

# BLACK HISTORY MONTH QUIZ

1. Who was the first black woman in space?
2. What is the name of a famous spider, often spoken about in African stories?
3. Whose iconic speech included the words 'I have a dream'?
4. Where in London, since 1966, does an annual carnival, started by Claudia Jones, take place?
5. Nelson Mandela was the president of which country?
6. Which famous black nurse died in London in 1881 after saving many British soldiers during the Crimean War?
7. Who was the first black president of America?
8. Which famous black British artist's recent project had photographic portraits of over 75,000 Year 3 school children displayed at the Tate Britain?
9. Why is the Port of Tilbury in Essex significant in British History?
10. Who was the richest man ever to have lived?



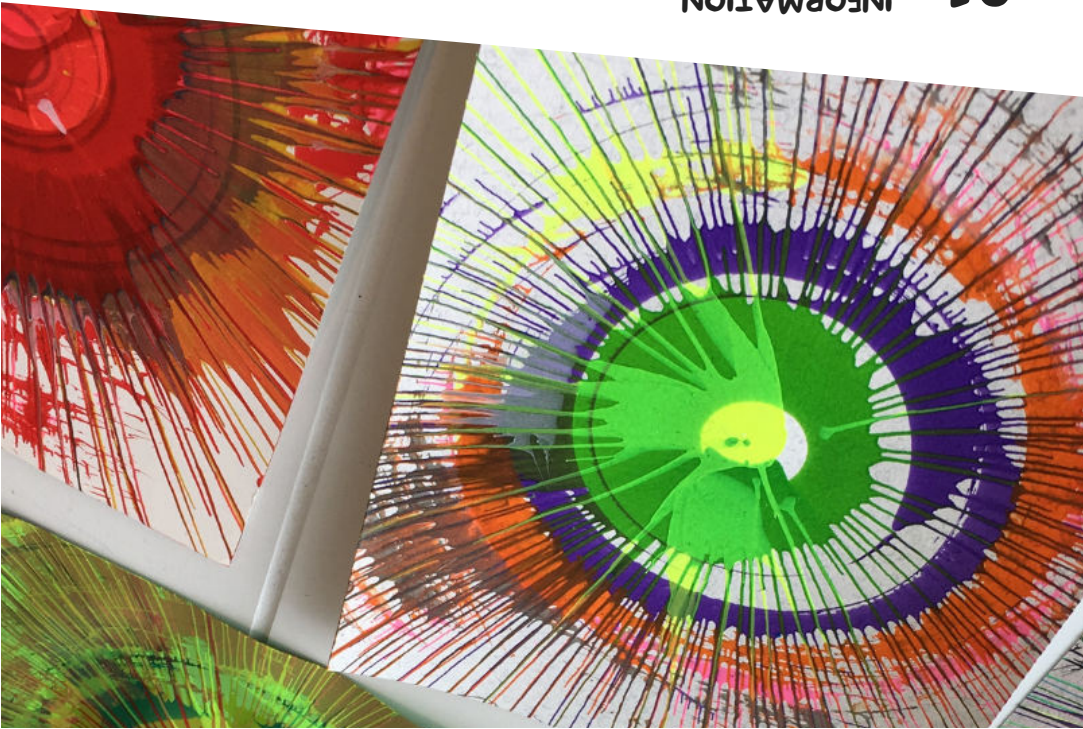
Find the answers  
on page 73!

## HILLSIDE CLUBHOUSE



**OCTOBER 2023  
BHM EDITION**





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AND RECIPES!





- 6. Now you'll need to add in your ackee and dash in a little more black pepper. Fold in the ackee; the ackee is soft so it's important to fold it in very gently – nobody likes mushy ackee.
- 7. Once folded in, simmer for 3-5 minutes before serving.

This dish is widely regarded as the national dish of Jamaica, and is by far the most popular breakfast in the country. Its history is closely related to the slave trade in Jamaica:

- The ackee fruit is the national fruit of Jamaica. It was imported to the Caribbean from Ghana during the slave trade.
- Salted codfish, on the other hand, was introduced to Jamaica for enslaved people as a long-lasting and inexpensive protein source.

In Danny's house, it was one of the first things his dad taught him to cook.



# WEEKLY SCHEDULE

<b>DAILY</b> <b>10:00-12:30</b> Admin & Reception Kitchen <b>13:30-16:00</b> Admin & Reception Kitchen	<b>MONDAY</b> <b>10:00-12:30</b> Open for Support Sessions <b>13:30-16:00</b> Creative Group	<b>TUESDAY</b> <b>10:00-12:30</b> Social Events <b>13:30-16:00</b> Social Media Gazette
<b>WEDNESDAY</b> <b>10:00-12:30</b> Open for Support Sessions <b>13:30-16:00</b> Gardening Group	<b>THURSDAY</b> <b>10:00-12:30</b> Job Search <b>13:30-16:00</b> Open for Support Sessions	<b>FRIDAY</b> <b>10:00-12:30</b> Open for Support Sessions <b>13:30-16:00</b> Creative Group Gazette

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

## Hillside's Black History Month Celebrations

At Hillside, we're preparing for a very special Black History month celebration on the 25th October. Whether its writing for our BHM Gazette Special, joining in with our BHM inspired creative classes or coming on some of our BHM trips, there's a way for everyone to get involved.

### Creative Group

On the 2nd, 6th and 9th October, Kevan and the creative group will be finishing off their Black History Month portraits, before moving on to an African textiles sewing project at Caxton House on Friday 20th October. You'll be able to see the portraits on the Clubhouse display wall.

### Gazette Group

The gazette group have spent the last few months preparing a very special edition for Black History Month, including personal stories, articles about inspirational black figures and some very special recipes from the African diaspora. You can also catch the creative group's portraits in there, along with descriptions of the ways that each of them have inspired the painter.

### Social Group

The social group have prepared some Black History Month trips for you, as well as some special BHM events and a focus on a free museum exhibiting black art in their events calendar. Be sure not to miss the trip on 12th October to the Courtauld Gallery to see celebrated black artist Claudette Johnson's self-portraits. Speak to staff to sign up!

### The Big Event

On the 25th October, Hillside will be hosting a celebration looking at the work you've all put in. There will be lovely food from across the African diaspora, cooked by Janet and the catering team, along with music played by members. If you'd like to get involved on the big day or would like to play some of your music, please speak to a member of staff.

Please speak to staff about how to get involved!

### Method

1. Put the salt cold in your pot and cover with cold water. Bring to the boil, then boil for 5 minutes, drain and add fresh cold water to cover.
2. Repeat this process until you're happy with the saltiness when tasted; we recommend to boil the fish three times in total for a perfect balance of salt in the fish. Drain and leave to cool. Use a fork to shred the salted cod into pieces and set aside.
3. Now you'll need a large frying pan. Pour the vegetable oil into the frying pan and place over a high heat. Once the oil is sizzling hot, turn the heat down to low-medium. Add the onion, garlic, spring onions and scotch bonnet, then cook until soft, for around 5-7 minutes.
4. Add the salted cod, dash in some black pepper, thyme and pimento, then mix it together and cook down for around 3 minutes.
5. Next, add in the red and green bell peppers, along with your tomato. Mix together and cook down for 2-3 minutes. These ingredients help to bring a heat balance, so it's not too spicy.





# DANNY'S ACKEE & SALTFISH

## Ingredients

- 8 ounces (225g) salt cod
- 2 tablespoons (30ml) neutral oil, such as canola or vegetable
- 2 tablespoons (1 ounce; 30g) diced yellow onion, from 1/4 onion
- 2 heaped tablespoons (1 ounce; 30g) diced bell pepper, from 1/2 bell pepper
- 1/2 Scotch bonnet chilli, stemmed, seeded, and minced
- 2 garlic cloves, minced
- 1 small tomato (about 2 ounces; 55g), cored and diced
- 1 scallion (10g), thinly sliced
- 2 tablespoons (3g) fresh thyme leaves and tender stems, chopped
- One 18–20-ounce can of ackee
- Kosher salt and freshly ground black pepper
- Sliced avocado, for serving



DANNY MAKEPEACE

## BLACK HISTORY MONTH EVENTS

6PM

5<sup>TH</sup>

In the early twentieth century, Black creatives were America's artistic vanguard - in the cultural movement known as the Harlem Renaissance. For more info, to reserve tickets or watch online, visit <https://tinyurl.com/2p8b25zz>

### WOMEN OF THE HARLEM RENAISSANCE LECTURE

Participate in a range of ARTivities such as: Sip & Paint Sessions, Djembe Drumming, Furniture ArtCycle and Interactive Public Art Exhibitions. Get tickets and find out more at <https://tinyurl.com/2xmyy66z>

12 - 6PM

1<sup>ST</sup>

### ARTIVITIES IN THE SQUARE

1:30PM

20<sup>TH</sup>

Come and move your body in celebration of Black History Month at our monthly reggae meet-up, daytime dance connecting our communities through music. At the Southbank centre register at <https://tinyurl.com/mrtn2xmc>

### SIMMER DOWN: OCTOBER

ALL  
OCT

An exhibition showcasing artwork on black history, culture, flora and fauna by local artist Arthur Lashley. No need to book, just head to the Islington Ecology Centre to see this exhibition. Open Monday - Friday all throughout October, 9.30am - 4.30 pm

### BLACK HISTORY MONTH ART EXHIBITION

An evening of creativity and empowerment connecting visual and spoken art, poets perform pieces while visual artists paint live on stage inspired by the words that are spoken. Drawing materials are available too for audience members participate! <https://tinyurl.com/2wj88mns>

4.30PM

22<sup>ND</sup>

### POETRY AND PAINT

### VOYAGES / BEYOND THE BLACK TRIANGLE

MUSEUM  
OF THE  
MONTH

Autograph presents two powerful new exhibitions: Hélène Amouzou: Voyages, contemplating the complex emotions of displacement and exile, and Armet Francis: Beyond the Black Triangle, chronicling the lives of people of the African diaspora for over 40 years. These free exhibits are available until Jan 2024 - Rivington Pl, London EC2A 3BA. Click on the link at <https://tinyurl.com/bdd2ycax>

# HILLSIDE CLUBHOUSE

Cope will be coming in to Clubhouse to run a workshop on how to improve your quality of sleep

**WEDNESDAY 11TH OCTOBER**

**@ 1:30pm**



This group aims to help attendees:

- Understand what contributes to poor sleep
- Learn a variety of tips designed to strengthen the bed-sleep connection
- Improve both the quality and duration of sleep
- Learn how to manage the overactive mind in bed



NHS Talking Therapies Service

POSTER CREATED BY JAY HINDS



9. Fluff with a fork, and serve.
8. Simmer for about 15 minutes or until all the liquid has been absorbed.
7. Drain the rice and add to the pot with the 2 1/2 cups water. Bring the rice to a simmer, then cover the pan with aluminum foil. Ensure the pan is well sealed.
6. Add the lamb back to the pot.
5. Add the diced tomatoes and cook until they break down into a thick sauce.
4. Meanwhile, grind the dry spices add to the onions, along with the garlic. Cook for a minute, until fragrant.
3. Fry the onions until lightly caramelized, about 15 minutes.
2. Fry the lamb for a few minutes until browned. Remove from the pot and set aside.
1. Wash the rice and soak it in water until ready for use (at least 10 minutes).

METHOD



# MOHAMED'S BARIIS ISKUKARIS (SPICED SOMALI RICE)

## INGREDIENTS

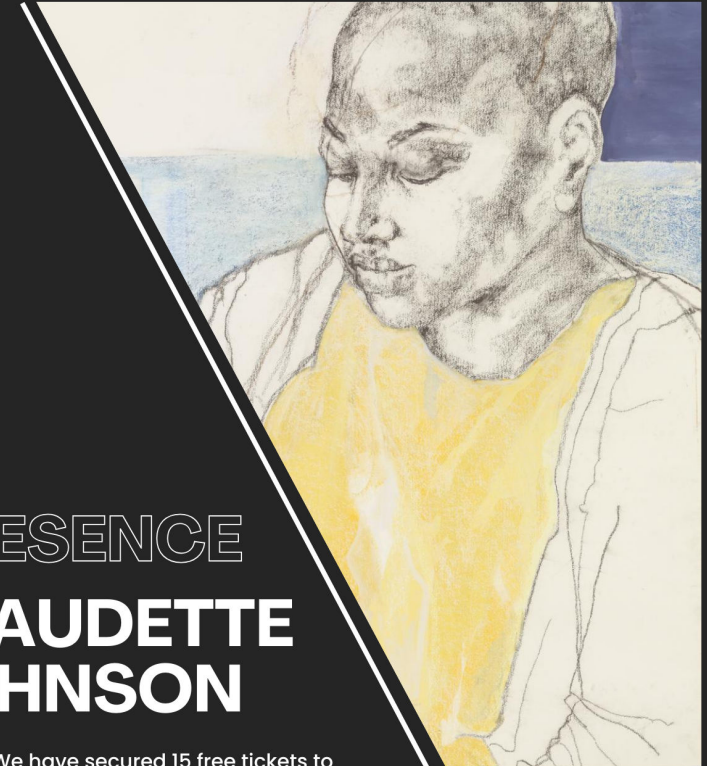
(serves 6)

- 2 cups basmati rice
- 2 tomatoes, chopped
- 1 onion, chopped
- 1 cinnamon stick
- 5 whole cloves
- 4 whole cardamom pods
- 1 teaspoon cumin seeds
- 3 cloves garlic, finely chopped
- 4 tablespoons unsalted butter, or ghee
- 1 pound lamb, cut into small cubes
- 2 1/2 cups water
- Salt, to taste



MOHAMED ABDIWALI

FREE TRIP TO THE COURTAULD  
INSTITUTE OF ART



## PRESENCE CLAUDETTE JOHNSON

We have secured 15 free tickets to this exhibition! Sign up now to claim your spot.

Claudette Elaine Johnson MBE (born 1959) is a British visual artist. She is known for her large-scale drawings of Black women.

Speak to Fin or use the  
signup sheet below

Thursday 12th October

Meet at Hillside at 1pm

*The Courtauld Institute of Art*  
Vernon Square, Penton Rise,  
London WC1X 9EW



1. Dice your shallots, brown onion, red onion. Simmer in vegetable oil.
2. Add your salt. A sprinkle.
3. Whisk your tin tomato and scotch bonnet pepper. Pour into your onions.
4. Leave to simmer.
5. Add the butter, fresh tomato and tomato puree. Leave to simmer.
6. Now add your plain rice. One cup of water to one cup of rice.
7. When it starts to bubble lower the cooker. Leave the lid on.
8. Keep watching your food. Taste to see if it has cooked.
9. Serve with vegetables, fish, chicken or lamb.

This is your Jollof, if you work full time, look after children, and clean all day.

## METHOD



YABA JULIANNA MARISA KWAYISI



# YABA'S 20 MINUTE JOLLOF RICE

## INGREDIENTS

(for 2)

- 2 cups of Tilda Rice.
- 2 Shallots.
- 1 Brown Onion.
- 1 Red Onion.
- 2 Slices of Butter.
- Salt to taste.
- 2 Fresh Tomato.
- 1 Tin Tomato.
- Tbs Tomato Puree.
- 1 Scotch Bonnet Pepper.
- Vegetable Oil.



YABA JULIANNA MARISIA KWAYISI



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



**ISLINGTON**  
For a more equal future

In association with Islington Adult Community Learning



**Islington**  
giving

## QUIZ ANSWERS

1. Mae Jemison.

2. Anansi.

3. Martin Luther King.

4. Notting Hill.

5. South Africa.

6. Mary Seacole.

7. Barack Obama.

8. Steve McQueen.

9. It's where the Empire Windrush ship docked first in the UK.

10. Mansa Musa, ruler of the Empire of Mali.





## 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.




## Learn to cook healthy and delicious food that is good for the planet!

We are thrilled to launch a new project funded by Islington Food Partnership and run in collaboration with Working Men College (WMC) & Adult Community Learning Islington (ACL).



The project aims at supporting people in precarious accommodation and who experience mental health difficulties to cook on a low budget and build their confidence around reducing food waste.

Hillside Clubhouse is a registered charity.  
Charity Number 1080735  
Unit A - 30 North Road  
London N7 9GJ



# Glean Thy Thursday at Hillside

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

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



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



Malcolm, Shirley's better half.

The next thing Shirley knew, every single dirty message Nala had was sent to her partner. Shirley warned her partner Malcolm beforehand and said they were making up malicious lies about her. She even said they had made up a fake account pretending to be her. And, like the fool her partner is, he believed her. Shirley's word was enough for him to believe her. Malcolm just told Shirley to block them. But I've heard that she's apparently still in touch with Ginger.



Remember though, what happens in the dark always come to light.

Nala had another friend, Savanna stay over at her house. Savanna knew something was up because Nala and Ginger were constantly arguing. When he drifted off to sleep, Savanna grabbed Ginger's phone and sent Nala all the messages between Ginger and Shirley.

Nala wanted to kill them both. Her fiance was cheating on her with his side chick, Shirley. Even worse, he had the cheek to tell her that if he left, all of Nala's friends would leave with him. But Ginger was so wrong.

Nala contacted the police trying to press charges against him for all the things she had ignored in the past: stealing her mother's phone, assault and vandalism. Ginger was been warned by the police to cut ties with Nala.

Shirley messaged on Nala's facebook post asking why she broke up with Ginger, oblivious to the fact she knew about her and Ginger's affair.

Nala's friend Natasha messaged back: "You've got some nerve - his pencil was in your sharpener. Does your partner know? (Ohhh no)."

Shirley got angry and messaged Nala privately. "Stop chatting rubbish! I never slept with your man. My partner knows everything thing. Stop playing games, Nala."

**KIERA BURGESS**

## 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

**viktor.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

## CAMDEN SUPPORT SERVICES

### Citizens Advice Camden

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

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

Please call their free advice line 0808 278 7835. Lines are open between 10am - 4pm, Monday - Friday.  
Website: [www.camdencaabservice.org.uk](http://www.camdencaabservice.org.uk)

### Mary Ward Legal Centre

They provide specialist advice in housing, welfare benefits and debt. They also provide free legal advice as part of our pro bono clinic in the areas of employment, housing, small claims, consumer, and family.  
Unfortunately, they do not offer basic benefit checks or form filling for new claims (with the exception of PIP and DLA forms), but advise clients when there is a problem with their claim, for example with appeals or sanctions.

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

But Shirley was an absolute snake. She used to stay at Nala's house for weeks on end, telling Nala had come to see her, but really she only came for Ginger.

Every time Nala and Ginger argued, he would run to his dad's to vent. He wouldn't message or call Nala, his fiancée, but he would answer Shirley's messages like his life depended on it. Nala was constantly worrying that he left her high and dry. Her concern was written all over her face. Shirley would sit next to Nala, asking her when he was coming back, the whole time messaging her man. Ginger, though, would only ever answer Shirley, not Nala, which frustrated the living heck out of me.



Ginger,  
Nala's man.

When Nala found out, she was absolutely fuming. She confronted Shirley and demanded to know, "How come my fiancé will message you, but not me?"

Shirley replied, "I'm not the one who pissed him off!"

But I know that in Shirley's head she was thinking, "If only you knew why..."



It all began with Shirley. The classic bakewell tart; always chasing men who are already taken.

Ginger met Shirley three years ago, when Shirley was dating his best friend, Taliban.

Shirley and Ginger's relationship could be described friends with benefits. But Nala was oblivious to what was going on around her. Nala thought something was happening, but again and again they reassured her they were just friends; nothing more, nothing less.

Like the fool Nala is, she believed them. Shirley can be very convincing, she is a great actress who had everyone fooled from day one.



**Shirley, the classic bakewell tart...**

When I first met Shirley, she seemed scary on the outside, but I thought she seemed like a soft teddy bear at heart. She always looked like she wanted to fight me, her face angry and distorted. But then the way she spoke contradicted like she really cares for people.

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**KIERA BURGESS**

### 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

Somers 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/)



## THE BAKEWELL TART

My best friend's name is Nala Lillian Smith. She's Five Foot Five with blond wavy hair, bluey-green eyes and a straight bottom nose.

Her relationship with Ginger was rocky from the beginning; you could almost say toxic. Always arguing and shouting at each other, she could never do anything right to please him. She was like the mum of the relationship, whilst Ginger never really cared for her.



**Nala, my best friend.**

Nala has been lied to by the man she plucked from the streets. She did everything for him, gave him a place he could call home.



I'm interested in how Reggie gets on and copes with difficulties of being a boxer. As was with my journey starting my band back in the day, there are many hurdles and obstacles in the way but you've got to surpass them and carry on. Reggie hasn't lost a fight yet, but if there are any difficult moments down the line, let them be lessons for the next fight and motivate you to be hungrier.

I wish Reggie all the best for the future. And will support him all the way.



Reggie in action

ANDREW 'RIFF' SOCRATOUS

## Food Support in Camden

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



**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!



**Friday**

**Mildmay Community Centre**

N16 8NA

Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: mildmaycg@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

andovercc@islington.gov.uk

**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

**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

**Tuesday**

**St Luke's Food Hub** 1.30-3.30pm

for EC1 residents, by appointment

0207549 8181 / info@sfp.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

**Hilldrop Community Centre N7 0JE**

12:15 - 2pm

Free hot lunch for residents of N7 and local Hilldrop Estates

**Hornsey Lane Community Centre**

Giving out surplus food every Tuesday, 2.30-4.30pm at Hornsey Lane N19 3YJ

020 7272 5938

**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

**The Ringcross Community Foodbank N7 8RH**

Food parcels, meals and essential items 12pm to 4pm

Open to residents of Holloway, Laycock and Caledonian Wards (proof of address needed), as well as people who are sleeping rough

02077002498



Didn't see it coming! We sparring with Reg

Reggie's next fight is in late September for The Nationals where will be going into it as the undefeated, new rising star to come out of Islington Boxing Club. The dedication and hard work is paying off for Reggie, who is very excited by the prospect of becoming a National Champion.

When Reggie turned eight his parents took him to the Islington Boxing Club in Crouch Hill where he has developed into a great boxer. To date, he has had three bouts, winning two of them in round two stoppages and winning the third in a split decision.

Reggie has now been selected for an olympic style Box Cup and Nationals. We've stepped up his training to five days a week. Reggie also does extra training twice a week with PT Stevie, which is paid for by the family.



What you looking at?!



## AN UPCOMING CHAMPION: ISLINGTON'S REGGIE VENABLES

The first time I saw Reggie as a boxer was four months ago, training on a pitch with a personal trainer. I've known Reggie since he was a kid but his boxing journey is just beginning. I spoke to his dad about his training and he told me about Reggie's undefeated record. I asked to meet Reggie and write about him in the Hillside Gazette to which his parents agreed. Reggie's mum told Darren, Reggie's dad "make sure he brings his gloves to meet Riff", so we could get the proper photos of the both of us.



Right: Reggie at 14

Reggie started boxing from an early age. His introduction to boxing came when he was four years old. He was at the Cally festival when he saw a boxing ring for the first time. He tried out boxing and he loved it. Reggie asked his mum if he could start boxing but she thought he was too young and that he needed to wait until he was eight.

ANDREW 'RIFF' SOCRATOUS

### Healthy Start Vouchers

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

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

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

HEALTHY  
START



### Other services:

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

Hornsey Lane community centre, N19 3YJ:

**Lunch Club for people over 50** Mon-Fri  
Open from 12-3pm with lunch served around 1pm. Cost £3

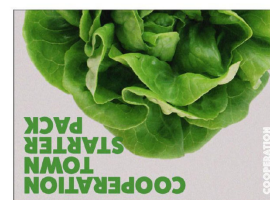
St Luke's Community Centre, EC1V 8AJ:

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

### Join or start a food co-op!

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

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



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

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

Website: [www.islingtoncab.org](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)

### Reviews

"For anyone interested in a realistic portrayal of Schizophrenia: very well done!"

"Diana Ross gives a wonderful performance in this very important work. Before I saw this, I hadn't thought much about mental illnesses - I found her portrait to be vivid and honest. This is a difficult subject matter, and I thank Diana for having the courage to do this disturbing work."

"Portraying a paranoid schizophrenic convincingly, when you are one of the most famous and glamorous entertainers on the planet, must not be an easy task, but from the very first scene Miss Ross pulls it off!"

Diana Ross earned a Golden Globe nomination for Best Actress at the Golden Globe Awards, 1995. This film resonates with me in that after years of taking drugs that were no help, I was given the right ones for me.



Diana Ross  
at the 1995  
Golden  
Globes.



Pauline is reluctant to face what lies behind the front door, but a psychiatric nurse, Lindsay Crouse (played by Kim Donaldson), helps her overcome her fears. She returns to her studies, where she is confronted by people's fears and prejudices regarding her illness.

The story is open-ended, concluding with Pauline seeing a homeless woman rummaging through a rubbish bin and talking to herself, leaving Pauline in tears: Is this Pauline's potential future or a fate she has avoided?



Paulie at the end of the movie.

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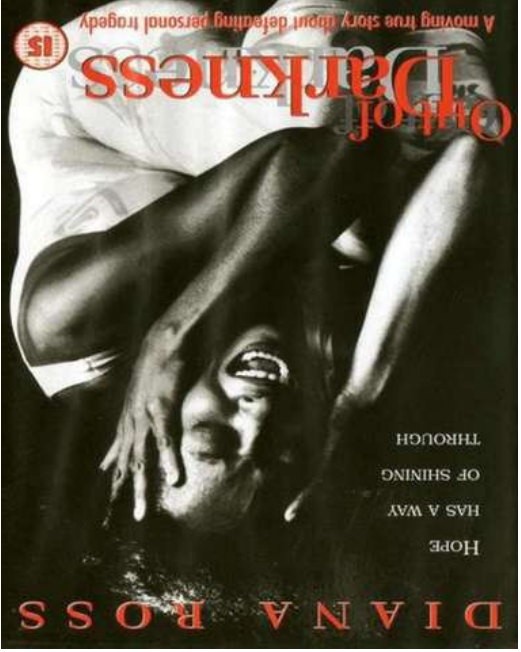
Islington Mind  
Mental Health Community Recovery & Crisis Enablement  
Service  
Islington Mind offer a quick response to urgent matters,  
such as:

- 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)



## BHM FILM REVIEW: OUT OF DARKNESS



This is my review of *Out of Darkness*, a direct to TV movie that came out in 1994 and starred Diana Ross as Pauline Cooper is a promising young medical student who becomes afflicted with severe paranoid schizophrenia.

For 17 years, "Paulie" struggles with her condition, being hospitalised dozens of times. Finally, an experimental drug helps her significantly and she is released from a mental ward to live with her mother and struggles to rebuild her life.

The Chase

The team are tired. Someone is chasing them, but they don't know who. When they find who it is, it shocks them. Zuko catches up with the Aang, Iroh catches up with everyone, to battle, Azula. Someone important will get injured.

Bitter Work

This is it, Aang's first day of Earth Bending and he couldn't be more excited. But disaster awaits him. Katara tells Aang the opposite to Air is Earth, that's why he finds it hard. Meanwhile, back with a recovering Uncle Iroh tells Zuko its time to resume his training, so that he can compete with Azula. Sokka, meanwhile, is off hunting but gets stuck in a crevice. Zuko is having trouble with his training, Iroh realises that he has too much conflict inside of him and needs to resolve them. Aang



needs to resolve them. Aang finds Sokka being attacked and he defeats the creature. Toph, who was watching, tells him to Earth Bend, and do it now. Angrily he does and is so happy that he shows everyone. Zuko screams at the world that he can take it, but no one hears him.

To Be Continued...

PHILLIP JOHNSON

## 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:

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 they can register their interest here:

<https://tinyurl.com/peerbud>



## WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

### The Blind Bandit

We are now going to meet one of the most important characters in Avatar. During a shopping trip, to help Sokka's mood they hear about an underground fight ring called Earth Rumble Six, in which the



last man standing must fight the champion, the Blind Bandit. After defeating the challenger, anybody can come and challenge the Champion. Aang accepts the challenge, beats her, and she then storms away. The gang then find out where to find her and that her name is Toph.



### Zuko Alone



Zuko has left Uncle Iroh behind, saying that he wants to find himself and where he stands in the world. Travelling along a dusty road, Zuko sees a group of Earth Kingdom soldiers hassling a farmer and his family. He defeats them quiet easily. In a flash back, we see a young Zuko being teased by Azula, and his mother defending him. Back in the



present, the soldiers have captured the son. Zuko goes and fights them, but in doing so, he uses firebending and the whole town turns against him. Zuko then leaves to wander the Earth Kingdom.

### The Swamp

Travelling high above a vast swamp, Aang, has trouble concentrating and then crashes into the swamp. Aang, Sokka and Katara get separated and have different visions. Aang learns who could be his Earth bending teacher. Sokka's vision is all about Princess Yue death. Katara's vision is all about her mother's disappearance. They all then come together and leave with a new sense of purpose.



### Avatar Day

A celebration of Avatar Day turns into a nightmare situation, in which Avatar Kyoshi is accused of murder. Sokka must clear Kyoshi and Aang's name. But before anything can happen, the town is attacked by Fire Nation troops. The town begs Aang to save them. He does so and the town is very grateful. So now they celebrate Avatar Day more respectfully.

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**PHILLIP JOHNSON**

- 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.

### The Cave of Two Lovers

On their way to Omashu, the gang are chased by Fire Nation soldiers. They meet up with musical travellers on their way to anywhere. Who tell them of a secret tunnels beneath the mountain. Entering the tunnels they become separated. Meanwhile, Azula goes to the circus to meet fun-loving Ty Li. Aang and Katara find out about the secret behind the story of the tunnels, meanwhile, Sokka and the musician find out who is making the tunnels. Having survived, they arrive only to find out that the city has fallen to the Fire Nation.



### Return to Omashu

Having reached the city, all avenues are closed so they must find another way in. Finding an old sewer pipe into the city, the gang must now find King Bumi, but having found him, Bumi tells him that cannot be his teacher. At the same time, Azula arrives in the city, where she meets Mai who is melancholy because she is so bored.

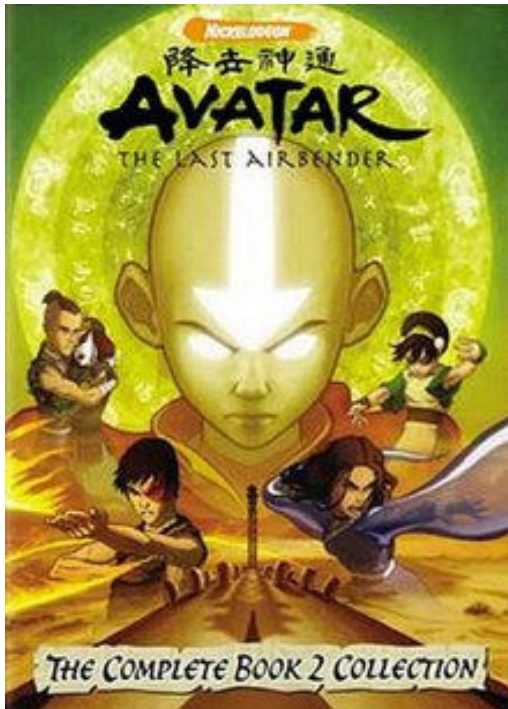




# AVATAR: THE LAST AIRBENDER - BOOK 2, PART 1 REVIEW

## Previously

After the events at the Northern Water Tribe, Iroh and Zuko headed to the Earth Kingdom. The gang also travelled towards the Earth Kingdom, so that Aang can learn Earth bending from King Bumi, but tragedy will struck at the wrong time for them.



## The Avatar State

Having arrived in the Earth Kingdom the gang must contend with a very forceful Genera, who wants to use Aang as a weapon. Meanwhile, Iroh and Zuko have arrived and are trying to relax, at that very moment, the biggest threat has arrived Princess Azula. She tries to capture Iroh and Zuko, but fails, and then proclaims them as traitors to the Fire Nation.

**PHILLIP JOHNSON**



## BLACK ON THE SQUARE

My name is Laura King and I'm a Hillside member. On the weekend of the 2nd September it was a very sunny day, so some of my friends invited me to an event at Trafalgar Square called Black on the Square.



They had music, food, entertainment and things to buy, all made by black businesses and promoting black culture. They had cards, amazing jewellery and lots of food. Most of the food was caribbean, so hopefully next year they get some more from other black people around the world. They had a stage with lots of live music and people singing; some R&B, some rap and some more traditional music which was amazing to hear.

Laura King

Gillespie Park has several sculpture features, including the Knotted Gate, a structure of steel and glass providing an entrance to the Lower Park, made by Amanda Hopkins in 1996, along with a retaining wall from 1935, seating areas of wood & stone, and an Arbour, which is intended for a seating area of calm and restfulness and is made from wood.



Left: The Knotted Gate.  
Right: The Arbour.

After the tour, we went back to the Ecology Centre building and were given a cup of tea and biscuits. This was a great way to finish the tour. They had several leaflets. We could take some if we wanted. You can book free tours of the Ecology Centre each month - just look online or ask a staff member - and they have a lovely hall that you can hire for activities or special occasions.

Kate Osborn



I was astonished by the size of Gillespie Park. It felt like being on Hampstead Heath. There were ponds, wildflower meadows, and trees. Apparently, we were told, trees communicate at the roots. If a dangerous creature or disease becomes present, the tree's root systems tell each other to grow leaves that are toxic to that particular creature or disease.



**A wonderful space to relax.**

There are several little woodlands containing many types of trees, including Beech, Oak, Yew, Field Maple, Wild Cherry & others. There were a few wildflower meadows attracting insects and bees. Rainwater flushes the ponds providing homes for fish, toads, dragonflies & ducks, especially in the summer.



When my friend and I decided to walk around a bit and we saw a crowd of people standing by one of the stalls. We looked closer and saw the Mayor of London, Sadiq Khan! He was there to promote the event and I think that he was involved in the planning of it. I asked him if I could take a picture with him. He said yes and he was very nice. My friend took the picture on her phone and sent it to me.



**It was a really fun day and I hope they do it again next year. If they do, I'd really recommend going!**

## JIMI HENDRIX - THE LEGEND

*"Scuse me while I kiss the sky..."*

Jim! Hendrix was born Johnny Allen Hendrix on 27th November 1942 in Seattle, Washington State. He was the son of Al Hendrix and Lucille Jeter. His father, a gifted jazz dancer, worked a number of jobs, including landscaping and gardening, but bore much of the responsibility of raising the boy and his brother Leon, as did their grandmother and various family friends. This was due to the unreliability of Lucille, who drank excessively and would disappear for extended periods.



**The Hendrix family. From left to right: Baby Jimi, mother Lucille, brother Leon, and father Al.**

**ANDREW 'RIF' SOCRATOUS**

Al Hendrix changed his son's name to James Marshall Hendrix in 1946. Al and Lucille divorced in 1951. Al won custody of his sons and exercised as much discipline as he could, but the boys were young. Jimi worshipped their absent mother.

**A wonderful space to relax.**



In 1993, the Islington Ecology Centre opened. Many ecosystems had been started and cared for: trees, ponds, meadows etc. The building provides shelter and places to meet. In fact, the building can be hired for activities.

We arrived at the Ecology Centre about 11am. The weather was very good. The building was light & airy with wooden beams and large windows above. We had a good welcome. A lovely lady called Jo gave us a guided tour of the Ecology Centre and the Gillespie Park Nature Reserve.



**The light and airy interior of the Ecology Centre.**

**KATE OSBORN**



## THE ISLINGTON ECOLOGY CENTRE

The Islington Ecology Centre stands on the lands of Gillespie Park Nature Reserve. The land was agrarian in the 1700's, supplying food stuffs - both dairy & garden - to the city. In the 1860's, the land was overrun by railways & coal sidings. However, in the 1970's, with rail becoming electric, the land became derelict. A building of interest is "Stephen's Ink Factory", which produced the ink used for official documents from 1892. In 1972, the land was used for housing. Some of the factory walls are still in place as the Gillespie Road entrance of the park.



**Stephen's Ink  
Factory back in  
the day.**

After local campaigning, certain acres were shared: 6 acres went to housing and 5 acres & sidings were given to friends of Gillespie Park. With funding from the Department of the Environment and sheer hard work from volunteers, Gillespie Park achieved local nature reserve status.

**KATE OSBORN**

Jimi wanted a guitar early on. Before acquiring his first real instrument, he played guitar on a broom (just like me when I was a kid). Jimi got his first guitar at age 12 and began to teach himself to play. Jimi re-strung the guitar upside down. As a left-hander, he was forced to play the instrument in the opposite direction from how it is usually played. Throughout his childhood, the guitar rarely left his side.



**Left: Jimi Hendrix as a paratrooper in the army, 1961.**

**Right: Jimi Hendrix and Billy Cox, 1961.**

After dropping out of Garfield High School in Seattle, Hendrix joined the army at the age of 17 to avoid a jail sentence for riding in a stolen car. He volunteered as a paratrooper as was soon jumping out of aeroplanes. Eventually, he sent for his guitar and continued playing whenever he could. He met another soldier, bass playing Billy Cox, with whom he formed a band that entertained troops all over the region.

**ANDREW 'RIFF' SOCRATOUS**

Jim! was honourably discharged from the 101st Airborne Division after being found medically unfit to serve due to an ankle injury. By this time, he had extensive knowledge of military law and regulation.

After leaving the army, the two friends formed The King Kasuals and began playing regularly at a club in Nashville, Tennessee. Hendrix became known as the hottest guitarist in town.



Jim! Hendrix in all his glory.

At the time, he lacked confidence in singing and was content to back up other artists. Over the next few years, Hendrix toured with several different bands, often stealing attention away from the band leaders, who expected him to stay in the background.



THANK YOU

SOJOURNER, HATTIE, ROSA, JOSEPHINE, BESSIE, IDA B WELLS, SHIRLEY, TONI, MARY, MAYA, ARETHA, RUBY, NINA, GLADYS, PATTIE, DIONNE, ETTA, ALFIE, VIOLA, DOROTHY, CICELY, ANGELA, DIAHANN, HALLE, MICHELLE, KAMAILA, KETANJI, VENUS & SERENA.

To all black women,  
Whoever you are,  
Wherever you are,  
I salute you.  
Janet



### Princess Omo-Oba Adenrele Ademola

Born in Nigeria on 2nd January 1916, Ademola was the daughter of an African prince. She arrived in Britain in 1935 and initially lived in Camden Town, before going to a school in Somerset for two years to train as a nurse. She finished her training at Guys Hospital and qualified as a registered nurse in 1941. She later also gained Central Midwives Board qualifications, and worked at Queen Charlotte's Maternity Hospital and New End Hospital.

A photograph of Princess Ademola appeared in a 1942 pamphlet about the BBC's international activity. In 1943, a film was made about her, titled *Nurse Ademola*, as part of the propaganda series *The British Empire at War*. The film was shown across Africa and said to have inspired many African people to contribute to the war effort.

Avey Bhatia, Chief Nurse at Guy's and St Thomas' Hospital, said:

*"Nurses from Black and ethnic minority backgrounds have contributed richly to our healthcare system for generations. It is important that we honour the legacy of nurses from abroad. Princess Ademola is an historical role model for anyone entering the nursing profession and those who have committed their working lives to caring for others."*

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**JANET NEMBHARD**



**Jimi Hendrix with  
the members of  
The Who.**

It's been rumoured that Jimi Hendrix was due to support The Who, but wanted to headline the gig. After The Who refused Jimi's request, he told them he would blow them away. Jimi finished playing and setting his guitar alight, leaving the audience and The Who stunned. They couldn't follow that.

Hendrix played with The Isley Brothers, King Curtis, and later with friend Curtis Knight. In September 1966, Hendrix was brought to London by Chas Chandler, a member of The Hendrix played with The Isley Brothers, King Curtis, and later with friend Curtis Knight. In September 1966, Hendrix was brought to London by Chas Chandler, a member of The following month. By December, The Experiencing had released its first hit single "Hey Joe".



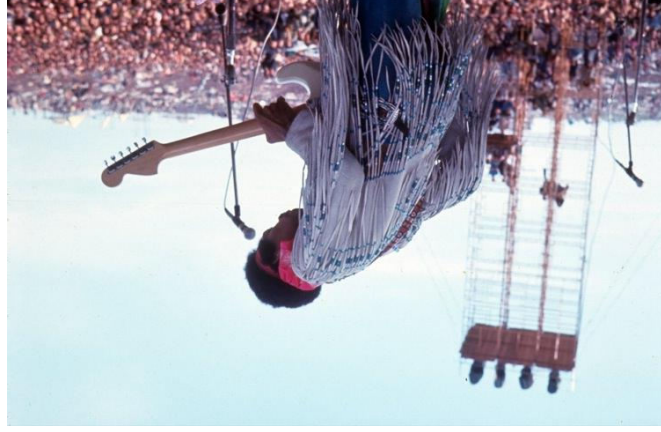
**The Jimi Hendrix Experience.  
ANDREW 'RIFF' SOCRATOUS**



The Experience's first album *Are You Experienced?* Was a huge success. Back in America, crowds were stunned by Hendrix performances which included the burning of his guitar.

The band's next album *Axis: Bold As Love* showed Hendrix's growth as a songwriter, but he was unhappy with the way it sounded. He was also becoming tired of the audiences who expected a wild man act.

Hendrix tried to expand his musical range on *Electric Ladyland*, an album he had complete control over. And that was his greatest achievement of his brief recording career. Touring ended and caused The Experience to break up. Hendrix then formed The Band of Gypsys with his old friend Cox and drummer Buddy Miles. In 1969, Hendrix's famous performance of *The Star Spangled Banner* at Woodstock festival in New York captured the anguish of the Vietnam war era.



*Jimi performing Star Spangled Banner at Woodstock.*

Also, we all like to focus on the NHS and the contribution made to it by black people from the Caribbean (or as the newspapers & media like to remind us, back then it was called the Commonwealth), who were encouraged to come to the UK to help the mother country (I smile).

But try telling that to all the children who are now in their 60s or 70s and who lost their jobs, housing, bank accounts, rights to any NHS treatment or to see their GP. Some have even been deported to a country that they left when they were only 5 or 6 years old. Their only crime was that they came on their parent's passport from a commonwealth country. But I digress...



*Richard Amoah, a British citizen who had come to the UK legally and had lived here for 52 years. He found himself barred from returning to Britain during the Windrush scandal, making him homeless in Ghana for two and a half years.*

Saluting Our Sisters

To name a few, some well-known:

- **Sarah Baartman** was paraded around 'freak shows' in London and Paris in the 1800s, with crowds invited to come and stare at her because she looked different. Even after she died, her brain, skeleton and sexual organs remained on display in a Paris museum until 1974.
- **Henrietta Lacks** whose cells were removed from her body without permission and are still used in medical research to this day.
- **Diane Abbott** was the first female black MP, representing Hackney North & Stoke Newington, and is the longest standing black MP, having been elected in 1987.
- **Barbara Blake-Hannah & Moria Stewart** were the UK's first black TV newpersons: Blake-Hannah on local TV in 1968 as a reporter for current affairs programme *Today*; Moira Stewart on National TV when she became a reporter on *BBC News* in 1981. *"Shirley Bassey sang regularly and there were [black] comedians, but we were allowed in an entertainment capacity, not as serious news people, delivering serious stories."*
- **Phyllis Wheatley** was a poet and author. She became the first American slave, the first person of African descent, and only the third American woman to have her work published by a western publisher.
- **Claudia Jones** was a journalist, activist, founder of the *West Indian Gazette* and one of the founding members of Notting Hill Carnival.

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JANET NEMBHARD

Band of Gypsies recorded only a live album before Buddy Miles left. Mitch returned and Hendrix began recording tracks for a new album to be titled *First Rays Of The New Rising Sun*. Before it was finished, Hendrix died of a sleeping pill overdose on September 1970.

Albums Recorded:

- The Jimi Hendrix Experience - *Are You Experienced* (1967)
- The Jimi Hendrix Experience - *Axis: Bold As Love* (1967)
- The Jimi Hendrix Experience - *Electric Ladyland* (1968)
- Band of Gypsies - *Jimi Hendrix's Band of Gypsies Live* (1970)

To me, Jimi Hendrix was one of the best guitarists to ever hold a guitar. There've been a few since, but he is still my No.1.

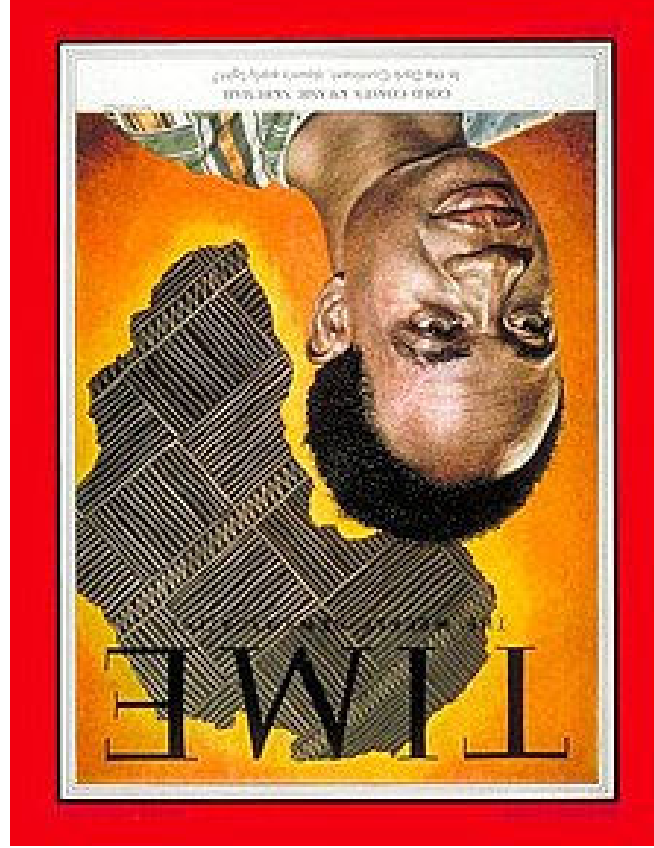


Jimi Hendrix was elected to the Rock and Roll Hall of Fame in 1992.

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ANDREW 'RIFF' SOCRATOUS

# THE LEGACY OF FRANCIS KWAME NKRUMAH



Kwame was born on the 21st September 1909 and passed on the 27 April 1972. He was a Ghanaian revolutionary, political theorist, and politician, and Ghanaian Prime Minister. Kwame was the first President of Ghana after British rule for hundreds of years. In 1952, he was sworn in as Prime Minister.

YABA JULIANNA MARISIA KWAYISI

During his student years, Francis was an activist. He created, along with a society of expatriate African students in Pennsylvania, the 'Students Association of America and Canada'. The group aspired for colonies to gain independence; colonies from all over the world.

# IT'S THAT TIME OF YEAR AGAIN



Saluting Our Sisters #WeMatter.

October is where the leaves turn brown and start falling off trees. It's Halloween and the supermarkets are stocking Christmas decorations and chocolates. The evenings get dark as early as 7pm. It's also Black History Month and the theme for this year is:

What's BHM you ask. I've never heard of this and why?

For me it's a celebration, appreciation, and acknowledgement of black men & women from the Caribbean and of African descent. A few of my favourite

JANET NEMBARD



**I was born here...** When your support structure gets taken away, you generally find out about people that you thought of as your friends are nothing but parasites feeding off your own grief and trying to benefit for themselves. But again help comes from an unexpected place.

**I was born here...** Now that you are older and a little wiser, things begin to become a bit clearer. The help you get starts to clarify and you begin to realise that there is hope out there. All you have to do is ask, and you never know how they will respond.

**We were born here...** We are not going anywhere. We can't go home, because our home is here.



**I WAS BORN HERE...**

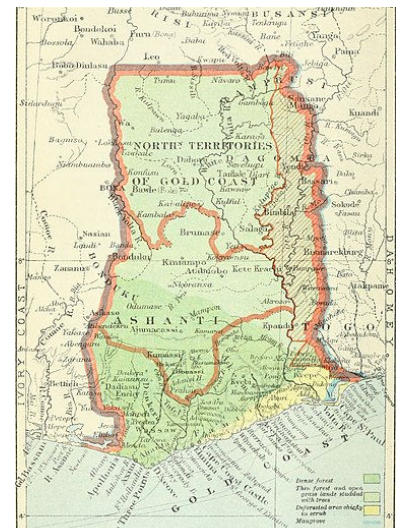
**PHILLIP JOHNSON**

Francis had an amazing mind. He achieved so much: a teacher, a lecturer, he nearly became a Jesuit, he visited African Presbyterian Churches, he studied economics and sociology and he lectured in philosophy. Kwame gained a Bachelors Degree in Theology and also gained a Master of Arts Degree in Philosophy and a Masters in Science in Education.

Kwame came to London in May 1945. He enrolled at University College London with plans to prepare a philosophy dissertation in Knowledge and Logical Positivism, but became distracted by politics.

In 1946, he helped to write the *Gold Coast Constitution*, which gave the people leadership through a Legislative Council. This was seen as progression in the stewardship towards self governance.

This new power gave rise to the Gold Coast's first true political party. Created in 1947, she was named the *United Gold Coast Convention* or UGCC. The UGCC progressed with self governance very quickly. All the founding fathers of the institution were professional's and they needed someone to look after the party's everyday business while they worked, so they asked Kwame to look after the party's affairs, appointing him Secretary General.



**A colonial map of the Gold Coast territory**

**YABA JULIANNA MARISIA KWAYISI**

Kwame Nkrumah was an international advocate of Pan-Africanism and African Unity. He was the winner of the Lenin Peace Prize from the Soviet Union in 1962, joining a list that would include Nelson Mandela, Angela Davis and Pablo Picasso, among many more. In his early years, Kwame spent twelve years away from the Gold Coast pursuing his education. He used the time to develop his political philosophy, and to meet with other diasporic Pan-Africanists.



**Government  
officials carrying  
Nkrumah on their  
shoulders after  
Ghana gains  
independence  
from Great Britain**

Nkrumah finally came home at the end of 1947, returning to the Gold Coast to begin his political career advocating Ghanaian National Independence. Kwame and his peers and colleagues formed the *Convention People's Party*. The newly created party gained rapid success because of their appeal to the common man and their understanding of post-war Africa and the wider world. He became Prime Minister in 1952, and was still Prime Minister when Ghana, the Gold Coast, blossomed into independence on the 6th of March 1957. By overthrowing the British, Ghana became the first African colony to gain a majority rule independence from it's coloniser.

**YABA JULIANNA MARISIA KWAYISI**

**I was born here...** Ah! Yes, now you are at Secondary School, where you are meant to learn and get ready for the big wide world. But unknown to you, there is a system in place, just to keep you in situations that you didn't know existed. This is where you realise that everything is against you and there is no chance that you will get a fair deal.

**I was born here...** After secondary school comes work. Yes, work that will make you a man and allow you to contribute to society. But you find out, just like school, work is geared to reinforce the system that is against you, just because you have a different colour skin. This will be a struggle for the rest of your days.

**I was born here...** Here is another subtle system: Unemployment. This one is designed to keep you struggling. Once in, it will be so difficult to get out, no matter how hard you fight. Only then you will really see how this type of system works.

**I was born here...** After many years being unemployed, which takes its toll on you. You begin to suffer with mental health problems, which starts to decline in ways that you find it hard to concentrate and find everything hard to do. People try and tell you that they will help, but never come through for you. Sometimes, though, you will get help from the most unexpected people.

**PHILLIP JOHNSON**



## I WAS BORN HERE...

**I was born here...** You don't ask to be, but it happens. How are you to know what is happening in the world? You really don't get a say in the decisions in the early days.

**I was born here...** When you are small, tiny and defenceless. All you know is that the people will care for you and keep you safe. They won't let any thing happen to you.

**I was born here...** Growing up young and small, your world is warm and safe, nothing bad can hurt you in here. But then it is torn apart. You are confused, shaken and very frightened.

**I was born here...** Moving to another area is both thrilling and scary with a sense of adventure, making new friends and you still don't know anything about the world and the troubles to come. Still not aware of the differences.

**I was born here...** Again we move, but this time, trouble will intrude into your world without you understanding or knowing. This will be a confusing and intimidating time. The differences between friend or foe will come to the fore, but will you notice it?

The whole world watched. Over one hundred reporters from all the world attended with their photographers. The United States President, Dwight D. Eisenhower and his Vice-President Richard Nixon came, along with a delegation from The Soviet Union. Political Scientist Ralph Bunche was there. The Duchess of Kent represented Queen Elizabeth II as envoy of Great Britain. Assistance poured in from around the world. The Gold Coast was in freedom!

Speaking at the first session of the Ghanaian Parliament, Nkrumah proclaimed, 'We have a duty to prove to the world that Africans can conduct their affairs. In fair governance and democracy, Africa is a leading light.' Francis was hailed as the **OSAGYEFO**, meaning **REDEEMER**.



The  
Ghanaian  
Flag

Our new flag was created by Theodosia Okoh, who was inspired by the Ethiopian national flag. Red symbolises bloodshed, green represents the beauty of the country as well as it's abundance of agriculture and yellow symbolises the country's mineral wealth. Lastly, the black star on top is the symbol of African freedom. God bless our homeland, Ghana.

As a monument to the new nation Francis, opened Black Star Square, near Osu Castle in the coastal district of Accra. Under his leadership, Ghana developed various social democratic policies and practices. Nkrumah created a national welfare system, various community projects, and an established education system. Many institutions were created under Francis Kwame Nkrumah's governance and his government developed strong links with socialism. Kwame developed a fervent Ghanaian Education System and was a big supporter of Pan-African Culture. During Kwame's Presidency, he Gold Coast led Africa in international relations throughout The Age of Decolonization.

However, the glory and the joy was not to last. There was unrest among his people in Togo Land, Accra and among the Ga People. All believed that they were not being treated fairly under his rule. Tribes were not recognised and were not being treated fairly. The Gold Coast has many tribes, and all wanted the freedom that was promised. The government reacted with the *Avoidance and Discrimination Act* on 6th December 1957. This piece of law brought down regional and tribal based governance.

YABA JULIANNA MARISIA KWAYISI

United Party, under Kofi Abrefa Busia.

The last strike came against the Ashanti. Where Francis and the CCP relieved most villages leaders of their roles and they were destooled. The stool is a symbol of unity and authority among the Ashanti people, and a link to a family's past.. These actions were seen as repressive and caused opposition parties to turn against Francis and form The

Mr Jackson passed away at an grand age of 91 on 15th September 2018. Mr Jackson was honoured with a Blue Plaque at London Kings Cross station in 2021. Polly Jackson, his youngest daughter, said, "My father dedicated much of his life to the railway. He never missed a day. He was proud of his work, despite the many challenges he faced. Today is a fitting tribute to his career. I wished he had been alive to see himself so honoured with a plaque where it all began - Kings Cross Station."



The blue plaque honouring Wilston Samuel Jackson in Kings Cross Station

Andrew Haines, the Network Rail Chief Executive at the time, said, "He was a real trailblazer for the industry and we owe him a huge debt of gratitude for his incredible service."

L STEPHEN





**The Flying Scotsman,  
Britain's most famous train.**

For his hard work and diligence, he was handed the honour of driving Britain's most famous trains: *The Flying Scotsman* and *The Mallard*. On these trains, he often drove various members of the Royal Family. On these occasions he would get a Commemorative Badge.

In 1964, Mr Jackson was involved in a train accident due to human error when the signal man gave him the green light, giving him the all clear there was nothing ahead. He crashed into the back of a stationary goods train near Finsbury Park station. Both his legs were smashed, but he managed to alert his fireman who only suffered minor cuts and bruises. He spent a year in hospital with his legs in traction. He never once complained.

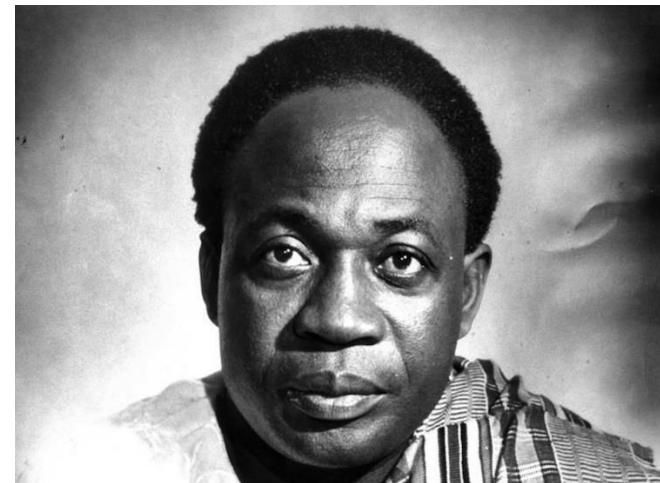


**The Mallard Steam Train.**

There was further unrest and some opposition MPs were arrested on accusations of importing weaponry for an attempted coup by the Ghanaian Army. Nkrumah became convinced that someone had tried to assassinate him. Ghana's response was to create the *Preventive Detention Act*, where one is imprisoned for up to five years without charge or trial and only Nkrumah could give a pardon and relieve you of your prison sentence.

Nkrumah had created what the West described as an authoritarian regime in Ghana. Political opposition was repressed and elections were not viewed as free and fair. In 1964, Ghana became a one party state, and Nkrumah was announced the life-long president of his party and Ghana.

In 1966, Nkrumah was deposed as President by the National Liberation Council. They were not any more democratic though and under their rule, international financial institutions privatised many of Ghana's state corporations.



Francis Kwame Nkrumah lived the rest of his life in Papa New Guinea, being named as their Honorary Co-President.

What does Kwame mean to me?

I am the Gold Coast. I am Ghana. I am England. I am the British Isles. So who is Kwame to me? Truth, hope, our past and our future. History, Heritage, Ancestry.

I would have grown up in Ghana if my family did not have to flee a dictator. So I grew up in Londinium. My mother used to speak with me in Ghana's secular language, but she started talking to me in English when I was young so I forgot my mother tongue. The first part of Kwame's story helps me to have faith and be strong, to look after my loved ones, that I can achieve anything, to study well, cook and clean, look after mummy and sometimes to Party-Party. My Father, Mr John Asmah (an Islamic African surname), comes from the Enzema Tribe of the Gold Coast. And he speaks in three different languages, English, Twi and his Tribal Language. My mother knows all her languages. Her tribes are Akwapim and Ashanti. All these tribes are royal tribes.

Well it is one suggestion to make a plea for independence, but then what happens if you meet with a dictator. My Father was an Officer in the Ghanaian Army. My mother was going to work for the Ministry of Defence. Then we had to leave Ghana.

I feel a great sense of sorrow, a loss of hope. I am their light, and I am their infant. I need to look after everyone. Time and Eternity are my responsibility. Have I achieved my goal? Time will tell. Bring us home they all say. Don't cry at me. Study, Home, Sleep, Battle. My heart is strong. I have life.

YABA JULIANNA MARISIA KWAYISI

## BRITAIN'S FIRST BLACK TRAIN DRIVER

This is the remarkable story of Britain's first black train driver, Wilston Samuel Jackson, who was a trailblazing member of the Windrush Generation. He was affectionately known as Bill and was born in Jamaica on 17th May 1927.

Mr. Jackson had an illustrious and eventful career. His first job was as a labourer. His next job was as a cleaner & train fireman shovelling coal. It was while working within such close proximity with steam trains that his love of them was inspired. At this point, his ambition to drive a train was born and he was determined to make it a reality.



A picture of  
Wilston.

He returned back to Jamaica to study for his driver exams. Mr Jackson aced his exams after seven years of training and was given the go ahead to get into the driver's cabin. He was generally not discriminated against, because he was intelligent and well spoken. He also tutored many others to drive trains, including his own brother.

1 STEPHEN