

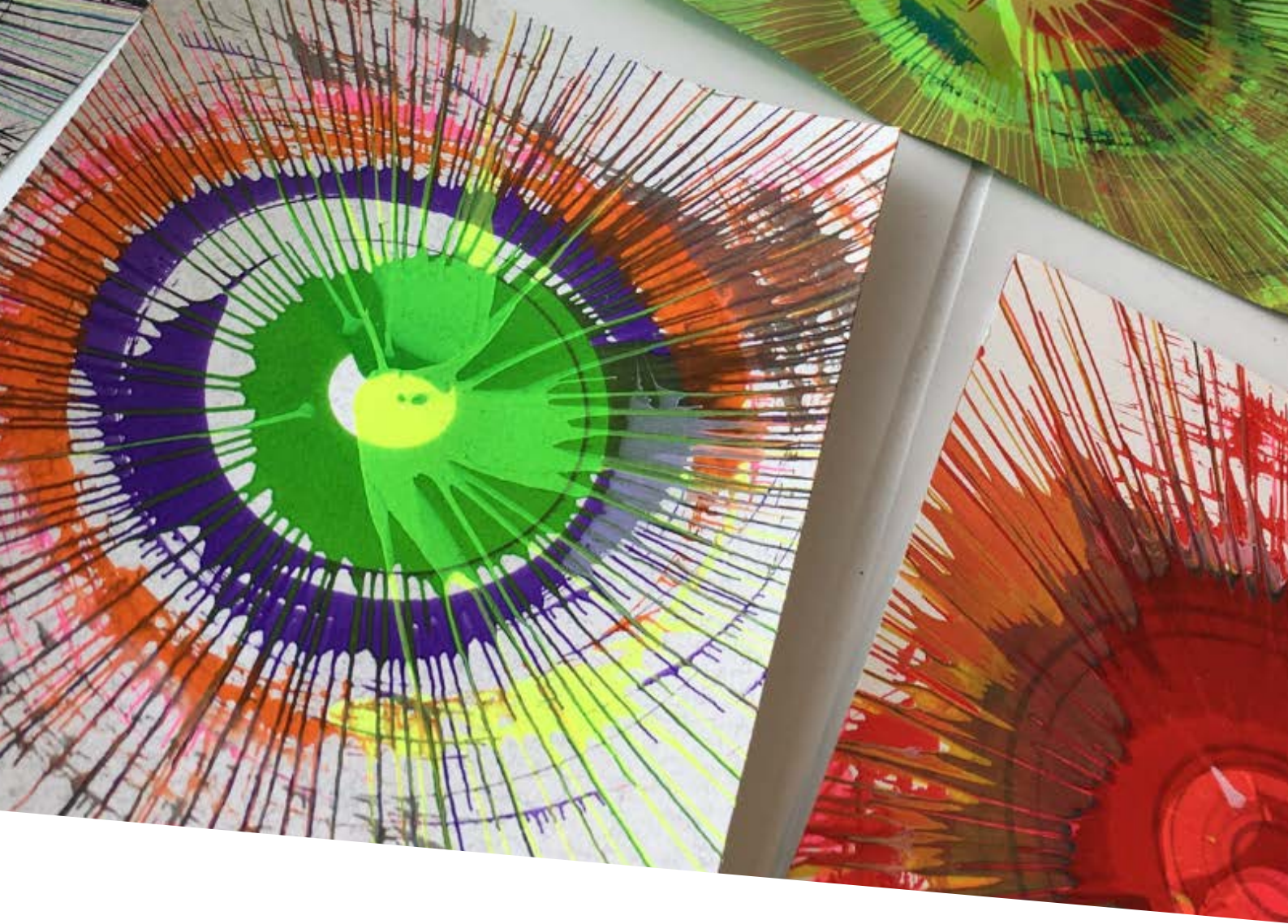
# HILLSIDE CLUBHOUSE

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**JUNE 2023  
EDITION**





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**01** INFORMATION FOR  
MEMBERS

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**44** MEMBERS'  
ARTICLES

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**11** REFERRALS &  
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**58** RECIPES

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**61** PUZZLES

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**SECTIONS**



## GO-TO EVENTS - JUNE

Reserve a spot to come and swap your clothes for a new look. Bring 5 clean and good quality items to swap. Find out more at [tinyurl.com/3ayb7vxh](http://tinyurl.com/3ayb7vxh)

11AM

### CLOTHES SWAP & MENDING

10<sup>TH</sup>

11AM

Celebrate skills, talent, art, cuisine, literature, and African music. More info at [tinyurl.com/2z5nr6et](http://tinyurl.com/2z5nr6et) or go along to Andover Estate Square N7 7RY

24<sup>TH</sup>

### GO AFRICA FESTIVAL

If you are green fingered, or want to be, this is for you. All plants are free. Go to The Story Garden, Ossulston St, NW1 1DF or contact [emma.thomas@globalgeneration.org.uk](mailto:emma.thomas@globalgeneration.org.uk)

3PM

### COMMUNITY PLANT SALES

29<sup>TH</sup>

4:30PM

Enjoy a laugh with an afternoon of stand-up at 182 Stoke Newington Road, N16 7UY. Must book in advance at [tinyurl.com/vpaz7ehu](http://tinyurl.com/vpaz7ehu)

### SUNDAYS

### COMEDY AFTERNOON

Event exploring the history of St James' burial ground, archaeological excavations at the site and the lives of local people buried there. Open Mon, Tue, Thu, and Sat - 11am - 5pm at Camden Local Studies and Archives Centre, WC1X 8PA.

### STORIES OF ST JAMES' BURIAL GROUND

### MUSEUM OF THE MONTH

#### GUILDHALL GALLERY & ROMAN AMPHITHEATRE

An art gallery located in the heart of London with a fine collection of art and a Roman Amphitheatre in the basement. City of London Guildhall Yard, EC2V 5AE



# Hearty Thursdays *at Hillside*

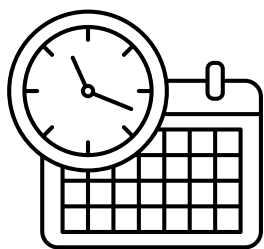
Every Thursday, 3pm  
30 North Road, N7 9GJ

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



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



# 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.**





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





# THE CALLY FESTIVAL

**02 JULY  
2023**

**12PM TO  
6PM**

**COME AND ENJOY OUR DELICIOUS  
HOME MADE CAKES AND  
HAND CRAFTED CARDS**





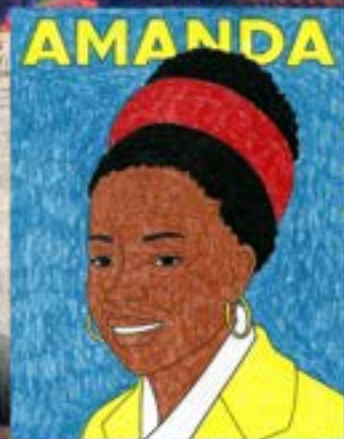


## Black History Month Portrait Workshop

To celebrate Black History Month we will be running a programme of creative workshops beginning with introduction session with portrait artist Dan Whiteson.

Members are invited to come join the workshops to create a portrait of someone past or present who has inspired or made a difference

Workshops begin on Monday 17th April 1.30-4pm  
Portraits will be exhibited in through October as part of our Black History Month celebrations.





# JOIN US ON A TRIP TO WESTMINSTER ABBEY!

“ WHERE  
THEY  
CROWNED  
KING  
CHARLES ”

8TH  
JUNE

LEAVE  
AT 1PM

Visit London's most famous and oldest religious building, where monarchs are crowned and the remains of the Royal Family and famous British people are buried.



# HILLSIDE CLUBHOUSE YOU'RE INVITED!

**Limited  
Tickets!**

**15TH  
JUNE!**

# 42ND STREET



**When the leading lady of a Broadway musical breaks her ankle, she is replaced by a young unknown actress, who becomes the star of the show.**

**Sadler's Wells Theatre, Rosebury Avenue (Angel)**

**Please speak with a member of staff  
or use sign up sheet below!**

**MEET AND LEAVE  
FROM  
CLUBHOUSE  
@ 1PM!**

Poster created Jay Hinds





# HILLSIDE AT PRIDE

**SATURDAY  
1ST JULY**

**LIMITED  
SPACES**

**From Hyde Park Corner to Whitehall Place, come along and march in the iconic Pride in London Parade!**

**WE ARE VERY EXCITED TO LET YOU KNOW THAT HILLSIDE WILL TAKE PART IN THE LONDON PRIDE PARADE 2023 ON SATURDAY 1ST JULY 😊 IT WILL BE A GREAT OPPORTUNITY TO HAVE STAFF, CLIENTS, PARTNERS AND MEMBERS COME TOGETHER ON THAT DAY.**

**WE HAVE LIMITED SPOTS ON THE PARADE SO PLEASE LET US KNOW IF YOU WOULD LIKE TO BE INVOLVED AND MARCH TOGETHER TO CELEBRATE THE LGBTQIA+ COMMUNITIES, ACHIEVEMENTS AND LEGAL RIGHTS.**

**ON FRIDAY, YOU CAN JOIN THE CREATIVE GROUP TO HELP WITH PREPARATIONS FOR HILLSIDE JOINING THE PRIDE PARADE. THIS INCLUDES MAKING A BANNER, T-SHIRTS AND POM-POMS!**

**IF YOU'D LIKE TO JOIN IN, JUST SPEAK TO A MEMBER OF STAFF.**

**POSTER CREATED BY JAY HINDS**

# VOLUNTEERS WEEK

## Our Members Stories

Here's what our members have to say....



# VOLUNTEERING

When I was introduced to Hillside Clubhouse about a month ago now, I was struggling with my self belief and confidence. However, volunteering here has allowed me to develop my skills and gain the confidence I need to go back to work. Volunteering is both rewarding and fulfilling for me. I enjoy being able to contribute, share ideas and give back to the community through the work that I conduct here.

Hillside member

Coming to Hillside has helped me immensely with my struggles. It's like a warm little hub where you feel welcomed and not judged. Helping you develop your skills and feel like you are part of society, and feel valued which has helped with my wellbeing.

Sarah

Gaining some confidence by doing things you don't think you could do. It gives me a bit of structure to my days and some purpose.

Hillside member

It helps to build confidence, feeling of inclusion, structure and achievement. I have learnt new skills such as IT and Canva.

Hillside member



# The Stuart Low Trust

Bringing people together for better health and wellbeing



## Men's Club (F2F)

### Thursdays

Keep Fit and coffee social for the 50+.

## Choir (F2F)

### Thursdays

Choir returns weekly, with Cici! Sing together and have fun!

## Let's Dance (F2F)

### Saturday 3rd June

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

## Gentle Exercise (Zoom)

### Tuesdays

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

## Art workshop (F2F)

### Tuesday 6th & 20th June

Join our friendly community art workshops. Get creative and relax with like-minded people. Explore the gallery's internationally acclaimed exhibitions and collections and be inspired to create your own artwork.

## A visit to Regent's Park (F2F)

### Wednesday 7th June

Explore the gardens around St John's Lodge and discover the roses in the Queen Mary Rose Garden.

## 'Dan Dare - Pilot of the Future' (F2F)

### Friday 9th June

An illustrated talk with Lester Hillman exploring the writers and visualisers of the 1950's 'Eagle' comic.

## Chi Kung (Zoom)

### Saturday 10th June

Gentle, rhythmic movements to soften. With Belinda

## Philosophy Forum (F2F)

### Sunday 11th & 25th June

Take part in philosophical discussions exploring topics of interest.

## Kensington Gardens (F2F)

### Wednesday 14th June

Pack a picnic, and join us as we explore these majestic gardens their summer flora and fauna.

## Aromatherapy & Self-massage (F2F)

### Saturday 17th June

Explore exercises to improve anxiety and wellbeing. With Maurizio.

## History of a neighbour - Shoreditch in the C19th & C20th (F2F)

### Friday 23rd June

An illustrated talk with community historian, Carolyn Clark.

## Mindfulness and Nature (F2F)

### Saturday 24th June

Explore the joys of reconnecting with nature through mindfulness. With Katy

## A visit to Freightliners Farm (F2F)

### Monday 26th June

Meet the animals, explore the farm's green spaces, take part in a planting workshop and learn about their community growing initiatives.

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

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

## Mary Ward Legal Centre

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

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

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

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



### Camden Community Law Centre

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

To access IPR advice services:

Call the telephone advice line on: 0207 284 6510

Employment - Option 1

Housing - Option 2

Immigration - Option 3

Welfare Benefits - Option 4

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

### Mind in Camden

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

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

Call: 020 7241 8996

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

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

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### Somer's Town Living Centre

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

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

The St Pancras and Somers Town Living Centre

Address: 2 Ossulston Street, London, NW1 1DF

Phone: 020 7380 0453

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

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





## Mental health crisis support in Islington

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

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

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

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

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

**faith.giwa-osagie**

@islingtonmind.org.uk

**lorraine.dixon**

@islingtonmind.org.uk

**viktoria.stefanopoulou**

@islingtonmind.org.uk

The Crisis Café runs on weekend afternoon and weekday evenings.

Please see our website for our drop-in schedule.

### For more information:

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

**islingtonmind.org.uk**

Registered charity no. 294535



## Food Support in Islington

### Monday

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

### Tuesday

St Luke's Food Hub 1:30-3:30pm  
for EC1 residents, by appointment  
0207549 8181 / info@slpt.org.uk / EC1V 8AJ  
  
Brickworks Community Centre Drop-in for food parcels 12pm-3pm. 42 Crouch Hill N4 4BY  
colin.adams@hanleycrouch.org.uk / 0207 263 1067  
On other days, can provide emergency food bags (subject to availability)  
  
Elizabeth House  
Pop-up food store, £3  
For residents in: N4 2, N4 3, N5 1, N5 2, N7 7  
Register: 02076901300  
info@elizabeth-house.org.uk

### Wednesday

FoodCycle Islington  
Free hot meal, 1pm  
New River Baptist Church,  
N1 2TL. No need to book!  
  
Manor Gardens Centre  
9 Manor Gardens, N7 6LA  
10:45am-12pm  
Food co-op. Take what you need for £3  
  
The Hive Foodbank  
6.30-8.30pm  
020 7916 2710  
hivefoodbank@gmail.com  
  
Margins Project, Union Chapel  
Drop-in session  
11:00am-1:00pm  
  
The Ringcross Community Foodbank  
12pm to 4pm  
  
Mildmay Centre N16 8NA  
Winter Warmer meal  
Food served 12:30-1:30pm

### Thursday

Copenhagen Street Foodbank  
N1 0SR  
Weekly foodbank  
1pm-3:30pm. Fresh food and non-perishable items.  
02078378378  
copenhagenstreetfoodbank@gmail.com  
  
Mildmay Community Centre  
Woodville road N16 8NA  
Community Cook-up  
Free shared meal (donations welcome)  
Cooking activity: 9.30am - 12.30pm  
Food served: 12.30pm - 1.30pm  
  
Hillside Clubhouse  
30 North Road, N7 9GJ  
Hearty Thursdays  
12:30 - 3pm  
Giving out free meals, hand-cooked by their members for the community.  
Halal, Kosher & vegetarian options

### Friday

Mildmay Community Centre  
N16 8NA  
Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: mildmaycp@gmail.com  
020 7249 8286  
If you don't have access to a phone or email, feel free to go to the centre Fridays 11.30am - 1.30pm  
  
St Mary's Church & The Hive Foodbank  
3.30-6pm. N19 3AD  
Cook Together Drop-In  
Learn to make cheap, easy & tasty meals. All ingredients provided  
  
The Ringcross Community Foodbank  
12pm to 4pm  
  
Andover Surplus Food project  
Andover Community Centre, N7 7RY. 1:30pm  
Residents of Finsbury Park Ward. Free - choose 5 items  
020 7272 3493  
andoverccc@islington.gov.uk

### Weekends

Choices CIC - African Caribbean Cultural Food Co-op  
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods  
First Saturday of every month at 2pm  
Caxton House N19 3RQ  
If you are on low or no income, please contact us about joining:  
info@choiceslondoncic.com  
  
FoodCycle Finsbury Park  
Free 3 course vegetarian meal  
Saturdays 1pm onwards  
Community Hub, Corker Walk, N7 7RY  
No need to book!





## Other services:

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

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

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

## Healthy Start Vouchers

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

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

HEALTHY  
START



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

## Join or start a food co-op!

Food co-ops are groups of neighbours who buy food together to save money and support each others' needs. By joining or starting a food co-op, you could save up to 40% on your weekly groceries. To find out more and for guides and resources on how to start a co-op, visit: <https://cooperation.town/>

Find your nearest food co-op by contacting co-operation town here:  
<https://cooperation.town/contact/>



Please note, this is not a fully comprehensive list of all food support available in Islington. For more information, please visit [www.islingtonfoodpartnership.org.uk](http://www.islingtonfoodpartnership.org.uk)

# ISLINGTON SUPPORT SERVICES

## Citizens Advice Islington

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

- Welfare benefits, 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)



### Islington Peoples Rights

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

To access IPR advice services:

Call the telephone advice line on: 0207 561 3685

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

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

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

### Income Maximisation (iMAX), Islington Council

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

Telephone: 0800 731 8081 or 020 7527 8600

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

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

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

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

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

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

Wedmore Street, Islington, N19 4RU

Tel: 0203 301 9863

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





# DO YOU NEED HELP GETTING TO PLACES?

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

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

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

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

**For more information:**

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

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

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

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

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

**To refer yourself to the service:**

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

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

<https://tinyurl.com/peerbud>

# WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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



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

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

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

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

Tel: 07738 236 041

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

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



# MINDFUL COLOURING

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

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

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

Seven good reasons why colouring is good for you:

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

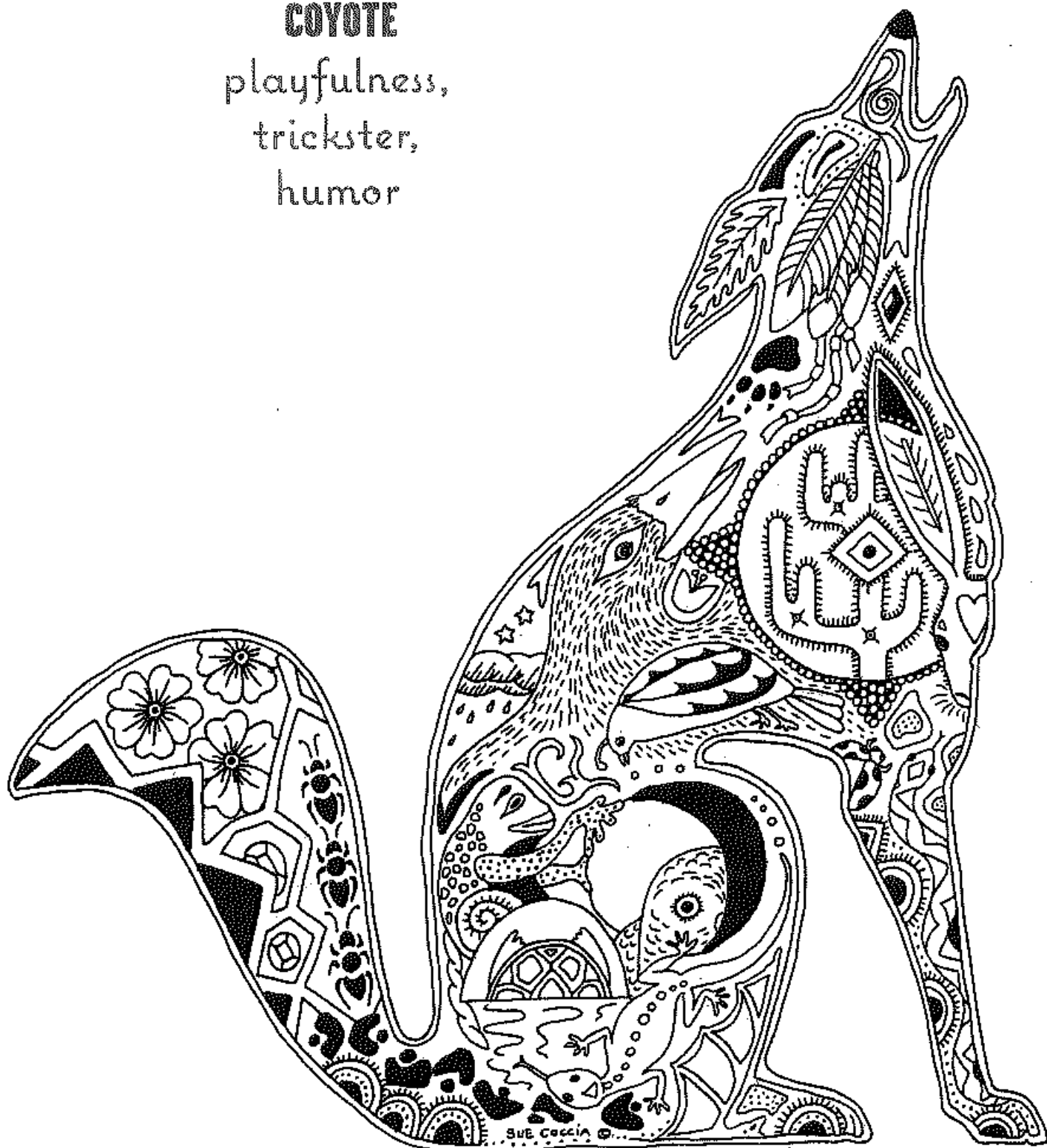
Have a go at the picture opposite and be expressive with your colours.

---



**COYOTE**

playfulness,  
trickster,  
humor



# A BIT ABOUT NORTHERN SOUL

Northern Soul is influenced by Motown and Soul from America, which began to be played in clubs and dancehalls in the north of England and the midlands around the late 60s and early 70s. Some of the first venues where it began to be played were 'Twisted Wheel' in Manchester and the Wigan Casino. They also used to have all-nighters in the 'Blackpool Mecca'.

Originally, it was DJs playing old Motown records such as Marvin Gaye, Stevie Wonder and the Supremes. As it became more popular, DJs also sought out very rare records that were never released in the UK, some of which have sold for over £10,000. One example of this is Darrell Banks' 'Open the Door to your Heart', which sold for £14,543.

Northern Soul also had a big influence on the 'Mods', who would listen to lots of soulful music. They used to drive Italian scooters such as Lambrettas and would dress in very fancy and stylish clothes. They could often be identified by their haircuts (short back and sides) and fashionable suits.

Northern soul had heavy influences on the Jam, The Murton Parkers, The Lambrettas, Nine Below Zero.



Below is a list of songs and artists you have to check out to really understand Northern Soul:

- Marvin Gaye – Heard it through the Grape Vine
- Martha and the Vandellas - Dancing in the Street
- Marvin Gaye – Ain't no Mountain High Enough
- The Supremes – Baby Love
- Smokey Robinson – Tears of a Clown



- |                 |                                       |
|-----------------|---------------------------------------|
| • Stevie Wonder | • Gloria Jones ~ Tainted Love         |
| • Marvin Gaye   | • Edwin Starr ~ Ghost in my house     |
| • The Spupremes | • Love train ~ The O'jays             |
| • Jackie Wison  | • Daryl Banks ~ Open the door to your |
| • Diania Ross   | heart                                 |

# ENJOYING THE FUTURE

Colin walked down the road in a city. He had his mind on buying a sample of GOLD, because he saw a bar of it on his home screen and liked the colour.

Colin didn't know that, in the city he was walking in, gold manifestations were used as a cleaning substance and not in historical banks.



He came across the spelling of the word gold, halfway across the centre of the main middle street . He looked below the word and saw a pink door. Colin walked through the door, and behold, in reality was an actual gold bar.



Colin picked it up with no problem, and this surprised him, but also elated his feelings into thinking of feeling wealthy. There was a notice, easily viewed, by the bar, which read in Yiddish “You are holding Gold in 100% carat.”



Colin didn't bat an eyelid because he had read in the bible about the gold refining process, which is a natural manifestation of the story in the bible, about God's liquid gold.



# THE POSTAL MUSEUM

Back in March, I visited the Postal Museum in London EC1 with a group of members from the Hillside Clubhouse. The main event of the museum was to take a ride on the 'Mail Rail'.

We were greeted by Emily and Ria, who were to be our hosts, and were taken to where to get the train. It was busy, and we had to wait for two lots of the ride to go before we could take our turn. Luckily, we had the train to ourselves!



The train ride lasted for about 15 minutes, and it went through a figure of eight, where we came back to where we started. That seemed quite surprising, as it seemed we would end up somewhere else!

The 'Mail Rail' would have originally taken post under London to be distributed to various sorting offices. We were told the story of the history of the 'Mail Rail' as we travelled through. Now and again stopping to see video pictures of the history.



As London was becoming overcrowded with congested streets and the fog, the mail was being severely delayed. So, in 1909, they started thinking about how this problem could be solved. A few schemes were trialled, but these were not taken up until, in 1913, when a Bill was passed as an Act, called the Post Office (London) Bill. This would enable a way to transport important documents.



**A congested victorian street.**

Six and a half miles of tunnels were to be constructed at an average of 70 feet below ground. It would connect the West and East ends of London, with 8 stations situated at Paddington District Office; Western Parcels Office; Western District Office; Western Central District Office; Mount Pleasant; King Edward Building; Liverpool Street Railway Station and Eastern District Office.

Construction began in 1914 and the tunnelling work was completed in 1917. This was during the Great War of WW1, and the Treasury would not allow the Post Office to order or install the operating equipment during wartime. But the National Portrait Gallery and the Tate Gallery were allowed permission to store and protect their art treasures there. The high price of materials after the war meant that work on the railway did not resume until 1923.

It opened on the 5th December 1927, with parcels traffic initially only running between Mount Pleasant and Paddington, then expanding from Mount Pleasant to Liverpool Street between 19th and 24th December for Christmas parcels, followed by full parcels service from 28th December 1927. Liverpool Street to the Eastern District Office opened for parcels on the 2nd January 1928 and letter traffic began on 13th February, with the opening of the West Central District Office Station, followed by Western District Office on 12th March.



The trains run in a single tunnel, 9ft. in diameter, with a double 2ft. Gauge track. As the station approaches, the main tunnel divides into two tunnels, each with a single track. The trains are much smaller than London's passenger underground, but the stations look similar, with grand circular walls and the familiar sound of approaching trains.

The original rolling stock of 90 trains had to be replaced within three years because of excessive wear being caused on the track. New trains were introduced in 1930, with each 27-foot long single-car being able to carry four mail bag containers. Every container had an average 15 bags of letters or 6 bags of parcels. The 'Mail Rail' was even bombed during the second world war, but it still managed to continue anyway. Replacement trains were trialled in the 1960's and a new fleet introduced in 1980.



The stations at Western Parcels Office and Western District Office closed in 1965. They were replaced by a station at the new Western District Office in Rathbone Place, opened on a new deviated section of track on 3rd August 1965. To mark its 60th Anniversary in 1987 the Post Office Underground Railway changed its name to 'Mail Rail', and some of the trains were rebuilt with streamlined casings. Another recent modification to the train control equipment meant that trains could be diverted, so that hold ups caused by the occasional breakdown became a thing of the past.

In 1993 a new centralised computer controlled system was introduced, enabling the entire railway to be controlled from a single point instead of through separate control rooms at each station. By the late 1990's trains were only stopping at Paddington, the Western Delivery Office, Mount Pleasant, and the East District Office.

More than 6 million bags of mail were carried below ground each year. That is 4 million letters every day. The Network even had its own underground workshop beneath Mount Pleasant. Through declining use and closure of the above ground offices, the system eventually became un-economical to run. In 2003, the system was suspended and remains closed to this day. Hence the idea of opening up as a museum attraction. Special carriages were built to accommodate the museum visitors for the historic train ride!

Then we were introduced to Vida, who told us about the history of 'The Post', starting with Henry VIII, who in 1516, named a 'Master of the Posts', but he used the service for his own means only!

In 1635 letters were carried between 'posts' by mounted post boys and delivered to the local postmaster, who would take out his area letters and hand the rest to another post boy, to carry them to the next post. This system remained unchanged for almost 150 years.

In 1782, a guy called John Palmer sold his business and had the idea of delivering the post by horse drawn coach. He came to London and got his idea approved by William Tell, the Chancellor of the Exchequer.



The mail coaches would be pulled by four horses. A trial mail coach journey was made on the 2nd August 1784 at 4pm, paid for by John Palmer himself. This was from Bristol to London, which was reached at 8 am the next day, taking 16 hours instead of the usual 38 hours. Needless to say, this was a success.

In the spring of 1785, other mail coach routes started from London, serving Norwich, Liverpool and Leeds. By the end of the year, there were services to Dover, Portsmouth, Poole, Exeter, Gloucester, Worcester, Holyhead and Carlisle and, by 1786, the service had reached Edinburgh. The same year, John Palmer was made Surveyor Comptroller General of the Post Office.

The Mail Coach, horses and the driver were all provided by contractors. The first mail coaches were poorly built, but an improved one designed by John Besant was adopted by the Post Office in 1787. Besant, later in partnership with John Vidler of Millbank, enjoyed the monopoly of supplying the coaches.

Every morning, when the coaches reached London, they were taken to a constructor's works to be cleaned and oiled. In the afternoon they were returned to the coaching inns, where horses were hitched up for journeys to all parts of the country. Outside London, coaches also made journeys between the main Post Towns.



Coach speeds were 7-8 mph in Summer, and about 5 mph in Winter. But improvements to the roads increased this to 10 mph by the time Queen Victoria came to the throne. The horses were changed over every 10-15 miles along each journey at designated sites.



The only Post Office employee aboard the 'Mail Coach' was the guard. Wearing an official uniform of a black hat with a gold band and a scarlet coat with blue lapels and gold braid. He was armed with two pistols and a blunderbuss (a type of weapon), because of hold-ups, which were rife at the time. He also had a timepiece, regulated in London, to keep pace with the differences in local time, and recorded the coach's arrival and departure times at each stage of the journey.

The guard sounded a horn to warn other road users to keep out of the way and to signal to tell keepers to let the coach through. The service also took up to four passengers, this allowed extra income to be brought in, and later on five passengers could use the service, the fifth passenger sitting next to the driver at the front of the coach. But no one was allowed to sit next to the mail coach guard at the rear of the coach.



The mail coach was faster than the stage-coach, but whereas the stage-coach stopped for meals, where convenient for its passengers, the mail coach stopped only where necessary for postal business. The journey could get quite rough in places and the passengers had to get out and walk if the coach was going up a steep hill in order to save straining the horses.

The development of the railways led to the end of the Mail Coaches. From 11th November 1830, there was a train line between Liverpool and Manchester, with other rail lines developed shortly after. By the early 1840's, many London-based mail coaches were being withdrawn from services.

The last regular London based coach service was from London to Norwich, via Newmarket, which ended on the 6th January 1846. Other provincial towns lasted until the 1850's. Many mail coach guards found continuing Post Office employment as mail guards on the trains.

We saw an exhibit of mail coach No.105, which was mainly made of wood, and all original, but was very heavily 'over-painted', except for the 4 wheels which had recently been replaced. The wheels are made of wood also but covered round with iron for the tyres.

We also saw a red BSA 250cc motorcycle from the 1930's, which was used by the 'Telegram Post Boys'. They were employed as young as 17 years old, and were expected to travel at 15 miles per hour. The 250cc motorcycles were replaced by the BSA 125cc Bantams.

The telegram service started in 1844 and between 1915 and 1921 physical exercise was introduced, as the telegram boys were taught in a regimental fashion and were expected to be extremely smart in the same way as a soldier. (This was when the first world war was taking place).

In 1840 the first postage stamp was issued, this was the 'Penny Black', this was issued with the 'Two Pence Blue'. The printing process for the early Victorian stamps was 'Line Engraved'.

We saw a small block of each of the Penny Black and Two Pence Blue of these unused stamps, and also a small block of the 1841 'Penny Red' stamps, which replaced the 'Penny Black'. These first stamps were imperforated, and the postmaster had to cut each stamp from the sheet.



The 'Penny Black' was replaced by the 'Penny Red' after only a year, as the majority of cancellations were also in black so it was hard to see if the stamps had been cancelled. And this meant that some people would try to use the cancelled stamps again.

Also on show was a complete sheet of the King Edward VII, 2d Tyrian Plum stamps, which was produced in 1910, this being one of the few sheets made, but the stamps were not issued for use to the public, as His Majesty King Edward VII died at this time, and there was still a stock of the old 2d to be used up.



We also were told about Pillar Boxes. Invented by Anthony Trollope, in 1856 they were first trialled in Guernsey and Jersey and they were in the colour Green. In 1859 the Pillar Boxes were introduced in England, these were first produced in the Green colour and later changed to the Pillar Box Red as we know today.

On the front of the boxes, the Royal Cypher is inscribed. Starting with Queen Victoria, who reigned from 1837-1901, then you have Edward VII from 1901-1910, George V from 1911-1935, Edward VIII 1936, George VI from 1937-1952, and Queen Elizabeth II from 1953-2022.



As Edward VIII only reigned for 314 days, there are only about 200 Pillar Boxes with his Royal Cypher on, but we did see an original one in the museum!

From here we were taken to a room that was reserved for our group, where we had our sandwiches (packed lunch), and were supplied with tea, coffee and biscuits. Unfortunately we were running late, so didn't get to do the last part of the event. They said they could hopefully arrange this for another time.

We all enjoyed this trip, with a nice and relaxed atmosphere!

I went back to use the 'Post & Go' machines'. These produce strips of stamps, from a machine where you pay by using a debit card. There were two machines, one in the 'Mail Rail' part of the building, and one in the museum part, issuing different stamp strips as shown.



# CONTRIBUTE TO THE GAZETTE

Would you like to contribute to the Gazette by writing an article of your choice?

It can be anything from recipes, information, to poems or stories. Anything that takes your interest!

Do your article on Word and save to the (U:) drive under Gazette.

Contact your support worker or Clubhouse staff for more information or support to get started. We look forward to seeing your articles getting published!

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

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# MY FAVOURITE SONG LYRICS EVER

“Oh ‘n their lives again  
Oh ‘n their lives will pull us  
Oh ‘n their lives again  
Oh ‘n their lives will pull us”

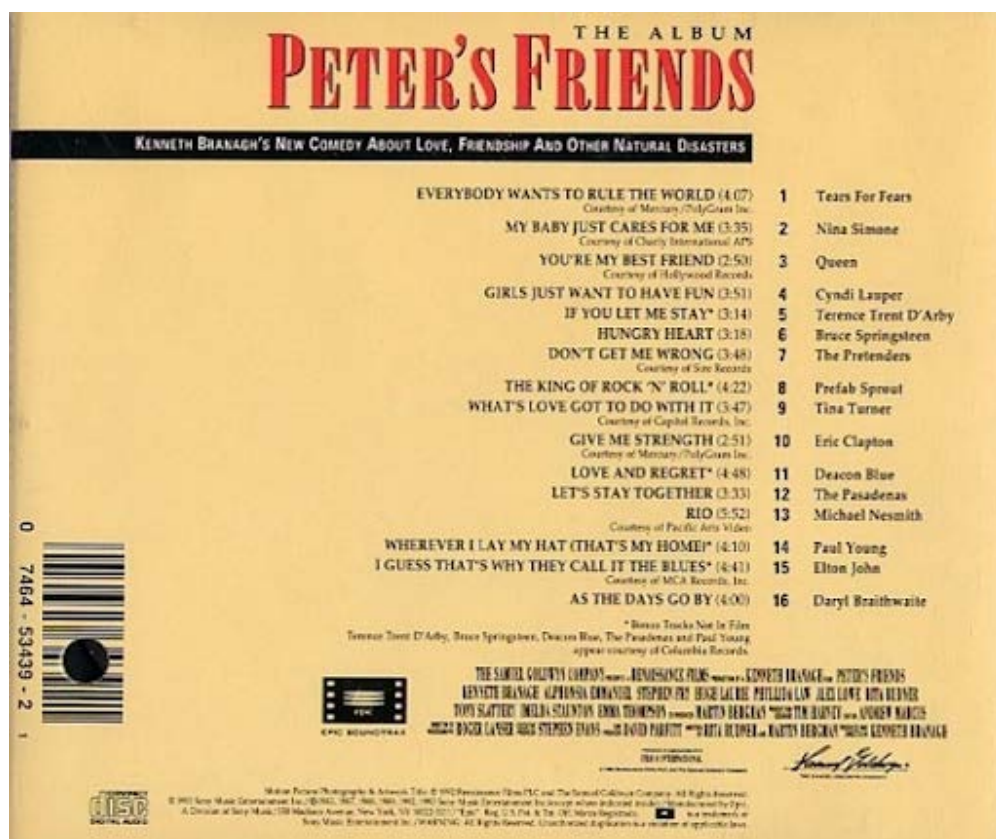
These were the first lyrics I ever truly related to in a song. Genuinely.



I was 9 years old. My mum's music tastes were that of a dilettante: she liked a lot of popular genres but only really dabbled in each. I remember Depeche Mode's "Violator" being a regular fixture in car journeys after my dad died, so journeys down the A3 will always remind me of

dystopian early-nineties synth-pop. But she was rarely stuck on one cassette for long, and days out could be sound-tracked by anything from Madonna, Annie Lennox, Janet Jackson, Motown compilations and the Peter's Friends soundtrack.

Dance music compilations cropped up every now and then - my mum wasn't an avid clubber as far as I knew, but she enjoyed a beat. As early as 1990 I can remember our dreary Hereford military accommodation being filled with the intimate posturing of "I'm Too Sexy" by Right Said Fred and the seasonal ambition of "Sunshine On A Rainy Day" by Zoë. This is how I learnt about pop music. It's 4 minutes long. It has a plot (kinda). I quickly deduced that the chorus is the most important part - why would they repeat it so many times if it wasn't? I'm autistic (though I didn't know this at the time), so learning things through repetition is one of my top 6 methods of education.



Then CDs became a thing. My mum didn't have a CD player in the car, so CDs felt like they were for deep listening at home, whilst cassettes felt like they were casual background fodder on the way to Nan's house. You can talk over the Peter's Friends soundtrack on the way to nan's house, but you can't talk over Dance Zone Level 4 in my bedroom.

So “Best Friend” by Queen is the sound of us passing Queen Elizabeth Country Park as I make some typically asinine comment to my mum about the layout of the telegraph poles. Whereas “Don’t Give Me Your Life” by Alex Party is the sound of me at home flicking through the sleeve notes of the album to try and figure out if Party really was Alex’s surname (it wasn’t).



One specific song on Dance Zone Level 4 broke all the rules I’d learned about music. Track number three on Disc 1 was called “Push The Feeling On” by Nightcrawlers. It was 6 and a half minutes long, which, given that most other songs on the CD had less than 4 minutes to strut their stuff, made me think it must have something important to say. I remember playing it for the first time, hearing the 16 beats at the beginning of the track, each accompanied by a light cymbal that gave the song a little shove in the right direction without drawing too much attention to itself. Already we were off to a good start.



Then the main melody came in, in the form of what Music & Media magazine called the “canned vibraphone” sound: that gorgeous bumpy electronic organ that only seems to exist in dance music. It managed to be simultaneously upbeat and moody - a combination that Depeche Mode had thankfully prepared me for years earlier. The melody was sumptuous to my ears and I made a mental note to enjoy it while it lasted, as pop songs tended to change gears quite regularly.



And then the vocals, from Nightcrawlers' singer John Reid, came in:

“Oh ‘n their lives again, Oh ‘n their lives will pull us.”

And that was it. The only lyrics the song has, repeated over and over, on and off for over 6 minutes. Had it been any other member of my family listening, we would have had to discuss how this gibberish was allowed to pass for lyricism. For me though, it hit differently. I liked not quite being able to understand what was being said. It's the first time I can remember a sense of uncertainty sounding so satisfying.

Suddenly I was under no pressure to follow the exact meaning of what was being said. Just the feel of the vocals was enough. I remember teachers at school scolding me for not being able to keep up with linear narratives - my report cards all consistently featured the word “daydreaming” - so this felt like an antidote.

The lyrics above are what Google suggests Reid was singing - apparently the actual lyrics are slightly different, but it doesn't really matter with this song. At the time all I could pick out was “The Nightcrawlers would” as the second line. I had no idea what “The Nightcrawlers would” meant, but it seemed like good branding. Other artists have tried to translate the subtext of “Push The Feeling On” over the years. In 2010, Pitbull used Nightcrawlers' secondary melody to urge the ladies in the club to “Forget about your boyfriends/and meet me at the hotel room.” In 2021, Riton changed the lyrics to “It's Friday again/Then Saturday, Sunday, what?” in honour of the structure of the working week. Most recently, television has concluded that the real meaning of the song is to celebrate selling your car on [webuyanycar.com](http://webuyanycar.com). But despite all this, the original lyrical refrain from Nightcrawlers is the one I relate to the most. It's like a lyrical Rorschach test - no two people are guaranteed to hear the same thing.

Most important, however, was the song structure. These lyrics didn't lead to a chorus but neither did they really function as a verse. But they're all the song has. There are two other melodies besides the main melody, as well a slightly off-key percussive bridge, and the song alternates between all these elements as it goes. It's as if Reid was just given the signal to jump in when he was needed, and all he had was his statement about how “The Nightcrawlers would”.

Although the outer case of Dance Zone Volume 4 didn't specify as such, looking through the liner notes showed me that very little of this song was part of Nightcrawlers' original artistic vision. This version of "Push The Feeling On" was a remix titled "The Dub Of Doom" by a producer named Mark Kinchen.



At the time, I had no idea what a dub was. Years later I learnt about the origins of dub reggae music, in which the producers willfully removed and reintroduced elements of existing songs to create something brand new, but back then the only reggae I'd heard was UB40 and that one Peter Andre song (I was told twice in my life that it was unacceptable to dislike that song. I disagree). I had no context for what had been done to the song. All I knew is that I wanted more of it.



I was diagnosed with autism in 2019 at the age of 32. I'm not great at hearing lyrics and I don't really like key changes much. If a song has a good part to it, I want to hear as much of that good part as possible. If a song has several good parts to it, I want them all to get a fair shake. "Push The Feeling On" has six great elements to it and knows exactly how to alternate between them for long enough without them getting boring. It doesn't resort to big flourishes like key changes, drum fills, drops etc. to spice it up. Instead, it just keeps finding new ways to present the few elements that it has, then fades out just as it sounds like it's on the brink of running out of ideas. And if I miss part of the lyrical story, it doesn't matter: I can catch up any time.

When I've heard people criticise dance music, they often talk about how it seems to be specifically geared towards nightclubs and doesn't really work in the home. 9 year old me didn't have much interest in dancing back in 1995, and I wasn't looking to be snuck into a busy, smoky club any time soon. But I needed to have my musical horizons broadened somehow, and whilst the weekly car trips to nan's were inflicting Bruce Springsteen's "Hungry Heart" and other emotionally over cranked 4 minute salvos upon my ears, who would teach me that's there's more to music than traditional structures and lyrics you have to follow from start to finish?

The Nightcrawlers would.

# SLADY'S VIDEO AND SINGLE RELEASE LAUNCH PARTY

I first met Slady in 2019 when I went to see them play at The Water Rats in Kings Cross, where they were supporting Vice Squad. It was only their second gig. The headline band was Vice Squad and Nuffin were second on. Both were excellent on the night and Beki Bondage was amazing too.



A photo of me with the band. Slady are the world's only all female Slade tribute band.

As a big Slade fan myself, Gobby (the lead singer) had told me she hoped that they would live up to my expectations. They have come on in abundance since that gig, especially when I saw them at 'Live in the Park' last year, where they played in front of a lot of people, partly thanks to it being free.



Me with the Band Nuffin in front of the advert for their show.

Since then, I have gotten to know the girls very well and was invited to take part in the video shoot of their first single at the Wenlock Arms on the 17th October 2022. I was later asked to DJ for the launch party on 9th December.



A still from the video with me in the centre.

The video shoot was from about 2pm to 8:30pm and lots of videos and photos were taken, despite the final video only being a few minutes long. I thoroughly enjoyed it. There were a few takes on the video, but I guess we had to get it right. The video was released on December 1st.



A photo of me and Gobby, the lead singer of the band.



The launch of the video took place in early December (it is a christmas song after all) and Slady were on the money. My brother who was also with me enjoyed them too.

At the 2022 gig, the songs I played at the launch were Ballroom Blitz and Blockbuster by The Sweet, Can the Can by Suzi Quatro, Get it on and Metal Guru by Marc Bolan and T-Rex, Tiger Feet by Mud, Do The Strand and Virginia Plain by Roxy Music, This Town Ain't Big Enough for Both of Us by Sparks, Tell Him and Games up by Hello, Angel Face by the Glitter Band, Schools Out by Alice Cooper, Sugar Baby Love by The Rubettes and Bye Bye Baby by The Bay City Rollers.



Me on the decks at the launch party.

My favourite tracks I played were Ballroom Blitz and Metal Guru. My favourite Slady track was Know Who You Are. The crowd loved all the Slady set and they did two encores which were well received.

The video shoot was very good. I had a lot of fun on the day and there were plenty of takes and it was great being asked to DJ at the party on the 9th December too. I really enjoyed meeting the band, and I will definitely see them again in the near future.

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**ANDREW 'RIFF' SOCRATOUS**

# 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...

Upon being discharged from the hospital, Clifford was taken on strength (moved to re-enforce another unit) with the 1st C.O.R.D. (Central Ontario Regiment Depot), on posting from the 15th Battalion West Sandling. However, he didn't stay there long, and on 11th August 1917, he was S.O.S. (Struck off Strength) and transferred to permanent Cadre with the 1st C.C.D. (Canadian Command Depot) at East Sandling, meaning he was in charge of training new troops.

It's likely that it was here where Clifford met a man called Thomas Campbell, who was also taken on strength to the 1st C.C.D on the 11th August 1917. Thomas would go on to play a very important role in Clifford's life.



The interior of one of the Canadian huts at West Sandling Camp.

From here, he moved about between divisions before he ceased to be employed on permanent Cadre on 30th October 1917. He spent the majority of the next six months in West Sandling near Dover, eventually settling in the 12th Reserve Battalion on the 15th February 1918.

**KEVIN PEARCE**

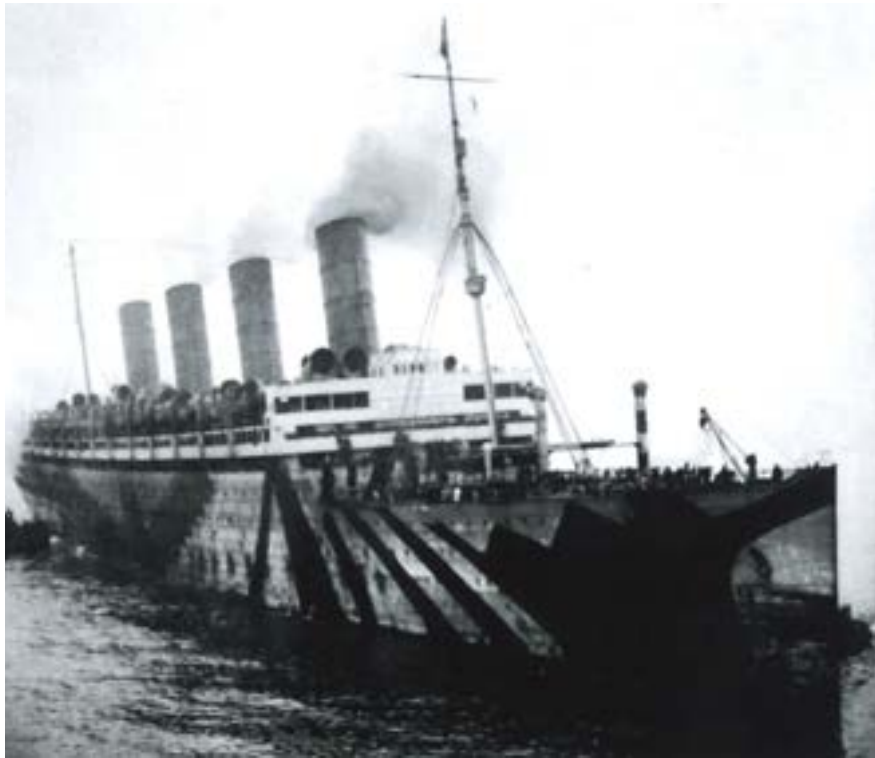
On March 9th of that year, the 12th were moved to Witley in Surrey and Clifford was briefly appointed acting Sergeant, before reverting back to Corporal on the 8th April. He had clearly impressed during the time as acting Sergeant, as on the 22nd of July he was once again called on to take on the role, and was officially promoted to Sergeant on August 1st, 1918.



A photo of  
Clifford in his  
Sergeant's  
uniform.

By this point, however, the war was coming to a close and it was apparent the allies would win, so Clifford would thankfully not have to experience action on the front again. After 4 long years of war, Clifford would finally be allowed to travel back to his home in Canada when peace was declared on 11th November 1918.





A photo of the Aquitania in it's Dazzle Paint. The 'Dazzle' camouflage was designed to confuse the German U-Boats making it difficult to identify a ship and estimate its speed, range and course.

On the 18th January 1919, he boarded the HMS Aquitania bound for Canada, alongside the 12th Reserve Battalion, arriving at Halifax Nova Scotia on 25th January 1919. The 12th were demobilised at Toronto No. 2 District Depot on February 19th 1919 and Clifford was awarded the 1914-1915 Star, the British War Medal and a Victory Medal.



A photo of the Aquitania docked in Halifax, Nova Scotia, where Clifford would Disembark.



Here on Clifford's belt, you can also see the Class A Soldier Badge No. 86207, as well as a gold Ingot engraved with Eaton's Coat of Arms and inscribed for services 'In The Great War' 1914-1918 on the back. This was awarded to all the soldiers who worked for Eaton's department store and who had survived the great war.



In this photograph, the 3 vertical stripes on Clifford's cuff indicate that he was seriously wounded at least 3 times! Thomas Campbell (Corporal) is also pictured here with Clifford Pearce. He served with the 92nd Battalion, who travelled as reinforcements for the 48th Highlanders, embarked on the 20th May 1916 on the Empress of Britain, disembarking on the 28th May in Liverpool. He originally worked at Eaton's as Mr John Craig Eaton's Chauffeur.



A photo of Clifford and Thomas arriving home from the war.

Thomas married Ethel Jewel who came from Plymouth {England}, she had travelled to Canada when she was only thirteen years old, and she had a sister called Violet who travelled over to Toronto (Canada), on the SS Grampian November 1916 to live with her and help her look after her two boys. Thomas introduced Clifford to Violet.



Clifford and Violet came back to England on the SS Megantic on 26th September 1920, and married on Christmas Day 1920 in Plymouth.

Then, Instead of going back to Canada, Clifford and Violet moved back to North London to live. They remained here for the rest of their lives. They were my Grandad and Granny.



Clifford never spoke about what he went through during the war. However, when he went for a cataract operation at Moorfields eye hospital, under anaesthetic, it brought back all that he went through. So he decided he wouldn't have his other eye operated on.



Poppy Day is still celebrated on 11th November each year, the day the First World War ended in 1918. Every year, on the 11th hour of the 11th day of the 11th month, we are silent for 2 minutes to commemorate all those who lost their lives in the First world war and to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.

Lest we forget.

# CHINESE DUMPLINGS

## INGREDIENTS

- 400g pork mince (20% fat)
- 250g prawns, peeled, deveined & chopped
- 1 tbsp ginger, peeled & grated
- 2 tbsp soy sauce
- 2 tbsp Shaoxing wine or dry sherry
- 1 tsp salt
- 1/4 tsp pepper
- 400g cabbage, finely chopped
- 4 green onions, finely chopped
- 2 tsp sesame oil
- 1 pack frozen dumpling wrappers



### Making the Filling

1. Combine ground pork, prawns, ginger, light soy sauce, shaoxing wine, salt, and white pepper in a large bowl.
2. Stir with a spatula until the ingredients are well combined and form a sticky paste. Thorough mixing is essential here, so your dumpling filling will stay together when you wrap dumplings.
3. Cover with a plastic wrapper and allow to marinate in fridge until you're ready to wrap the dumplings.
4. Cut the cabbage into small bits and set aside.
5. Sprinkle 2 pinches of salt onto the cabbage and mix well with your hands. Allow this to sit for 10 to 15 minutes. Use a tea towel to squeeze out the extra water.
6. Just before wrapping dumplings, add the cabbage, green onion, and sesame oil into the pork mixture. Stir to mix well.

### Wrap the Dumplings

1. Scoop about 1 to 2 tbsp (depends on the size of dumpling wrapper you use) of dumpling filling and place it in the centre of the wrapper. Be careful not to overfill.
2. Dip your finger into a small bowl of water and wet the outer edge of the dumpling wrapper.
3. Fold both sides into a half-moon shape and pinch the middle points together.
4. Hold the dumpling with one hand and start sealing the edges into pleats with the other hand.
5. Once you have sealed the dumpling, firmly press the pleated side with your fingers to make sure the dumpling is well sealed. If you put in too much filling and have trouble sealing the dumpling, try putting less filling in your next one.



### To Freeze or Not?

- If you plan to cook and eat the dumplings immediately, place dumplings onto a well-floured cutting board, making sure to leave space between them or they will stick together.
- Dumplings also keep really well in the freezer. If you plan to freeze the dumplings, line a baking sheet with foil and place dumplings on top, keeping them separate. Once the tray is full, place in the freezer for 2 hours, then take out and put in a Tupperware before returning to the freezer. This will keep them from sticking together and means you can easily cook them from frozen.

### Steam or Fry?

Its easy to steam or fry your dumplings, depending on which you prefer.

#### Steam

- 1.Place dumplings into a steamer lined with baking paper, making sure they are each at least a finger width apart.
- 2.Put the steamer over boiling water, making sure the water doesn't touch the dumplings when it begins to boil.
- 3.Cover the steamer and cook over high heat for 10 minutes.
- 4.Serve immediately.

#### Fry

- 1.Heat oil over a medium flame in a non-stick frying pan and fry the dumplings until the bottom is crispy and brown.
- 2.Add a half centimetre of water and cover the pan with a lid.
- 3.Cook for 7 minutes with the lid on, before removing
- 4.Cook off any remaining water and continue to fry until the dumplings become crispy.
- 5.Serve immediately.

## SODUKU

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



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

# SODUKU ANSWERS

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



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