

# Kwame MA McPherson

### First Jamaican to be awarded The Bridport Prize writing bursary for Flash Fiction

Jamaican-raised writer, authorpreneur, poet, mentor and orator, Kwame MA McPherson has become the first person from the island to win a bursary award for the Kit de Waal Bursary for Flash Fiction with The Bridport Prize: International Creative Writing Competition.

My Date With Depression: Mental Uncertainty to Self-fulfillment (2019) is being launched at the Jamaican High Commission, 1-2 Prince Consort Road, London SW7 2BZ, on Thursday 19th March 2020 at 6:00pm. To purchase a copy of his book: Amazon (https://amzn.to/2MBgzM0); Lulu (http://bit.ly/2Vixz0k).

Go on line for full press release www.info@4u2newsmag.com



## Dear Readers

Knowledge Sharing - Each for Equal Nicola Moore

### Welcome to the Spring Edition of 4U2 Newsmag

Over the past year I have had the privilege of working with a range of aspiring and start-up entrepreneurs in Haringey with the Start-ups in London Libraries (SILL) business programme. I have met and been inspired by various groups and businesses over our 19 wards including 4U2, who continue to highlight the impressive range of individuals and activities available.

As a local resident, I would like to encourage further engagement with our local community groups and businesses in 2020 by highlighting International Women's Day theme, which is #eachforequal.

I would like to continue to build on our knowledge sharing community, not just with women but all genders and ages, to assist each others ideas and find solutions to our goals as individuals and entrepreneurs.

Having heard an amazing range of ideas to solve the social and collective issues we face locally and globally, I have also seen the benefits of connecting and learning from each others experiences and networks.

In this edition we pay tribute to the legacy of Bernie Grant, honouring 20 years since his passing his impact locally and beyond.

We also look at the reality that females experience with domestic abuse, and those who have to and may need to access support with 'We Are Survivors'. And with increased awareness on period poverty, women now have access to free sanitary products in schools and libraries.

We are taught knowledge is power. The results of people meeting to brainstorm solutions, share contacts and resources can save countless time and money. Overall, knowledge sharing with others is what keeps us improving and performing at our best.

Haringey has 9 libraries, various community groups and networks to help us access information and services. To improve equality and create a more balanced economy I advocate connecting with at least one new local community group or business in 2020.

Join our FREE Creative and Social Enterprise event March 14th Marcus Garvey Library 4-8pm.

For more info contact Nicola: startups@haringey.gov.uk

https://whmtottenham.eventbrite.co.uk/

Join us and please share our upcoming event Saturday March 14th in Tottenham! Everyone is welcome.

There's a thought

"Be so good they can't ignore you"

Steve Martin

## M.O.B My Own Business House of Akunna



4U2 enjoyed a pattern cutting workshop delivered by Jesslyn Roberts House of Akunna as part of the Sewn Together equip employment project.

- 1. When did you start your business?** House Of Akunna Fashion School started in Spring 2018.
- 2. Why did you start your business?** I realised I had skills and knowledge I knew my local community would benefit from. After becoming severely unwell with Lupus and having to quit my job, during my recovery, I had endless requests from people asking me to explain how to pattern cut. 1 to 1 sessions turned into group classes and kids workshops . . . the rest is history! I wanted my local community to enhance their skills and have the confidence to either start their own business, find a job they love or return to education.
- 3. What training was required?** I achieved a BA in Fashion Design in 2017. Although I have a degree, a lot of what I know is self-taught. I learnt a lot by using resources such as books, YouTube and going to free workshops. I also have customer service and digital marketing skills which have helped me tremendously in building my business.
- 4. My typical day at work?** I think my typical day varies a lot as it depends on whether I have workshops coming up, back to back meetings or brand projects. However, a typical week leading up to a workshop consists of creating content, managing social media, replying to emails, preparing learning material, ordering supplies and managing 1 to 1 clients.
- 5. Challenges in the business?** The biggest challenge has to be managing all aspects of the business, from admin to social media to facilitating workshops, it can be hard to constantly switch between hats. However, I'm working on building a team to help manage and grow the business.
- 6. Rewards in the business?** The biggest reward has to be when people leave my sessions feeling so confident and proud about what they've created. So many go home and send me a message saying they've sewn together their first dress or have got their sewing machine up and running again and that makes so happy!
- 7. Best advice given to you regarding your business that you took on board?** Tiny tweaks = BIG CHANGES. Whether it's how you present yourself or how you run your business, those small adjustments can result in huge transformations and progress.

House of Akunna: +4475 3165 6635 Email: akunnaofficial@gmail.com Website: www.houseofakunnafashionschool.com

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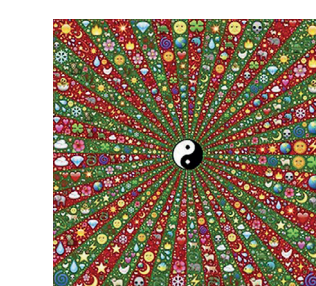
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## March

### Empowering your Mind Body and Spirit FREE ADMISSION Facilitating your spiritual connection taking you to the next level of your development.

Date 8th March 2020 Time 11.00 am-19.00 pm  
Venue Wood Green Social Club  
3-5 Stuart Crescent, Wood Green  
London N22 5NJ  
Email: uniquelypsychic@icloud.com  
Tel: 07719324316  
Free local parking



### Carers First Well Being Event

Wed 18th March 11.00 am - 1.00 pm  
Chestnuts Community Centre  
280 St Ann's Road  
Tottenham London N15 5BN  
Contact Rosalyn Kirtan  
work days tues/wed/thurs  
Tel: 07384 510319



### Do you look after someone? ...who looks after you?

Carers Forum - Haringey  
Wednesday 18th March from 11am-1pm  
at Chestnuts Community Centre, 280 St Ann's Rd, West Green, N15 5BN



Light refreshments served  
Current and former carers welcome  
The theme of this forum is Carers Wellbeing.

Please call our Carers Hub to book as there are limited spaces  
0300 303 1555

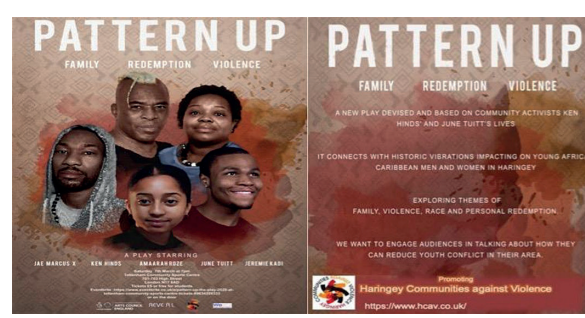
Have Your Say Join The Forum  
hello@carersfirst.org.uk



## April

### Bernie Grant and Beyond FREE ENTRY A community Tribute and Global Trade Centre Reunion

Wednesday 8th April 2020 6 pm- 9pm  
African Caribbean Cultural Centre  
9 Clarendon Road, Turnpike Lane N8  
Contact Rudi Page  
Tel: 07958 744660  
Email: rudi@makingconnectionswork.com



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# 4U2

SPRING 2020

4U2 YOUR COMMUNITY & ENTERPRISE NEWSMAG

We are Survivors VAWG raising self awareness for women and girls

Bernie Grant and Beyond community reunion, oral interviews, photo's, live performances honoring his legacy.

Step into fun Join the volunteers

Women Mean Business Celebrating International Women's Month in March

www.4u2Newsmag.com @4u2newsmag f 4u2newsmag FREE



# We are Survivors

by Caterina Giammarresi

1 in every 3 women will be affected by Violence Against Women and Girls (VAWG) in their lifetime. VAWG is defined as "any act of gender-based violence that results in, or is likely to result in, physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion, and arbitrary deprivation of liberty, whether occurring in public or private life." This includes, domestic violence, stalking, sexual harassment, sexual exploitation, rape, trafficking, forced marriage, female genital mutilation, and crimes committed in the name of honour.

It is never acceptable for anyone to cause you harm or suffering and there is help available for you. If you are worried about violence from your partner, ex-partner, family member, or anyone else, you can call 03000 120 213 for advice and support. If you are in immediate danger, always phone the police on 999.

In Haringey we are working towards a Coordinated Community Response to end Violence Against Women and Girls. We want to raise awareness about the issues affecting the women and girls in our communities and work together to challenge the mentalities and behaviours that make VAWG possible by training local VAWG Champions and identifying VAWG Safe Spaces and Community Initiatives where survivors can be supported. If you as an individual or your local business or organisation want to find out more about how you can get involved, please email [VAWG@haringey.gov.uk](mailto:VAWG@haringey.gov.uk)

**END VIOLENCE AGAINST WOMEN AND GIRLS**

**International Women's Day Celebration**

Please join us for a FREE EVENT in celebration and recognition of the ongoing work from our local services and communities to end Violence Against Women and Girls in Haringey.

The event is an informal drop-in and is open to professionals and members of the community of all ages and genders. The venue is wheelchair accessible.

**WEDNESDAY 11TH MARCH 2020**

11:30AM - 2:30 PM

**MARCUS GARVEY LIBRARY**  
1 PHILIP LANE, N15 4JA

Nearest Underground Station: Seven Sisters

Free Refreshments | Free Goodie Bags | Speakers  
Creative Activities | Workshop | Information on Services

For more information please contact [VAWG@haringey.gov.uk](mailto:VAWG@haringey.gov.uk)

You should never have to choose between sanitary products and food.

Haringey Council is working in collaboration with grassroots group Tricky Period to provide **free sanitary products** for anyone that needs them. Products will be free to collect from all libraries across Haringey.

Donations of sanitary products are also welcome at Marcus Garvey, Wood Green and Hornsey libraries.

#TRICKYPERIOD  
www.trickyperiod.com

Streets Kitchen  
www.streetskitchen.com

Haringey London



**Dimensions Entertainment** is a Haringey based voluntary organisation. We provide dance and carnival activities to locals and audiences, sparking inspiration, skills and artist development.

We have an annual project for 10 years +, which creates a carnival dance team through a structured dance programme for up to 40 people to participate in for 2020.

Dimensions can also provide **FREE** taster sessions to schools, colleges and community groups, who have an interest in learning about carnival dance and art.

For more information, bookings or registration please contact  
**Phone - 07736068014**  
**Email - diment@hotmail.co.uk**  
**Instagram - dimensions\_london**  
**Website - www.dimensionslondon.com**

**SEWN TOGETHER**

**Inclusive FREE crafting courses for individuals who are keen to move into the creative industries.**

**EQUIP COMMUNITY GRANTS**  
The EQUIP Project supports small, community-based organisations to help unemployed people get jobs and training. It is funded by the European Social Fund.

**European Union European Social Fund**

- learn new skills
- improve well being
- training
- outreach mentoring
- opportunities.

**FREE TO REGISTER NOW**

Contact Sonja for further information:  
**info@4u2newsmag.com • 07778224342 • www.4u2newsmag.com**  
**recruitment@bridgerenewaltrust.org.uk • www.bridgerenewaltrust.org.uk**

**SPONSORS**

Main sponsors: bridge, Style Care 4u, Chestnuts Community Centre, EQUIP, PIN KUSHION, 4U2 Shine.

**COMMUNITY PROFILE**

**"Free will the volunteer"** by Jessica

Volunteering, getting involved locally in worthwhile everyday projects can reap several positive rewards. It can assist with overall well being, confidence building and tackle loneliness.

Simple interactions help keep individuals active plus provide opportunities to meet new people, learn new skills and test run new careers and hobby paths.

The best part of volunteering is giving back and enjoying a personal sense of reward and achievement. Overall levels of volunteering are stable Data shows that rates of volunteering have not changed: 38% of people reported they had formally volunteered at least once a year in 2017-18 although this is up 1% from 2016-17.

People aged 25-34 years old are the least likely to formally volunteer with only 15% volunteering once a month. The highest rates of volunteering can be found among the 65-74 year olds, with 29% volunteering once a month and 42% at least once a year. Volunteering rates are higher in rural and less deprived areas People living in more deprived areas are less likely to volunteer formally. In 2017/18, 15% volunteered regularly in the most deprived areas of England compared with 29% in the least deprived areas of England. There is also a divide between rural and urban areas: 29% of people living in rural areas volunteer formally on a monthly basis versus 21% of people in urban areas. Info provided by: <https://data.ncvo.org.uk/>

**The following organisations are based in Haringey supporting and encouraging local people to get involved in volunteering.**

Stop & Scrap Universal Credit – [info.ssuch@gmail.com](mailto:info.ssuch@gmail.com)  
Crutch Haringey are collaborating with Freedom's Ark Tottenham Community Food Bank.  
Studio 306 Recovery Through Creativity – Studio 306 Collective CIC, Collage Art space 4 Red Building by Caxton/Parkland Road Former Wood Green Post Office  
<https://do-it.orgopportunities>

**Volunteering Fair**

**WOOD GREEN CENTRAL LIBRARY**

**Thursday, 26<sup>th</sup> March 2020**  
**11am – 1pm**

Drop in for a friendly chat with 20+ local charities and find out more about the hundreds of volunteering opportunities available across Haringey!

100s of local volunteering opportunities | Volunteer Centre Haringey | Improve your job skills & make new friends!

**HEALTH BEAUTY & WELLBEING**

**Spring is hair!** by Diannia

The Spring solstice will take place on Friday 20th of March 2020, so Spring will be officially here, layers of clothes will be coming off and it is now a good time to focus on hair removal. First off, let's think about some of the methods, benefits and reasons why people remove the hair, from their bodies.

We will compare the two most common methods of hair removal, starting with shaving. Shaving is straightforward it's quick, simple to do at home and inexpensive. That's the good stuff, now let's look at the drawbacks, firstly, it's super easy to nick the skin, can cause bumps, scars and needs to be done every couple of days in some cases. When hairs grow back they can often feel stubbly and rough to the touch. A huge range of women's razors can be purchased, from the simple straight forward types, to more expensive models that release scented gels when used and can cost approximately £3.98, each.

Now we will consider waxing as a method of hair removal. Waxing is also a temporary method of hair removal that involves using wax to remove hair from the face and body. The benefits of waxing are that, both the visible hair and the root are removed, this means that the re-growth is of completely new hairs with soft tapered tips. It takes 4-6 weeks before another treatment is required and after many years of waxing, hair growth becomes patchy and slower to regrow.

Now the downside to waxing, firstly, you will get the best results by visiting a beauty salon, there is a cost attached, you can expect to pay anything from £8 upwards to have your underarms waxed. The hair has to be at least 1/4 of an inch in length, in order for the wax to stick to the hairs and treatment can only be performed on those with healthy skin.

Whatever method you decide to use, apply a non-scented lotion regularly to keep your skin soft and nourished throughout the Spring and Summer.

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Whatever method you decide to use, apply a non-scented lotion regularly to keep your skin soft and nourished throughout the Spring and Summer.

**HARINGEY HERO**

**Wood Green Futures 2020** presents

**BERNIE GRANT AND BEYOND**  
A COMMUNITY TRIBUTE & GLOBAL TRADE CENTRE REUNION

The Global Trade Centre opened in 1995, located in Tottenham as a national resource with support from NLTEC/ Business Link to help develop international trade opportunities for local businesses and new entrepreneurs, utilising those advantages created by the diversity of the local population. There will be a reunion of business owners, entrepreneurs, community leaders and consultants.

DO YOU APPEAR IN A PICTURE WITH BERNIE GRANT? TELL US YOUR STORY. CALL SONJA ON 07778224342

ORAL INTERVIEWS, PHOTO'S & TESTIMONIALS FROM LOCAL COMMUNITIES

AFRICAN CARIBBEAN CULTURAL CENTRE, 9 CLARENDON RD, N8

**WEDNESDAY 8TH APRIL 2020 | 6PM – 9PM**

Haringey Voice, The Weekly Grapevine, Sheamoris Studios, Transforming Local Communities, African Caribbean Cultural Centre, 4U2

CONTACT: RUDI PAGE ON 07958 744660 E: [rudi@makingconnectionswork.com](mailto:rudi@makingconnectionswork.com)

**FOOD FOR ALL**

**Spring is Green this year** by Natural Nailah

**Coconut Quinoa & Green Peas**  
A spin on rice and peas except using the healthy and nutritious grain Quinoa and good green beans.

**Ingredients**  
1 cup of Quinoa  
1 bunch of green beans  
Coconut cream  
Seasoning

**Preparation**  
• Empty the pack of Quinoa into a medium size pot  
• Wash the Quinoa thoroughly and drain  
• Add boiling water just over the Quinoa  
• Add to the stove (medium heat)  
• Quinoa steams and should be cooked in 10 minutes  
• After 5 minutes melt the coconut cream and add it to the pot of Quinoa  
• You can season to taste with onions, bayleaf or Paprika or seasoning of your choice  
• Steam the green beans ensuring you cut off the stems  
• Once steamed for 5 minutes, cut the beans very finely.  
• Add the beans to the Quinoa – mix in.

**Desert Poached Pears with BananaAvo Pudding Ingredients**  
2 pears  
2 bananas  
2 avocados

**Preparation**  
• Place the bananas and avocados in a good blender.  
• Blend all together in and you are done!  
• Peel the pears  
• Boil the pears in hot water for 10 – 15 mins until soft  
• Serve with a little bit of banana and avocado sauce  
• Garnish with berries or other fruit, add a dash of lime juice

[info@silverstonefoods.co.uk](mailto:info@silverstonefoods.co.uk)

Good for you to

**GO GREEN**

**Vintage styles healing the planet**

The value of unused clothing in wardrobes has been estimated at around 30 billion pounds. It is also estimated 140 million pounds worth of clothing goes into landfill each year. WRAP 2020

Spring wear Sleeveless Burgundy three quarter waistcoat  
Floral Bunch Costume Gems  
Textile tote with large flower bow  
[www.stylecare4u.com](http://www.stylecare4u.com)  
07738 962 898  
[stylecare4u@gmail.com](mailto:stylecare4u@gmail.com)

**NEED TO KNOW**

**Windrush Surgeries**

The Windrush Scheme will compensate eligible individuals who have suffered loss and experienced impact in these types of situations You could be eligible for compensations from the scheme if you are a Commonwealth citizen who settled in the UK before 1 January 1973 or has right of abode.

Concerned by low levels of compensation applications Wood Green Futures will deliver Haringey's Windrush Scheme get the facts road show.

Community Advocates will offer guidance and support in safe spaces to individuals caught up by the governments hostile immigration environment, which has led to many of them losing jobs housing access to healthcare and benefits , several are still heavily in debt and suffering with high levels of stress and anxiety.

**Wood Green Futures 2020** Presents

**Windrush Scheme Haringey Roadshow: GET THE FACTS**

You could be eligible for the Windrush Scheme if you are:

- A Commonwealth citizen who settled in the UK before 1 January 1973 or has right of abode
- A child of a Commonwealth citizen parent who settled before 1 January 1973, where you were born in the UK or arrived in the UK before the age of 18
- A person of any nationality who settled in the UK before 31 December 1988 and is settled in the UK

**African Caribbean Cultural Centre**  
9 Clarendon Rd, N8  
Wednesday 22nd April 2020, 10am - 4pm

**Chestnuts Community Centre**  
280 St Ann's Road, West Green, London, N15 5BN  
Thursday 23rd April 2020, 10am-4pm

**The Selby Centre**  
Selby Rd, Tottenham, London N17 8JL  
Friday 24th April 2020, 10am-4pm

Transforming Local Communities  
Creating Inclusive, Peaceful, Caring & Empowering Neighbourhoods for Youth Development and Community Wellbeing

**WINDRUSH SCHEME HARINGEY ROADSHOW: GET THE FACTS**  
Rudi Page on 07958 744660 or [rudi@makingconnectionswork.com](mailto:rudi@makingconnectionswork.com)  
For more information: [www.gov.uk/guidance/windrush-scheme](http://www.gov.uk/guidance/windrush-scheme)