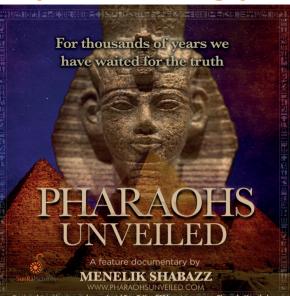


# **Celebrating Black History Month in Haringey**

The film challenges the stolen legacy of our ancient Kemetian history. It takes us into the inner world of Kemetian spirituality and reveals how they built the pyramids. It's where the Pharaohs and Queens from the spirit world meet the history books.

Contributors also include: Dr Nubia Onyeka, Neferatiti, Mfundisi Jhutyms, priest Heru Ankh Ra Semajh Se Ptah

Date: Saturday 28th September Time: 8.00pm Location: Maa Maat Centre 366A High Road, Tottenham London N17 9HT Phone: 07415482167 - 07956052821 Ticket Price : £8.00 in advance £10.00 at the door



Log on to

www.4u2Newsmag.com

for more events



# Young Actors 10-16 yrs Wanted for

The Rosa Parks Story

Join BAP Junior Drama Class starts back 7/9/19 St Ann's Library Hall, Cissbury Road, Tottenham N15 5PU

Performances on 1/10/19 and 26/10/19 for BHM

Contact: Richard Reid 07958 946273 or info@baptheatre.com



## September

"Green Chestnut" Eco Well Being Fair Honouring Haringey's Recycling 27th September

"Recycling is in your hands"

Time: 10-00 am- 5.00pm

Chestnuts Community Centre 280 St Ann's Road Tottenham N15 5BN Join in a fun day aimed to engage residents to make positive eco green sustainable choices

Interactive Stalls -Live Demonstrations- Sports & Musical Equipment - Sustainable Clothing

Explore ways to reduce food waste, engage in physical activities, health screenings, relaxation sessions and informative workshops.

To book a stall Contact – 07778224342 info@4u2newsmag.com

# October

Celebrating Black History Month 1st October - 31st October

Thursday 10th October 2019

Haringey's CCG's public meeting

2.00pm-4.00pm or 6.00pm-8.00pm. Tottenham Leisure Centre, 1 Phillip Lane, London N15 4JA

# November

#### Saturday 30th November 2019

Black History Studies presents the 17th 'Black Market & Film Festival' on Saturday 30th November 2019 from 12pm to 9pm at West Green Learning Centre at Parkview Academy, West Green Road, London, N15 3QR.





# Welcome Autumn Readers

In our daily and busy lives, we are focused on our circumstances and situations and as a result, we miss other people and what they are going through.

In this issue we explore a number of topics with the main theme being about "seeing" other people around you and yourself!

Someone who may be alone, going through their own life challenges, are homeless and need of compassion and support; even those who seek to resettle into a new community and life, in addition to eating well.

In *The Listening Corner* - "We see you" by Marcia Dixon, we share birthday celebrations and heart warming information about a fabulous Pamper and Dinner Day supported by volunteers, for 100 homeless women and their families who live in Haringey, many of who are surviving with the support of, good will, food banks and charities.

Go Green, details the Green Chestnuts Eco Urban Life Festival to be held during re cycling week 23rd -29th Sep Join the movement "Recycling It's in our own hands" and Food For All shares body warming healthy Green Banana Porridge recipe.

Sophie, Pop-ups Sugar Tea House in M.O.B and shares her enterprise journey.

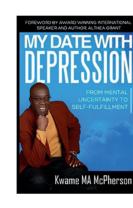
October, join in and celebrate Black History Month with friends and family, acknowledge and see the vast contributions of the African & Caribbean communities to British society.

and has everything for everybody and 4U2.

Highest regards to all who continue to support us on our journey.

**Kwame Mcpherson** 

Log and read Kwame's blog "A date with depression" www.4U2newsmag.com



My Date With Depression: from mental uncertainty to selffulfillment, is Kwame's latest book and according to Rasheda Ashanti, author of 'Swimming With Fishes':"If 'Slay In Your Lane', the self-help book by millennials, Yomi Adegoke & Elizabeth Uviebinene is labelled 'the black girl bible' then, 'My Date With Depression' ought to be called 'the black male bible' as the similarities between the journey of life, of hills and valleys has no vastness. This book gives an insight into success living side by side with depression, failure, fear, stress, love and a plethora of human vulnerabilities and strength. It's inspirational, honest and an empowering read for boys and men t o dare to dance with their emotions." Pre-order now: http://bit.ly/2VixzOk

Managing Editor: Kwame Mcpherson Contributing writers: Marcia Dixon, Victoria Sharkey, Dianna, Sta Community A1 Chef: Alison Photographer: Adrian Cadwell Design & Layout: Adrian Taylor Advertising & Marketing: Sonja Scantlebury Digital Presence - Website: data2info Circulation 8,000 4U2 your community & enterprise news mag is published quarterly and available on line www.4U2newsmag.com Pick up your copy at the following locations.

Alexandra Park Library, Alexandra Park Road London N22 7UJ 020 489 4560 Collage Art space, 4 191 High Road Wood Green N22 5DZ www.collage-arts.org

Bernie Grant Arts Centre, Town Hall Approach Road, Tottenham Green London N15 4RX 020 8365 5450 www.berniegrantcentre.co.uk Bruce Castle Museum, Lordship Lane N17 8NU 020 8808 8772

Caribbean Legal Services Limited, 020 8656 8894 Email: Caribbean.law@yahoo.com Chestnut Community Centre 280 St Ann's Road, Tottenham London N15 5BN Coombes Croft Library - Tottenham High Road London N17 8AG 020 8489 4560 Edible London Wolves Lane Horticultural & Garden Centre, Wolves Lane Wood Green London N22

5JD ediblelondonuk@gmail.com Grace Organisation Day Care Services, Whitehall & Tenterton Centre Tottenham N17 8BP 020 8808

0718 www.graceorganistaion.co.uk HALS (Haringey Adult Learning Services) 2nd Floor, Wood Green Library, High Road N22 6XD 020 8489 2596/2523 www.haringey.gov.uk/halsprogramme

Highgate Library, 1 Shepherds Hill London N6 5QL 020 8489 4560 Hornsey Library, Haringey Park, London, N8 9JA 020 849 4560

Hornsey Vale Community Centre 60 Mayfield Road Hornsey London N8 9LP Tel:0208 348 4612 Maa Maat Centre, 366A High Road Tottenham London N17 9HT 07415482167-07956052821 Marcus Garvey Centre, Library and Customers Services 1 Phillip Lane London N15 4JA 020 8489 4560 Muswell Hill Library, Queens Avenue, London N10 3PE 020 849 4560

Morum House Medical Centre, 3-5 Bounds Green Road London N22 8HE 020 3805 730 www. morumhouse.nhs.uk

Sandbunker The Sandlings, Glynne Road Noel Park, London N22 6XS Tel: 0208-826 0317 Selby Centre Selby Road Tottenham London N17 8JL -020 885 5499 reception@selbytrust.co.uk Shine Enterprise Centre 89-91 Turnpike Lane Harringay, London N8 0DY -07944644187 hello@shineharingey.org.uk

St Ann's Library, Cissbury Road, London N15 5PU 020 489 4560

Stroud Green and Haringey Library, Quernmore Road London N4 4QR 020 489 4560 Tesco Lobby 230 High Road South Tottenham London N15 4AJ- Tel: 0345 677 9659 The HUB Lordship Recreation Ground Community Centre Higham Road N17 6NU 020 8885 5684 The Laurel's Healthy Living centre 256 St Ann's Road West Green London N15 5AZ 020 8800 4032 Winkfield Resource Centre 33 Winkfield Road Wood Green London N22 5RP Tel: 0208 489 8200 Wood Green Library High Road, London N22 6XD 020 489 4560 639 Enterprise Centre 639 High Road Tottenham London N17 8AA

To become a distributor please contact info@4u2newsmag.com To Advertise your Business Contact Sonja 07778 224 342



you!

I wanted to have a cake related business as I love cakes and also love Afternoon Tea. I couldn't afford permanent premises to create a tea room so decided to pop -up the service in exciting locations.

We sincerely hope you enjoy reading the articles as this issue celebrates our 1st birthday

# **Guest Editor**

#### BUSINESS & ENTERPRISE

# M.O.B My Own Business **Sugar Tea Room**

The 4U2 team enjoyed a sunny afternoon sipping tea and Enjoying home baked cake with entrepreneur Sophia who runs a fabulous tea room that comes to

#### 1. When did you start your business?

I started in January 2014 officially but had the idea in 2013

#### 2. Why did you start the business?

#### 3. What training was required?

I did an evening course in cake decorating at first then also attended a food safety course as this is a legal requirement.

#### 4. Typical day's adventure?

Each week is different and I tend to be very busy on Fridays this is when the kitchen is filled with pleasant aroma's as most of my baking is done then. I also spend a lot of time planning the cake menu, layout of the tables, and flower arrangements.

#### 5. Challenges and stepping stones?

Personal challenge is being a home baker with limited space. Also finding the right client as Sugar Tea Room it's a niche idea.

#### 6. Rewards - what makes you feel fantastic?

Making people's birthdays or special occasion's even better with my tea parties gives me a great sense of pride and that's why I do what I do.

7. Best bit of business advice you acknowledged? Know you worth and make sure you charge for all

aspects of the service not just the food.

8. Advice from you for budding entrepreneurs? Get lots of help but follow your instincts. It takes time to be established so if things are slow keep going make sure that your creative ideas and self belief are honoured, try different things and don't

Sophia Butler 07884052941 Www.sugartearoom.co.uk

give up!

Letters to the editors:

editor@4u2newsmag.com

To advertise: 🗈 sales@4u2newmag.com Contribute with an article, send your name,

contact details and theme: editor@4u2nesmag.com

■ info@4u2newsmag.com M 44 7778 224 342 D @4u2newsmag Visit us online www.4u2nesmag.com Follow us: • @4u2newsmag @ 4u2 Newsmag
 4u2newsmag

Community event or activity:

Copyright 4U2 Your Community and Enterprise Newsmag. All rights reserved. No part of this publication may be reproduced or stored in a retrieval system or transmitted in any form or by any means without permission. Permission of the publisher in writing is required before reproducing any part of the Magazine. The Publisher cannot accept responsibility for any unsolicited material or the views of the contributors who are real people and not robots.



# **AILTV VIDEO & PHOTGRAPHY SERVICES** SHOOT.EDIT.STREAM ....

LIVE EVENTS.CORPORATE ADS.WEDDING PHOTGRAPHY FASHION & BEAUTY.COMMUNITY EVENTS.LIVE MUSIC.

**COMMUNITY & CHARITY PACKAGES** 





ailTV

msg

### London's First Free College conel.ac.uk/shortcourses



# **BOOK NOW**

## Free Short Courses starting Sept 2019

- Construction
- Engineering
- Hair and Beauty
- IT and Digital
- Languages
- Science
- Sport and Fitness

We are also enrolling on all our full-time courses.



Capital City College





**4U2 YOUR COMMUNITY & ENTERPRISE NEWSMAG** 

Kwame Mcphearson Requests A Date

Pamper & Meal Supporting Homeless Women **EU Nationals -**

**UK Settlement Scheme** 

**Chill at the "Green Chestnuts" Eco Urban Life Festival** 

www.4u2Newsmag.com 🞯 🈏 🖪 4u2newsmag



# We See you

By Marcia Dixon

"Be Pastor Marjorie Esomowei, 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. **TCI The Triumphant Church International** 136 West Green Road London N15 5AD Contact: 0208 800 6001 - 0208 712 5146



GO

GREEN

#### GO GREEN

# "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

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 you'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.



Twitter: @EERUK Instagram & Facebook: @EstatesEliteRecycling #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

### STYLE & FASHION

## **Autumn Attitude** Recycle • Repair • Repurpose By Sta

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. Agua blue handmade shell bracelet and beaded necklace. Pure bling & ting Red earrings Button hole Terrier Dog brooch Round earrings with 3 shining stars.



www.stylecare4u.com Style Care 4u¬ WEAR IT WELL POP UP SHOP STYLING ADVICE WORKSHOPS LIVE MAKEOVERS - STALLS DEMONSTRATIONS Contact Sonja Sta to book your £5 to £20 🕥 Style Transformation: 👩 (including Go Green for outfit, **Enterprise Week** 07738 962 898 18th-24th November 2019 makeove stylecare4u@gmail.com & refreshments Log on for events timetable IN IN NUNA 21 20 20 YO

# APPLEMANLEGAL

WWW.APPLEMANLEGAL.COM

# **LEGAL AID & FIXED FEES** FAMILY AND CHILD CARE LAW\* **IMMIGRATION MENTAL CAPACITY & COURT OF PROTECTION\* EMPLOYMENT LAW** WILLS APPLEMAN LEGAL SOLICITORS 020 7183 0335



280 HIGH ROAD LONDON N15 4AJ INFO@APPLEMANLEGAL.COM

0207 183 0335



#### Ingredients

# Method Stir until smooth 1 minute to cook,

# NHS

Haringey Clinical Commissioning Group

Thursday 10 October 2019

# **Working together**

to improve local health and care services

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



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

### FOOD FOR ALL

# **Green Banana Porridge**

By Community Chef Joyce

#### **GREEN BANANA PORRIDGE** PREPARATION TIME: 10 MINUTES

 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)

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

## There's a thought "No matter where you're from you

dreams are valid" Lupila Nyong'o



www.silverstonefoods.co.uk 0203 620 8055

07538 960 973

### HEALTH BEAUTY & WELLBEING

# Natural Hair Masque by Diannia

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**

00% SPA

HEA BUTTER

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

## NEED TO KNOW

# 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. bridgerenewaltrust.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.