

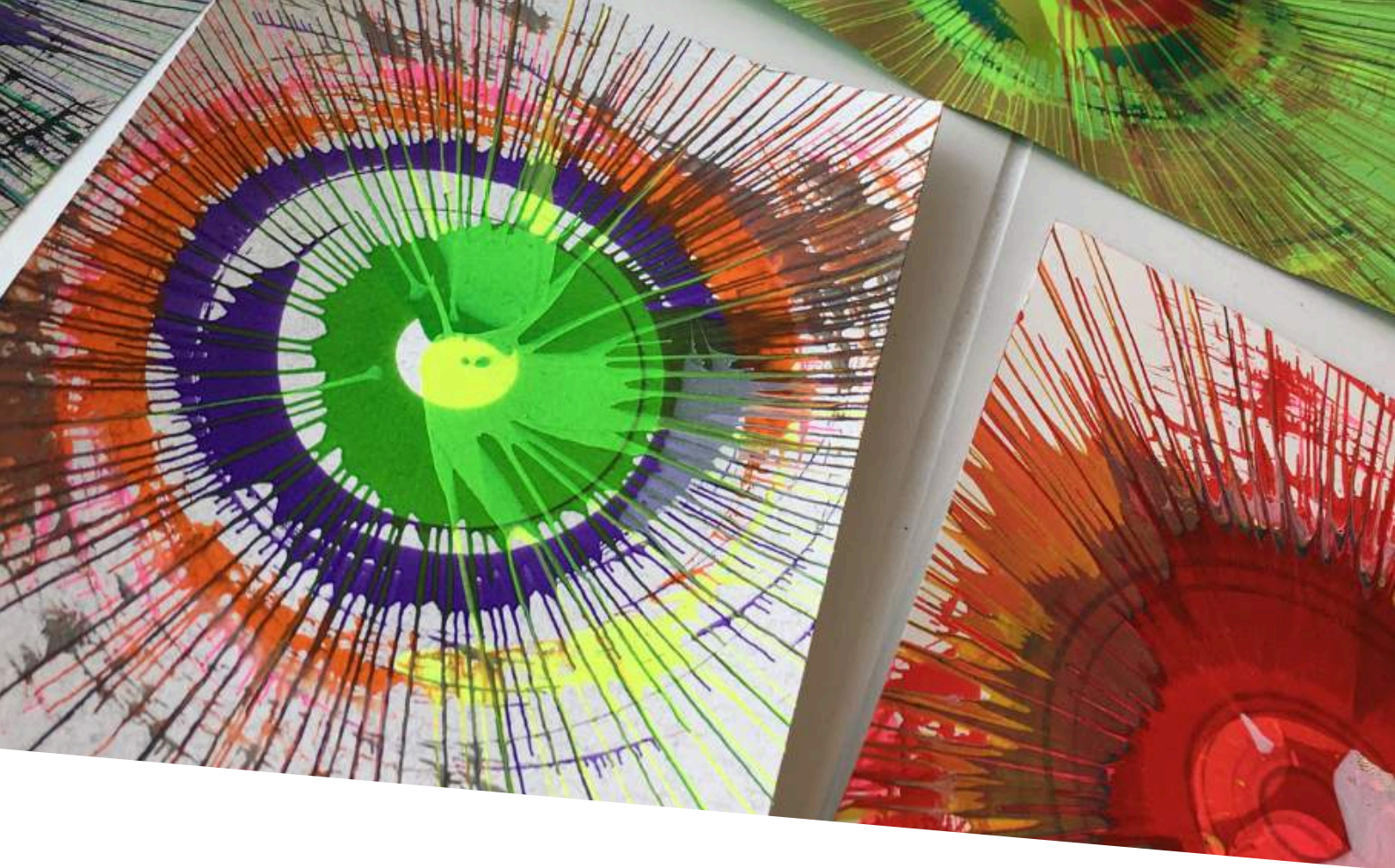
# HILLSIDE CLUBHOUSE

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**MARCH 2024  
EDITION**





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MEMBERS

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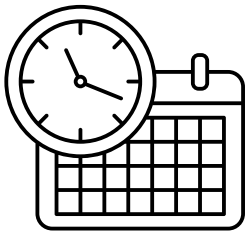
**50** RECIPES

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# WEEKLY SCHEDULE

## DAILY

**10:00-12:30**

Admin & Reception  
Kitchen

**13:30-16:00**

Admin & Reception  
Kitchen

## MONDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative  
Group

## TUESDAY

**10:00-12:30**

Social  
Events

**13:30-16:00**

Social Media  
Gazette

## WEDNESDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Gardening  
Group

## THURSDAY

**10:00-12:30**

Job  
Search

**13:30-16:00**

Open for Support  
Sessions

## FRIDAY

**10:00-12:30**

Open for Support  
Sessions

**13:30-16:00**

Creative Group  
Gazette

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

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# GO-TO EVENTS - MARCH



11AM

3<sup>RD</sup>

Head to Woodberry Wetlands for a family-friendly nature walk, exploring the site at a slow pace and maybe even to play a game or two! Meeting point - The Coal House Cafe under the marquee. More info at <http://tinyurl.com/4mdwn8ze>

## FAMILY WALKS AT WOODBERRY WETLANDS

A series of talks from empowering, inspirational black women. Connecting the disconnected through the oneness of culture & tradition. Finsbury Park Trust, 225-229 Seven Sisters Road London N4 2DA More info at <http://tinyurl.com/ytdnsak9>

10AM

-4PM

9<sup>TH</sup>

## GO AFRICA INTERNATIONAL WOMANS DAY

Discover the bank's history and the role they play in the economy today. Open Monday to Friday, 10am to 5pm (last entry 4.30pm), and until 8pm (last entry 7.30pm) every third Thursday of the month. Closed on Bank holidays and weekends. More info at <http://tinyurl.com/5a97vb89>

## MUSEUM OF THE MONTH - BANK OF ENGLAND

A free film screening at SOAS of Life is Wonderful: Mandela's Unsung Heroes. The film lasts c.90 mins and there will be a short Q&A. Free but booking via Eventbrite is essential. <http://tinyurl.com/ya6apevz>

3-5PM

13<sup>TH</sup>

## MANDELA'S UNSUNG HEROES

10AM  
-7PM

23<sup>RD</sup>

Indulge in FREE professional treatments with a range of beauty services available from eyebrow threading to manicures and piercings. Booking is essential. <http://tinyurl.com/yc77jsa7>

## GLOSS BEAUTY & WELLNESS SUMMIT

Drop into the London LGBTQ+ Community Centre to celebrate the launch of 'The Fights That Make Us', the fourth middle-grade book from children's author Sarah Hagger-Holt (winner of the Little Rebels Book Award). <http://tinyurl.com/5n6zbju7>

6-8PM

1<sup>ST</sup>

## THE FIGHTS THAT MAKE US - BOOK LAUNCH

# Hearty Thursdays 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.



# ZSL | LONDON ZOO



**VISIT**  
**THURSDAY 21 MARCH**  
**LEAVE HILLSIDE AT 9:15AM**

**Sign up at  
the  
Clubhouse**



**MIGRATION  
MUSEUM**



**THURSDAY 11TH APRIL, LEWISHAM**

**LEAVE THE CLUBHOUSE 10.30AM**

# WIMBLEDON MUSEUM & TOUR



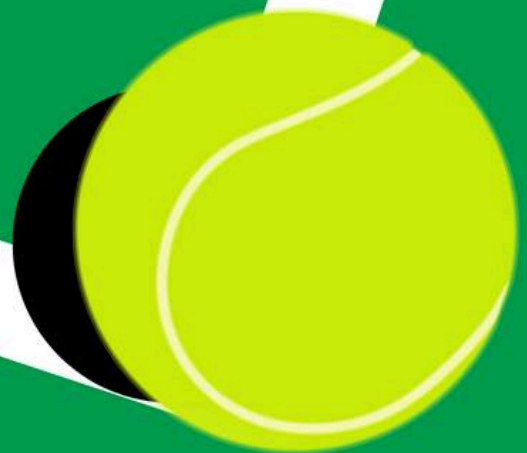
15th APRIL 2024

COME AND FEEL THE  
MAGIC OF WIMBLEDON  
ON THIS FREE TOUR!



10:00AM – 2:00PM

LEAVE FROM OUTSIDE THE  
CLUBHOUSE 8.15AM.....  
EARLY BUT WORTH IT!!!





**AUTIMATIC**

Re-imagining the future of work  
for talented autistic people

# Fully Remote and part time Jobs

- In-house team of job coaches
- Online Community
- Tasks matched to autism strengths
- **Careers within:**
  - Administration
  - Automation
  - Artificial intelligence

You must have a good working knowledge of  
Microsoft Office and Microsoft Teams

**Apply on our website:** [autimatic.co.uk](https://autimatic.co.uk)



## Free Short Courses



My hobby is finding things that you can do for free in London, and it is through this that I discovered that the Capital College Group do a lot of free courses.

The three colleges that I found are Islington College in the Angel, Kingsway College in Victoria and Enfield College in Tottenham High Road.

You can train to be a chef, do carpentry, sports psychology, digital skills and many other courses. All these courses are free, and some carry a level 2 qualification. The catering courses have a job finding service, so all you need to access these courses is to log on to Capital College free courses.

I'm sure that you will find courses that you will enjoy doing, and you will also find a job that you will enjoy. Some of these courses can be done online, so it would be possible to do them at Hillside Clubhouse.

<https://capitalccg.ac.uk>

Free Short Courses

# 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.
- O2 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.

# 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.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, 10am to 1pm)

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

7JU WEBSITE: <https://www.marywardlegal.org.uk/>

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### 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

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

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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

**viktorija.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

# The Food Pantry



To help with the cost of living, Hillside will be launching a food pantry service:

For the price of £3.50, you can receive up to £25 worth of groceries.

Ask a staff member at Hillside for further details...

**Open....**

**Tuesday 2pm – 4pm**

**Wednesday 10am – 4pm (closed from 12:30pm – 1pm for lunch)**

**Thursday 10am – 4pm (closed from 12:15pm – 1:30pm )**

**Starts Jan 23rd**



*For  
Hillside  
Members*

hillside clubhouse

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# THE PANTRY

The first thing that hits you when you enter the Pantry is just how much and how varied the food is: meat, seafood, all kinds of fruit and vegetables, milk, juice, different kinds of bread and 'good for you' crisps.



The second thing that hits you is just how healthy it all is: no processed produce here! The fruit and vegetables are farm fresh dirty healthy Organic strawberries - how much would that cost you at Wimbledon?



You have to book an appointment before you can use the Pantry, but it's easy and straightforward. There is no time limit for choosing what you want, so you can take your time and browse. The staff are friendly, helpful, organised and knowledgeable.

**JAKE ARNOLD**

Membership entitles you to one visit per week. You pay £3.50 for up to £35.00 worth of stuff (card only). The Pantry reserves the right to cancel your membership if you move away from the area, you don't use the Pantry in a 3 three week period or you behave badly. If membership is cancelled for non-attendance you can reapply, but you will be put on a waiting list. Membership for the Pantry is reviewed every 3 months. Also, no fridge/freezer means you can't use the Pantry. Membership lasts 6 months.

Because the food is surplus, you don't know week to week what will be available. If you are allergic to any food, then tell the staff. Some products come without labelling, so the pantry will provide a list of ingredients on a separate sheet. Some products may be close to or beyond Best Before dates, but this is more a question of flavour and texture rather than being harmful.



### The Pantry opening times:

Tuesday: 2.00- 4.00

Wednesday: 10.00-4.00  
(closed 12.30-1.00 for lunch)

Thursday: 10.00-4.00  
(closed 12.15- 1.30 for lunch)

The reasons why I use the Pantry are:

- 1.The quality can't be bettered
- 2.It's easy to use
- 3.It's basically free. As anyone on benefits knows - 31.50 makes all the difference.

# THE PANTRY

ST GILES

## WHO WE ARE

**Our Pantry offers nutritious and healthy food to families and individuals struggling to feed themselves.**

People pay a small weekly subscription of £3.50 and then can choose their food as they would in any other supermarket shop. Enabling people to pay a subscription gives them choice and dignity.

Whilst shopping at The Pantry, expert advice and support is on hand from our Peer Advisors who can help them address any barriers they are facing.

**To find out more just visit:**

[www.stgilestrust.org.uk/  
what-we-do/tackling-poverty/](http://www.stgilestrust.org.uk/what-we-do/tackling-poverty/)

## HOW WE WORK

**The Pantry** is operated by UK charity **St Giles**

**Membership** costs £3.50 a week and entitles you to one visit per week

**Pantry Members** can choose up to **ten coloured items**

- Red x 1 item
- Blue x 2 items
- Orange x 3 items
- Yellow x 4 items

**Affordable (+ free) food in Islington**

**Monday**

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

Caxton House

N19 3RQ (from 12.30) - surplus bread and cakes in reception when available

**Tuesday**

1:30-3:30pm for EC1 residents, by appointment 0207549 8181 / info@sipt.org.uk  
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  
Free hot lunch served at 12.30 for residents of N7 & local Hilldrop Estates.  
Term-time only

Mildmay Community Centre

N16 8NA  
Soup & Stew Day (12.30-2pm)  
Hot bowl of stew or soup; meat / vegetable option (donation based)

**Wednesday**

St Luke's Food Hub EC1V 8AJ  
for EC1 residents, by appointment 0207549 8181 / info@sipt.org.uk  
Hornsey Lane Community Centre  
Giving out surplus food 10:30-2pm at Hornsey Lane N19 3YJ / 020 7272 5938  
Brickworks Community Centre N4 4BY  
Food parcels 12pm-3pm. For local area (N4 4BY). 0207 263 1067  
colin.adams@hanleycrouch.org.uk / vanessa.freeman@hanleycrouch.org.uk  
On other days, can provide emergency food bags (if available), please ring and speak to reception.

Margins Project, Union Chapel

19B Compton Terrace N1 2UN. Drop-in session: 11am-1pm  
Manor Gardens Centre N7 6LA  
10:45am-12pm. Food co-op. Take what you need for £3  
St. George's N7 0ND Free Hot Lunch 12-2.30pm term time

FoodCycle Islington

Free hot meal, 1pm. New River Baptist Church, N1 2TL No need to book!  
The Ringcross Foodbank N7 8RH  
Food parcels, meals & essentials £3  
1-4pm. 07565 256 537 www.rcfb.info  
Open to residents of Holloway, Laycock, Caledonian Wards & Hyde Housing Estates (proof of address needed), as well as people who are sleeping rough  
The Hive Foodbank N19 3AD  
6.30-8.30pm. Referral needed: 020 7916 2710 / hivefoodbank@gmail.com

**Thursday**

Mildmay Community Centre N16 8NA  
Community Cook-up  
Free shared meal.  
Meat / vegetarian option. Donations welcome  
Cooking activity: 9.30am - 12.30pm  
Food served: 12.30 - 1.30pm

Hillside Clubhouse

N7 9GJ  
Hearty Thursdays 12:30 - 3pm  
Giving out free meals, hand-cooked by their members for the community.  
Halal, Kosher & vegetarian options

Copenhagen Street Foodbank

N1 0SR  
Weekly foodbank 1pm-3:30pm. Fresh food and non-perishable items 02078378378  
copenhagenstreetfoodbank@gmail.com

Caxton House

N19 3RQ 28th March: free Afro-Caribbean hot meals. 2pm - 5pm

**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

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

St Mary's Church & The Hive Foodbank

3 - 5.30pm. N19 3AD  
Cook Together Drop-in  
Learn to make cheap, easy & tasty meals. All ingredients provided

St. Mary's Islington

N1 2TX  
Open House (10.30-1.30) - free coffee morning and soup lunch

**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@choiceslondon.cic.com

FoodCycle Finsbury Park

Free 3 course vegetarian meal Saturdays 1pm onwards  
Andover Community Centre,  
Community Hub, Coker Walk, N7 7RY  
No need to book!



Updated: March 2024

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 // 07986042458

Hornsey Lane Community Centre:

**Family Cook & Share:** Wednesdays 10am-2pm

**Free Lunch Clubs for people over 55:**

Thursdays 12-2pm New Orleans Hall, N19 3TH

Saturdays 12-4pm at Hornsey Lane Estate Community Centre N19 3YJ

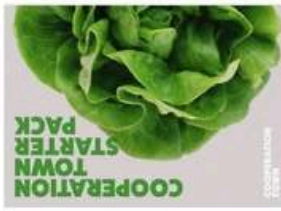
St Luke's Community Centre, EC1V 8AJ:

**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

Elizabeth House Community Centre N5 1ED:

Blue House Club (**over 50s club**). Wednesdays (term-time only). **Chair Yoga** 11am, **free hot lunch** at 12pm, followed by an activity



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/>  
Cooperate Girdlestone: Girdlestone Community centre, 11am-2pm Wednesdays. Open to new members!

Please note, this is not a comprehensive list of all food support available in Islington.

For more information, visit: [www.islingtonfoodpartnership.org.uk](http://www.islingtonfoodpartnership.org.uk)

Do you have difficulty finding affordable food that reflects your cultural background or the meals you want to make? We want to hear your experiences: [hello@islingtonfoodpartnership.org.uk](mailto:hello@islingtonfoodpartnership.org.uk) / 07543491311

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 receiving:

- 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)
- Or pregnant and under 18

HEALTHY  
START



Complete application online:

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

Call **Family Support Surgeries (020 7527 8376)** for any application concerns

Bright start Islington

A range of services **supporting under 5's and their families** across Islington. For more information call: 020 7527 5959  
[www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s](http://www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s)



# 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 0808 278 7836 (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)

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### 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: 020 3301 9850

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

Website: [www.islingtonmind.org.uk](http://www.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:

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>

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# WANT TO BE A PEER BUDDY?

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

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

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

What you will gain volunteering as Peer Buddies:

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

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

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

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

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

Tel: 07738 236 041

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

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



# MINDFUL COLOURING

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

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

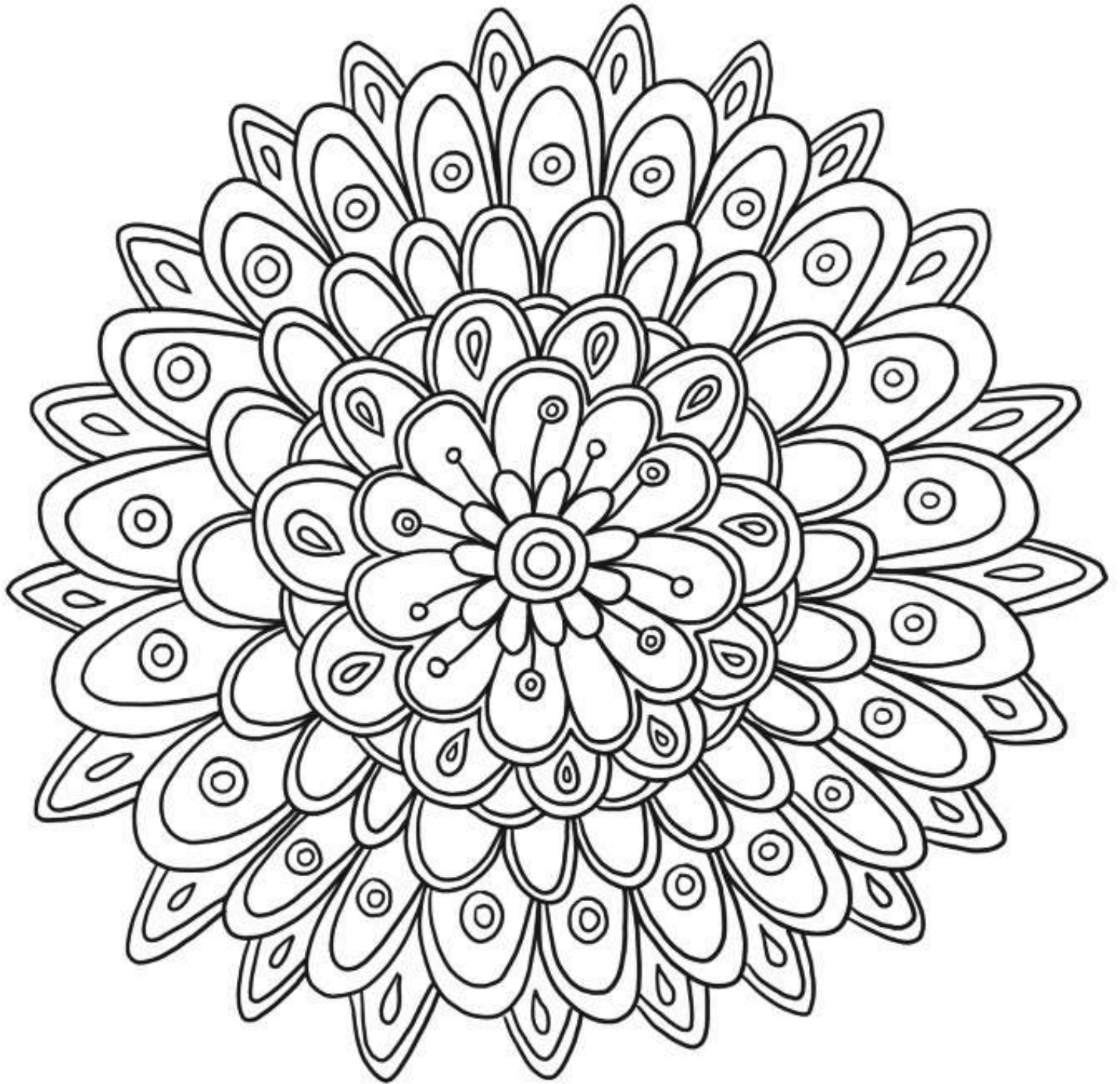
Multiple studies have shown that colouring can reduce depression - the simple act of colouring a picture can be quite beneficial. One popular way to do this is to colour and use it as a form of meditation.

Seven good reasons why colouring is good for you:

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

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

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MINDFUL  
COLOURING

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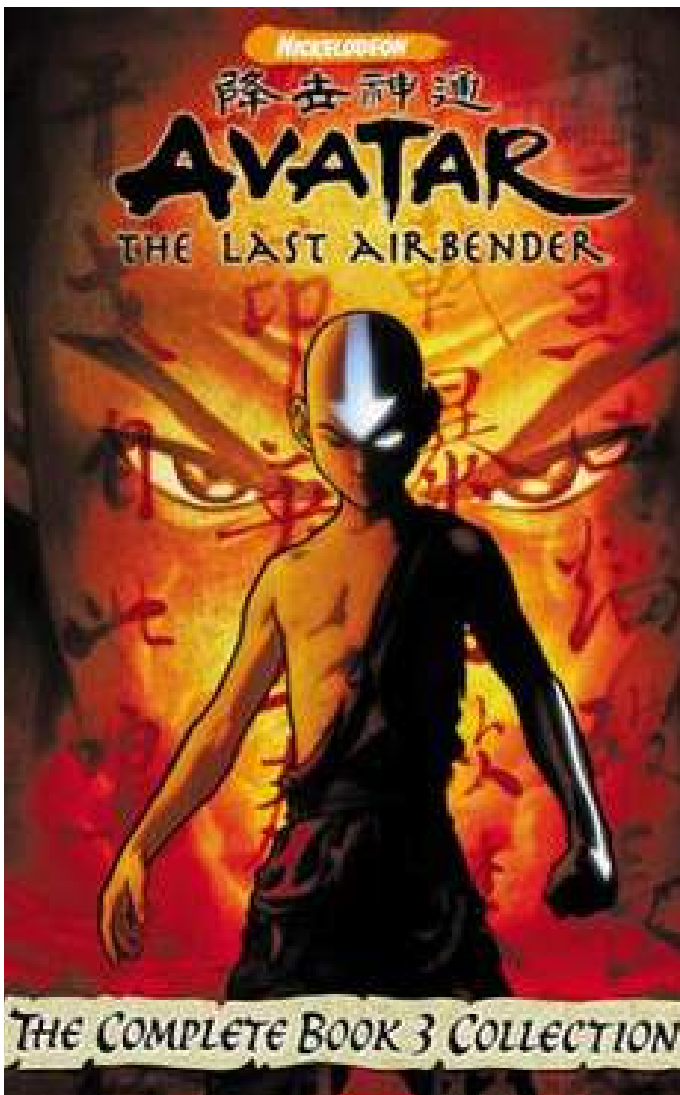
# AVATAR

## THE LAST AIRBENDER

### BOOK 3: FIRE (PT1)

#### Previously

The war is over: Bai Sing Se has fallen, the Avatar is dead, Zuko is back at home, the Fire Nation now rules everything. Is this the end of everything?



#### The Awakening.

In the Fire Nation, Azula and Zuko are hailed as heroes. The ones who ended the war in the Earth Kingdom and captured Bai Sing Se and with the Avatar, presumed dead. Long live the Fire Nation.

However, Aang wakes up and is surprised to find himself onboard a Fire Nation ship. Panicking he hobbles on deck and finds out that his friends are there to greet him, then he passes out. Back in the Fire Nation, Zuko, is preparing to meet his father, Fire Lord Ozai.

### The Headband

Now that they are in the Fire Nation, the gang needs to find a hideout, some new clothes and some food. But Aang finds that his clothes are a school uniform and the wardens then take him to school. Aang sees this as a chance to help a new generation overcome cultural differences.



### The Painted Lady

Travelling along a polluted river, the gang come across a village full of sick people. The villagers pray to their river spirit, The Painted Lady, who in times of crisis will help them. Katara then uses this to help the villagers overcome and destroy the factory, then to clean up the river. Later that night, at the river, Katara meets the real Painted Lady, who thanks her and drifts out into the night.

### Sokka's Master

On a peaceful night, the gang are watching a meteor shower. When a large meteor crashes and causes a fire that threatens a town. Aang, Katara and Toph rush into action to save the day. But Sokka feels left out and is miserable. He finds a beautiful sword and is told that it is made by the famous Swordmaster Piandao, who lives just out of town. Realising he needs a master to teach him, he heads off to meet him so he can train. Having been accepted, he learns the way of the sword.



### The Beach

Zuko, Azula, Mai and Ty Li are enjoying their holiday on Ember Island. But old wounds will rear their ugly heads, showing how getting everything you want doesn't lead to happiness. Meanwhile Aang and the gang are also having a break when they are attacked by a mysterious new villain and they barely escape.







### The Avatar and the Firelord

This is a pivotal episode, showing the friendship between a young Roku, who goes on to be the Avatar and then Prince Sozin, who becomes the FireLord. They were lifelong friends. You see how the war started and a friendship was destroyed.

### The Runaway

Tensions are running high between Katara and Toph. Toph goes to the market with Aang and Sokka, she shows some skill in getting more money, but this leads to a dangerous situation. Sokka gives a new name to Combustion Man, who shows us a new form of Firebending.



The Puppet Master

This episode is the only horror story in the series. Late at night the gang are telling stories when a creepy woman named Hama comes calling and offers them a place to sleep. However, doesn't really trust her. Meanwhile, Katara finds out that she was from the Southern Water tribe. Hama then goes on to show Katara a new form of waterbending called...Bloodbending.



To be continued



# REGGIE VENABLES - BOXING

## DIARIES: PART 2

Just a follow up from my last Reggie Venables write up - check out the October edition for this article and loads of other great ones!

Reggie was chosen to represent Islington Boxing Club in the Nationals, but unfortunately he was overweight and that meant putting him into a category where he would have been weakest in his category. Reg is at his best when he is at 57kg.

For his own safety the club pulled him out, but this just means next year will be his year.

Reg had 2 fights since the disappointment of NOT competing in the nationals. I was invited to go and see Reggie fight at the Boston Dome and it was an enjoyable afternoon to say the least. Reggie had all the family there to cheer him on. Unfortunately he lost on majority vote, losing his unbeaten



unbeaten record. We knew Reggie wasn't himself during the fight. Normally, before the bell rings, Reg would always look towards his family and put his fist up to indicate he was ready.



He didn't this time and we knew then that he wasn't himself, but he kept his head held high.

Fast forward to his next fight 2 weeks later - on the 10th November (which was his sister Jessica's birthday), held at the Royal National Hotel.

It was a beautiful venue - very professional. The parade started - the boxers from both sides were ready. We noticed that Reggie was smiling - back to looking like the Reg we were used to.

It was now getting close to Reggie's bout. We were all getting nervous knowing he lost his last fight, something we hadn't experienced before.

But once he got into the ring, he looked over at all 20 of us and put his glove up. We knew he was ready, but after 10 seconds of the first round his opponent caught him off balance, causing him to go down. That meant Reggie had to win the next 2 rounds. He got up, brushed himself off and displayed a first class performance and won the fight on a 4-1 decision.



Also, to top the night off, Reggie won the Best Boxer of the night award with over 18 bouts on the night. It was a great achievement. Reggie is back to his winning ways.

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**ANDREW 'RIFF' SOCRATOUS**

# MY JOURNEY INTO FPV (FIRST PERSON VIEW)

My journey with FPV (first person view) started when I decided to buy a cheap UAV (unmanned aerial vehicle, that is, a drone) to take with me on vacation to Trinidad. I already had a collection of kites that I flew on the beach, so adding a drone seemed the natural thing to do. I found just that - a cheap drone - but when I tried to connect the drone to my phone on the beach, I discovered it was faulty. I was bitterly disappointed and, then and there, I resolved to build my own drone from scratch.



I soon discovered that there is a vast variety of drones that one could aspire to build. There are different sizes that range from massive drones capable of transporting a human being, to really small drones that are designed to fly around almost undetected. In more general terms, there are commercial drones that serve a specific function e.g. it could be involved in agriculture or ultra-high tech military drones that assist the armed forces. There are drones that are what I would call “hobbyist” drones that provide recreational entertainment.

The drones shown in the pictures on the last page are typical of 'off the shelf' hobbyist drones available on the retail market. People who buy that type of drone sometimes have the intention of doing aerial photography – which might be done purely as a hobby or could have some type of commercial application. However, I found that people who are involved in commercial applications and those that are seriously involved in FPV usually build their own drones from scratch. This way of doing things allows for selecting, mixing and matching the vast variety of components available for building drones.



This type of “hobbyist” drone usually takes on a common appearance due to the fact that the body of the drone is made up of carbon-fibre sheets. Carbon fibre is extremely strong and lightweight and can be relatively easily cut into different shapes

(according to the design of the frame). The frame shown above is typical of a quadcopter drone, so called because the drone has four motors that spin four propellers. There are some drones that are based on six or eight motors, but those are mainly used where the drone has to lift heavy loads – e.g. a professional video camera or agricultural equipment. Those drones tend to fall outside the realm of the hobbyist – though some hobbyists have a predilection for really large drones.

Having said that, there is a growing trend towards smaller drones – those that weigh around two hundred and fifty grams (with two- and half or three- and half inch propellers).

I chose to build a drone with seven and half-inch propellers. It would be considered more of a long range/freestyle type of drone.



Within the drone hobbyist realm there are two major groups that most people belong to: racers and freestylers. The terms used are “race pilot” or “freestyle pilot”. Race pilots, as the name implies, are hobbyists that dedicate themselves to competing against other race pilots on purpose-built race courses like the one above. These race courses are composed of a series of gates that are positioned at different heights and angles of attack. Each racer has to fly their drone through each gate in the correct sequence. Each race potentially has a maximum of eight competitors – this is in large part due to the limitations of available radio frequency transceiver technology. The sport of drone racing is very competitive and successful pilots

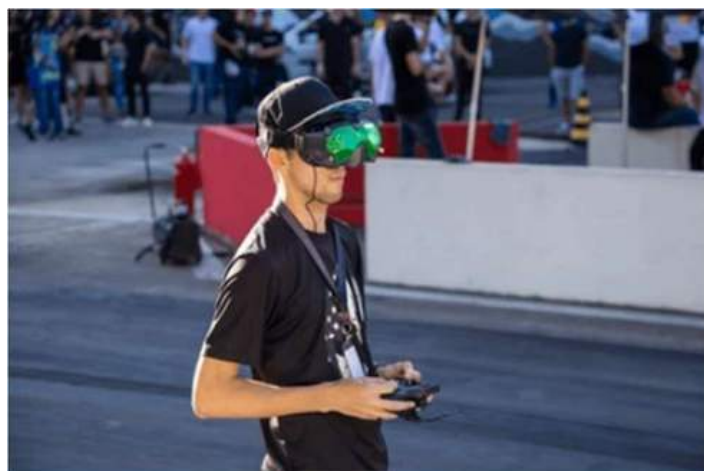
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**ANTONIO LANGTON**



have to dedicate hours of practice to hone their skills. This style of piloting is not for me, I tend to be more collegial and amiable in my approach – this is a hobby after all.

Freestyle pilots are hobbyists that are more introverted (though many are very flamboyant in their flying style) and perhaps more interested in developing their skills to satisfy their own goals (though this could



equally be said about racers). Primarily freestyle FPV involves flying at any given location and performing stunts and tricks. All manner of flips, turns and reversals are combined in as smooth a sequence as the pilots' skills will permit. In fact, the flight does not even have to be 'smooth'. A good analogy would be skateboarding – many freestyle pilots come from that culture and with them they bring the same attitudes and cultural references – the music (usually punky, hard rock, non-commercial hip-hop), dress code and general take on things (life, politics, money, etc). Well... that might be an exaggeration. The FPV drone community is a really diverse bunch of individuals with a mix of all sexes, nationalities, ages, races and anything else you care to consider. The community's primary way of connecting is through social media – especially YouTube. My main source of information and inspiration comes from the huge variety of YouTube channels where you can watch hundreds of tutorials on piloting, building drones, component reviews, events and general FPV style and feel.

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**ANTONIO LANGTON**



Two youtubers that are very important to my journey with FPV are Joshua Bardwell and BotGrinder. Bardwell is my primary source for all things FPV and drone technology, he has given himself the appellation FPVKNOWITALL – and he almost certainly does ‘know it all’.

BotGrinder is a fantastic pilot who has overcome his problems with alcohol through his involvement with FPV. He is covered in tattoos and has an irreverent attitude to everything – very punk, but his videos also have musical accompaniment with hip-hop and death-metal. This is typical of FPV, it is a mix of every type of individual where differences don't matter. BotGrinder is a wild punky rocky dude while Bradwell comes over as a cheeky, slightly naughty corporate rebel. What I take from BotGrinder is a sense of fun on the bleeding edge of FPV piloting – I would love to pilot at his level of skill and freedom.

Bradwell on the other hand has encyclopaedic knowledge of every component, every frame, the history of FPV, every new development and much more. When I first started out on this FPV journey, I sent a message to Bradwell and unbelievably he responded. I don't totally like his reply though, it was slightly dismissive – he tried to somehow limit my expectations. Now that I have more experience with FPV, I know that he was telling me the truth – which summarised comes to “FPV piloting is very difficult”.



The aside image shows a radio controller. These devices can be used to remotely control many different types of radio control (RC) devices e.g. RC model: cars, boats, planes, helicopters, quadcopters, and much more. Flying a quadcopter involves controlling four main flight inputs: throttle, yaw, pitch and roll.

Adjustments have to be continually made in order for the drone to fly in the direction that you desire. These four flight control inputs are sent to the drone via the two joysticks on the radio controller. It requires a very high degree of hand-to-eye coordination. At the moment, I am totally rubbish at piloting – the experience reminds me of when I first used a mouse (when MS Windows 3.1 was released), when I moved the mouse, the pointer would end up totally in the wrong position.

The image above shows one of the two main recognised techniques for controlling the two joysticks – this is the “pinch technique”, where the pilot uses both the thumb and fore-finger to control the joysticks. The other way of using the joysticks is called the “thumb technique”. This is where the pilot only uses both thumbs to control the joysticks – much like you would with a PlayStation or Xbox controller. I tend to be most comfortable using the “pinch” technique... but I remain a rubbish pilot.

The learning curve for piloting this type of drone is long and painful for everyone (to varying degrees). This arduous learning process has given rise to drone simulator software that allow newbie pilots to practise and accumulate flight time in a virtual environment. This development is a godsend because it means that you crash as many times as it takes to become a competent pilot without the cost of constantly having to repair your drone.



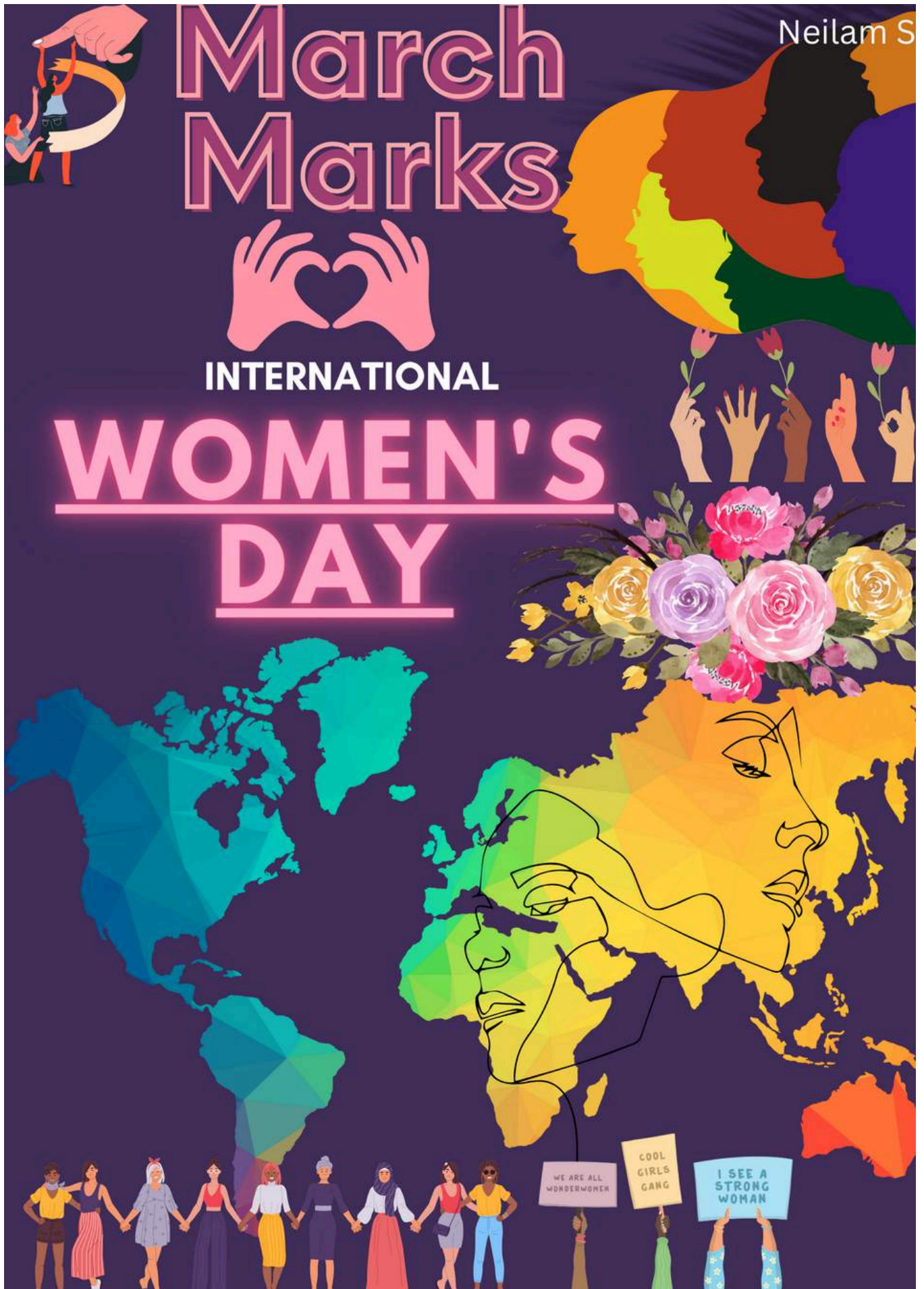
I have been using a simulator called LiftOff. This is where I come to terms with my frustration at being so rubbish at piloting. I can only do it for short durations before I cannot take it anymore. No sooner that I take off, the drone somehow finds a way to crash spectacularly.



Recently, I found another simulator, called TRYP FPV, which is supposed to have the best physics model (making it the most realistic simulator). Much to my regret, my frustration in Tryp FPV is even more pronounced. Nevertheless, I persevere because I am extremely stubborn.

In point of fact, choosing to learn to fly in a simulator should have been my first move. Instead, I started building my drone before I understood how to hold the joysticks. As it stands, I enjoy building more than I do flying – this should be the other way round. I also think that it would be better if I was part of a local network of drone pilots. Having comrades is normally a good way to push yourself and you try to keep pace with the group. With that I will end this article for fear of boring readers into despair. The technical minutia of each drone component could form the material for an entire book. I hope that my next article about FPV will be about me flying in different locales and the group of pilots in my cohort. This is inspired by BotGrinder who likes to find abandoned locations (so called Bandos) to perform ad lib freestyle FPV. In fact, any location could present opportunities to perform tricks and stunts. I am a long way from doing Freestyle but I think it is a healthy aspiration.





# KATHERINE , KATHRINE, MY BELOVED MS JOHNSON

Fire Logic, Mathematics, Finance, Economics. My LIGHT.  
Creola Katherine Johnson born to our world on the 26th August 1918 and passed February 24th 2020. Creola was a Mathematician who calculated orbital mechanics as a NASA employee which was critical for the success of the first (and other) US Space Flights.



During her long career at NASA, where she worked for 33 years, she mastered complex manual calculations and pioneered the usage of computers to perform her tasks. NASA noted her role as the first woman of African descent to work as a scientist. Creola was known as a human computer, and her work was not yet recognised in the early days of her life. To work with space trajectories with such little technology at the time!



This is a list of her work: calculating trajectories, launch windows, emergency return paths for 'PROJECT MERCURY' space flights (including for astronauts Alan Shepard, the first American in space, and John Glen, the first American in Orbit), rendezvous paths for the Apollo Lunar Module and Command Module on flights to the moon. Her work was vital for the beginning of the space shuttle program , and she even worked on missions to mars.

**YABA KWAYISI**

Katherine's Awards were as follows. In 2015, President Barack Obama awarded Johnson The Presidential Medal of Freedom. In 2016, she was given The Silver Snoopy Award by NASA Astronaut Leland D. Melvin.



A NASA Group Achievement Award. In 2019, Creola Katherine Johnson was given The Congressional Gold Medal by The United States Congress. In 2021, Creola was posthumously inducted into the National Women's Hall of Fame.

### My beginning - Creola Kathrine Johnson.

My mother, a teacher. My father, a lumberman. And I, born in White Sulphur Springs, August 26th 1918. I am the youngest of four children. I showed good mathematical gifts from an early age. Greenbrier County did not offer public schooling for African Americans past the eighth grade. My parents arranged for their children to attend high school at the Institute of West Virginia. I enrolled at the age of ten.

I graduated from high school at the age 14. I matriculated at WVSV, a historical African Institute. I took every class in Mathematics. My piers and mentors were Angie Turner King, Chemist and Mathematician. W W Shieffelin Claytor, the third African American to receive a doctorate in Mathematics.



I finally graduated summa cum laude in 1937, with degrees in Mathematics and French. I was 18 years of age. I took a teaching job in Marion Virginia.

In 1939, I'm married. I am married to James Goble. I left my teaching role and joined a maths graduate course. I focused on my family life.

I might add, I was the first African American to attend Graduate School at West Virginia University in Morgan Town, West Virginia.



These are my early years.



Kathrine started her career as a research mathematician at NACA. Between 1953 to 1958, Johnson worked like a computer, analysing problems such as alleviation of air craft. Johnson was then reassigned to the Guidance and Control Division of Langley's Flight Research Division.

In an interview with WHRO-TV, she recalled:

"I didn't feel the segregation in NASA , because everyone was doing research. You had a mission and you worked on it. I just didn't feel any segregation, and I know it was there, I JUST DIDN'T FEEL IT."

NACA closed the coloured computing school in 1958, when the Agency was taken over by NASA. Instead, they adopted digital computing. Although life was desegregated, forms of Prejudice still existed.

1958 to 1986. My CAREER. I am an aerospace engineer, an aerospace technologist. Navigating my way through the 'Spacecraft Controls Branch'.

### HIDDEN FIGURES.



# SUDOKU: ANSWERS

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



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

Answers on the previous page

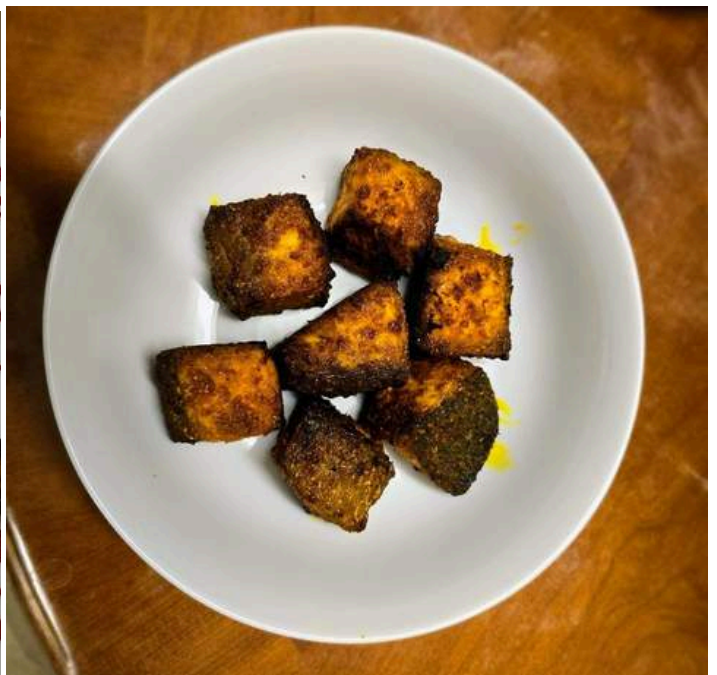
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# TANDOORI BAKED/FRIED FISH

## INGREDIENTS

- Salmon 2/3 long pieces /1 sea bream or bass medium size
- Quarter Lemon juice
- 1 level tbsp Tandoori masala ( I prefer Rajah or TRS)
- Half tsp Chilli powder(optional)
- Half tsp Turmeric powder
- Half a medium brown onion grated finely
- Salt to taste
- 1 tbsp Oil of choice

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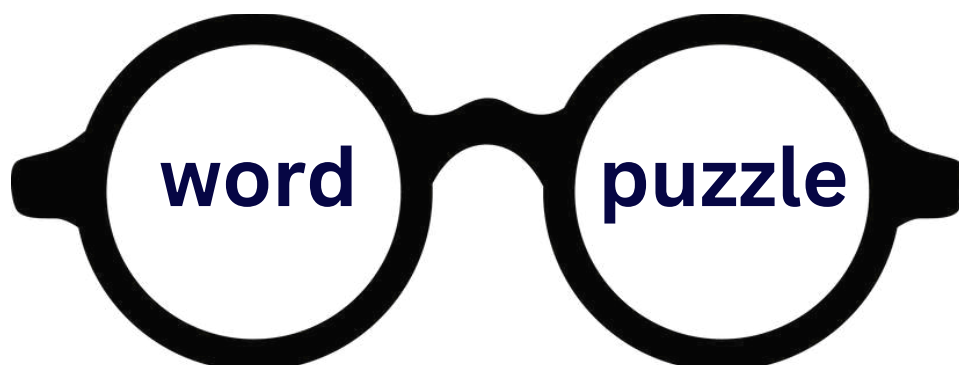
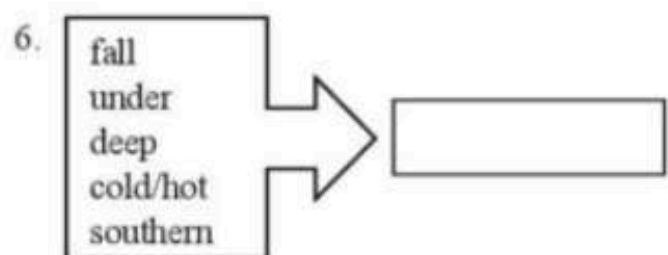
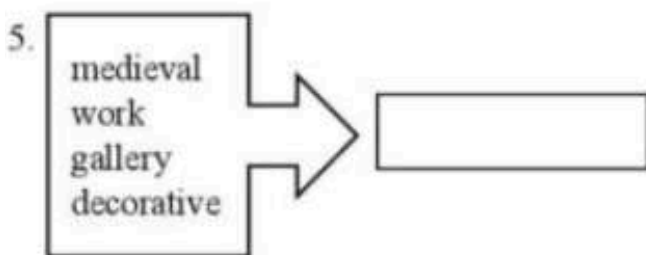
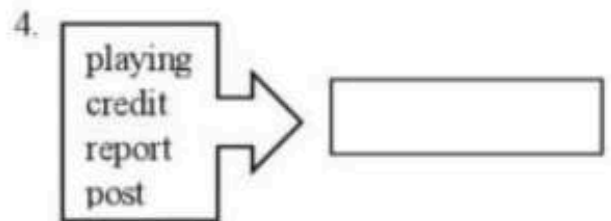
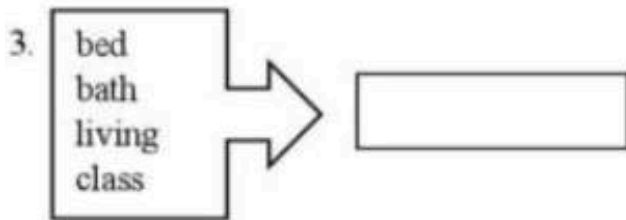
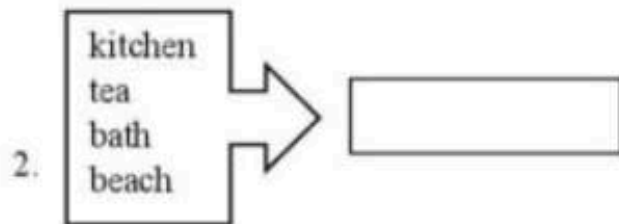
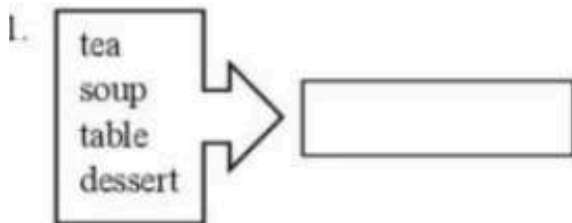
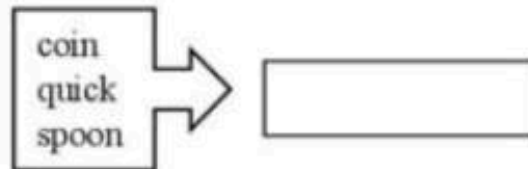
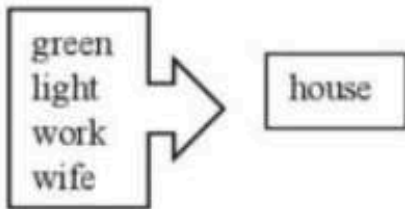
## METHOD

1. Clean and descale the fish, if needed. The head of the fish can be left on if you like. Wash and leave to drain for 10 minutes.
2. If using bass or bream, score the fish on both sides evenly. Be careful to not cut all the way through. Just roughly near to the middle bone is good.
3. Mix together all the other ingredients in a bowl.
4. Add the mixture to the fish, making sure you get the marinade into the scored areas.
5. Cover and leave to marinate for 10 mins or longer (up to an hour) if you're not in a hurry.
6. Cook on a baking sheet on the middle shelf on Fan 200C. 15 mins for salmon or 20 minutes for bass/bream.
7. Take it out and turn it over and cook further 15 mins for salmon and bass or bream 20/25 mins approx. or until cooked. I usually like my fish well done that's why I leave it in for longer.
8. Check if cooked by separating a bit of the fish with a fork to see if it is translucent or opaque. Opaque means its fully cooked.
9. Alternatively you can shallow fry in a little oil on low to medium heat turning occasionally.
10. You can squeeze some lemon and sprinkle fresh coriander on the fish after cooking if you like.

# WORD PUZZLE

*What's the missing word?*

Find a group of compound words or collocations that share a common word. For example,



# WORD SEARCH

CAMPING

CAMPING

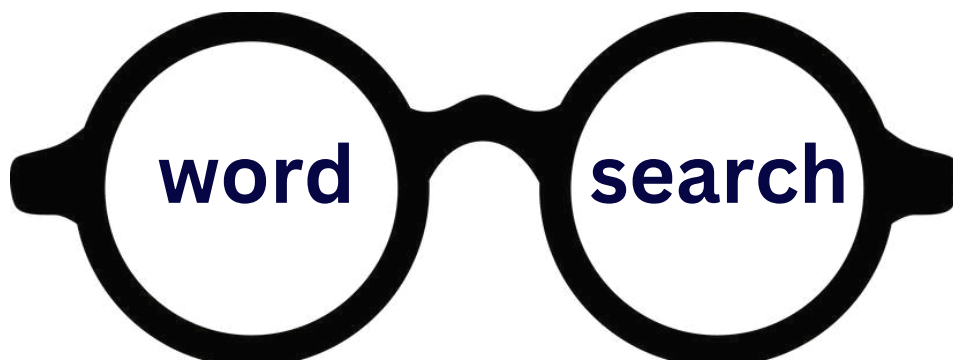
R Y M C T E G N I K I H N S F O J B X U P  
 Q J N A H N V D Z S A L S I S L A M I N A  
 M E M O R I E S F M W E P J B T S N C G H  
 D O X P O S Q L M U R I C Z T A K A Y A K  
 I C S J B C H O L T A G M E P N C T W F O  
 F A Y Q E X C M T E C V R M O D I U S L G  
 Z M O H U K J A A W P I F G I L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

air mattress  
 animals  
 batteries  
 cabin  
 campfire  
 campsite  
 canoeing  
 chipmunk

compass  
 flashlight  
 hammock  
 hiking  
 insect repellent  
 island  
 kayak  
 lantern

marshmallow  
 memories  
 mosquitoes  
 mountains  
 nature  
 outdoor cooking  
 raccoon  
 reservation

roasting sticks  
 s'mores  
 sleeping bag  
 summer  
 swimming  
 tent  
 trailer  
 vacation



# SUDOKU

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



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

ANSWERS ON PAGE 49