

SODUKU ANSWERS

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

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

HILLSIDE CLUBHOUSE



**JULY 2022
EDITION**



SECTIONS

15	Member's Articles	46	Answers
13	Mindful Colouring	43	Puzzles
07	Referrals & Support	36	July Trivia
01	Information for Members	26	Recipes



General Knowledge Answers:

- 1. 42
- 2. Cheese and Onion
- 3. SW1A 0AA
- 4. The Church of England
- 5. Time
- 6. 6
- 7. 238,000
- 8. Nautical mile (it's 1.15 miles)
- 9. Prunes
- 10. China

Sports Quiz Answers:

- 1. Calamity James
- 2. 66
- 3. The Brave Blossoms
- 4. Chariots Offiah
- 5. Superbrat
- 6. The Boss
- 7. Lightning
- 8. The Greatest
- 9. The Real McHoy
- 10. The Gladiator

TV Quiz Answers:

- 1. 2000
- 2. Kate Thornton
- 3. Christopher Eccleston
- 4. The Tracey Ullman Show
- 5. Nelson Mandela House
- 6. Sex Education
- 7. Erinsborough
- 8. 1985
- 9. John Noakes (12 years from 1965 - 1978)
- 10. Gareth Keenan

QUIZ ANSWERS

SODUKU

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

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



DAY	MORNING	AFTERNOON
EVERY DAY	KITCHEN & KIOSK ADMIN & RECEPTION	KITCHEN & KIOSK ADMIN & RECEPTION
M	CLEANING WEEKLY NEWSLETTER	CREATIVE GROUP GAZETTE
T	SOCIAL EVENTS CLEANING	WEBSITE DEVELOPMENT & SOCIAL MEDIA
W	CLEANING GAZETTE	CLEANING WEEKLY NEWSLETTER
T	OUTREACH & SERVICE PROMOTION	JOB SEARCH CLEANING
F	WEBSITE DEVELOPMENT & 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

QUIZ:

SPORTS NICKNAMES

1.What is the nickname of error-prone Football Goal Keeper David James?

2.What shirt number does England Cricket Captain Joe Root wear?

3.What is the nickname of the Japanese Rugby Union National Team?

4.What is the nickname of Rugby League player Martin Offiah?

5.What is the nickname of Tennis Player John McEnroe?

6.What is the nickname of F1 Racing Driver Lewis Hamilton?

7.What is the nickname of Athlete Usain Bolt?

8.What is the most famous nickname of Boxer Muhammed Ali?

9.What is the nickname of Cyclist Chris Hoy?

10.What is the nickname of Swimmer Adam Peaty?



A LETTER TO MEMBERS

Dear All,

First of all apologies for the delay in getting back to you on this. As you know, a lot has changed over the past few months and we have been very busy listening to what all staff and members had to say about Hillside and our strengths and weaknesses.

We have consulted with many members and staff and I am pleased to say we now have a draft of our three years strategy. The strategic plan, which will inform where we going as organisations for the next three years is still with the board waiting to be approved. We plan to share this with you at our next meeting which has now been arranged for the 27th September at 1:30 pm. In the meantime, we want to give you an update about what we have done over the past few months and what improvements we have made following our consultations and forums

As many of you know, we still working under some restriction in terms of a maximum number of people attending the Clubhouse, however we have now increased the max capacity which allows members to attend the Clubhouse more than once per week. We have also set up several new projects, which aim not only to help members develop new skills, but also focus on the very important social aspect which was raised by many of you – especially as we all recover from years of isolation post-Covid.

Many of you raised concerns about communication and about how, in the past, changes and information were communicated to members. As you aware, we held forums and consultations, and we also set up induction sessions for historic and new members where

QUIZ:

TV

1. When did Big Brother first air on Channel 4?
2. Who was the first presenter of 'The X Factor' in the UK?
3. Which actor played the ninth reincarnation of the Doctor in Doctor Who?
4. The Simpsons was the spin-off show of which American sketch series?
5. What was the name of the tower block where Del Boy and Rodney Trotter lived in Only Fools and Horses?
6. Gillian Anderson plays a therapist in which hit Netflix show?
7. What is the name of the fictional borough of Melbourne where Australian soap Neighbours is set?
8. EastEnders began broadcasting on BBC One in which year?
9. Who is the longest serving presenter of the BBC children's show Blue Peter?
10. What is the name of Mackenzie Crook's character in sitcom The Office?



the changes were explained in detail to all participants. We also developed a member's handbook which provides information about Hillside and the new structure. We have significantly improved our communication by circulating information and updates on a regular basis and recently by setting up the weekly newsletter. We also in the process of developing a communication strategy and we are changing IT provider from the 1st August.

We listen to your suggestions about having a diverse range of courses and over the past few months we have added several new courses, such as Customer service, Critical Thinking, CANVA plus we have developed some in-house training co-delivered by staff and members and we really keen to develop more of these over the next few months.

Some of you identified a gap in the lack of support and information around benefits and I am pleased to inform you that we are collaborating again with Barnsbury Job centre and the first Information sessions around benefits will be delivered on Friday 1st July and we are keen to hear from you about how useful you found the session.

We aim to continue to have regular members' forum so please keep attending these meetings and do not hesitate to approach us in the meantime if you have any advice/suggestions

Finally, we want to thank all of you who took part to the consultation and those who daily contribute to make Hillside a unique community and a place where people can thrive

Thank you!

The Hillside Team

GENERAL KNOWLEDGE

QUIZ:

1. How many permanent teeth does a dog have?
2. What is the most popular flavour of Walker's crisps?
3. What is the full postcode of the Houses of Parliament?
4. What is someone who believes in antidisestablishmentarianism opposed to the disestablishment of?
5. What does the Latin 'Tempus' mean in English?
6. How many chukkers are there in a polo match?
7. On average, how far away is the Moon from the Earth in miles?
8. Which is longer, a nautical mile or a mile?
9. The name of what dried fruit was used to encourage people to smile for a photo in the 1800s, before the phrase "cheese"?
10. Which country in the world has the most miles of motorway?



Great Food

WITH A SOCIAL CONSCIENCE.



HILLSIDE CATERING




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

SANDWICHES



BREAKFAST



EXTRAS



SALADS



SWEET TREATS



ABOUT JULY

Whom is July named for? July was named in honour of Julius Caesar. Quintilis, which was his birth month, was renamed July when he died. Quintilis means “fifth month” in Latin, which represents where this month originally fell in the Roman calendar.

1. The month of July was named after Julius Caesar by decision of the Roman Senate in 44BC, as July was the month of his birth.
2. Before that, it had been known as Quintilis (fifth) as it was the fifth month in the old Roman calendar.
3. Until the 18th century, the word July in English had the stress on the first syllable and rhymed with duly or truly.
4. Although six months have passed, July 1 is not the mid-point of the year. The exact halfway point comes at 1pm BST on July 3 in a non-leap year.
5. No month ends on the same day of the week as July unless it is a leap year, when January does so.
6. Julius is not now in the top 500 names given to newborn boys in the UK, though Julia is 79th for girls in England and Wales and 74th in Scotland. Julian comes 326th in England and Wales.
7. July's birthstone is the ruby, which is said to symbolise contentment.
8. Seven US presidents have died in July, which is more than any other month.
9. "The English winter, ending in July, To recommence in August, now was done," (Byron).
10. In all parts of the UK, July is on average the warmest month of the year.

HILLSIDE CATERING

**BREAKFAST
£2.50 PER ITEM**

- Danish pastries
- Croissants
- Assorted breakfast muffins
- Individual fresh fruit pots
- Greek yoghurt with fruit compote

VEGETARIAN

- Cheddar cheese and apple chutney
- Avocado dip with spring onion and tomato
- Egg mayonnaise
- Cheese and coleslaw

VEGAN

Roasted Mediterranean vegetables
in olive oil and mixed herbs

Sliced avocado, cucumber and
tomato with crushed black pepper

Hummus, grated carrot and
spinach

Baby spinach, tomatoes and vegan
pesto

FISH

- Smoked salmon and cream cheese with cucumber
- Tuna mayonnaise
- Sardines in tomato sauce with black pepper and mixed green leaves
- Pink salmon, cucumber and finely chopped pepper

MEAT

- Roast beef and horseradish
- Roast beef with English mustard
- Pastrami with mayonnaise and salad leaves
- Roast chicken with spinach, mustard and mayonnaise

SERVED ON WHOLEMEAL, WHITE,
SEEDED OR SUBWAY ROLLS

SALAD SELECTION
£5 PER HEAD

Butternut squash, feta cheese
and kale with chilli dressing

Couscous and roasted vegetables
with pomegranate and lemon
wedges

Greek salad - feta cheese,
olives, mixed green leaves,
cheery tomatoes, red onion with
an oregano dressing

Pancetta with basil, baby
spinach, mint and a lemon
dressing

**LUNCH BOX EXTRAS
£2.50 PER ITEM**

Samosas with yoghurt mint dip or mango chutney

Pakorاس with yoghurt mint dip or mango chutney

Onion bhajis with yogurt mint dip or mango chutney

Vegetable spring rolls with sweet chilli sauce

Mozzarella balls with cherry tomatoes, olives & basil

Hot and spicy chicken wings (2 per order)

Breaded mushrooms with herby garlic mayonnaise

Vegetable crisps

SWEET
£2.50 PER ITEM

- Homemade banana bread with frosting
- Lemon drizzle
- Chocolate and orange cake
- Vegan courgette cake
- Gluten-free lime and polenta cake
- Red velvet muffin with vanilla frosting

CONTACT

Email: enquiries@hillsideclubhouse.org.uk / jnembhard@hillsideclubhouse.org.uk
Telephone: 020 7700 6408 - Additional charges applied for service and delivery

**JOIN US FOR A TOUR OF
THE EMIRATES STADIUM**

**SPEAK TO A
MEMBER OF
STAFF IF YOU
ARE
INTERESTED**

THURSDAY 21ST JULY 2022



- METHOD:
1. To make the tomato sauce, heat the olive oil in a saucepan. Add the onions, garlic and carrot. Cook for 5-7 mins over a medium heat until softened. Turn up the heat a little and stir in the tomato purée. Cook for 1 min, pour in the white wine, then cook for 5 mins until this has reduced by two-thirds. Pour over the chopped tomatoes and add the basil leaves. Bring to the boil then simmer for 20 mins. Leave to cool then whizz in a food processor. Will keep, cooled, in the fridge for up to three days or frozen for three months.
 2. To make the white sauce, melt the butter in a saucepan, stir in the plain flour, then cook for 2 mins. Slowly whisk in the milk, then bring to the boil, stirring. Turn down the heat, then cook until the sauce starts to thicken and coats the back of a wooden spoon. Will keep, cooled, in the fridge for up to three days or frozen for three months.
 3. Heat the oven to 200C/180C fan/gas 6. Lightly oil two large baking trays and add the peppers and aubergines. Toss with the olive oil, season well, then roast for 25 mins until lightly browned.
 4. Reduce the oven to 180C/160C fan/gas 4. Lightly oil a 30 x 20cm ovenproof dish. Arrange a layer of the vegetables on the bottom, then pour over a third of the tomato sauce. Top with a layer of lasagne sheets, then drizzle over a quarter of the white sauce. Repeat until you have three layers of pasta.
 5. Spoon the remaining white sauce over the pasta, making sure the whole surface is covered, then scatter over the mozzarella and cherry tomatoes. Bake for 45 mins until bubbling and golden.

VEGETABLE LASAGNE



INGREDIENTS:

- 3 red peppers, cut into large chunks
- 2 aubergines, cut into ½ cm thick slices
- 8 tbsp olive oil, plus extra for the dish
- 300g lasagne sheets
- 25g mozzarella
- Handful cherry tomatoes, halved

FOR THE TOMATO SAUCE:

- 1 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, sliced
- 1 carrot, roughly chopped
- 2 tbsp tomato purée
- 200ml white wine
- 3 x 400g cans chopped tomatoes
- 1 bunch of basil, leaves picked

FOR THE WHITE SAUCE:

- 85g butter
- 85g plain flour
- 750ml milk

OTHER SUPPORT SERVICES

Citizens Advice Islington

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

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

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

Website: www.islingtoncab.org

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 ECT 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 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.

SAUSAGE & PINEAPPLE BOAT

INGREDIENTS:

- 1 pineapple cut in half
- 1 pack of your favourite sausages
- ½ red bell pepper chopped
- ½ green bell pepper chopped
- 2 cloves of garlic, chopped
- 1 purple onion, chopped
- 1 cup of rice or cauliflower rice
- Sweet chilli sauce
- Sesame seeds (optional)
- Coriander (optional)



DIRECTIONS:

1. Scoop out the middle of your halved pineapple; take your scooped pineapple and chop it up.
2. Fry the sausages in a pan until brown, then dice.
3. Add your chopped pineapple, bell peppers, onion and garlic to a pan and brown.
4. Remove from skillet and place in large bowl.
5. Cook 2 cups of rice (or cauliflower rice) in a pot. Once cooked, add to the pan to brown slightly, then take off the heat
6. Place the sliced pineapples halves in a griddle pan until grill marks appear; remove and set aside.
7. In a large bowl, add sausage, rice, and mix thoroughly.
8. Add scoops of the mixture into the pineapple halves.
9. Top with a sweet chilli sauce and sesame seeds.

14 ALLERGENS

coming to a food label near you

The way allergens are labelled on pre-packed foods is changing because of new regulations. The Food Information Regulation, which came into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used 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 / Celeriac This includes celery stalks, leaves, seeds and the 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), Barley, rye, barley and oats are often found in foods containing flour, such as some types of baking powder, batter, bread crumbs, bread, cakes, biscuits, meat products, pasta, poultry, sausage, soups and fried food which are dusted with flour.
 Crustaceans Crabs, lobsters, prawns and scampi are crustaceans. Shrimp pasta, 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, sausages, pasta, quiche, soups 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 and seeds can be used in some types of bread, pastries and even in 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 eggs and soups.	 Molluscs These include mussels, hard shells, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
 Mustard Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, cakes, biscuits, meat products, salad dressings, soups and soups.	 Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, cakes, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, margarine (almond paste), nut oils and soups.
 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, soups, desserts, soups (such as satay sauce), as well as in groundnut oil and peanut flour.	 Sesame Seeds These seeds can often be found in bread (spiced in a hamburger bun for example), ice sticks, biscuits, 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, soups and vegetarian products.	 Sulphur Dioxide (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.

Information provided by The Food Standards Agency

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



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 published!

Thank you to everyone that contributed to this month's edition.

DO YOU NEED HELP GETTING TO PLACES?

HAND IN HAND is a new Volunteer Peer Buddyng 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: Tel: 07738 2360

Email: stephen@manorgardenscentre.or.uk

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 the can register their interest here:

<https://tinyurl.com/peerbud>

Then we moved on to Powerpoint, creating images for slides on pages and pamphlets to be used for illustrations and advertising. We learnt to use ribbons on tool bars to create, transfer, copy and paste images. By week four, we were focussing on Excel, creating office spread sheets, graphs and charts represented in different formats i.e. information in a table expressed as a pie chart.

We finished by learning about emails using Microsoft Outlook or other sites such as Gmail, learning how to access, send and receive messages. The course is only 5 weeks and is meant as an introduction. The tutors then assesses you at the end and decides if a you are able to progress to other IT courses.

I really enjoyed this course and it has been a real help in allowing me to improve my computer skills.



WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

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

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

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

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

Tel: 07738 236 041

Email: stephen@manorgardencentre.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.



WMC IT COURSE REVIEW

The IT course at the Working Men's College lasts for five weeks. Each lesson lasts three hours, with a tea break in-between. One exercise, making a pamphlet advertising an event venue celebrating the Queen's Platinum Jubilee. The pamphlet displaying information about the location, date, of the event. The activities and services at the event: places for refreshments, seating areas, stalls for amusement, like throwing hoops over square blocks and jumble sale stalls.

In our first session, we completed the college induction & wrote our own classroom agreements. We also came up with individual learning plans and got to know each other better. The teacher also asked us to do a quick initial assessment.

In the first two weeks, we learnt how to log into the college system and VLE (teams), as well as how to do formatting in Microsoft Word such as paragraphs, changing font sizes and styles. We then had to create a formal standard letter using these skills. We also learnt about the Word processing ribbon and how to open and save files.



POEM: BY THE FAITH

By the faith,
Remove the heartache,
By the faith,
We take the courage,
By the faith,
There is no hindrance,
Truly accept heartily,
Repentance,
By the faith,
I see the clouds,
Angels are smiling,
Laughing so loud,
By the faith,
There is direction.
Hopes and dreams,
And inspiration,
By the faith,
We use the love,
Flying birds,
Budgies and dove,
By the faith,
We can survive,
Believe in God,
To keep alive.

ROSARIO RAHAL

MINDFUL COLOURING

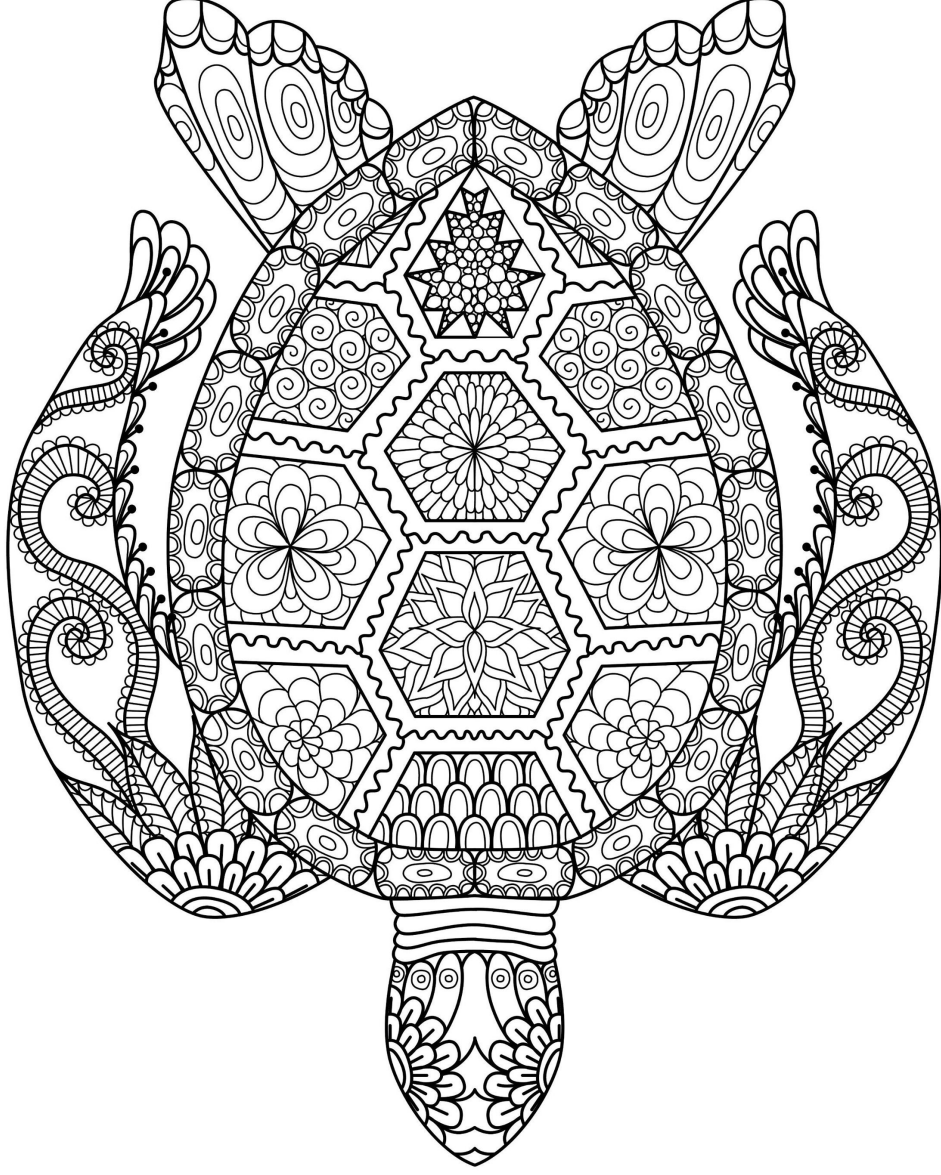
Research suggests that mindful colouring, as with meditation and art therapy, can provide numerous benefits for all ages. Along with providing a much-needed break and the chance to relax and refocus, it can help to lift your mood, decrease anxiety and reduce stress.

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 day a 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.



THE UTOPIATES @ THE WATER RATS - REVIEW

Setlist: The Utopiates | Landfill | The Fantines | DJ Garmz

Venue: The Water Rats

Date: 1st April 2022

I recently went to a gig at a venue called the Water Rats in Kings Cross to see an up and coming indie band called The Utopiates. I went with a friend who I dragged along. We had both never heard of the band until I received a random Facebook link about the show in Kings Cross. The music on the link resonated with me and I was curious to find out more about the band. So I looked up their videos on YouTube and was pretty impressed.

I spoke to one of the band members on the night who told me a bit about the band and mentioned they were going to be signed by Virgin Music. The band are from Walthamstow and somehow got together over the pandemic years.

My favourite track was Only Human. The music is an eclectic fusion of indie rock and house. One of their songs reminded me of a Happy Mondays track, but feel free to come to your own conclusions.

Overall, a good night out and I wish the band the best of luck in making an impression in the music business. They definitely have a lot of potential and hope to hear more of their music in the future.