I was presented with a bus driving course. It was through the government back-to-work scheme back then. I was sent to a company called Driving Ambitions, and there, we went through the theory with our teacher. We went through the whole book, which took several weeks to complete. Then came the actual test. Thank god I passed. This was for buses, but I was told to do theory on lorries, and passed that also.

Now, the actual nerve racking part. Driving those vehicles on the road. Looking at those vehicles, they seemed too large for me to drive. We were taken out on the road by our instructor, shown how to handle the single decker training bus. There were several of us trainees.

Driving Test



We all met up at Wembley at the training centre. It was early morning, freezing cold. We all were waiting to be called in turn by our examiner. One was called out, half an hour later, the bus arrived back. We

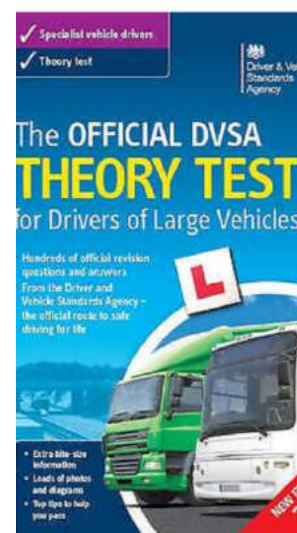
thought something went wrong because he had his head buried in the palm of his hands, only to realise he had passed. I suppose it came as a big shock to him. It was my turn to drive around. I got into the driving seat, thinking, focusing on what I needed to do.

I started the engine, released the parking brake and off we went, negotiating all manner of road conditions, checking my mirrors, listening to instructions from my examiner, which direction to go etc.



Everything went well. I passed, which was a huge relief. The same goes to the rest of us. I surprised my instructor by giving him a bottle of brandy as a thank you present. Classed as professional drivers, in my mind, you're a professional through experience. We were all driven back to our training centre. All the necessary paperwork was completed and the following day, we were assigned to different bus depots.

During our time at work, we were trained to use the ticket machines, how to input the relevant information which produces information for the countdown at bus stops, how to work out which direction we were heading, and for our 'ibus' controller, we learned how to read the time cards and fill out log cards. we also were issued free travel passes which saved us a lot of money.



Once all the training was completed, I was on route learning. Actually driving. I learnt to drive routes 43 271 and 4, and then, I was on the road! I was assigned a buddy who helped me gain confidence on the road whilst the bus was in service. This happened for three consecutive days. What occurred to me was that patience was an absolute requirement: especially important for dealing with angry passengers if the service runs late or terminates short of their final destination. The worst road users are taxis and cyclists. If they cut in front of the bus, it causes drivers to brake sharply, which could lead to passengers falling over. In such a case as this, drivers were called in to see the manager and explain what happened. Whatever the circumstances, if it's bad, then it goes on their record, which stays on for 1 year. *Absolutely everything is down to the driver.* We had good days, and other times it can be pressured.



On the fourth day I was on my own. On a few occasions I got lost, which didn't go down well with passengers. My worst nightmare was going on un-announced diversions. Centrecom. would inform drivers where to go. That's due to road accidents, demonstrations, etc. The easy part when on diversion is when TfL officials put sign posts up. All we had to do was follow the arrows. But that's part of learning.



It was not a bad job, and the pay was not bad either. Drivers can either make life easy for themselves or harder. I remember being told by my instructor never to argue with passengers. That's exactly what I did, after a while, you realise that it takes just one person to screw up your day. So it stays on your mind all day, whilst trying to concentrate on what you're doing. I have stayed calm ever since. Regardless. There are over 700 hundred routes in the uk and roughly 700 hundred drivers in each garage, serving various members of the public, from all walks of life and different backgrounds. The shifts consist of 'early', and 'middle-and-lates, which is called a mixed rota.

Some drivers prefer set rotas i.e. doing an early shift all the time which is more flexible for them. This is generally how things go within this industry. Individuals can also work their way up, whether it be



'roadside controller, working in the control room, allocation' (which helps drivers with their duties), manager, engineer with a variety of other positions.

The company name was once called London Buses: all routes under one roof. Since then, it was monopolised and broken up by the Tory government during the 1980s. Now it is run by TfL. Various names and companies were created, such as Metroline, Arriva, Go-ahead Tower transit etc.

Things have moved on a lot.

SUDOKU ANSWERS

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



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



For all our members who have been
observing Ramadan this year -

Eid Mubarak!



CHICKEN KORMA

INGREDIENTS

- 1 medium chicken, chopped into eight pieces, skin off, cleaned, washed and drained
- 2tbsp cooking oil
- 100g butter or butter ghee
- 3 large brown onions thinly sliced and diced
- 2 inches long cinnamon stick, broken into two pieces
- 5 cardamom pods
- 2 bay leaves, halved
- 6 green chillies, cut lengthwise (optional)
- 6 cloves garlic, crushed
- 3 inch long piece of ginger, crushed
- 4 boiled eggs, peeled
- 410g evaporated milk
- Whole milk
- Salt to taste



MAK'S
SPECIAL
EID
RECIPES



METHOD

- Put a saucepan on medium to low heat.
- Add the oil and butter/ ghee. As it heats up add in the onions, dry ingredients and chillies if using with the amount of salt you prefer, stir and cover.
- Let the onions soften, adding a little water when necessary so it doesn't stick to the pan. Stir occasionally, keep covered. When the onions start turning translucent add in the garlic and ginger mix and cover.
- Keep stirring occasionally until the onions go mushy. This will take some time depending on how big the onions were chopped. Add a little bit of water if required, don't let the onions go brown.
- Now add in the chicken giving it a good stir. Put the heat up slightly until the chicken heats then lower it back down to medium low stirring occasionally and cover, let the juices gradually come out of the chicken. Try not to let it stick to the bottom of the pan. Lower the heat if necessary
- Once the juices have been released from the chicken let it cook for about 10/15 more mins. Stirring occasionally.



METHOD (CON'T).

N.B. This next step to add in the milk will depend on how much juice the chicken has released and evaporated.

- Add in the evaporated milk first and stir. (If at this point you think it's enough gravy, then no need to add any more milk as it may make it too watery)
- Now depending on how much gravy you like, add in the amount of whole milk to your preference. Bring it to the boil then let it simmer slightly uncovered
- Now you can add the eggs.
- Stir occasionally so it doesn't stick.
- Take off after 15 minutes and serve with pilau rice.



SUGGESTION

For a healthier option, you can substitute the butter for oil and the milk for water, or coconut milk/cream.

There are many variations to the Korma.
This is the simplified version that I like.



PILAU RICE

INGREDIENTS

- 2tbsp oil
- 200g butter
- 1 large onion, sliced
- 3 cloves garlic, chopped or crushed
- 2 inches ginger, chopped or crushed
- 4 green chillies (optional)
- 200g mixed veg (frozen), washed and drained
- 400g rice washed and soaked half hour before cooking (soaking the rice reduces cooking time)
- 3" cinnamon broken into pieces
- 5 cloves
- 3 cardamom
- 1 bay leaves
- Half tsp turmeric
- Half tsp salt (optional)
- Boiling water



MAK'S
SPECIAL
EID
RECIPES

METHOD

- Heat saucepan on medium temperature and add in the oil and butter
- Carefully add in the whole spices: cloves, bay leaves, cardamom and cinnamon etc.
- After a minute add in the garlic and ginger, stir. 2mins. later add the onions, chillies and turmeric. Mix and cover. Leave for 10 minutes on a low heat or until the onions are translucent. Make sure it's not sticking to the pan. Add little water if needed.
- Meanwhile drain the rice then stir in the rice and salt. Giving it a good mix.
- Now you can add boiling water to the pan. Pour until the water level is just above the rice. Put it on full heat until it starts to bubble, then put the lid on and turn the heat to the lowest. Cook for 13 minutes.
- Let it rest for 10 minutes slightly uncovered then use a fork or spoon to fluff up the rice, making sure to get to the bottom edges too. You can take out the whole spices.



SUGGESTION

- Chickpeas, diced potatoes or peas can replace the mix veggies, or your choice of vegetables.
- Milk/coconut milk can be substituted for water for a creamier taste.
- Can also be cooked without the onions, garlic and ginger: just wash the rice (no need to soak), add turmeric whole spices, including half tsp cumin seeds or panch puran in the water/milk/coconut milk. If you do, add the cooking liquid to a centimetre above the top of the rice. Bring to the boil on a high heat, then reduce to low and put a lid on. Cook for 13 minutes, then leave to rest for 10.

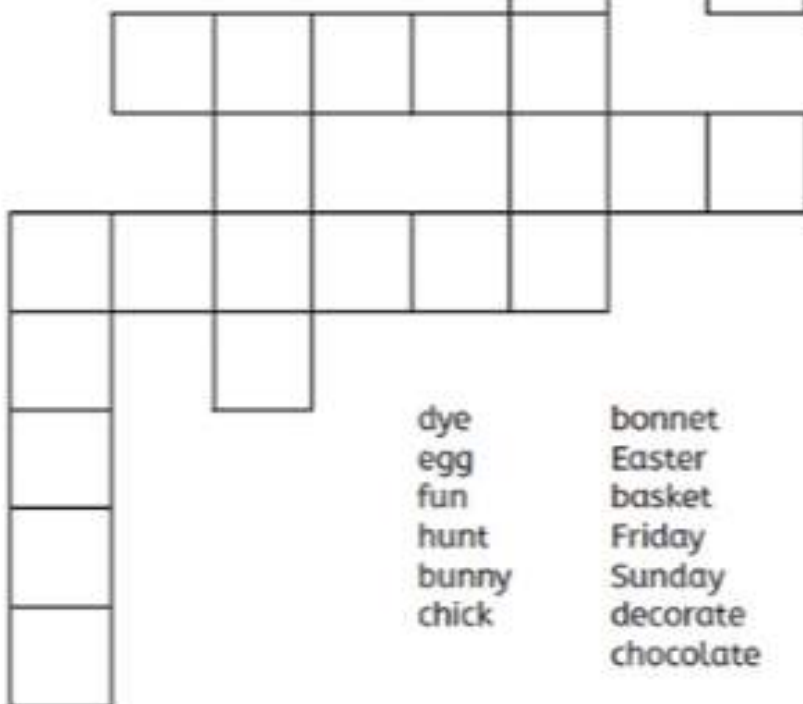
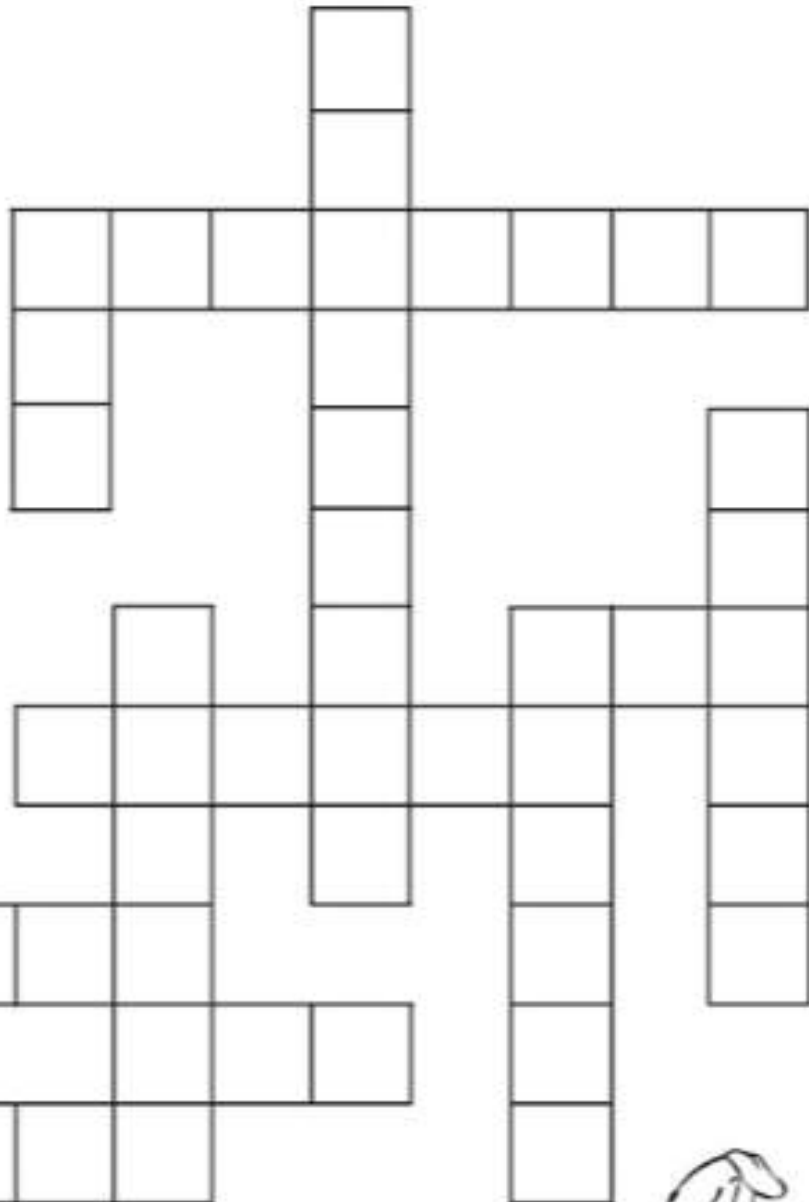


WORD PUZZLE

EASTER FIT-THE-WORDS PUZZLE



Fit the listed words into the grid, one letter per square.



dye
egg
fun
hunt
bunny
chick

bonnet
Easter
basket
Friday
Sunday
decorate
chocolate



WORD PUZZLE

WORD LADDERS

BATH	SLOW
TUBS	DOWN

MAKE NEW WORDS, CHANGING ONE LETTER AT A TIME TO GET TO THE OTHER WORD!

WORD SEARCH

FRUIT AND NUTS

Can you find all the words hidden in the grid? Read backwards or forwards, up or down, even diagonally. The words will always be in a straight line. Cross them off the list as you find them.

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

- | | | | |
|--------------|------------|-----------|-------------|
| ALMOND | DATE | NECTARINE | POMEGRANATE |
| APPLE | FIG | OLIVE | PRUNE |
| APRICOT | GOOSEBERRY | ORANGE | RAISIN |
| BANANA | GRAPE | PAPAYA | RASPBERRY |
| BLACKBERRY | GUAVA | PEACH | SATSUMA |
| BLACKCURRANT | HAZELNUT | PEANUT | STRAWBERRY |
| BRAZIL | LEMON | PEAR | SULTANA |
| CASHEW | LIME | PECAN | TANGERINE |
| CHERRY | MANDARIN | PINE | TANGELO |
| CHESTNUT | MANGO | PISTACHIO | TOMATO |
| CRANBERRY | MELON | PLUM | WALNUT |

SODUKO

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



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

ANSWERS ON PAGE 55