

We See you

By Marcia Dixon

"Be Pastor Marjorie Esomowe, co-pastor of Triumphant Church International in Tottenham, north London had a birthday celebration like no other - she spent it providing pampering and dinner for homeless women.

About 40 women of all races and ages, some with their children, attended the birthday celebrations held at the church

The women enjoyed manicures, facials, hair styling, make-overs and massages provided by volunteers who donated their time. They received free clothes and had a birthday meal. Afterwards they were given a gift bag of toiletries which included toothpaste, deodorant, sanitary towels and more.

Volunteers included Zereena Afflick, who provided free manicures. She knows what it's like to be homeless, having had the experience herself, and was keen to give back. She said,

"The day has been amazing. It's been really nice to see every come together for a really good cause and to share their talents and their gifts with others to bless them. I like things like this to do with community and building up women as well.

And birthday woman Pastor Marjorie enjoyed her day. She said, "It was awesome. The day was very relaxed, well planned, the women knew what they wanted. You could see the transformation that happened. I think the women were pleased and if they were pleased, I am too."

There are plans to hold others.
TCl The Triumphant Church International
 136 West Green Road
 London N15 5AD
 Contact: 0208 800 6001 - 0208 712 5146



Autumn Attitude Recycle • Repair • Repurpose

As we move swiftly into another season add some autumn attitude with bold accessories.
 Clockwise from top left - vintage green diamond dust chain & earring set. Black enamel bow watch. Blue Cuff Links with embossed kangaroo and black tie clip Original KRAMER matching brooch and earrings set. Aqua blue handmade shell bracelet and beaded necklace. Pure bling & ting Red earrings Button hole Terrier Dog brooch Round earrings with 3 shining stars.



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Go Green for Enterprise Week
 18th-24th November 2019.
 Log on for events timetable

Contact Sonja Sta to book your Style Transformation:
 07738 962 898
stylecare4u@gmail.com

£5 to £20 (including outfit, makeover & refreshments)

NHS Haringey Clinical Commissioning Group

Working together

to improve local health and care services

Come along to Haringey CCG's public meeting and share your views

Thursday 10 October 2019
 2:00pm – 4:00pm or 6:00pm – 8:00pm
Tottenham Green Leisure Centre,
 1 Philip Lane, London N15 4JA

A chance to share your ideas and experiences, meet local GPs and representatives from the Council and voluntary sector, plus ask us questions about the work we do. Light refreshments will be provided.

Everyone in Haringey is welcome!

For more information visit: www.haringeyccg.nhs.uk or contact us: harccg.comms@nhs.net / 020 3688 2729 to book your place

Natural Hair Masque

Get ready for autumn and avoid man made detergents containing ingredients that have gone through lots of processing, often using chemicals such as sulphuric acid. Instead give your hair a holiday from chemicals and try the following hair mask, its super quick to make, inexpensive and totally fabulous!



Why?
 Well the main ingredient in the mask is a banana, and everybody knows that bananas are among the worlds, most popular fruits and are packed full of antioxidants and nutrients such as potassium, magnesium and manganese, which are good for your hair's health. The mask also contains jojoba oil which is rich, light, fine textured and nourishes the hair

Hair Masque Information

- This masque is suitable for all hair types and textures
- Once made, use the masque immediately, this masque cannot be stored for later use
- You will need a plastic shower cap.

Mask Ingredients

- 1 ripe banana (organic is best)
- 30mls of jojoba oil
- 20mls of rosewater

Method

Slice the banana thinly then, use a fork or potato mashing instrument to mash the banana up, add the jojoba oil and rosewater and mix to a creamy consistency.

Application

Massage the cream into the hair coating all hairs thoroughly, put your shower cap over your hair and leave on for 10minutes and actually put your feet up and relax! Yes relax you deserve it! Rinse the masque off and wash your hair with a natural clay cleanser.



Dianna's Autumn Beauty Product Tip

100% SPA Natural Shea butter contains high concentrations of fatty acids and ideal for softening skin. With anti-inflammatory and Anti-Aging healing properties. Shea butter can be used to treat acne, blemishes; razor bumps and provides relief to itchy and dry skin.
 07738962898
www.4u2newsmag.com

"Green Chestnuts" Eco Urban Life Festival

Join Haringey residents celebrate Recycling Week 2019
 Recycling its in our own hands (WRAP)

Friday 27th September 10.00- 5.00 pm
 FREE ENTRY ALL WELCOME

Chestnuts Community Centre
 280 St Ann's Road Tottenham London N15 5BN
 07778 22 43 43

Sustainability is at the forefront of local people's daily lives many want simple tips on how to save money, recycle effectively, and enjoy a healthier life style.

"Green Chestnuts" Eco Urban Life Festival will have stalls, live demonstrations, innovative workshops, promoting eco friendly, sustainable, natural, free from, healthy products and local services.

Eco spaces will share reclaimed Sports & Musical equipment, demonstrated by multi talented local coaches and tutors. "Sports 4 All" equipment re used (donations required). "Food for all" foodies cooking up a variety of healthy foods many vegan and plant based. "Stylecare 4U" Pop – Up Shop will help create your're A/W 19 affordable wardrobe with re/up cycled clothing by qualified stylists. Creative your own community paper Mache art work.

Fun interactive educational Food Waste program "Small change big difference"

"Sewn Together" re purposing jeans. "Music to your ears" instruments recycled

Pamper & Heal Holistic Beauty Self Care Treatments & Natural Products.



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 Live Eat Recycle

Twitter: @EERUK
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 #GreenChestnuts #swapforgood #guardiandofgrub
 T: 0208 815 3937 E: e.e.r@live.co.uk
 W: www.eerecycling.org

Global Climate Strike
 On Friday 27 September, millions of us will walk out of schools, workplaces and homes to join young climate strikers on the streets and demand an end to the age of fossil fuels.
Come and join us

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Green Banana Porridge

By Community Chef Joyce
GREEN BANANA PORRIDGE
 PREPARATION TIME: 10 MINUTES

- Ingredients**
- 1 Cup banana flour
 - 2 tsp brown sugar or 1 spoon clear honey
 - Pinch cinnamon & salt
 - ¼ Cup Almond. Soya .Oats Milk (or milk of your choice)

Method
 Add 1 ½ cups boiling water
 Whisk flour gradually (to a paste)
 Add milk, sweetener, cinnamon and salt.
 Stir until smooth
 1 minute to cook,
 Serve with sprinkling of baobab powder.

There's a thought
 "No matter where you're from your dreams are valid"
 Lupita Nyong'o

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Are you an EU National living in Haringey?

Do you know about the EU settlement Scheme?
 Do you want to know more? by Victoria Sharkey

As a result of Brexit, all EU nationals living in the UK have to register for the EU Settled Status Scheme by 31st December 2020. Many don't know what this means, why they have to do it or how to do it. One million EU nationals have already registered but lots of questions remain.

The Bridge Renewal Trust has been given funding by the Home Office to ensure that vulnerable people in Haringey aren't excluded from the scheme. We are working with Haringey Council and voluntary and community groups to raise awareness and provide practical assistance.

It is vitally important that everyone registers. There are a lot of EU nationals in Haringey who are currently unable to access the help and resources they need because they are deemed to have 'no recourse to public funds'. These people would find that registration on this scheme goes a long way to solving their problems, giving access to benefits and homeless support.

On the negative side, failure to register would result in people losing their right to work, their right to a bank account and to rent accommodation, and of course lose any benefits they may be claiming.

We are especially keen to engage with those who may not have access to social media or IT resources, such as the elderly, the homeless and the Charedi community as well as other identified vulnerable groups including the Roma community, single migrant workers, and victims of domestic violence.

For more information please see <https://www.bridge renewal trust.org.uk/settled-status-scheme>

Open Day Wednesday 18th September
 5pm-8pm

The Chestnuts Community Centre
 280 St Ann's Road
 London N15 5BN

Light Refreshments provided.

