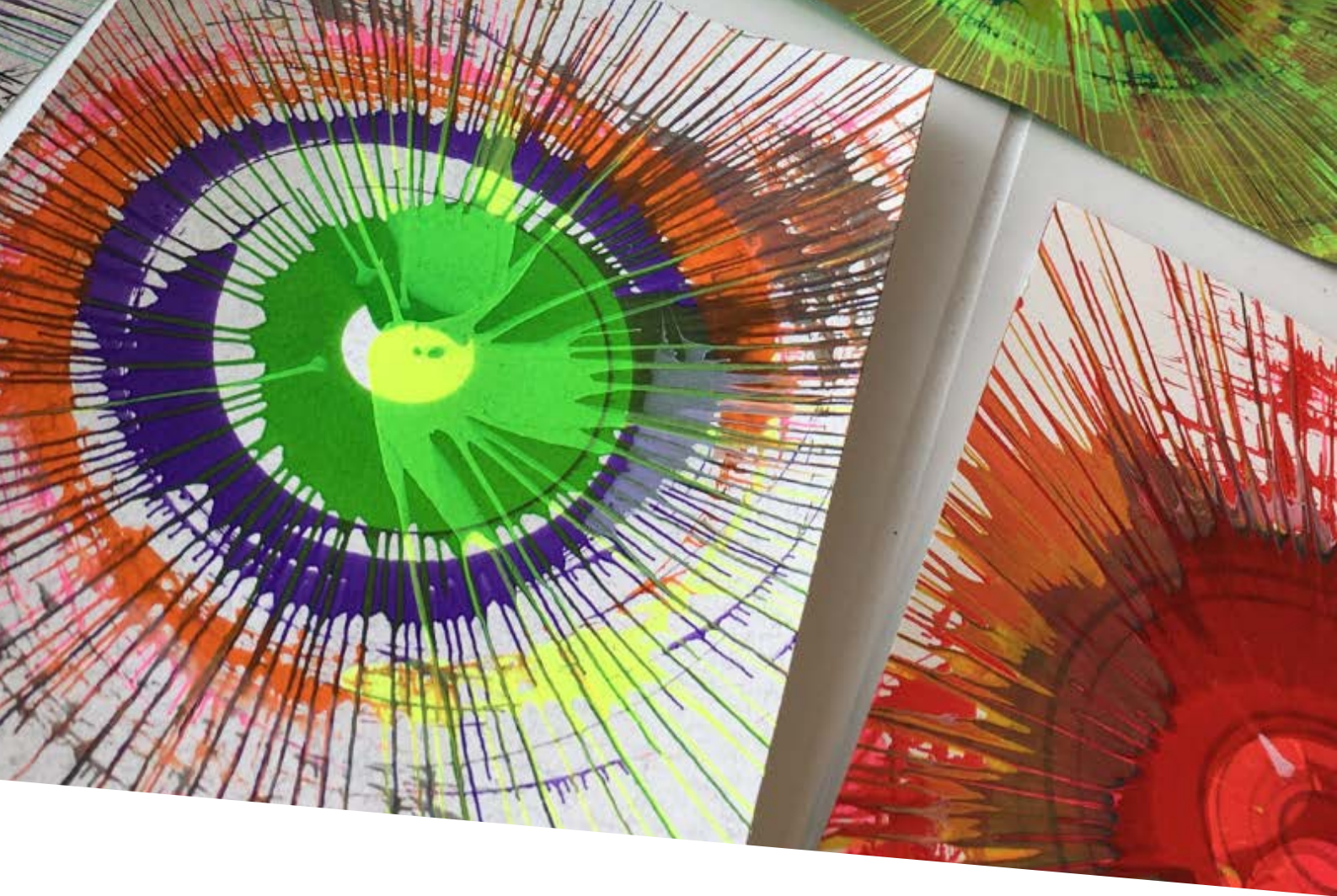


HILLSIDE CLUBHOUSE



**DECEMBER
2023 EDITION**





01 INFORMATION FOR
MEMBERS

06 REFERRALS
& SUPPORT

20 MINDFUL
COLOURING

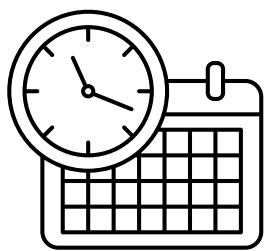
SECTIONS

22 MEMBERS'
ARTICLES

52 CREATIVE
CORNER

54 RECIPES

56 SODUKU



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 - DECEMBER

Please congregate in Islington Square, around 17:00, as the parade will set off **5PM** promptly at 17:30 116 Upper Street London NI 1AB

<https://tinyurl.com/4czj3ba2>

Make a lantern in one of our workshops here:

<https://www.littleangeltheatre.com/whats-on/glowing-winter-lights-at-islington-square/>

LANTERN PARADE

14TH

1PM

This is a free entry event with a creative flair. An opportunity to view & select, creative & unique items from artists, designers and craft makers.

for more info visit <https://tinyurl.com/yc6p8k9s>

16TH

ARTS AND CRAFT FAIR

This much-loved event sees the Union Chapel lit by candles, where a packed **7PM** congregation sings well-known Christmas carols.

<https://tinyurl.com/8muarb3p>

CAROLS BY CANDLELIGHT

17TH

11AM

Caledonian Park Clock Tower, Cally Clock Tower CALEDONIAN PARK Islington, London, United Kingdom

<https://tinyurl.com/552aj6cu!>

22ND

XMAS AT CALLY PARK

The Observatory holds free public open evenings, roughly fortnightly, on Fridays during UCL's autumn and winter terms, 18:30-19:50 and 20:00-21:20. Booking required

<https://tinyurl.com/2s3mv6ch>

FORT-NIGHTLY

UCL OBSERVATORY TOURS

HILLside CLUBHOUSE INVITES YOU ON...
A JOURNEY TO NEVERLAND

— THE IMPERIAL ICE STARS —

PETER PAN

ON ICE

Get off to a flying start this Christmas and see Peter Pan on Ice!

The annual spectacular will take you on a magical journey to Neverland featuring all of your favourite characters from the much-loved J.M. Barrie classic.

Prepare to be dazzled by impressive skating, theatrical ariel stunts and lots and lots of pixie dust!

Tues 5th December - 1-3pm at Alexandra Palace
Meet And Leave From Clubhouse 11:30pm

LIMITED SPACES!
PLEASE USE SIGN UP SHEET BELOW

POSTER CREATED BY JAY HINDS

"The Snowman is still one of the best shows in London"
TIME OUT 2022

The Snowman™

**SADLER
ERSWELL**

Sadler's Wells in Holborn

Peacock Theatre

"Sheer theatrical magic"
THE TIMES

Come along and witness the timeless winter favourite The Snowman performed live on stage at Sadlers Wells theatre! Reminisce the tale of a young boy and his snowman who springs to life and takes the boy on a magical journey of wonder and discovery!

The Snowman is directed by Bill Alexander and features music and lyrics by Howard Blake, including the song "Walking in the Air", spectacular design by Ruari Murchison, magical lighting by Tim Mitchell, and amazing choreography by Robert North, all of which is accompanied by a live orchestra.

✦ **19th Dec 2023 - 11am** ✦

Meet and leave from Clubhouse 9:45am

Please use sign up sheet below

POSTER CREATED BY JAY HINDS

THE PAINTED HALL



25th
Jan

Come see a baroque masterpiece
known as Britain's 'Sistine Chapel'.

Leaving Hillside at 11:00 on 25th January 2024

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

Camden Community Law Centre

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

To access IPR advice services:

Call the telephone advice line on: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

Website: cclc.org.uk

Mind in Camden

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

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

Call: 020 7241 8996

Email: healthymindscp@mindincamden.org.uk

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

Somer's Town Living Centre

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

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

The St Pancras and Somers Town Living Centre

Address: 2 Ossulston Street, London, NW1 1DF

Phone: 020 7380 0453

Email: info@thelivingcentre.org

Website: www.thelivingcentre.org/



Food Support in Camden

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

Mental health crisis support in Islington

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

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

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

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

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

faith.giwa-osagie

@islingtonmind.org.uk

lorraine.dixon

@islingtonmind.org.uk

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
Tel: 0203 301 9850

islingtonmind.org.uk

Registered charity no. 294535



NEW! Have Your Say Group and Social Night [EXTRA DATE!]
Friday 1st December
 What do you want SLT to do differently in the future? Let us know!

Let's Dance (F2F)
Sunday 3rd December
 Lift the spirit and have fun with invigorating easy dance moves. Learn different routines and explore different styles! With Mark.

Men's Club (F2F)
Thursdays
 Keep Fit and coffee social for the 50+. No class Thursday 28th December.

Choir (F2F)
Thursday 7th December
 Singing together with Cici! Last class of term!

SLT's 20th Anniversary Event
Friday 8th December
 Join us for a special evening of music, performances, carol sing-alongs, raffles and volunteer awards as we celebrate our charities 20th birthday.

East-meets-West: Focused Exercises for Wellbeing (F2F)
Saturday 9th December
 Explore the positive benefits of mixed exercises: including sitting and breathing techniques, self-massage, mindful movements and stretching. With Maurizio.

Philosophy Forum (F2F)
Sunday 10th December
 Join our Philosophy discussion group and ponder the greater questions in life.

Monday Meet-Ups (F2F)
Monday 11th December
 A new SLT Social Outings Group, offering different activities from our other programmes.

The London Metropolitan Brass Band
Friday 22nd December
 Enjoy traditional Christmas carols with the wonderful Metropolitan Brass Band.

Music with SMOLOWIK [EXTRA DATE]
Friday 29th December
 Enjoy a musical journey with songs and dances from around the world including the Caribbean, U.S.A and Europe!

DECEMBER | www.slt.org.uk | info@slt.org.uk | 020 7713 9304

Food Support in Islington

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<p><u>Margins Project at Union Chapel</u> Drop-in session for people facing homelessness Hot food takeaway 11:00am-1:00pm 19B Compton Terrace N1 2UN</p>	<p><u>St Luke's Food Hub</u> 1:30-3:30pm for EC1 residents, by appointment 0207549 8181 / info@slpt.org.uk / EC1V 8AJ</p> <p><u>Brickworks Community Centre</u> 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)</p> <p><u>Elizabeth House</u> 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</p>	<p><u>St Luke's Food Hub</u> 1:30-3:30pm for EC1 residents, by appointment 0207549 8181 / info@slpt.org.uk / EC1V 8AJ</p> <p><u>Brickworks Community Centre</u> 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)</p> <p><u>FoodCycle Islington</u> Free hot meal, 1pm New River Baptist Church, N1 2TL. No need to book!</p> <p><u>Manor Gardens Centre</u> 9 Manor Gardens, N7 6LA 10:45am-12pm Food co-op. Take what you need for £3</p> <p><u>The Hive Foodbank</u> 6.30-8.30pm 020 7916 2710 hivefoodbank@gmail.com</p> <p><u>Margins Project, Union Chapel</u> Drop-in session 11:00am-1:00pm</p> <p><u>The Ringcross Community Foodbank</u> 12pm to 4pm</p> <p><u>Mildmay Centre N16 8NA</u> Winter Warmer meal Food served 12:30-1:30pm</p>	<p><u>Copenhagen Street Foodbank</u> N1 0SR Weekly foodbank 1pm-3:30pm. Fresh food and non-perishable items. 02078378378 copenhagenstreetfoodbank@gmail.com</p> <p><u>Mildmay Community Centre</u> Woodville road N16 8NA Community Cook-up Free shared meal (donations welcome) Cooking activity: 9.30am - 12.30pm Food served: 12.30pm - 1.30pm</p> <p><u>Hillside Clubhouse</u> 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</p>	<p><u>Mildmay Community Centre.</u> 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</p> <p><u>St Mary's Church & The Hive Foodbank</u> 3.30-6pm. N19 3AD Cook Together Drop-In Learn to make cheap, easy & tasty meals. All ingredients provided</p> <p><u>The Ringcross Community Foodbank</u> 12pm to 4pm</p> <p><u>Andover Surplus Food project</u> Andover Community Centre, N7 7RY. 1:30pm Residents of Finsbury Park Ward. Free - choose 5 items 020 7272 3493 andoverccc@islington.gov.uk</p>	<p><u>Choices CIC - African Caribbean Cultural Food Co-op</u> 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</p> <p><u>FoodCycle Finsbury Park</u> Free 3 course vegetarian meal Saturdays 1pm onwards Community Hub, Corker Walk, N7 7RY No need to book!</p>



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

Website: www.islingtoncab.org

Islington Law Centre

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

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

Tel: 020 7288 7630.

Email: info@islingtonlaw.org.uk

Website: www.islingtonlaw.org.uk

Islington Peoples Rights

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

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

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

Email: info@ipradvice.org.uk

Website: www.ipradvice.org.uk

Income Maximisation (iMAX), Islington Council

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

Telephone: 0800 731 8081 or 020 7527 8600

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

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

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

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

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

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

Tel: 0203 301 9863

Email: athena.tsigaras@islingtonmind.org.uk



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.

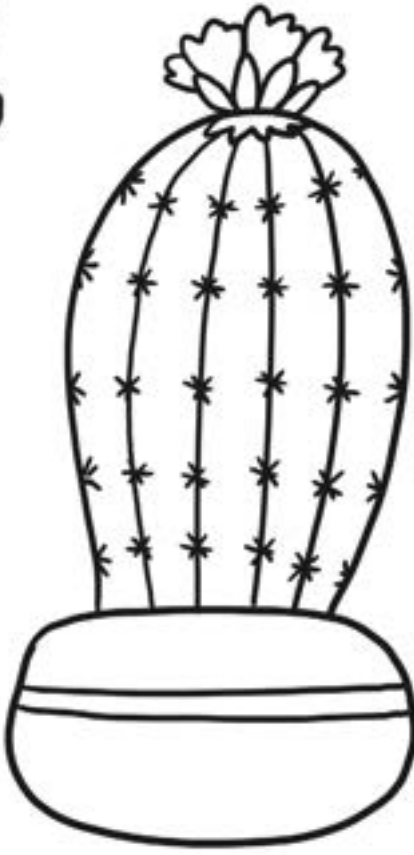
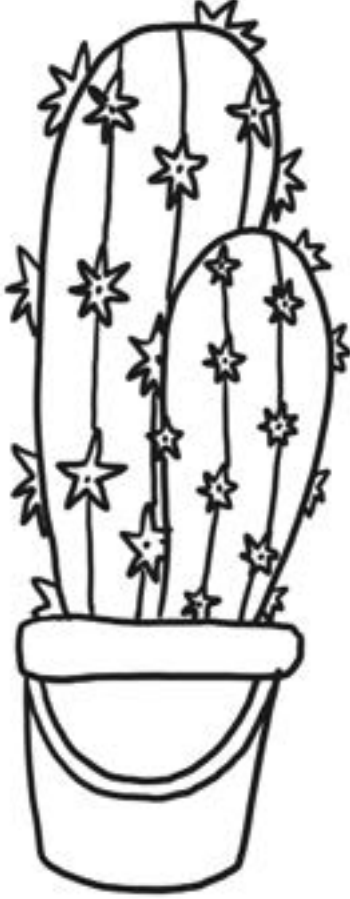
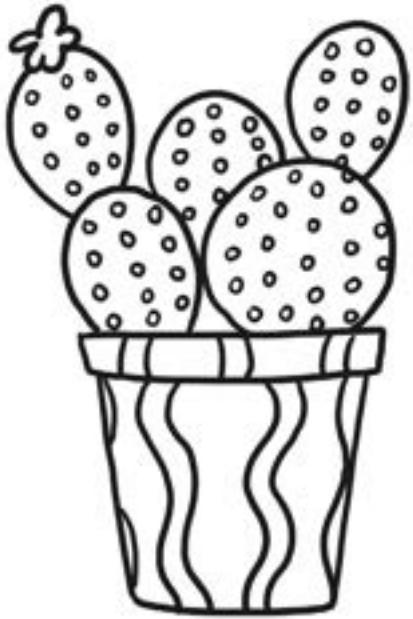
Colouring has the ability to relax the fear centre of your brain, the amygdala. It induces the same state of mind as meditating, through reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long and stressful day.

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.



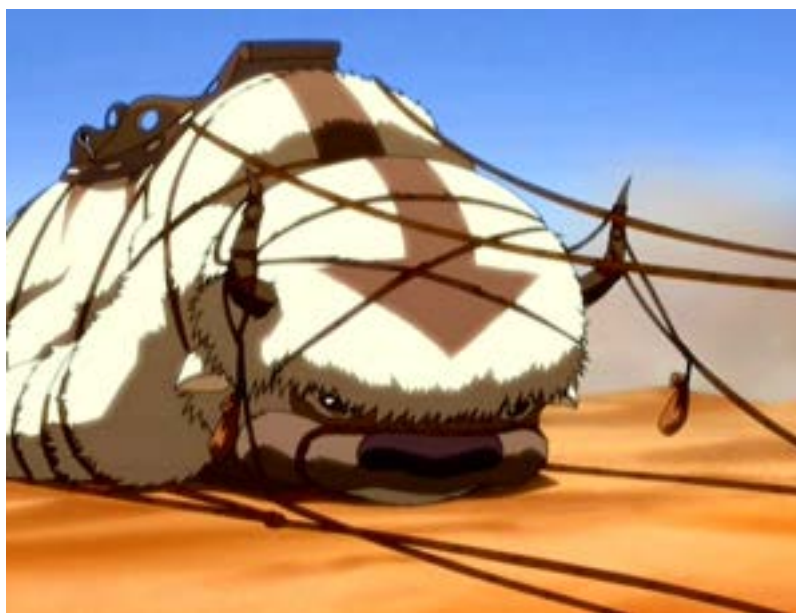
AVATAR

THE LAST AIRBENDER

BOOK 2: EARTH (PT3)

Appa's Lost Days

What happened to Appa after he was captured? This is a tearjerker that will tug at your heart strings. We see the beginning of Appa's lifelong friendship with Aang. And the trials and tribulation he went through.



Lake Laogai

What is really happening at Lake Laogai? What is the real mystery behind what the Dai Li do to people and what happened to Jet. While the gang are out putting up posters,



a familiar face appears to give the gang some vital information. Sokka doesn't quite believe him. Meanwhile Iroh and Zuko are moving up in the world. Also Aang gets a warning not to upset the balance.



The Earth King.

The gang finally get to meet the King and convince him of the truth about what is really happening in his city. He isn't happy about the situation. The gang takes the King to the outer wall and he sees what Long Fen has been hiding from him and has Long Fen arrested.

Meanwhile, Azula, Mai and Tai Li battle Suki and the Kyoshi warriors, but the outcome is unclear. Back in Long Fen's rooms, they find out he has been keeping secrets from everyone. There is a letter to Aang from Guru Pathik, a map showing where Sokka's father is and a letter to Toph from her parents.

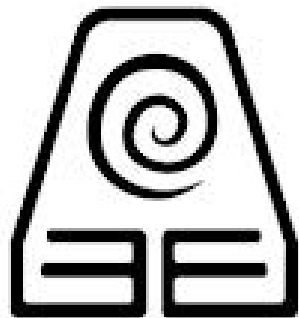


With all this, the gang then splits up: Sokka goes with Aang to meet his father, Katara stays with the King and Toph goes to meet her parents, (but this is a trap laid by the Bounty Hunters - remember them). And then the Kyoshi Warriors turn up...

The Guru (Pt.1).

After dropping Sokka off, Aang travels to the Eastern Air Temple to meet Guru Pathik, who tells him he's there to control the Avatar State, which he fears. Meanwhile back at the court of the Earth King, Azula and friends learn of the plan to invade the Fire Nation.

So she hatches a plot to take down the Earth King with the help of Dai Li and Long Feng. At the same time Sokka is about to give his first war briefing, that doesn't go too well. Iroh and Zuko have moved to a more upscale tea shop, things are going well. But Toph is taken back to her parents by the Bounty Hunters.



The Crossroads of Destiny (Pt.2)

Racing back from the temple, Aang only stops to pick up Sokka and Toph to help him find Katara. Meanwhile, Azula takes control of the Dai Li without Long Fen knowing and makes plans to take out the Five Generals Council. Also learning that Iroh and Zuko are in the city. Plans are made and put into action. The Generals are captured, and so are Katara and Zuko, though Iroh escapes and goes in search of help. That help is Aang, Sokka and Toph.

The team splits up: Toph and Sokka head to the Earth King to warn him, Iroh and Aang head to the catacombs to find Zuko and Katara, which turns into a trap for the Avatar. With that Long Fen falls, Zuko turns traitor, Iroh gets captured, Bai Sing Se has fallen and most important: Is the avatar dead? Has hope died with him?



The End of Book 2: Earth.

The Story continues in Book 2: Fire.

PHILLIP JOHNSON

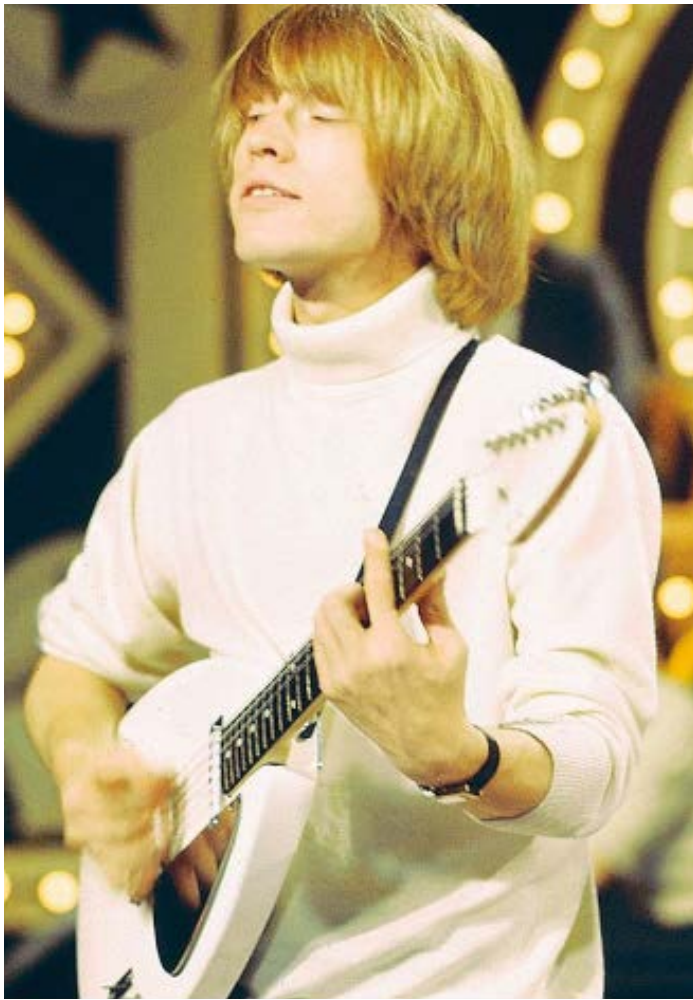
THE 27 CLUB

The 27 Club is an infamous list of musicians who were taken from us too soon. They were all pioneers of their field and had so much still to give. I have chosen to write this article to remember my friend phil, who is a member of the club and was a brilliant songwriter as well as a huge help to many other bands in the early London punk scene. It's incredible to think about how far each of these musicians would have pushed music forward if they had lived on to a ripe old age. Although there are many other artists in the club, I have chosen the most famous members to give you a taste.

Rest in Peace.

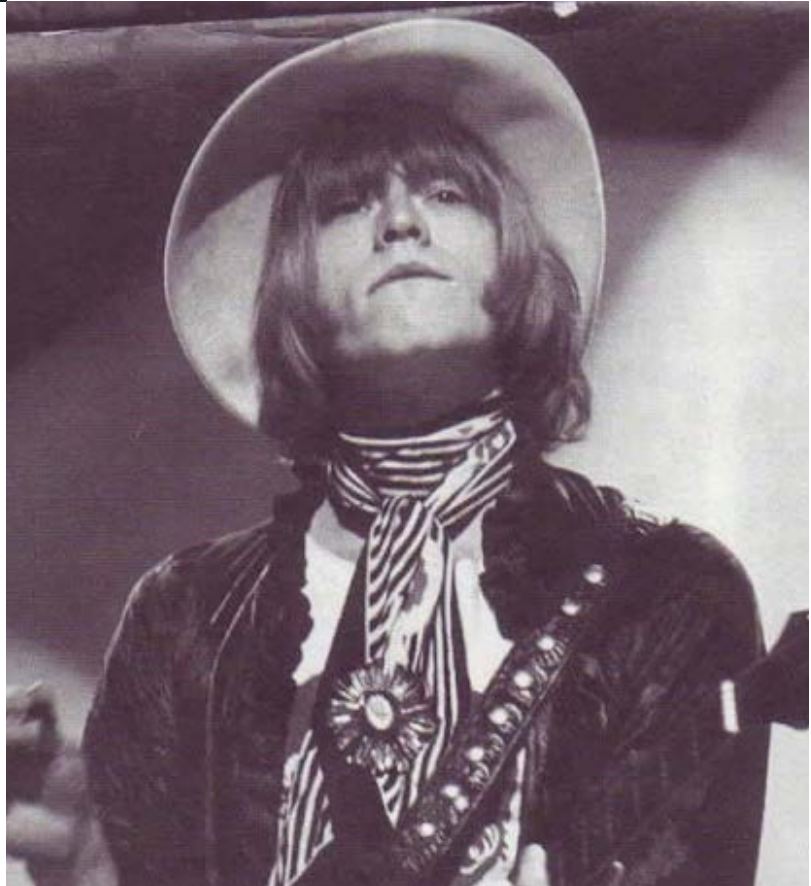
Brian Jones	28th Feb 1942 - 3rd July 1969
Jimi Hendrix	27th Nov 1942 - 18th Sept 1970
Janis Joplin	19th Jan 1943 - 4th Oct 1970
Jim Morrison	8th Dec 1943 - 3rd July 1971
Pete Ham	27th Apr 1947 - 24th Apr 1975
Kurt Cobain	20th Feb 1967 - 5th Apr 1994
Amy Winehouse	14th Sept 1983 - 23rd July 2011
Phil Langham	1962- 1988

BRIAN JONES: 28TH FEB 1942 - 3RD JULY 1969



Jones died at 27 years old like the rest of the artists on this list. He died on July 3rd 1969. He was born on February 28th 1942. He was the founder, and original leader of The Rolling Stones. His death happened around midnight. Jones was found motionless at the bottom of his swimming pool still but he still had a pulse. However, he was pronounced dead upon arrival at the hospital. The coroner's report noted that his liver and heart

were greatly enlarged by drug and alcohol abuse. Since his death, theories about his murder have arisen. In 1993, it was reported that Carpenter Frank Thorogood killed Jones in a dispute over money. He was alleged to have been the last person to see Jones alive. The theory was never proven however.



JIMI HENDRIX: 27TH NOV 1942 - 18TH SEPT 1970



While many chalk up Hendrix's death to a drug overdose, the events of his demise aren't always so conventionally accepted. Hendrix apparently spent his last day with Monika Dannerman in London. They had a meal and a bottle of wine. She later drove him to a friend's residence where Hendrix and the acquaintance hung out for about an hour before Dannerman picked him up. She and Hendrix talked from

about 3AM to 7AM when they fell asleep. When Dannerman woke up at 11AM, she found Jimi breathing but unconscious and unresponsive so called for an ambulance. Hendrix was pronounced dead at 12:45PM on September 18th of 1970. The doctors said he choked on his own vomit while intoxicated with barbiturates found in his system. Dannerman later claimed he had taken nine of her sleeping pills, which was 18 times the recommended dosage. Others claim, though, that Hendrix may have been murdered because he wanted out of his recording contract and wanted to go into a new musical direction.

ANDREW 'RIFF' SOCRATOUS

JANIS JOPLIN: 19TH JAN 1943 - 4TH OCT 1970



Janis Joplin died at 27 on October 4th 1970. She was found dead on the floor of her room at The Landmark Motor Hotel in LA by her manager and friend John Bryne Cooke. A friend, possibly Cooke, removed other narcotics from the scene but later put them back when they realised the autopsy would reveal them anyway. Alcohol was found in her system but the cause of death was determined to be a

heroin overdose, compounded by alcohol. Joplin had admitted to having problems with drugs and especially alcohol, drinking herself into "stupors". Though Cooke believed Joplin had been given heroin that was more potent than what she'd been used to. Her death, either way, was ruled to have been accidental.



Another friend, Peggy Caserta, has insisted that Joplin's death was the result of a head gash she suffered after she fell, her heel caught on shaggy carpet.

ANDREW 'RIFF' SOCRATOUS

JIM MORRISON: 8TH DEC 1943 - 3RD JULY 1971

Jim Morrison, the frontman for the legendary band The Doors, died aged 27 on July 3rd 1971. The band's Robby Kreiger said upon hearing the news, "I got a phone call and I didn't believe it, because we used to hear shit like this all the time - that Jim jumped off a cliff or something. So we sent our manager off to Paris and he came back and called and said it was true." After The Doors recorded their hit album L.A. woman in Los Angeles, Morrison said he wanted to go to Paris, in March 1971, where he joined his girlfriend, Pamela Courson there at an apartment she rented for them. In Paris, he went for long walks, shaved his beard and lost weight. But soon after, he was found dead in the bathtub of the apartment at 6AM by Courson.



PETE HAM: 27TH APR 1947 - 24TH APR 1975

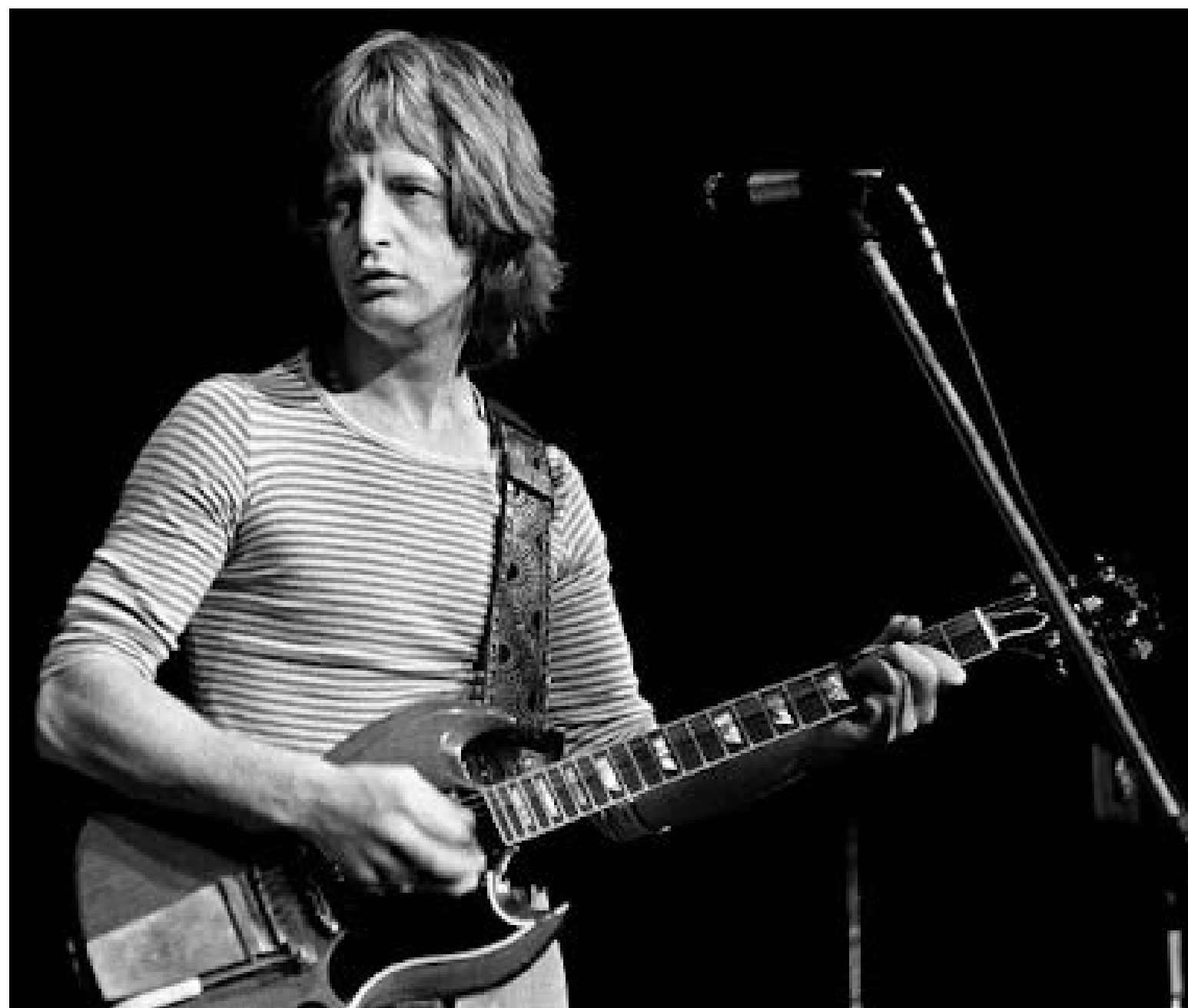
Peter William Ham, born on 27th April 1947, was a Welsh singer-songwriter and guitarist best known as a lead vocalist and composer of the rock band Badfinger. As a vocalist of the 1970's Rock band Bandfinger, Ham helped craft some of the group's best selling songs to date,



including “Baby Blue” and “No Matter What”. He also co-wrote “Without You”, a number one hit that would later be covered by Nilsson and Mariah Carey. Ham worked with The Beatles after the group signed to their Apple label. One of his biggest singles was 1970's “Come And Get It” with Paul McCartney. Ham died just days before he would have turned 28 on April 27th 1975. Ham died by suicide after becoming depressed while embroiled in band-related issues such as label and

management problems as well as a lack of funds. The emotional scar his death left on Bandfinger eventually lead to the suicide of former bandmate Tom Evan 1983. In 1970, Stan Polley became the band's manager. Unknown to the band members, he began stealing money. Meanwhile, Pete Ham went on to deliver two more chart-topping hits, “Day After Day” and “Baby Blue” which were part of the band’s third album “Straight up” in 1971. Unfortunately, two albums under this label entitled “Bandfinger” 1974, and “Wish You Were Here” 1974 were both critical and commercial failures. In addition to that, Polley ran away after stealing millions of dollars from both Warner Bros and the band. This had tragic consequences.

On April 23rd 1975, Pete Ham was informed that all his money was gone. He was already in financial trouble and had a child on the way. The singer succumbed to depression and died by suicide on April 24th 1975. Ham left behind a suicide note, exposing Stan Polley.



Many of his demo recordings were released posthumously, including “7 Park Avenue” 1997, “Golders Green” 1999 and “Keynote St” 2013. On 27th April 2013 Swansea City Council honoured the talented artist with an official blue plaque.

KURT COBAIN: 20TH FEB 1967 - 5TH APRIL 1994

Cobain, the frontman for the immensely popular grunge Rock band Nirvana, died on April 5th 1994. While the artist was struggling with a severe drug addiction, including the use of Heroin, he died by suicide.



In some ways, Cobain started The 27 Club. While Jones, Hendrix, Joplin, Morrison and others had all died at that age, it wasn't until Cobain died at 27 in the early 1990s that people began to connect the dots in a way to "create" The 27 Club.

After signing with DGC records, Nirvana found commercial Success with the single 'Smells Like Teen Spirit' from their critically acclaimed second album 'Nevermind' (1991). Although Cobain was held as the voice of his generation following Nirvana's sudden success, he resented this, believing his message and artistic vision had been misinterpreted by the public. In addition to 'Smells Like Teen Spirit', Cobain wrote many other songs for the band, including



'Come As You Are', 'Lithium', 'In Bloom', 'Something In The Way', 'Heart Shaped Box', 'All Apologies', 'About The Girl', 'Aneusym' and 'Know You're Right'. During the last years of his life, Cobain struggled with a heroin addiction and chronic health problems such as depression. He also struggled with the personal and professional pressures of fame and had a tumultuous relationship with his wife and fellow musician, Courtney Love. In March 1994, Cobain overdosed on a combination of champagne and rohypnol, and he subsequently entered an intervention and underwent a detox programme. On April 8th 1994, Cobain was found dead in his Seattle home at the age of 27. Police concluded he had died on April 5th from a self-inflicted

ANDREW 'RIFF' SOCRATOUS

shotgun wound to the head. Cobain was posthumously inducted into the rock & roll hall of fame, alongside Nirvana's Chris Novoselic and drummer Dave Grohl. In their first year of eligibility in 2014, Rolling Stone included Cobain in its list of 100 greatest songwriters of all time, followed by 100 greatest guitarists and 100 greatest singers of all time. He was ranked 7th by MTV in the 22 Greatest Voices in Music and in 2006 was placed 20th by Hit Parader on their list of 100 greatest metal singers of all time.

AMY WINEHOUSE: 14TH SEP 1983 - 23RD JUL 2011



Jazz and soul artist Amy Winehouse had become one of the UK's most known singers of her generation. She was plagued by drug and alcohol addiction throughout her life and she died of alcohol poisoning on July 23rd 2011 at the age of 27. Amy Winehouse is the most recent high-profile name to be added to the tragic 27 Club. Her rise to fame with her big, glamorous voice and beehive hair came from her sophomore album "Back To Black".

But her rise coincided with the height of the internet and magazine tabloids and her frequent drug use and messy romantic relationships became constant fodder. The documentary *Amy* shows this clearly and fans of the singer essentially watched her wither away and die publically. The official cause of death was alcohol poisoning, though Winehouse was addicted to drugs and famously went into rehab.

PHIL LANGHAM, FRIEND AND BASSIST: 1962-88



Phil Langham was a producer, musician, band manager and record label manager until his untimely death at the age of 27. In 1978, he formed the Dark with John Flannagan, Billy O'Neil and Jamie Kane, friends of his living in Islington, where he played bass. Soon after, they added Andy Riff for a bit of extra oomph on guitar. He took over lead vocals and songwriting when John and Bill left the band over a writing

dispute. They also brought in drummer Razzle, later a member of band 'Hanoi Rocks' before his own untimely death. The band were championed by neighbours Menace, who helped by landing the Dark their first record contract and Phil a job at Fresh Records. In 1982, as the Dark split, Phil set up Anagram Records, a sub-label of Cherry Red Records and was responsible for signing Alien Sex Fiend and Turkey Bones & the Wild Dogs, successfully blagging much well deserved press for them. He had also been involved in production work with Turkey Bones, Dean Man's Shadow and Action Packed for most of their records. When Action Packed's bassist left, Phil also joined the group for a while. Although at one point he leaned heavily into the rock and roll lifestyle (which he later regretted immensely) and developed a non-prophetic fixation with Jim Morrison mythology, over the last couple of years of his life he settled down happily into a steady relationship and job. At the time of his death, he was working in a secure office job in the royalty department of a large music publishing company and had been rehearsing with his old friend and Dark guitarist, Andy Riff. He was discovered to



**The Dark, with Phil
on the left.**

have died in his sleep by his girlfriend Judy. A post-mortem later found he had contracted a flu-related viral infection. He was cremated in Islington Crematorium on February 24th 1988.



**Phil at the
Pied Bull,
Islington
11/06/1980**

Phil's cheerful irreverence and dedication to all the projects that he was involved in means he will always be remembered with affection by all those who knew him.

**Album shoot from
'The Masque'
Single. Left to
Right: Riff, Phil,
Jamie, Jim**



'Phil was with me on the Monday before he died. We wrote a new song and his last words to me were 'That a do!'. A few days later he died. I still miss him.'

ANDREW 'RIFF' SOCRATOUS



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

Telephone: 020 7700 6408

DAY TRIP TO MARGATE



Do you remember the times we went to Margate
in the summers, years ago?

With the wind blowing the sand and seagulls flying
in the air

As they skip over ocean waves and dive into the sea.

Those were the days when we were young,

For I write a few lines in memory of you.



Building sandcastles on the beach as your eyes wonder
the sky of blue

How can such beauty have an ending, words that go on
to infinity...



JEFFEREY YOUNG



Do you remember the day trip to Margate with the seagulls flying in the air?

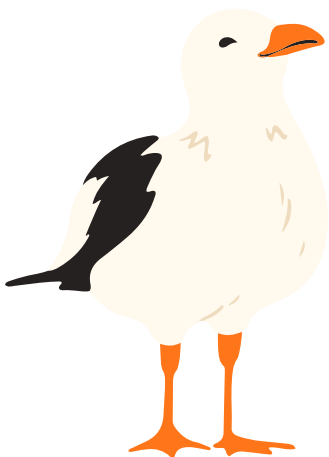
I walk along the promenade watching the seagulls flying in the air

As I bought souvenirs and a bag of cod and chips too.

I do remember Margate, as seagulls flying in the air, stealing cod and chips

Come back and visit again, you say,

And don't forget the cod and chips. They are very tasty!
Seagulls of Margate.



ELF: A CHRISTMAS MOVIE

REVIEW



Plot

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit.

Walter is on Santa's naughty list for being a heartless jerk, and had no idea that Buddy was even born. Buddy, meanwhile, experiences the delights of New York City (and human culture) as only an elf can. When Walter's relationship with Buddy interferes with his job, he is forced to reevaluate his priorities.

Review

Elf isn't a perfect Christmas movie, but it is sweet and charming, with a great cast. The script can be a little too fluffy and unfocused sometimes though, while the pace occasionally lags and some jokes such as Buddy eating the sweets felt forced.

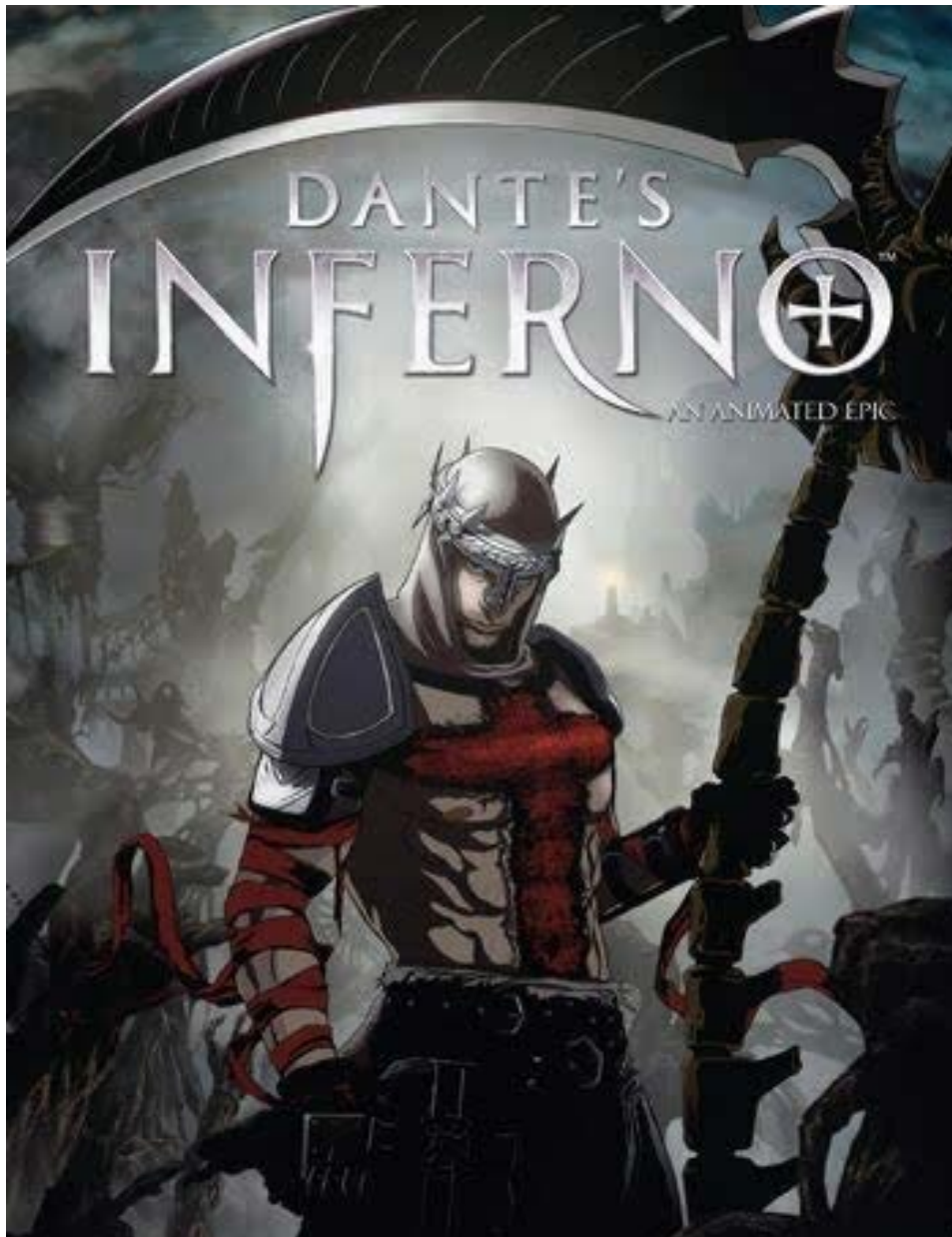
However, it does look terrific, with the locations striking and the cinematography very nice. The soundtrack is a nice addition too, it made me nostalgic and all the more ready for Christmas.

The story, while simple and a tad predictable, is at least original and well-meaning, while the direction is credible. The cast is what gives Elf its staying power and charm. Although I am not a fan of Will Ferrell, I think he really shone here as Buddy, while Zoey Deschanel is beautiful and a huge part of the film's charm, James Caan is a suitably gruff father-like figure and Bob Newhart is wonderful. All in all, it is a sweet film if you forgive the slightly cliché ending. The film is by all means not for all, but the cast do save the day.

DANTE'S INFERNO: AN ANIMATED EPIC

Plot

Dante journeys through the nine circles of Hell -- limbo, lust, gluttony, greed, anger, heresy, violence, fraud and treachery -- in search of his true love, Beatrice.



Review

An anime as instrument to expose Dante universe. Strange and full of great intentions. A warrior against demons and Devil, A delicate Beatrice and sage Virgil, love story, action and moral lesson in same skin, show and presentation, ad usum delphini, of a masterpiece.

Great intentions and a final strange taste. Dante is the only excuse for an experiment, nice and boring, revolutionary and nasty, with too many ingredients and an ambitious chaotic cook. So, it is interesting to define the target. Imagine the public for this version, very Japanese and cold, technical and strange. Only movie for a generation behind books, part of a trilogy, maybe, violent and absurd, a fairy story in irregular uniform, it is not a disappointment if you recognize the wave of movies in which history, legends and literature are a form of cake with a taste of fast - food. Mirror of our society, piece of wet sand, it is a kind of Divine Comedy.

High culture collides with low in this anime, a spin-off from the imminent computer game from EA. Whether or not you take to it will depend on your view of Dante, Japanese animation, and video game tie-ins, as well as more generally on the cross-fertilisation between different cultural artefacts - always a contentious subject.



Most of those in the target market for Dante's Inferno: An Animated Epic will not be over-familiar with the original source, but there's no need to climb on any literary high-horses, though general observations are worthwhile. Purists, however, may wish to stay clear of it. Dante's original, one of the great epics of world literature, has been the inspiration of much work by writers and artists down the centuries. Animated versions have been rare, although no doubt there's a comic book version lurking somewhere. Such is the nature of things that this present version appears in a year along with a rival animated production titled more succinctly 'Dante's Inferno' - one shorter in length, but apparently superior to this in its fidelity to the original.



The most notable live-action version has always been that of 1935 with Spencer Tracy, an even freer adaptation than the one we have here, in which the horrendous visions are compressed into 10 minutes of a much longer narrative.



Perhaps sensing a need for variety between the titanic battles that this progress involves, Dante's Inferno: An Animated Epic breaks up the hero's progress with several flashbacks, not in the original, during which the true state of affairs and Dante's real moral stature becomes more and more explained.

The character of Beatrice has been changed as part of this new narrative device, giving her a more dynamic role in the narrative as well as providing the romantic core.

Whether or not Dante would have appreciated his ideal love appearing briefly as the bride of Lucifer, or his reflective protagonist-self metamorphosing into an axe-wielding warrior figure more Conan than Christian, one can only conjecture; but a target audience will respond to the changes. Only Dante's guide, the poet Virgil, keeps some of his original quiet dignity.

Given the EA game standing behind the release, it's no surprise that Dante's Inferno: An Animated Epic has action and a plot structure more reflective of that more commercial source than Dante's leisurely writing.

Much of the moral depth and complexity of the book has been jettisoned thereby in favour of arcs of swift movement. The original contained a more sophisticated and extended version of damnation than the mere nine circles of doom rather simplistically imagined here, each becoming just another test for our hero to reach, then duly pass through. The original's spiritual shock and awe has been replaced by a gamer's inevitable level-creep, where it is never really in doubt that Hell is likely to be overcome.

It's a considerable reduction of the medieval original's salutary purpose, even if the ending of the film attempts to have it both ways.



The original *Inferno*, one part of the three-part *Divine Comedy*, makes particular use of allegory throughout, in ways an educated medieval reader would be expected to follow. Understandably feeling that allegory is not something that modern audiences will sit through at great length without growing restless, and with the imperatives of a game franchise to support, one imagines Dante's *Inferno: An Animated Epic* was always going to be obliged

to substitute breathless action for contemplation, sketched in typical anime style.

Suffice to say that the animation on offer here is certainly vivid even if, by comparison to the Shrek-like pictorial quality of the game (a trailer for which is helpfully included as an extra on the disc), the line-drawn work seems dated in style. Some, incidentally, have noticed a lack of continuity in the rendering of Dante's features.

At first I thought each of the nine circles cleverly had its own subtle visual identity, but no: it's just because eight studios and directors from America, North Korea and Japan all had input. It's an inconsistency that's a little distracting; one indication perhaps of a rushed production, tied to release dates elsewhere.



Japanese fantasy anime and manga have a tradition of dealing with the matter of monsters and shadow worlds, often with their own original mythologies and shock tactics - so much so that they sometimes give censors pause for thought. It was one reason why they acquired such a cult following. But there's no tentacle horror intruding here; no stomach-churning changes of form, no real depravity, while the sexual content is reduced to occasional titillation.

Hell, one would hope, ought to be the most alarming and appalling spectacle of all, an updated warning to all who behold it, a moral imperative to reform, a presentation of the most terrible of terrors.



But the horrors of Dante's Inferno: An Animated Epic leave us frankly un-aghast and un-chastened. Whether or not the creators have been constrained by deference to the august original or just the mass-market demands of their sponsors is hard to say.

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.

FUR BABIES ITS COLD OUTSIDE

Homeless dogs and cats in Islington will be getting fur-warmers this Christmas thanks to the speedy crafting of Hillside creative group member Ruth Smith.

Fibre fan Ruth, who has been crocheting since the age of seven, loves to work with wool while watching TV. She had been making colourful blankets for friends and family for decades until she hit a snag. "I ran out of babies to make blankets for, neighbours and family have all outgrown them.

But then I thought, the animal shelters need them, they need blankets to keep their babies warm."



ANNE HORNER

So now fur babies - dogs, cats, rabbits - will benefit from her beautiful handmade creations which she makes from colourful yarn left over from other projects.

Originally her plan was to gift the fur-warmers to Wood Green animal charity as she had adopted her own cat from the shelter five years ago. But now Wood Green has closed its London centre, she is contacting other local shelters.

She plans to drop off six blankets at each shelter, which sounds like quite a lot of crafting to do in the busy pre-Christmas period, but fortunately the cover-ups seem to fly off her hook.

“It takes me a couple of days to make a blanket, which is not too bad,” says Ruth. Her speed is helped by her selection of the basic half treble stitch, which is known as half double crochet in the US, a stitch that is relatively quick to work. It has the added advantage of resulting in a firm, robust fabric that is less prone to claw damage.



PRAWN NOODLES

INGREDIENTS

(Makes 4)

- 400g Egg noodles medium or fine cooked
- 300g Stir fry veg or mix frozen veg
- 1 medium/large onion sliced thinly
- 1 bunch spring onions cut into 1 inch pieces
- 3 cloves garlic chopped
- 300g cooked large/jumbo prawns (fresh or frozen, defrost if frozen)
- 2 tbsp heaped curry powder
- Half tsp cumin powder
- 1 tsp turmeric
- 1 tsp chilli powder(optional)
- 2 tbsp Fresh Coriander leaves chopped(optional)
- 1 bayleaf
- Salt to taste
- 3 tbsp vegetable/sunflower oil
- 4 baby tomatoes or 1 regular tomato chopped into quarters to garnish(optional)



METHOD

- 1.Heat oil in a wok on medium heat.
- 2.Put in the garlic and stir for 30 seconds or until slightly colour changes.
- 3.Put in the onions with a pinch of salt. Stir and leave for 2 minutes to slightly soften.
- 4.Add in the spice powders and bay leaf. Stir and let it cook for 7 to 8 minutes, stirring occasionally so the spices can cook, also adding a little water if the ingredients get too dry.
- 5.Add in the stir fry mix or mixed vegetables, and cook for 2 to 3 minutes, depending on if you like your vegetables to stay crispy.
- 6.Add in the prawns and spring onions and stir for 2 to 3 minutes, a little amount of water may be released from the prawns, but that's totally fine. It will be absorbed by the noodles. Don't cook for too long, otherwise prawns will be chewy.
- 7.Add in the noodles and stir.
- 8.Also add in your required salt to taste, and leave for roughly 5 minutes or until heated through, stirring occasionally. You can put the heat up slightly as the noodles and prawns are already cooked.
- 9.Add in the coriander and stir through for 1 minute (if using).
- 10.Take off the heat and stir through the tomatoes if adding.

SODUKU ANSWERS

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4	2	9	8	7	6	1	5	3

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.

SODUKU

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Answers on the previous page