

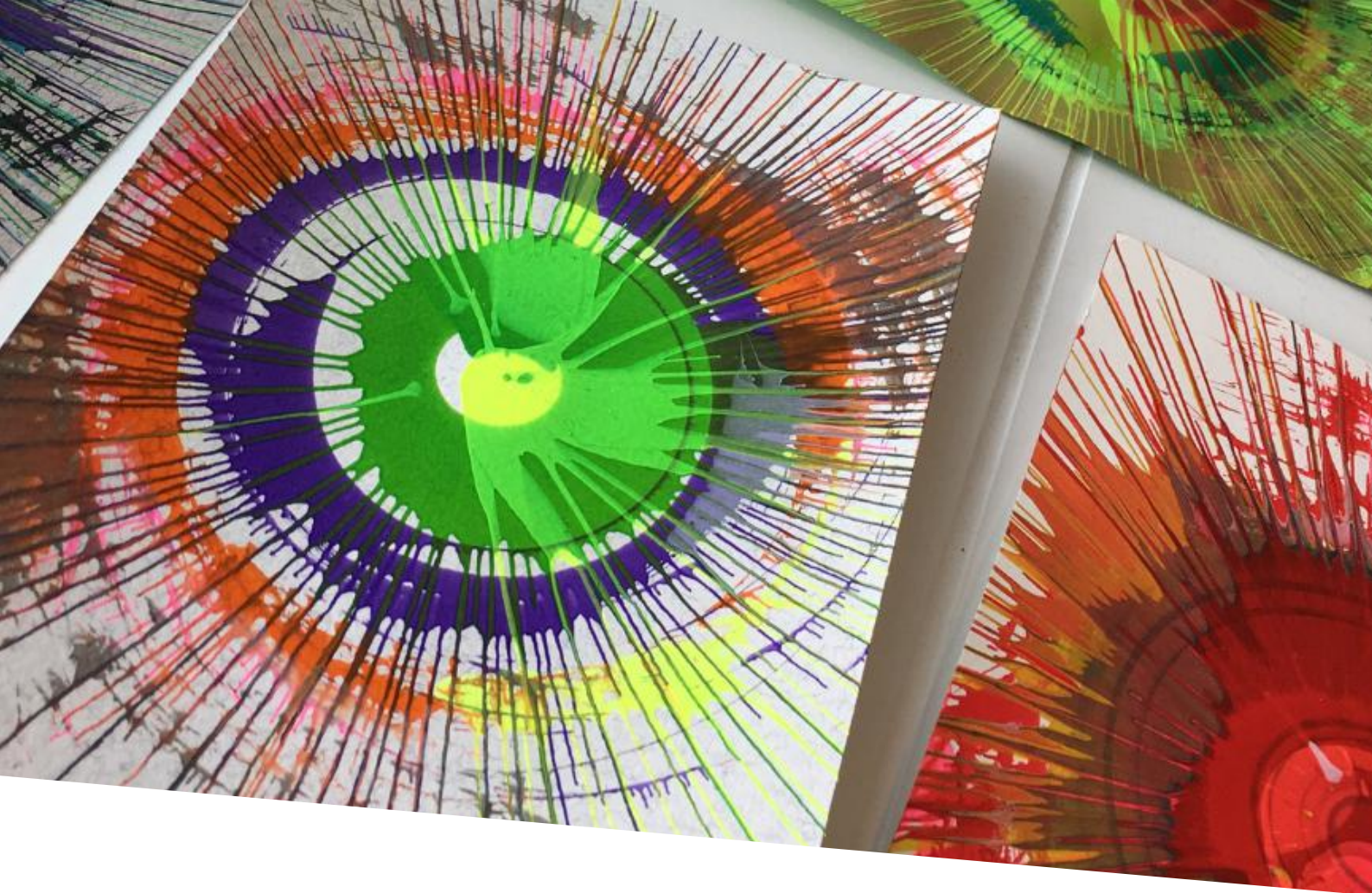
# HILLSIDE CLUBHOUSE

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**MAY 2023  
EDITION**





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**SECTIONS**

# 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.

# GO-TO EVENTS - MAY

Enjoy a slow and mindful walk through the Islington Ecology Centre, N5 1PH. Find out more at [tinyurl.com/yckbh2nw](https://tinyurl.com/yckbh2nw).

10AM

## ISLINGTON NATURE WALK

5<sup>TH</sup>

1PM

Head to the Royal Opera House, WC2E 9DD, for an afternoon of Music, Workshops and activities. Find out more at [tinyurl.com/ys7nsrwz](https://tinyurl.com/ys7nsrwz)

12<sup>TH</sup>

## LIVE AT LUNCH - OPERA

Have a rummage and see if you can salvage some treasures. Head to Abney Public Hall, N16 0AS. Find out more at [tinyurl.com/32z9m65x](https://tinyurl.com/32z9m65x)

11AM

## HACKNEY FLEA MARKET

20<sup>TH</sup>-21<sup>ST</sup>

Take a stroll through any of these amazing parks to see the cherry blossom: Colebrooke Row Park Gardens, Primrose Hill in Chalcot Crescent and Chalcot Square, Regents Park in the Avenue Gardens.

## CHERRY BLOSSOMS

Enjoy the spring bulbs and flowers. Cafe available, but you can bring your own food and drink. Entry is free. Check for opening times <https://dalstongarden.org/>

## DALSTON EASTERN CURVE GARDEN

## MUSEUM OF THE MONTH

### AUTOGRAPH GALLERY

Autograph's mission is to champion the work of artists who use photography and film to highlight questions of race, representation, human rights and social justice. Find out more: <https://autograph.org.uk/>



DAY	MORNING	AFTERNOON
<b>EVERY DAY</b>	KITCHEN & KIOSK ADMIN & RECEPTION	KITCHEN & KIOSK ADMIN & RECEPTION
<b>M</b>	WEEKLY NEWSLETTER	CREATIVE GROUP GAZETTE
<b>T</b>	SOCIAL EVENTS	WEBSITE & SOCIAL MEDIA
<b>W</b>	OPEN FOR SUPPORT SESSIONS	GARDENING GROUP
<b>T</b>	FUNDRAISING & PROMOTION	JOB SEARCH
<b>F</b>	WEBSITE & SOCIAL MEDIA	CREATIVE GROUP GAZETTE

MORNING:  
10-12:30

AFTERNOON:  
1:30-4

**Speak to your support worker about what you'd  
like to get involved with**





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

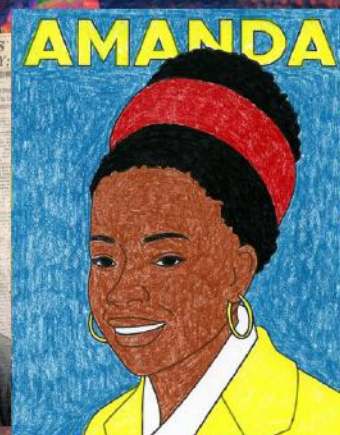
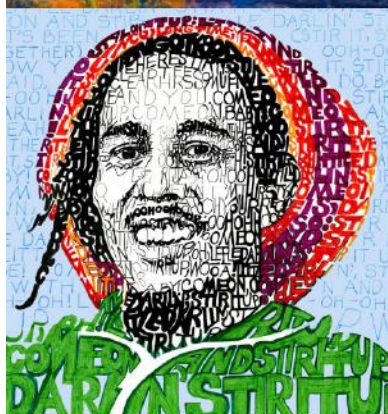


## Black History Month Portrait Workshop

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.



HILLSIDE  
CLUBHOUSE

# SKY GARDEN

Come along and enjoy spectacular views of the capital from inside London's Sky Garden!

With floor-to-ceiling windows, this leafy indoor garden offers fantastic panoramic views of the iconic London skyline from within its glass dome and also features an open terrace and restaurant!\*

11th May 2023  
1:30pm (meet and leave  
Clubhouse at 12:30pm)

Please speak with a member of staff or put your name down on the sign up sheet below :-)

\*Please be aware the Sky Garden is situated at the very top of a skyscraper building in Central London

Poster created by Jay Hinds





# The Stuart Low Trust

Bringing people together for better health and wellbeing



## Gentle Exercise (Zoom)

### Tuesdays

Brand new exercises designed to improve core strength. With Peter. *Half term 23rd & 30th May.*

## Building Confidence Through Drama (F2F)

### Tuesday 2nd May

Have fun, connect with others, build confidence and try out some acting skills in a relaxed and safe environment.

## Wellbeing Nature Walk at Kew Gardens (F2F)

### Wednesday 3rd May

Join us for a private tour around London's most famous wild botanical garden on a gentle wellbeing walk.

## Men's Club (F2F)

### Thursdays

Keep Fit and coffee social for the 50+.

## Choir (F2F)

### Thursdays

Choir returns with Cici! Sing together and have fun! *Half term 18th May.*

## Art workshops (F2F)

### Tuesday 9th & 23rd May

Get creative and relax with like-minded people in these inclusive workshops.

## Improving Mindset: Focus, Nutrition, Exercise and Health: Part 3 & 4 (F2F)

### Friday 12th & 26th May

A fun, free interactive 4 session programme for adults focusing on improving mindset. With Healthy Minds Healthy Bodies.

## Sitting Yoga (F2F)

### Saturday 13th May

Reboot, and rebalance the body, mind and spirit. With Belinda.

## Philosophy Forum (F2F)

### Sunday 14th & 28th May

Take part in philosophical discussions exploring topics of interest.

## New River Walk & St Paul's Shrubbery (F2F)

### Wednesday 17th May

Enjoy the sights of spring along the river and visit a hidden shrubbery - a site of local importance for nature conservation.

## Mindfulness & Contentment (Zoom)

### Saturday 20th May

Explore how mindfulness can help us increase our contentment and wellbeing. With Katy.

## Let's Dance (F2F)

### Saturday 27th May

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

## Charter House and Gardens (F2F)

### Wednesday 31st May

Join us for a private guided tour of Charterhouse and Gardens, a historic complex of buildings and beautiful grounds, dating back to the 14th century.

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

## 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@supt.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  
copenhagendstreetfoodbank@gmail.com

Mildmay Community Centre  
Woodville road N16 8NA  
Community Cook-up  
Free shared meal (donations welcome)  
Cooking activity: 9.30am - 12.30pm  
Food served: 12.30pm - 1.30pm

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:

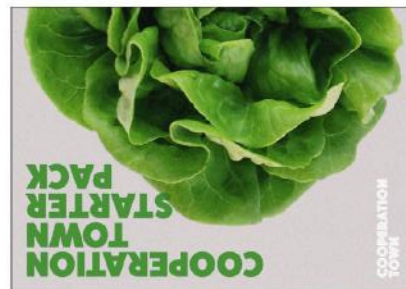
[www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/)

## 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)

# 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

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

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

**To refer yourself to the service:**

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

If you or someone you know might like to volunteer to be a peer buddy 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: [stephen@manorgardenscentre.org](mailto:stephen@manorgardenscentre.org)

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



# 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.

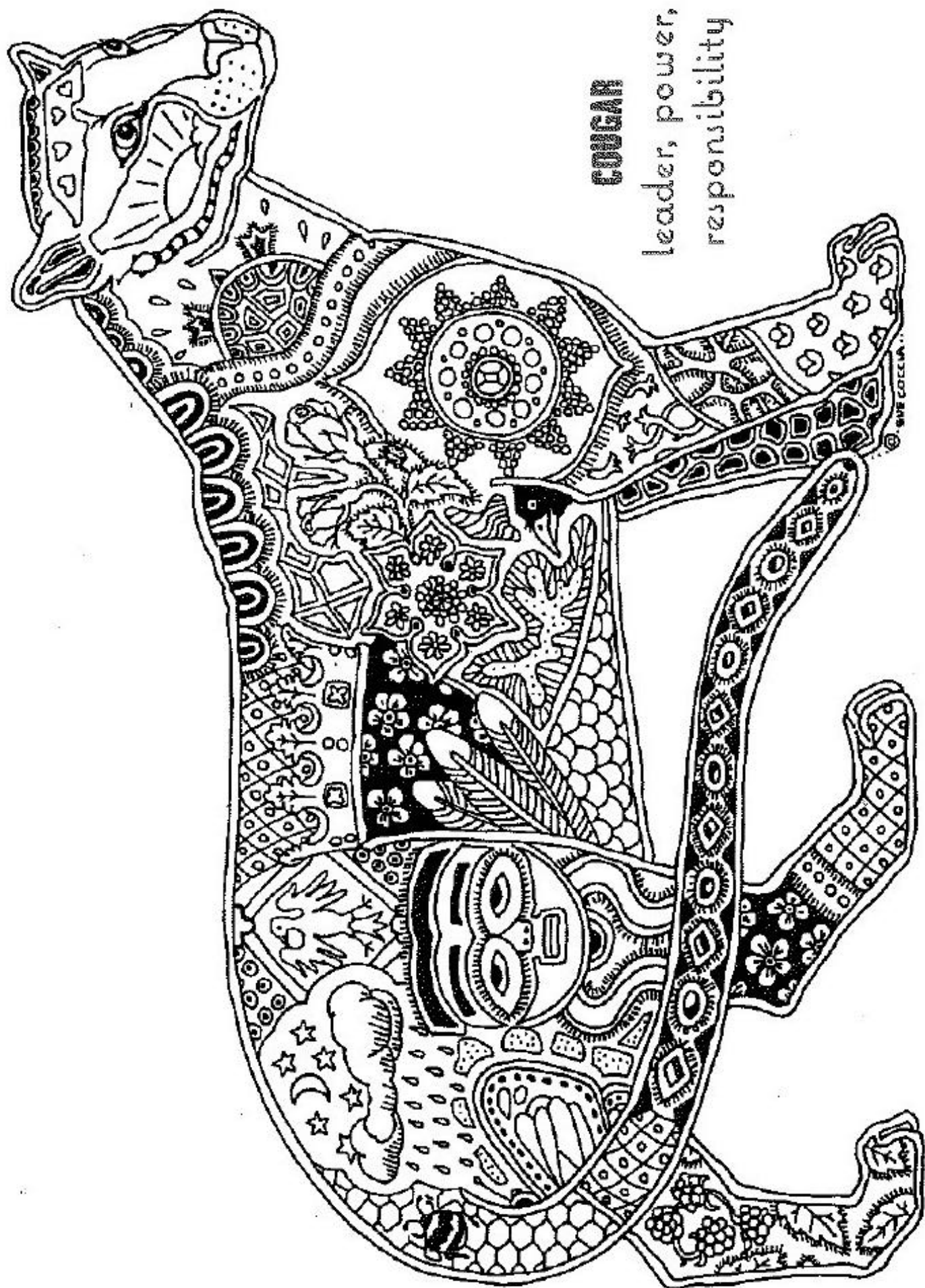
Multiple studies have shown that colouring can reduce depression - the simple act of colouring a picture can be quite beneficial. One popular way to do this is to colour and use it as a form of meditation.

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.

---



**COUGAR**

leader, power,  
responsibility

# HEALING

Healing. What is healing? Why does it exist? Do we ever heal completely? Is healing constant? I am who I am, I heal. I do not know how I heal. The process is ongoing.

We have been through circumstances that have left us traumatised - look at our lives. Ourselves, our ancestors. We live in a kingdom and anything can happen.

All we know is the world around us, after birth. Pre-birth all we know is our mother's, then we are born and we have our whole life. We discover the world around us. Through birth and our life we learn about the world around us. This is our planet, our universe, our kingdom, our world. And look at history, look at what we have been through, what our ancestors have been through.



I believe that we are formed complete in the womb, and healing is a part of being complete. How does being complete and healing relate? Being complete throughout our life, you do not lose who you are. You experience trauma, and there is a healing process. To tell the truth I feel I have achieved my goal. I am who I am.

**YABA JULIANNA MARISIA KWAYISI**

You are formed complete, and we enter a dangerous world. Something that hurts you can leave a scar, so you have to heal. Some people believe that God heals them. The concept of a god. And some just go into hospital, professional care. Either way the process is ongoing.

Having faith is a resolvment, and does help. Whether there is a god or not, faith is a reassurance to the heart.



Do we ever heal completely? There is always something to deal with in our life. There is always something to heal. Healing is ongoing, but some things heal completely.

Is it possible to heal each ailment completely? Does this usually happen? But we learn in every moment. We learn about life, we learn about our illness, we learn about ourselves. What we learn during healing we carry in our hearts forever.

Healing is life, like water is life. You go through hell and you have to begin the slow process of healing.

Whether it is our heart, mind, light or soul, there is healing. Each has its own process in healing:

- Mind - Psychiatric Care - Mind Apocalyte.
- Light - Body - Medical Care.
- Heart - Emotional Care - Therapy.
- Spirit - Spiritual Care - Healing through Pastoral Services.

Mind, Light, Heart, Spirit, all is one.

### Mind

The mind can scream in a white light. The mind can heal. The mind can be unstable. The mind can be imaginative. Every living thing has a mind. Mind is existence. The mind is life. States of mind are: Sleep, Awake, Active, and Death. The mind heals through Psychiatric Care.

### Light/Body

Death is an unavoidable reality, and it is our bodies that go into the grave. You are born and you die. That is the only way you come and go in this world. Hospitals give healing.

### Heart

Your heart is formed in your mother's womb. On the 28th day, she begins to beat. She guides us and is with us our whole life. We need to always listen and do as our hearts tell us. Someone once said I do not play when it comes to my heart. We will get it right if we listen to our hearts. Our heart heals through talking therapy.

## Spirit

Is there spirit? Does God Exist? Religions young and old offer insight and healing. You have to take care of your soul. It could be through practising a Religion, pastoral care, or spiritual Guidance. There is so much to Spirit. You have to look after yourself.

When healing, there are other areas of support: Family, friends, piers, colleagues, consultants, community, governance, therapists, traditions, culture, others with your gifts, meaning, the natural world, natural healing, being, and being interconnected.



Does our planet heal? I am no Biologist. Gaia seems to recover after disastrous events, disastrous weather. But now, with Global Warming, can she heal?

Extreme Heat. Freezing Temperatures. Floods in Pakistan and Nigeria. Volcanic Eruptions in Nigeria. Baking hot summers that lead to Wildfires. Ice Glaciers that are melting away. Earthquakes in Turkey and Syria. Floods in Australia and New Zealand.

# THE MAGIC FOREST

Peering into the forest, Anna felt a form of belonging, like the forest was calling her name. A sense of relaxation washed over her. Anna felt so peaceful and happy, and she was pretty sure her confidant agreed.

"This place feels like magic," Anna said giddily. "Can you feel it, Georgia?"

"How could I not see that! The forest is so beautiful," Georgia exclaims.

"Oh my word, what's that look?" Anna squealed.



"Where am I looking?" Georgia turned her head and saw a donkey-lizard. "Oh my, I haven't seen anything like this before."

"Quick - take a picture!" Georgia said.

"NO Georgia!"

Anna snatched her phone. "This place has to be protected at all costs. Something very powerful is happening right in front of our eyes!" Anna remarked.

A whisper came from Jack's lips, "This forest feels enchanted, like a fairy god mother has put a spell on the forest."

Anna looks at Jack quizzically, like he's gone mad.

The air around them feels like the ocean breeze, there are animals running around the soft green grass, and you would never have thought existed. The waterfalls fall so heavily, but hold beauty and power within them.

"Ohh my god! There's even flying baby hippos!" Georgia bellows.

The tension of not knowing what goes on beyond these forest walls ate up at them, as they wanted to explore further inland. They each looked at each other and nodded in unison. And Jack said "let's do it, nothing bad could happen and if anything, this could become our new home".



They went deeper into the forest and found the ancient Egyptian tomb of Tutankhamun, and they were jumping and screaming with joy and they couldn't believe their luck. Everyone knows the tomb of Tutankhamun holds magic from all the gods in the world.

"What else could we wish for?" Georgia asked.

"How about we wish for cats?" Anna replied.

"Boring! I have a better idea. How about we wish for 3 headed aliens?" Jack said.

Georgia and Anna both looked at Jack and started laughing.

"You seriously need help, aliens aren't real?"

"I wish for 3 headed aliens!" Jack said.

They scurried off, searching for other things around the forest. When all of a sudden, aliens appeared right in front of them. Georgia, Anna and Jack couldn't believe their eyes. They started running, with fear and weren't quite sure of where to run.



Before they knew it, they were separated from each other. The more they looked for each other, the further apart they were becoming. And they were scared for their lives. It began to get dark, and they had to find shelter for the night.

Georgia was south west of the forest while Anna was north west and Jack was stranded in the middle, as each of them were desperately looking for shelter they came across the most magnificent scenes.

Before Anna's eyes, there was the most incredible cave with a massive waterfall and pool inside. Without thinking much, she jumped into the pool and rainbow fishes appeared. It was a beautiful and magical scene.

As Anna was happily swimming, she found an opening where aliens appeared out of nowhere. She started screaming with fear, when a soft voice came out don't be afraid we won't hurt you. We are the aliens you wished for; we only bring peace and obey your orders.

Georgia found herself staring at the most amazing flower which began singing to her, while a shooting star fell from the sky.



Meanwhile, Jack was in the middle of the forest and wasn't sure which direction to take, Then a voice from behind whispered 'Jack, take left'. He was surprised - who was there and who spoke his name. When he turned around though, nobody was there. He was confused and scared, but he still decided to listen to the voice and went left.

As he was walking he came upon a dragon that was whispering to him. The dragon said "Jack, don't be afraid to come closer, you can ride me."

At first Jack was hesitant, but then he decided to take a chance. He hopped on the dragon but then realised he doesn't know how to fly!

Jack hears another whisper: "Don't be afraid Jack. You can do this. Think of it as flying a kite."

Just like it was magic, he found himself flying higher and higher up in the sky. The adrenaline felt amazing and he couldn't stop screaming with joy. "I can fly! This is the best feeling ever!"



Meanwhile, Georgia was singing along to the song the flower was singing and found she had the most beautiful voice. She didn't even know she could sing.

Down in the cave, Anna could hear both of her friends' voices but she was stuck and helpless. No one could hear her despite her loud cry for help. She decided to climb the cave, but fell down and hit her head and landed unconscious.

Several hours passed by before she opened her eyes. To her surprise, little aliens were all around her .

The aliens whispered to Anna: "Come on Anna, get yourself together! We're here to help you find your friends."

Finally, she was out and was desperate for water. All of a sudden it began to rain. Nevertheless, she loved the adventure and the feeling of freedom in the wide open space. She started dancing and singing with joy while calling out.

“Georgia, Jack where are you? Can you hear me? I miss you guys. I'm going to find you, wait for me. I'm coming now”.

Not long after, they were all reunited back with each other, embracing one another in a tight hug. Anna screams out “Don't ever leave me again.” while Georgia looks at Anna and squeals “don't worry we will always find each other” Jack just stood there rolling his eyes.”I don't know about us but this is my forever home” mine too anna replied. Georgia says “well it's Definitely not mine! Only joking”.



# MY UTOPIAN DREAM

There needs to be a collective think-tank within mankind with a vision for a Utopian dream to be realised globally. Encompassing an environment in conjunction with nature, the animal kingdom, greenery and the elements.

Humans can be uplifted - walking in clean air and being more decisive about exercising, washing and eating. A life of work into leisure. Just rewards for goals achieved. There could be an appreciation of our outcomes and good feeling for the knowledge of one's participation in the building of this society.



Working closely with our surroundings and respecting nature's freedom, we can learn to adapt and live in comfort. Skills learned in growing and planting can ensure a plentiful harvest and ripe crop. Humans can concentrate on enjoying a home made up of what they would really like. This will lead to happy feelings and lead to an existence in one's abode, where one can look after their place and upkeep it because they want to.

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**DANIEL MACLENNAN**

Rooms are made to one's requirement, based on a vision in the mind and the effort to put it into being, not seeing it as impossible but knowing they have the ability to shape the world around them..

A life can be spent looking after oneself to ensure longevity, a taste of quality produce leading to an organised lifestyle where things have their place. One will then want to explore their environment and get to know routes and passages within this ideal landscape.



Then someone might develop a mindset, based upon getting together their requirements in life - partnership, family, education, wealth - and have their needs met. An appreciation of the day and sleep at night. Fitting in cooking, bathing etc.

Then the comfort of one's life can adopt pleasures and we will have the time to partake of them. Individuals can actually work towards and attain their dreams.

# WHAT TO WATCH: PAINT



If anyone admires the landscape paintings of Bob Ross, I recommend watching the movie 'Paint', which was released in UK cinemas on 7th April 2023. The main character in the film is 'Carl Nargle', who is meant to be the best television painter in Vermont, USA. He is played by Owen Wilson.

He reminds me of Ross not just because of his job in the film, but because of the way he allows viewers see the process of his painting technique to create his landscape paintings. This is the same as the television program 'The Joy of Painting', which was presented by Bob Ross. Nargle is also shown having the same 70's style 'permed' hair that Ross had whilst he was alive.

The paintings shown in the film are picturesque landscapes that include mountains, lakes, trees, clouds, and cabins. These views are just like Ross's landscape paintings which were inspired by Alaskan scenery.



In the movie, Nargle becomes jealous and feels under pressure when a younger and better artist called Ambrosias Long starts her own painting broadcast in the same region.

Run time: 1 hour 36 minutes.

# 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...



The camp at Rouen, close to the General Head Quarters

After Clifford's injury, he was attached as Temporary Clerk on 7th October 1916 at Canadian Section General Head Quarters, 3RD Echelon in Rouen. This was the Adjutant's Department, where all the personnel details for the Canadian units were kept, and the monthly war diaries of the Battalion were sent. On 6th February 1917, he ceased to be attached to G.H.Q and was returned to the Canadian base Depot at Rouen.

On the 26th March 1917, Clifford re-joined the 15th Battalion close to the front. He stayed in billets at Estree Cauchie from 28th March. Here, they performed intense training and prepared exact details for the attempt to take control of Vimy Ridge.

The 15th Battalion earned the Vimy Battle Honour for its role as part of the Canadian Corps in the capture of Vimy Ridge between the 9th and 12th of April 1917. Vimy was a well established German defensive position, which dominated the Douai plain to its east and the Arras countryside to its west.

The men of the 15th Battalion, having previously carefully rehearsed all aspects of their assigned operational tasks, moved on Easter Sunday 8th April 1917, into their start line positions in the Douai Tunnel made up of shallow ditches and craters that were just ahead of their Front Line location.



One of the guns being fired at Vimy Bridge, before day-break on Easter Sunday, 1917.

At 5.30am on Easter Monday, the Highlanders began their advance through driving sleet, closely following a creeping artillery barrage. With No. 4 Company on the right, No. 1 on the left, No. 2 in direct support and No. 3 in reserve, they pushed through the immediate German Front Line and assaulted down a slow slope towards their first objective, the Black Line.

Seizing and consolidating this position in time, they took a brief tactical pause of 40 minutes, then resumed their advance and took their second objective, the Red Line, well ahead of the assigned time of 7 a.m.

Throughout their advance, the Highlanders were quick, efficient and successful in eliminating pockets of enemy sniper and machine gun resistance in order to effectively take control of both of their objectives and allow the battalions of the 1st Canadian Infantry Brigade to pass through the new 15th's lines and successfully continue the Canadian advance to the Final objective, the Blue Line.



A photo taken at the battle of Vimy Ridge, where the Canadians launched their successful offensive.

The actions of the 15th Battalion were an important part of the Victory achieved at Vimy, but there was a high cost. This battle took place in freezing and wet conditions, and there was a large loss of life during the 4 day struggle. 3 Officers and 87 other ranks were killed, while 8 Officers and 167 other ranks were wounded. On 9th April 1917, the second day of the offensive, Clifford was badly wounded by a gun shot through his neck and out through his left shoulder, and nearly died. He was with No. 4 Company at the time.



The memorial  
at Vimy Ridge  
in France,  
which was  
chosen as the  
site to  
memorialise all  
the Canadians  
who died  
during the war.

He was transferred to The Queen Mary's Military Hospital in Whalley Lancashire, from West Sandling (Kent). He was put on the 'Seriously Ill List' on 19th April 1917, but his condition had improved by 24th April. He was removed from the 'Seriously Ill List' on 14th May 1917 and, on the 23rd June, was transferred to convalescent Hospital Epsom, before finally being discharged on the 28th June.

TUNE IN NEXT MONTH FOR THE NEXT INSTALLMENT OF  
CLIFFORD'S STORY, AS CLIFFORD'S WAR COMES TO AN END

# A COMIC REVIEW

Over the years, reading comics has always been seen as childish and immature, to the public. If you were seen reading comics, you were either mocked, seen as a child or bullied just for reading comics.

Over the years comics have grown up, matured into more thought provoking media. Alongside that, graphic novels have also grown and matured to the point where their content covers more adult themes, darker stories and contains more social commentary that is more relevant for today's market.

With all these mature comics that are well written and drawn, but can still inspire us, educate us, and let our imagination travel to other worlds, just so that our inner child can still dream and smile.

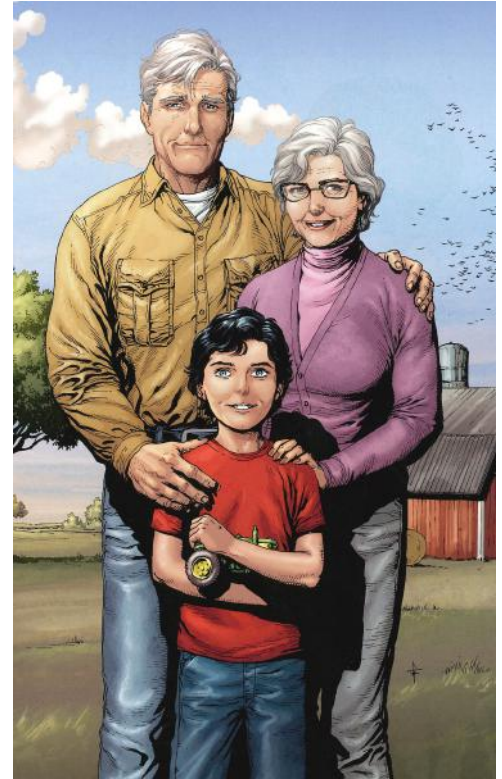


## Superman: Secret Origins

Over the years, there have been many different versions of Superman's origins. It is true that he came from a distant planet called krypton, but what we don't know is what his childhood was like. So, in this book, we delve into the little adventures that lead him to become the hero we know.

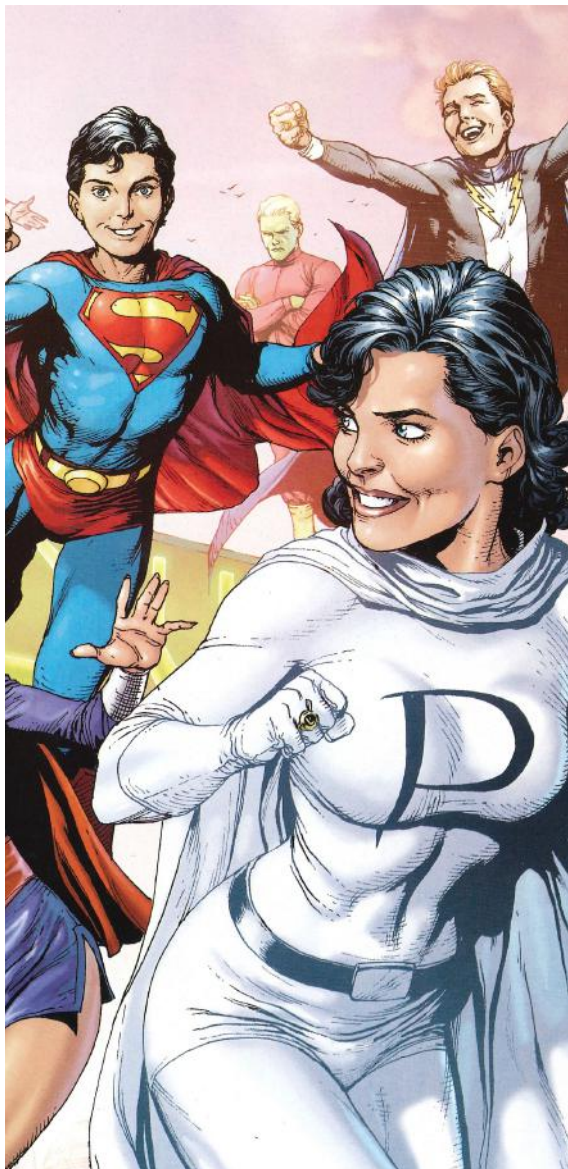
### Chapter 1: Boy of Steel

We meet a young Clark Kent who loves playing football, but an unfortunate accident puts a stop to that. It also seems that one other person knows his secret and powers. Now we meet a different younger, abused Lex Luther who dreams of leaving Smallville and heading to Metropolis to find fame and fortune. At the end of the chapter we get to see him in his first costume, we see Superboy.



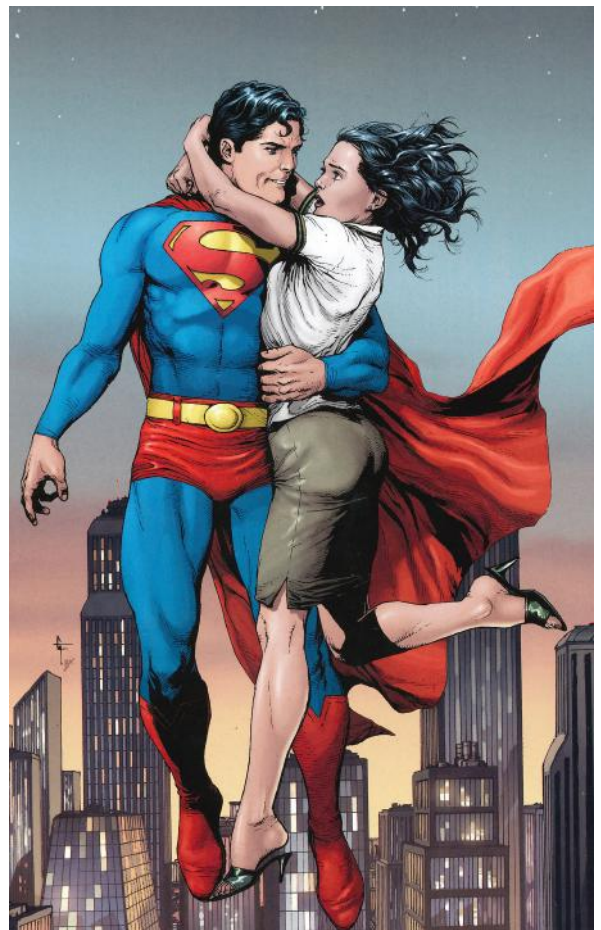
### Chapter 2: Superboy and the Legion of Super-Heroes

Now a young Superboy saves people, including Lex's father, but the downside of all this is that he has to distance himself from his friends, because of his growing super powers. We also meet another character that will become a fan favourite. Lastly, we see the death of Lex's dad, meaning he can finally go and achieve his ambitions.



### Chapter 3: Mild-Mannered Reporter

Now an adult, Clark Kent arrives in Metropolis to start his new job as news reporter at the Daily Planet. Here, we meet a man that will become one of his major enemies - Rudy Jones aka. the Parasite. We meet some supporting characters, as well as three of his main friends: Jimmy Olsen, Lois Lane and Perry White. In this chapter, we also see the first saving of Lois by Superman but, with this, comes questions and doubts about what he wants to do.



### Chapter 4: Parasites

Lex Luther has set himself up as the saviour of Metropolis and has the population clamouring for his favour, where his word is God. But now, he shows that he really does not care about human life; all he cares about is the bottom dollar. Here, we see the beginning of the life long animosity between Lex and Superman.

### Chapter 5: Strange Visitor

Superman is now a hero, helping people and giving them hope that there can be a better life. Lex is not happy, so he calls in favours with General Lane, Lois's Father, to get the Army involved in his fight. We also meet his most dangerous enemy yet, Sergeant John Corben or Metallo, who will have, like Lex, a lifelong hatred for Superman.



### Chapter 6: The Man of Steel

With Superman being hunted by the army and the staff of the Daily Planet under arrest, Superman is all alone and must battle the army and a new and improved Metallo, plus his one major weakness Kryptonite. However, he prevails and shows the city a real hero for the people. Lex doesn't like it and now becomes his Enemy No. 1.

**PHILLIP JOHNSON**



MEET JEREMY CORBYN,  
MEMBER OF PARLIAMENT  
FOR ISLINGTON NORTH

# Inter view

Recently I conducted a  
interview with Jeremy  
Corbyn after he came to visit  
Hillside Clubhouse, you can  
read it below. Enjoy!!!

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WITH JUAN ANON

What has brought you to Hillside Clubhouse?

Hillside is a wonderful space that brings people together in a safe and joyful environment. We don't talk enough – let alone do enough – about mental health in our society. Hillside is a pioneering exception, so I've come here to learn more about the amazing work you do in building confidence, self-expression and community kindness.

What do you love about being an Islington MP?

I love meeting, befriending and learning from new people every day. I love being able to represent my home. And I love the feeling of coming together as a community and achieving real change together. That's what solidarity is – it's about looking out for each other in our times of need. And that's what being an MP means to me.

Have you done a politics degree, if so where and when and your degree grade?

No, I don't! The majority of my knowledge comes from my community, from the people I meet, and from the picket line. It's amazing what you can learn just by listening to people, and hearing what they have to say. That's a much better education than anything you'll find at Eton.

# Inter view

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WITH JUAN ANON

I thought I would let you know that I have always swayed to vote Conservative because I believe Margaret Thatcher brought in the 'Right to Buy' scheme and she helped many people in the country buy their own houses at a discount. As housing is the biggest expense in everybody's life, can you change my mind on this matter by explaining what you would do with housing in today's housing climate?

When Margaret Thatcher introduced the Right to Buy Scheme, she told people they would be able to buy their own homes. For those who could afford to do so, this was an attractive offer. The problem was that it dramatically reduced the supply of social housing for everybody else; the number of new homes built did not keep up with the number of homes sold. Over time, many of the homes that were sold eventually ended up in the hands of private landlords – homes that were built as a social good are now used as a source of profit. In 2019, we called for a housing revolution. By the end of our first time in Parliament, we would have been building at least 150,000 new council and social homes a year, delivering the biggest council housebuilding programme since the 1950s. Housing is a human right – everybody deserves a decent, safe and comfortable place to live.

# Inter view

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WITH JUAN ANON

What made you become an MP?

I wanted to become an MP because I wanted to stand up for vulnerable people in our community and beyond. Before I became an MP, I was a local councillor, and I saw the effects of austerity and privatisation first-hand. The Conservative government was implementing massive cuts to our borough, and selling off our public assets. Ordinary people were being ripped off, and I wanted to do something about it. That's why I stood for election in 1983. When I became the MP for Islington North, I was elected on a promise to join workers on the picket line, fight against discrimination, and campaign for a more equal world. That is what I'll continue to do. I am proud to represent my community in Parliament through my constituency – and I will keep fighting on the issues that matter to people in Islington North: poverty, rising rents, the healthcare crisis, the safety of refugees, and the fate of our planet.

I just want to thank Jeremy for coming to visit Hillside and for his hard work as MP for Islington North. He was a really lovely man and we spoke a bit of Spanish to each other after he told me that his wife was from Mexico City. It was a great experience to meet him.

# Inter view

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WITH JUAN ANON

# 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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# JOLLOF RICE

## INGREDIENTS

- 15-20 garlic cloves, peeled
- 3 inch ginger, peeled & sliced
- 4 pounds (2kg) chicken thighs & drumsticks
- 1 large onion, diced
- 2 ½ tsp salt
- 3 chicken stock cubes
- 1 tsp ground white pepper
- Vegetable oil for frying
- 6 large tomatoes
- 500ml tomato passata
- 1 tsp dried thyme
- 2 bay leaves
- 6 cups jasmine rice
- ½ cup diced/sliced carrots
- ½ cup diced/sliced green beans



### Prep the Chicken

1. **Blend the spices.** Place the garlic and ginger into a blender. Add a quarter cup of water. Blend into a paste.
2. **Season the chicken.** Place the chicken into a pot. Add in about one quarter of the diced onion. Add in 2 tbs of the blended garlic and ginger, half tsp of the white pepper, one and a half tsp of salt and 1 chicken bouillon cube. Toss to combine.
3. **Cook the chicken.** Add 3 cups of water to the chicken. Bring to a boil on high heat then let it simmer on medium heat for about 18 mins.
4. **Cook the tomatoes.** Add fresh tomatoes to blender and blend to a paste. Do not add water while blending. Pour the blended tomatoes into a medium saucepan. Let it cook on medium heat for 20 mins until the tomatoes shrink. Do not stir while the tomatoes cook down.
5. **Prep chicken for frying.** Remove the chicken from its stock using a frying spoon and place in a colander to drain. Reserve the stock.

### Fry the Chicken

1. **Fry the chicken.** Place oil in a frying pan up to 2 inches. Let the oil heat up then add the chicken to the oil and fry until golden brown. When one side turns golden, flip to the other side.
2. **Leave to drain.** Remove fried chicken and place on paper towel to absorb the excess oil. Let the oil cool down then take out one cup of oil to cook the rice.

### Make the Sauce

1. **Cook the onions.** Place 1 cup of the oil used in frying the chicken into a non-stick or heavy bottom pot. Let the oil heat up then add the remaining onions. Sauté for 2 mins while stirring until the onions are fragrant.

2. **Add the tomatoes.** Add the cooked-down tomatoes and cook while stirring for 5 mins. Add the tomato sauce and cook while stirring until the sauce shrinks and starts sticking to the bottom of the pot.
3. **Add the spices.** Add the 1 tsp of dried thyme and stir so it releases its flavour. Add the remaining garlic and ginger. Stir and cook for 2 mins.
4. **Wash and add the rice.** Wash the rice 3-4 times to remove the excess starch. Add it to the pot with tomato sauce. Stir to combine.

### Make the Rice

- **Add the stock.** Add in the reserved 2 cups of chicken stock, the remaining one teaspoon of salt, two cubes of chicken bouillon stock, half teaspoon of white pepper and 2 bay leaves. Stir everything to combine.
- **Add water and cover.** Add in 2 cups of water. Cover the pot tightly with a large sheet of aluminium foil (this will help trap the steam into the pot). Place the lid on the pot and reduce the heat to low for 20 mins.
- **Stir and re-cover.** Open the pot and gently stir the rice being careful not to break the grains. Cover the rice again with the aluminium foil and then place the lid of the pot on the aluminium foil. Let it cook on low heat for another 20 mins.
- **Add carrots and green beans.** Open the pot and add the diced carrots and green beans. Cover and let the veggies cook with the rice for 5 mins.
- **Fluff and serve.** Remove bay leaves, fluff rice with a fork and serve with the fried chicken. You could serve with an additional salad if you so desire.

# SODUKU

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

# FOOTBALL WORD SEARCH

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

Goal Mouth

Goal Line

Pitch

Free Kick

Yellow Card

Ball

Red Card

Boot

Kit

Corner Flag

Foul

Goal Area

ABDIWAHID AHMED

# SODUKU ANSWERS

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