

# SODUKU ANSWERS

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



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

## HILLSIDE CLUBHOUSE



**FEBRUARY  
2023 EDITION**



LGBTQI+ HISTORY MONTH

QUIZ

ANSWERS



01	Information for Members
06	Referrals & Support
18	Mindful Colouring
20	Members' Articles
SECTIONS	

42 Recipes

45 Quizzes and Puzzles

49 Answers

1. Brookside
2. British hockey team
3. 2001
4. 'Pay it no mind'
5. Red
6. 2014
7. The Netherlands
8. 1969
9. Pink, purple, and blue
10. 1967
11. Harvey Milk
12. The Labour Party
13. Pink Triangle
14. Alan Turing
15. Alexander the Great
16. Kellie Maloney
17. 2002
18. Waheed Alli, Baron Alli of Norbury in the London borough of Croydon.
19. King James VI of Scotland and I of England
20. Frida Kahlo



# SODUKU

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

# GO-TO EVENTS - FEBRUARY

Join Hillside for a trip to the London Transport Museum and join celebrations in the 160th year since the opening of the first Tube line. Sign up at reception. **1PM**

**TRANSPORT MUSEUM TRIP** **2<sup>ND</sup>**

**10AM** Get your boots on for a walk through natural wonders at Islington Ecology Centre at Gillespie Park. To sign up, go to <https://tinyurl.com/5jhn7zvr>

**3<sup>RD</sup>** **ISLINGTON NATURE WALK**

Browse the stalls at Stoke Newington Library for hand-crafted gems. Sign up at <https://tinyurl.com/4f9xpjwf> **11:30PM**

**HOMEMADE CRAFTS FAIR** **21<sup>ST</sup>**

**2PM** Stroll through the London venues that Hogarth transformed into his warts-and-all portraits of 18th-century London life. [tinyurl.com/mpn4ftbt](https://tinyurl.com/mpn4ftbt)

**21<sup>ST</sup>** **TALK ON HOGARTH'S LDN**

Ever fancied learning to fish? Here's a three-day course to get you started with Angling Trust coaches! Book at [tinyurl.com/34efjzx8](https://tinyurl.com/34efjzx8) **10AM**

**WANT TO LEARN TO FISH?** **21<sup>ST</sup>**

**MUSEUM OF THE MONTH**

**JOHN SOANE MUSEUM**

Discover the extraordinary house and museum of one of the greatest English architects. The museum displays his vast collection of antiquities, furniture, sculptures, architectural models and paintings.





DAY	MORNING	AFTERNOON
EVERY DAY	KITCHEN & KIOSK ADMIN & RECEPTION	KITCHEN & KIOSK ADMIN & RECEPTION
M	WEEKLY NEWSLETTER	CREATIVE GROUP GAZETTE
T	SOCIAL EVENTS	WEBSITE & SOCIAL MEDIA
W	OPEN FOR SUPPORT SESSIONS	GARDENING GROUP
T	FUNDRAISING & PROMOTION	JOB SEARCH
F	WEBSITE & SOCIAL MEDIA	CREATIVE GROUP GAZETTE
MORNING: 10-12:30 AFTERNOON: 1:30-4		
Speak to your support worker about what you'd like to get involved with		



The LGBTQIA+ Flag

Answers on page 49

11. Which US politician, who was openly gay, was fundamental in defeating Proposition 6, which would've made it illegal for members of the queer community to teach in schools?
12. Britain's first openly gay MP Lord Chris Smith was elected to parliament in 1983. Which political party was he a member of?
13. During the Second World War, the Nazis deported up to 15,000 gay men to concentration camps. What symbol were they forced to wear to identify them as homosexual?
14. Who was the real life WWII hero that the film 'The Imitation Game' featuring Benedict Cumberbatch was based on?
15. Hephaestion was the male lover of which famous ancient King and conqueror?
16. Which former boxing promoter transitioned before going on to appear in Celebrity Big Brother?
17. In what year did a law change to allow gay people to adopt children?
18. Which businessman in the media and television industry joined the House of Lords in 1998, as the country's first (and so far only) gay Muslim peer?
19. Which monarch was known for having a large number of male lovers whom he promoted into positions of nobility, including Robert Carr (Earl of Somerset) and George Villiers (Duke of Buckingham)?
20. Which queer, disabled Mexican artist is best known for her colourful self-portraits?



# LGBTQI+ HISTORY MONTH

## QUIZ

February is LGBTQI+ History month, a chance to celebrate the rich history of the LGBTQI+ community and the many contributions of lesbian, gay, bisexual and transgender people to our collective culture and history. Test your knowledge of LGBTQI+ History in the following quiz.

1. Which UK show screened the first pre-watershed lesbian kiss on TV?
2. In 2016, which British Olympic team featured the first married, same-sex couple winning a gold medal?
3. In which year was the age of consent equalised for LGBT+ people in the UK?
4. What does the 'P' stand for in transgender activists Marsha P. Johnson's name?
5. What colour ribbon symbolises solidarity with people living with HIV/AIDS?
6. What year was same sex marriage (not civil partnership) legalised in the UK?
7. Which country was the first to lawfully establish same sex marriage?
8. What year were the Stonewall Riots?
9. The Bisexual Pride Flag is comprised of which three colours?
10. What year was homosexuality decriminalised in the UK?



HILLSIDE  
CATERING

*Great Food*

**WITH A SOCIAL  
CONSCIENCE.**





**SANDWICHES**



**SALADS**



**SWEET TREATS**



**BREAKFAST**



**EXTRAS**

**ABOUT US**

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

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

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

**CONTACT US**

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

Telephone: 020 7700 6408



Working in Partnership  
to Build a Better Future

## JOB SEARCH SESSIONS

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

PLAN FOR YOUR FUTURE EVERY  
THURSDAY @HILLSIDE  
CLUBHOUSE

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

## WORDSEARCH

Words of Fun

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

MAMBA  
PROWLER  
RIFTIDERACEWAY  
CARROUSEL  
SCRAMBLER  
SPINNINGDRAGONS  
CARNIVALE

BOOMERANG  
PATRIOT  
BAMBOOZLER  
MONSOON  
SKYLINER  
ZULU  
WATERPARK

TIMBERWOLF  
PLANETSNOPY  
DETONATOR  
RIFCORD  
STEELHAWK  
WINTERFEST





ALcontrol Laboratories

# 14 ALLERGENS

coming to a food label near you

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

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



## Celery

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



## Cereals containing gluten

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



## Crustaceans

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



## Eggs

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



## Fish

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



## Lupin

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



## Milk

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



## Molluscs

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



## Mustard

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



## Nuts

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



## Peanuts

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



## Sesame seeds

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



## Soya

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



## Sulphur dioxide (also known as sulphites)

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

ALcontrol Laboratories - Confidence to Act

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

original content taken from FSA allergens circular

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

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

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

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

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

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

**T@gether**  
**We Grow**





Food Support in Islington

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<div>Drop-in for food parcels Monday - Thursday 12pm - 3pm. 42 Crouch Hill N4 4BY colin.adams@chanleycrouch.org.uk // 0207 263 1067</div> <div>Margins Project at Union Chapel Drop-in session for people facing homelessness Hot food takeaway 11:00am-2:00pm 19B Compton Terrace N1 2UN</div> <div>The Ringcross Community Foodbank N7 8RH Food parcels, meals and essential items 12pm to 4pm Open to Islington residents (proof of address needed) 02077002498</div>	<div>Brickworks Community Centre Drop-in for food parcels Monday - Thursday 12pm - 3pm. 42 Crouch Hill N4 4BY colin.adams@chanleycrouch.org.uk // 0207 263 1067</div> <div>The Arc Centre Weekly food packages for people living in N1 7 and N1 8 mellissa@thearccentre.org 0207 673 1281</div> <div>Elizabeth House Pop-up food store every Tuesday for residents in: N4 2, N4 3, N5 1, N5 2, N7 7 Register: 02076901300 nathalie@elizabeth-house.org.uk</div> <div>Hilldrop Community Centre N7 0JE Free hot lunch 12:15 - 2pm</div>	<div>FoodCycle Islington Free hot meal, 1pm New River Baptist Church, N1 2TL No need to book!</div> <div>Manor Gardens 11am - 2pm, N7 6LA Weekly co-operative food shop. Take what you need for £3</div> <div>The Hive Foodbank Wednesdays 6.30-8.30pm 020 791 6 2710 hivefoodbank@gmail.com</div> <div>Margins Project, Union Chapel Drop-in session 11:00am-2:00pm</div> <div>The Ringcross Community Foodbank 12pm to 4pm</div>	<div>Copenhagen Street Foodbank N1 0SR Weekly foodbank 1-3:30pm Fresh food and non-perishable items. 02078378378 copenhagenstreetfoodbank@gmail.com</div> <div>Mildmay Community Centre Woodville road N16 8NA Community cook-up (donations welcome) Thursdays 11.30am - 1.30pm</div>	<div>Mildmay Community Centre Woodville road N16 8NA Weekly food co-op £1 per person in household 020 7249 8286 mildmaycp@gmail.com</div> <div>If you do not have access to a telephone or email, please feel free to come to the centre on Friday between 11.30am - 1.30pm to discuss your needs</div> <div>St Mary's Church and the Hive foodbank N19 3AD Cook Together Drop In Fridays 3.30-6pm Learn to make cheap, easy &amp; tasty meals. All ingredients provided</div> <div>The Ringcross Community Foodbank 12pm to 4pm</div>	<div>Choices CIC - African Caribbean Cultural Food Co-op Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods.</div> <div>The first Saturday every month at 2pm Caxton House Community Centre N19 3RQ</div> <div>If you are on low or no income, please contact us to join the membership at: info@choiceslondoncic.com</div>



- 1.Heat 1 tbsp sunflower oil in a medium saucepan, then soften 1 chopped onion and 2-3 chopped carrots for a few mins.
- 2.When soft, turn up the heat, crumble in 500g lamb mince and brown, tipping off any excess fat.
- 3.Add 2 tbsp tomato purée and a large splash of Worcestershire sauce, then fry for a few mins.
- 4.Pour over 500ml beef stock, bring to a simmer, then cover and cook for 40 mins, uncovering halfway.
- 5.Meanwhile, heat the oven to 180C/fan 160C/gas 4, then make the mash. Boil the 900g potato, cut into chunks, in salted water for 10-15 mins until tender. Drain, then mash with 85g butter and 3 tbsp milk.

METHOD

- 6.Put the mince into an ovenproof dish, top with the mash and ruffle with a fork. The pie can now be chilled and frozen for up to a month.
- 7.Bake for 20-25 mins until the top is starting to colour and the mince is bubbling through at the edges. (To bake from frozen, cook at 160C/fan 140C/gas 3 for 1 hr-1 hr 20 mins until piping hot in the centre. Flash under the grill to brown, if you like.)
- 8.Leave to stand for 5 mins before serving.

# NO-FUSS COTTAGE PIE

## INGREDIENTS

- 1 tbsp sunflower oil
- 1 large onion, chopped
- 2-3 medium carrots, chopped
- 500g pack beef mince (or Quorn if veggie)
- 2 tbsp tomato purée
- Salt and Pepper to taste
- Large splash of worcestershire sauce
- 500ml beef stock (or vegetable stock if veggie)
- 900g potatoes, cut into chunks
- 85g butter
- 3 tbsp milk



Healthy Start Vouchers

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

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

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

HEALTHY START

Other services:

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

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

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

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/>





## CAMDEN SUPPORT SERVICES

### Citizens Advice Camden

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

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

Please call their free advice line 0808 278 7835. Lines are open

between 10am - 4pm, Monday - Friday.

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

### Mary Ward Legal Centre

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

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

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

Each company was given three front line tours. The system of instruction was to attach a section of the Canadians to a platoon of the English and for everyone then simply to carry on in this way, until the newcomers had learned trench routine.

They learnt about the posting of Sentries, the securing of fires, the establishment of posts, the issuing of rum. In addition, they acquired much information about ration parties, wire cutters, loopholes, ammunition, engineering material, bombs, bayonets, trench sanitation.

The trenches were built up from the ground, not dug down into it, and were comparatively dry and comfortable.



Soldiers taking care of their feet in order to revert trench foot.

They had to crawl amongst old dead bodies and lived with rats in the trenches, where most of the work was done at night. And because of all the wet mud, they had to look after their feet by rubbing them, otherwise they would get frostbite and foot rot (gangrene)! This was also known as trench foot.

TUNE IN NEXT MONTH FOR THE NEXT INSTALLMENT OF

CLIFFORD'S STORY, AS HE GETS HIS FIRST TASTE OF BATTLE!



On arriving in Armentieres, the 13th Battalion was attached for instructional purposes to the 16th British Infantry Brigade under the command of Brig. Gen. Ingleby-Williams. This Brigade was composed of Battalions from the Buffs, the York and Lancs, the Leicesters and the Shropshire Light Infantry, and was holding a line of trenches on both sides of the Lille Road, about three miles South-East of the town.

Brig. Gen. Ingleby-Williams inspected the 13th in Armentieres on the afternoon of February 24th and subsequently it was arranged that two companies of the Royal Highlanders should go into the line that same night for their first tour of instruction.

In accordance with these arrangements, No. 1 company, under Major D.R. McCuaig, and No. 2 company, under Capt. R.H. Jamieson, paraded at 6.15 and 6.30pm respectively and proceeded into the line, guided by men of the 16th Brigade provided for the purpose. On February 25th, No. 3 company, now under Major V.C. Buchanan, and No. 4 company, under Capt. W.H. Clark-Kennedy, were given a similar short tour of instruction under the watch of the imperial Battalions.



A trench near Armentieres

For some days after this one or another company of the 13th was always receiving instruction in the line, while the remaining companies, billeted in Armentieres where they were engaged in digesting the information already gained.

**KEVIN PEARCE**

### Camden Community Law Centre

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

To access IPR advice services:

Call the telephone advice line on: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

Website: [cclc.org.uk](http://cclc.org.uk)

### Mind in Camden

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

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

Call: 020 7241 8996

Email: [healthymindscp@mindincamden.org.uk](mailto:healthymindscp@mindincamden.org.uk)

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

## ISLINGTON SUPPORT SERVICES

### Citizens Advice Islington

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

- Welfare benefits, universal credit, applications or appeals.

- Debt problems and budgeting.

- Housing, Tenancy issues, repairs and housing solicitor access.

- Employment problems, redundancy, unfair dismissal or

discrimination.

- Utility problems (gas, electric etc.)

- Consumer problems, such as faulty goods and complaints.

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

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

### Islington Law Centre

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

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

Tel: 020 7288 7630.

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

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

The men were stiff and sore, but detrained smartly and started off on a seven mile march to Fletre. At Caestre, Capt. Clark-Kennedy met the Battalion and the march to Fletre was completed under his guidance. Rain was falling heavily by this time and the night was bitterly cold.

On reaching Fletre, billets were secured and the men turned in with as little delay as possible. Four days and five nights were spent at Fletre, the men occupied in preparing themselves for the trenches. These were the types of hostilities that the Highlanders were being made ready for.

On February 20th, the Battalion was inspected at Caestre by the commander-in-chief, Field Marshal Sir John French, who expressed himself as well pleased with the Battalions general showing.

On the following day, the 13th with the 14th Royal Montreal Regiment paraded for Divine service in a field just near Fletre church, Canon Scott from Quebec officiating.



At Bam on February 23rd, the Battalion, acting as advance guard for the Brigade, marched from Fletre to Armentieres. This town, which was reached at 2.30pm, was only about three miles behind the actual front. In spite of this, shops and cafes were open and there were many civilians about the streets. This was the first shelled town that the 13th had seen.

## CLIFFORD HENRY PEARCE

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

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



Two soldiers in their sheepskin outfits.

Seven O'clock in the evening found the Battalion at St. Nazaire station, entraining for the long journey to the front. For two days and two nights, the train crept on its way, with only the occasional brief stop to give the troops a chance to get some food and to stretch their legs.

The route went through Nantes, Rouen, Boulogne, Calais and St. Omer, then on to Hazebrouck, which was reached at 6.30 pm on February 19th.

All ranks had issued to them a British sheep skin coat, which they were proud to wear, until they realised that when they got wet they reeked. These items mysteriously disappeared without trace!

**KEVIN PEARCE**

### Islington Peoples Rights

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

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

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

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

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

### Income Maximisation (iMAX), Islington Council

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

Telephone: 0800 731 8081 or 020 7527 8600

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



## 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.

Islington Mind

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

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

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

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

Wedmore Street, Islington, N19 4RU

Tel: 0203 301 9863

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



On my way to the test centre, I was trying to get my head in the zone to be able to pass, but all I could think about was my dad. When I finally arrived, I booked in and it was the same reader as before. I told her what happened and about how I wasn't in the right frame of mind for this today. He gave me the option to rebook, but I was there and didn't want to have come back all this way. It was now or never!

I didn't put any pressure on myself, as I knew given the circumstances I was unlikely to pass. I sat down and answered all the questions, reading them back to myself three times to make sure I understood what they were asking me.

I went out to the waiting room to get my results, and I even told the reader I'll be seeing him again soon. To my shock though, I opened up the paper and saw that I had passed! I screamed with excitement! With everything that was going on in my head around my dad, I never thought I would be able to pass!

I hope by telling you my story, it will help you to be able to get the courage to just go for whatever you like and don't let things hold you back.



## DO YOU NEED HELP GETTING TO PLACES?

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

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

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

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

**For more information:**

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

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

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

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

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

**To refer yourself to the service:**

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

If you or someone you know might like to volunteer to be a peer buddy 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.



When it comes to booking the test, they ask if you need any support in the exams. I had to upload proof that I had learning difficulties and dyslexia, which you can get from a list of people that they put on their website. Once I had done that, I was assigned a reader to read the question to me. This was a big relief and went a long way to easing my nerves.

The day of the theory test came, and I was so nervous! I don't like new places and the unknown of things. Once I met with my reader and they explained the process to me, I became more at ease.

I took the test and yes, I might have failed, but I was so proud of myself for giving it a go. When I looked at the results, I was even more proud. I had only failed by a few marks. I rebooked right away so that I didn't overthink things and back out.

Before my next test, I did so much more studying than the first time, particularly in the areas I had failed. I had work before my second test, and spent all day so scared and excited at the same time. I started to get myself ready to go for my test, when I got a phone call from the hospital to say my dad had been rushed to hospital. I knew it was too late to cancel my test but, if you know me, you know my dad is my world. It took every inch of my body not to go and see him. I managed to speak to my dad on the phone and he told me to just go to the test and meet him after.



## MY DRIVING EXPERIENCE

My name is Jenine. I have dyslexia and learning disabilities.

I always wanted to drive, but was put off by the idea of having to learn so many different things - how the car works, how to drive, traffic laws etc. - all the information to take in was so scary. Even though I had learnt some basics from my dad, I was still unbelievably nervous.

There are so many reasons I would love to be able to drive: the freedom of being able to visit places you've always to see, being able to avoid the stress and noise that comes with travelling on trains and buses, and not being restricted to just London.

So I pulled myself together and decided to learn to drive. I started by getting the highway code and just reading through it. Because of my dyslexia, I went for the more visual books to learn from. I also started watching youtube videos of how to drive and that helped me a lot, again because I'm a very visual learner.



JENINE LUCK

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

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

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

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

Tel: 07738 236 041

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

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



## 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.**

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

**For more information:**

[islingtonmind.org.uk](http://islingtonmind.org.uk)  
Registered charity no. 294535

The last song following GLC was 'Last Years Youth', with Noel singing the final tribute to Finn. The chorus went:

Finn, Finn, Finn, Finn.

Raise your glass and Drink to Him.

Over all a brilliant send off to a lovely man - A true friend of mine since the day we met. The fundraiser managed to raise over £4000 for his family and his chosen charities.

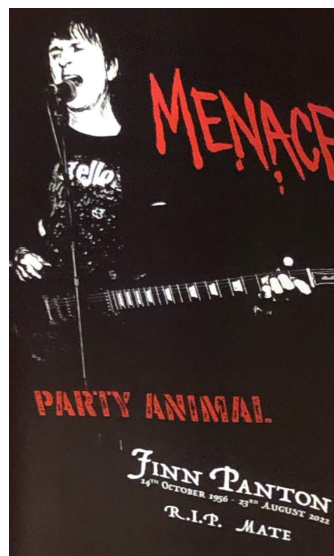


Then there were a few other iterations of the band:

- 2nd line up was John Lacey and Andrew Tweedy.
- 3rd up was Uncle Albert and with guest singers Michi and Vince.
- 4th up was Jonny Moses with guest singer Eugene Butcher.
- 5th was Harvey, Rob with special guest Leigh Hegarty, guitarist for the Ruts.
- Noel and Charlie played Drums and Bass for all the early line ups.



Right: Me with Noel Martin.  
Left: The poster for the night.



Last but not least came the up to date band: Singer Noel Martin, Simon Edwards on Drums, Dave Jenkins on bass and Pete Bradshaw on Guitar.

The night finished with GLC, one of their classics and the crowd decided to invade the stage after Steve Tannett played the intro. Not many people know this, but Steve's mum worked for the GLC at the time the song was written and nearly lost her job when it was released.

ANDREW 'RIFF' SOCRATOUS



Family  
Rights  
Group

Helping Families Helping Children

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

Do you have a child in care?

Are social workers worried about your child's safety?

Are you raising a friend or relative's child?

[www.frg.org.uk](http://www.frg.org.uk)



Easy to understand information



Discussion forums for parents and kinship carers, with support and expert advice



Detailed legal guides

Free advice line **0808 801 0366**

Monday to Friday 9.30am–3.00pm



In-depth and confidential advice



## MINDFUL COLOURING

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

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

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

Seven good reasons why colouring is good for you:

1. Your brain experiences relief by entering a meditative state.

2. Stress levels have the potential to be lowered.

3. Negative thoughts are expelled as you take in positivity.

4. Focusing on the present helps you achieve mindfulness.

5. Unplugging from technology promotes creation over consumption.

6. Colouring can be done by anyone, not just artists or creative types.

7. It's a hobby that can be taken with you wherever you go.

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

## A GREAT SEND OFF TO FINN

### PANTON OF MENACE

At the 100 Club on 7th October, I had the chance to give a send off to a proper Legend of Punk music, Finn Panton. Finn was the lead singer of Menace, co-writer of their songs and also their guitarist.



Finn Panton in  
all his glory!  
Credit: Gutter  
Punk



He had sadly died 2 months before the show took place. The line up featured all the different formations of the band throughout Menace's career.

First up on the bill was Charlie Harper of the UK Subs, who played a few songs and was awesome.

Next was the original Menace line up of Noel, Steve and Charlie, who all shared the vocal part as Morgan is no longer with us. They did 5 songs, including 'Screwed Up' and 'I'm Civilised'.

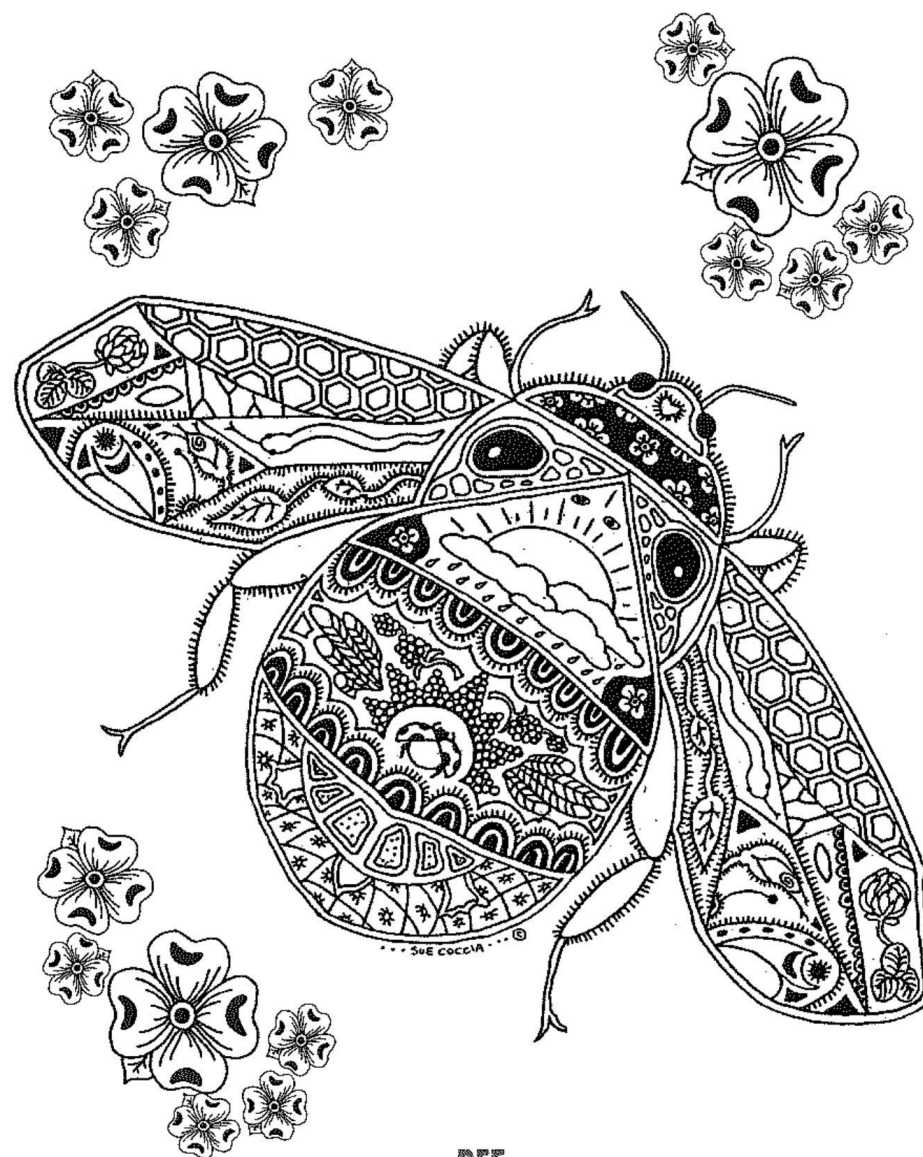


FurtherMore

The FurtherMore Project provides supported accommodation services to single homeless and pending homeless adults aged 18 years and over. The organisation's core objectives are to provide supported accommodation and to act as a bridge from homelessness to independence by equipping our clients with the tools to live sustainable, independent lives.

They provide this access to housing alongside 1-to-1 support based around any area you want – budgeting, education access, getting into work, counselling. It offers you the perfect opportunity to build a foundation to move forward from. You can find their website at <https://furthermorecic.org.uk/>

# THANKYOU



DEE

productivity, harmony, bliss

## AVATAR: THE WAY OF WATER - MY REVIEW

### PLOT

Jake Sully lives with his newfound family, formed on the extra-solar moon of Pandora. Once a familiar threat returns to finish what was previously started, Jake, Neytiri and the army of the Na'vi race have to protect their home at all costs.



### REVIEW

The movie has amazing visuals and the audio is stellar. The story is simple, but is not bad. However, the movie has great memorable characters.

The movie was great in my opinion. Some lower ratings will be expected since it wasn't as action packed as the first one and the main plot isn't anything mind-blowing.

JUAN ANON

I wanted to share with you some of the organisations that supported me, in the hope that if you ever find yourself in a similar situation, you can know who to reach out to.

### TYS (Targeted Youth Support)

This charity focuses on providing early help to young people aged 10 to 21 years old (12-21 for Youth Counselling), who require additional support to enable them to make informed choices and maintain positive pathways. Contact on 020 7527 7050 or at [tys@islington.gov.uk](mailto:tys@islington.gov.uk).

### Wipers

Wipers are a youth justice social enterprise which specialises in working with vulnerable and disadvantaged young people. Their mission is to engage with young people to empower them by increasing their personal and social development, confidence and self-esteem. Contact at [info@wipers.org.uk](mailto:info@wipers.org.uk) or 0203 598 4109.

### New Horizons Youth Centre

New Horizon Youth Centre supports thousands of young people across London facing homelessness because of family breakdown, domestic abuse, poverty, experiences of violence, or war and persecution in their home country. We provide a vital support network for 16-24 year-olds with nowhere else to go. They offer signposting and referrals, medical support, showers and a place to eat, as well as more holistic projects such as music groups, barbecues and cultural projects.

FREYA

My support worker had also introduced me to other services that have done so much to help me, such as New Horizons Youth Centre. They were so helpful and easy to work with and clearly worked very hard to provide as much as they can for people. Everytime I went in, there would be people using their services and so it never felt like an isolating experience. They helped me get my referrals for housing and have been so helpful with getting it done smoothly. They referred me to places of accommodation and the assessments went smoothly. I heard back within the week from both Housing options, and so not only is it a lot of weight off my shoulders - something I've been needing for a while - but it makes everything seem a bit brighter, or I suppose just a bit more possible.

Sometimes we know we can do something, but we still need a little push and that's okay. I wanted to do it all myself, but I accepted the help and honestly, It would be silly if I said I'm not in a better position now then I was. I still have control, the choice was still mine, the difference is, I have more choices than I started off with, more opportunity to steer myself into something I wanted and I was supported in that.

Now I can't say what will happen in the future or where I will decide to go, but at least now i'm in a much better place, with the tools to handle it and manage where I want to be, I've even restarted college this year so I know either way, there will always be a way to make something work, You just have to be open to the idea of that.

I think viewing the film was an amazing experience. The visuals were truly stunning and mesmerising. I'd say 99% of the effects in this movie were unbelievably good and where there were some few scenes that could've looked better, but those scenes still looked as good (if not even better) than most other blockbuster movies, like those in the Marvel universe.

Story wise I believe it was simple, but definitely not bad. The movie focuses more on developing the character's bonds with each other and their own individual progress. The movie wasn't as action packed or as grand as the first Avatar, which is to be expected since there's 3 more films to follow now.



The 3+ hour run time felt like it flew past and, as the movie was concluding, I actually wished it was longer, just because of how amazingly well done the effects were, especially the underwater scenes.

The movie definitely lived up to all of my expectations, even after the first movie which was so great!



They then referred me to Wipers and my support worker who really helped me through it. I have a knack of getting anxious and so in some situations I can be easily overwhelmed, but having someone who didn't sugarcoat things and told me things for what they were was something so needed in trying to navigate a situation like this.

I couldn't have done it alone, being young I was worried about getting screwed over. I was in a vulnerable position, but being able to trust I had someone in my corner, meant everything. I was really lonely, and there's only so much people in my life could do to help me and with my support worker I really felt like everything could be alright again for me.

I was struggling a lot with my mental health - and still am - but she made it all feel less heavy all the time, and what I appreciated the most about my experience with her, is that it wasn't one sided. It was human interaction, it was personal and that was so needed in a situation where it can all be assessments and waiting. Just to have someone to chat to and it not be stressful, it was genuine and it makes me appreciate our time together more. It prepared me for being able to manage and do this on my own.

It's because of Wipers that I was also introduced to other great services, including Hillside Clubhouse, which I was interested in as I had been trying to find ways to get into work, in fact this is the first piece I've written for the gazette and the first day I've been in here and it's going well so far haha but we'll have to see how my writing holds up.

## FEBRUARY FACTS

February has 28 days in common years or 29 in leap years, with the 29th day being called the leap day.

February is derived from the Latin word Februum which means "purification", after the purification ritual Februa, held on February 15th.

January and February were the last 2 months to be added to the Roman calendar, since the Romans considered winter a month-less period.

Historical names for February include the Old English term "Solmonath", meaning "mud month".

In Finnish, the month is called "Helmakuu", meaning "month of the pearl", because when snow melts on the tree branches, it forms droplets, and as these freeze again, they are like pearls of ice.

Having only 28 days in common years, February is the only month of the year that can pass without a single full moon. This last happened in 2018 and will next happen in 2037.

February's birthstone is Amethyst. February is often a cold and dark month so the Amethyst, being a gorgeous, richly-coloured gemstone is a beautiful contrast.

February's first birth flower is the violet. The violet signifies

# THE MEANS OF SUPPORT TO ME

When I first left home and began sofa surfing, I didn't really associate my situation with the term of being homeless. I thought the set up I had of jumping from house to house would sustain me but it caught up to me in the end, until I found myself being kicked out of and leaving college. At the end of the day I had no real stability, nothing to come back to, no space to myself and on top of all that, I was missing a very important feeling: The feeling of being safe, the feeling of having security. With being homeless, I have lost a lot - but I have also learnt a lot.

Now the housing process has been a long and tough one. After being in my situation for 2 years, it's not until the end of this year that I've made headway. In all honesty, I partly blame myself for why it took so long. I always felt like I could have been doing more though. I think everyone has situations in which they reflect and believe they should have done more, that's a universal feeling and I also couldn't say I could take all the blame, a lot of the process is waiting

What I do know though, is that I wouldn't have been able to do it without the services I was referred to. I was first referred to TYS (Targeted Youth Support) and I'm so grateful they didn't give up trying to contact me, because without them I wouldn't be where I am now in terms of my housing process. I wasn't easy to get on the phone, so I can't thank them enough.

---

**FREYA**

watchfulness, loyalty and faithfulness.

February's second birth flower is the primrose. If you give someone a primrose it means that you cannot live without them.

"Married in February's sleety weather,  
Life you'll tread in tune together."  
This quote comes from Old English folklore.

The following take place in February:

- 4th February is Ice Cream for Breakfast Day
- 24th February is Stand Up to Bullying Day
- 1st February is World Inter-Faith Harmony Week
- 25th is Open That Bottle Night
- 28th February is Rare Diseases Day
- 17th February is Random Acts of Kindness Day

On the first of February 1865, Abraham Lincoln signed the 13th Amendment, outlawing slavery.

The 12th February is Hug Day. A hug provides a warm, beautiful expression of love-a comfortable hug that speaks more than words. A hug makes all your problems fly away for those few minutes, so go ahead, give your loved one a tender hug; let them know that they're loved

The feast of St. Valentine was established in 496 AD, by Pope Gelasius on February 14th, in honour of Valentine of Rome who died on this date. When in prison, St. Valentine cured his jailor's daughter's blindness and on the night before his execution he wrote her a letter signed "Your Valentine".

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**JAKE ARNOLD**

## THE NIGHT I ALMOST MET

### BOB MARLEY

#### MY REVIEW OF 'GET UP! STAND UP!' - THE MUSICAL

It was a Tuesday night at the Lyric Theatre and in a way, it was apt, because we had gathered to hear some crucial lyrics. The theatre was small enough to be intimate, but big enough to make it seem as though we were about to see something special.

What I found out later was that Bob was played by four different people, and you'd get a different actor depending on which day you went.



It was just blown away by the sound system, which was always going to be an integral part of a reggae musical. The play touched on a lot of Bob Marley's life, needless to say his women! Not adhering to western ways, he said he could have as many as he wanted and still leave a lot of girls disappointed.

In the early days, the band would approach different disc jockeys, in an attempt to get their music heard. One evening, while in the kitchen in Trenchtown, a man fired several shots. Luckily, Bob

PAUL YADIE

escaped with his life, but the trauma of this incident clearly affected him and he decided to exile himself in England.

In the midst of making the seminal album Exodus, he sustained an injury to his big toe while playing football. At first, he didn't realise the seriousness of the injury, but doctors told him he might have to cut it off.

Meanwhile in Jamaica, Bob was sorely missed – there were a lot of political tensions in the country and gun violence was rife. This was decision time for him, so he went back to Jamdown or yard. While performing at One Love festival, he spotted the two political leaders of opposing parties in the crowd and invited them up on stage in a show of unity.

I'd like to say at this point that all of the actors were really good. All this time there was a strain of cancer eating away at him. On doctors' advice, he booked himself into a hospital in Switzerland. He was told he had inoperable cancer all over his body and should try not to overdo things.

The play comes to a close here, choosing not ending on a bad note, but with everyone singing get up stand up.



PAUL YADIE