

2020 Vision

The following Independent film makers are looking for Authentic Stories Storytelling describes the social and cultural activity of sharing sometimes with improvisation, theatrics or embellishment. Every culture has its own stories or narratives which are shared as an means of entertainment, education, cultural preservation or instilling moral values.

I hope this message reaches you well.

My name is Beya Kabelu and I am working on an ambitious retrospective one-hour documentary about schools for the educationally subnormal (ESN) for the BBC. The film will be directed by Lyttanya Shannon and will focus on the concerted fight by Caribbean parents, educators and activists in the '60s and '70s to prevent their children from being unfairly and disproportionately sent to these schools - not because they were "sub-normal" - but because they were seen as a problem to the education system, and a threat to the overall attainment of white children. We will look at how this disproportionality was discovered, examine how and why it was allowed to happen (including the false legitimisation provided by biased IQ tests), and will explore the immense response from the black community in fighting for the educational and human rights of their children. As part of this we will also look at other ways Caribbean children were discriminated against, and the subsequent black parent/activist responses, including the anti-banding and bussing campaigns, and the continuation and emergence of supplementary schools, created in order to redress the balance. In order to bring this story to life, we will draw on powerful testimony, dynamic interviews and archive. This documentary is being executive produced by the Oscar-winning director Steve McQueen (12 Years A Slave). If you know anyone who was a part of the movement, attended these schools or any parents who prevented their children from attending these schools - please pass on my details and tell them to contact me directly. Any potential interview will be well considered and conducted respectfully. It's also pertinent to mention that we will be following strict filming protocols to ensure the safety of every contributor during the current pandemic. Kind regards, Beya Kabelu, Rogan Productions, m. 0753 8712 227, e. beya @roganproductions.net w. roganproductions.net, a. Unit 8 - 3 rd Floor, Lux Building, 2-4 Hoxton Square, London N1 6NU

Contact: wordupcreatives@4u2newsmag.com



Dear Readers

Hello and welcome to 4U2 Summer Edition In this edition, we are happy to announce the launch of our new website at: www.4u2newsmag.com, please watch 4U2 online TV show, when you have a spare moment. You will be treated with a wide range of local news, information regarding events and also have access to a range of holistic, mind, body and spirit solutions. We hope the ideas and suggestions will be of help to you all.

This year the entire world united in facing a common life-threatening disease, Covid – 19. We have seen unprecedented changes in the way people lead their day to day lives due to the pandemic, and who knows when things will return to the way they were? People around the world have been required to go into varying degrees of "Lock-down" self - isolation and "shielding".

4U2 recognises the power of collective communities and the need to honour those loved ones and associates whose lives were cut short because of the pandemic. Mental health strains have also been magnified during this crisis adding to the challenges being faced. This edition of 4U2, hopes to provide you with tools you can use to manage your "Lockdown" irrespective of the challenges you face.

In this edition you will find information about "Harmony Gardens" a community growing space which supports individuals to enjoy the benefits of gardening in outdoor Urban locations. Gardening is relaxing and a very effective form of exercise.

George Floyd's death and the BLM movement also sparked local, peaceful, protest around local policing methods and took place outside Tottenham Police Station. The protest focused on Ending Stop & Search as well as banning the use of Tasers and were supported by Haringey Stand Up to Racism & Haringey Stop & Search. "The Colour of Justice" explores historical local policing methods in Haringey, can be watched at www.4U2newsmag.com. Send your thoughts to editor@4u2newsmag.com

"Word Up Creatives" seeking serious causes in this moment to build and sustain a multi-cultural society that is equal in education, employment, judicial system, housing and happiness. Lyndon Wissart "The Inspired Diabetic" has shared his lived experience in "Food 4 All" How I cured myself in 105 days naturally with no medication and how you can do the same".

You have the opportunity to discover more about "Sober Events" an organisation that supports people with dependencies. We hope you will reach out and benefit from the unique, effective, model of support they offer.

"Style & Fashion" encourages you to support local Haringey businesses making masks as well as empowering creative communities, by purchasing a mask from PinkKushion pinkkushion@gmail.com

We hope that you learn something from this issue, enjoy and share information with friends and family for the overall good of all our communities.

Stay safe and well, Sonja

Contact: editor@4u2newsmag



db Coaching Dee Buchanan

- 1. When did you start your business? Officially started my Coaching business 2019 but started developing it up since 2018.
2. Why did you start your business? The independence and freedom of working for myself has always been a big factor for me. Being able to make my own decisions and working on my own initiative. I often felt my creativity being stifled with little freedom to be creative with fresh ideas. Working how you want and when you want is truly liberating in being responsible for you!
3. What training was required? I trained for almost 2 years to become a qualified Personal Coach/ Education Coach/ and Level 2 accredited DISC certification - (A personality Profile assessment). I also embarked on a BTEC accredited Business Development Course, Business workshop Start-ups in London Libraries.
4. Typical day's work? Usual day is either preparing for a coaching session/s, or giving a coaching session, replying to emails, phone calls, and meetings. Planning a new programme or workshops. Days can vary, I try to stick to my daily task and priority but that can be changed with one email/phone call.
5. Challenges in the business Keeping on top of all things and having some resemblance of daily tasks that need to be done. Working for yourself and by yourself has many challenges often with a decision that needs to be made to make your business viable.
6. Rewards in the business: Being able to create something from nothing to having my work showcased in the Tottenham Charter Community magazine. Unexpected referrals, and feedback that what I am doing is really having an impact on the lives of the people I serve.
7. Best advice given to you regarding the business that you took on board? That developing a business is also about developing yourself. and that it is important to realise that there is no "I've Made it" Your business should be and will always be developing and changing which means you have to be too!
8. What does relaxation mean to you? Hot Bath filled with herbal oils and rejuvenating ingredients. Being able to switch off with something that makes me laugh like a comedy movie/show. Family get-togethers taking time out for your family to catch up with their life stories and share mine.
Phone: 07752 797744 Email: coaching@deebuchanan.co.uk
Web: https://www. deebuchanan.co.uk/



Contact: MOB@4u2newsmag.com

Summer Holidays

Clarendon Recovery College Summer Prospectus May - August 2020 - (On-line) On - line presentation and booklet. Understanding my Anger and Frustration Coping with Change - A Good night sleep - Building Resilience - Meditation and Relaxation Step by Step Guide Telephone : 0208489 4860 Email: enrolCRC@haringey.gov.uk

Haringey Activities for children and young people July - September - (In Person) 2TR Football Lordship - Athletic Camp - Arts & Crafts - Boxing - Carnival Workout - Community Sports - Cycling for the Family - Female Boxing & Fitness www.haringey.gov.uk/holidayfun

Silver Active - Summer 2020 Programme New ways to meet - (On-line)

Advertisement for Silver Active Summer 2020 Programme. Includes photos of people dancing and text about reggaetivity classes. Details include: Monday 7-8pm Tea and Chal, Wednesday 7-8pm Stretch and Strengthen, Thursday 11-11:45pm Reggaetivity. Contact: Naomi on 07736 135 260.

The Rebirth of the Griot 2nd Anniversary Special - (On-line) London's premier African storytelling and spoken word showcase. Hosted by Lady Esi. Family friendly. Join us live on Zoom.us Friday 24th July 2020, 7.00pm - 9.00pm. 07985 229 269. 07950 253 240. rebirthofthegriot@gmail.com



Log on to www.4u2Newsmag.com for more events



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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
Living Under One Sun Hub and Café, Downs Lane Park, Park View Road, London N17 9EX Phone: 0208-801 6868 info livingunderonesun.co.uk
Maa Maat Centre, 366A High Road Tottenham London N17 9HT 0741 5482167-07956052821
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, Glynn Road Noel Park, London N22 6XS Tel: 0208-826 0317
Sainsbury's Wood Green High Road, Wood Green, London N22
Selby Centre Selby Road Tottenham London N17 8JL -020 885 5499 reception@selbytrust.co.uk
Shine Enterprise Centre 89-91 Turnpike Lane Haringay, 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
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Self care starts in your kitchen

by Adele

We all know that eating nutritious food helps us maintain a healthy weight, which also means reducing the risk of developing high blood pressure, diabetes, heart problems and even some cancers. A healthy diet also strengthens our bones and teeth and even improves our mood.

But how do you make sure you eat well? One great way of becoming more connected with the food you consume is to cook it yourself, from scratch. And it really doesn't need to be complicated or contain expensive ingredients to taste good.

At Bags of Taste we aim to make cooking accessible, exciting, inspiring and affordable by offering virtual cooking courses. You'll get to go on a culinary adventure around the world in three easy recipes without ever leaving your kitchen! You'll learn to cook dishes that are quick to make and packed with nutritious ingredients that are budget-friendly and easy to find.

The course is entirely free and comes with the home delivery of a generous ingredients bag sufficient to cook 7 meals at home. You set your own pace in small, friendly groups with lots of attention and support from your very own mentor.

HARINGEY: START THE FIGHT BACK TO A HEALTHIER YOU

We are open and continuing to support Haringey residents to improve their health and lifestyle at this difficult time. If you'd like free, professional support, our Health Coaches are available to help you from the comfort of your own home.

Visit www.oneyouharingey.org or call 020 8885 9095

ONE YOU HARINGEY Haringey LONDON

To register your interest for the course, please email haringey.virtual@bagssoftaste.org or text/WhatsApp/call 07968 701 455.

Get fit by helping others

Do you have access to a bicycle? Do you fancy getting some exercise while also helping others? Why not become a Bags of Taste courier? An essential part of our cooking courses is the free bag of ingredients that we deliver to each participant, but we need volunteer couriers to make it happen. If you'd like to join this key part of our organisation, please get in touch on haringey.virtual@bagssoftaste.org to find out more.



Contact: thelisteningcorner@4u2newsmag.com

Harmony Gardens Community Project



Harmony Gardens a charming space located at Broadwater Farm in the heart of Tottenham welcomes local residents to grow their own fruit and veg, whilst learning different skills and exercising at the same time. The location is a thriving hub of all sorts of community activity and provides fresh, locally grown organic food for the community.

This outdoor space focuses on urban life and was designed with the help of local residents and supported by dedicated volunteers.

The interactive colourful garden is ideal for individuals to become aware of their natural environment, gain practical green and sustainable knowledge and learn where their daily food originates from. With the support of specialist volunteers' participants can learn how to grow and prepare healthy meals on a budget.

We interviewed Ruth, a long-standing volunteers and project leader who surprised and inspired us by sharing her perspective on the benefits of gardening and getting involved in food growing to help overall health and well-being log on to www.4u2newsmag.com for full interview

Harmony Gardens work in partnership with EDIBLE LONDON an organisation dedicated to reduce food waste, eradicate poverty and promote sustainability.

The space also incorporates many biodiversity and habitat features to all participants to learn about the other plants and creatures we share the plant with and how they can be useful to us as pollinators, predators and composters.

For additional information contact: Harmony Gardens Ruth + 44 7932119410 Edible London info@ediblelondon.org



Contact: gogreen@4u2newsmag.com

Goodie Gift Baskets

With the impact of covid - 19 doubling and government measures being lifted. There are still many people in need. Helping residents in their hour of need and for the long haul, is DILI Management, supporting residents in Wood Green and Tottenham. Delivering emergency gift baskets of essential.



Since June 2020, DILI Management have been supporting single partners with children and single adults living alone delivering weekly gifted baskets of essentials such as healthy vegetables and fruits from edible London, education books, reading books and children soft toys from Monero kids boutique, and sporting / fitness essentials from some of the top sporting bands known worldwide donated sporting items.



DILI Management director, founder and CEO Tania-Cyrena said "All together we can do all things. We are all one team, one family and one community To make a difference in people's lives.

Contract: DILI Management E: Dili.uk@outlook.com T: 447751609136 sm: @DILICISports

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FOOD FOR ALL

The Inspired Diabetic

by Lyndon Wissart

Lyndon Wissart qualified chef with over 30 years' experience in the culinary industry changed the way we think about food and Type 2 diabetes. Learning from his own experience in being diagnosed with Type 2 diabetes, he was not going to let diabetes control his quality of life or his future.

For the full story log on to www.4u2newsmag.com



Salmon Sesame Crust
Ingredients
1x Salmon fillet portion
2 x tbsp Sesame seeds
2 tsp breadcrumbs
1x tsp chopped parsley
1x tsp chopped Coriander
1/2 lemon Zest
1/4 red onion
3 tablespoons Extra Virgin olive oil may need a little more
Preparation
Mixed spice of your choice to Marinade fish either 2 hours before or overnight but not essential.



Crushed sweet potato
Ingredients
2 x large sweet potatoes or enough for one portion
1x spring onion
Rosemary Fresh or dried 1sprig
1x bulb Garlic crushed
S&P
Preparation
Pot to boil or steam sweet potato. You can choose to leave skin on or remove.



Tomato Salsa
Ingredients
2x Ripe tomato deseeded and small diced
1/4 Red Onion finely diced
1 x Pickled Gherkin finely diced or 1 tbsp capers chopped
1/2 Lime juice
4 tbsp Extra virgin oil
S&P
Preparation
Oven 180 degrees or gas 3-4 to bake fish.

Contact: food4all@4u2newsmag.com

HARINGEY HERO

Dr Ernest Goffe

by Bruce Castle Museum

Ernest Goffe was born in Port Maria, Jamaica, on 12th September 1867, the youngest son of a merchant and planter. His family had come to Jamaica from Barbados in 1823. The family claim (without positive proof) to be descended from one of Cromwell's major-generals William Goffe - who signed King Charles I's death warrant.



Photo Dr Ernest Goffe (middle) (Courtesy Bruce Castle Museum)

"Ernest Goffe came to London in 1889 to study medicine at University College Hospital. A keen sportsman he was "victor ludorum" (games champion) at the hospital, played rugby for Rosslyn Park and was a referee for the new sport of women's hockey. He was a member of the Fabian Society, a group later attached to the Labour Party. After qualifying as a doctor he worked as a GP and at St Ann's General Hospital (earlier called the North Eastern Fever Hospital Tottenham where in the First World War he treated many wounded soldiers

"The black presence is not always as clearly identified in British records. From 1850 a steady stream of medical students from Sierra Leone and the West Indies qualified in England and Scotland, working in hospitals during and after qualifying, and sometimes establishing practices. Jamaican-born doctors Ernest Goffe, Harold Moody, Ivan Shirley, J.J. Brown and H.E. Bond all had medical practices in London in the inter-war years, while John Alcindor practiced in London from 1899 to 1924.
Extracted <https://blackpresence.co.uk/before-the-windrush/>

Celebrating Haringey's Unsung Heroes

by Councillor Sheila Peacock, Mayor

Residents are encouraged to come forward and nominate someone who has helped them the most during the outbreak - it could be a volunteer, a bus driver, their local GP surgery a family member or someone who has gone the extra mile to brighten up a neighbour's day.

www.haringey.gov.uk

Closing Dare End of August 2020

Contact: community@4u2newsmag.com



Cucumber Skin Toner

by Diannia

Summer is officially here, bringing sunshine, improved mood and of course an increase in body temperature, this raises the likelihood that the skin feels warm and needs to be cooled and refreshed. Staying hydrated, and feeding the skin the important minerals it needs will nourish the skin and improve skin functioning. Vitamin K and magnesium are vital minerals found in cucumbers, helping to keep blood capillaries strong and accelerating cell renewal, which increases skin radiance.

Here is a simple, quick and inexpensive recipe, suitable for all skin types, that feeds the skin from the outside in, and will help you feel cool and refreshed.

Ingredients needed:

- 1/2 a cucumber
- 1 green tea, tea-bag
- 250 mls of water



Method

- Slice the cucumber into 4mm slices, put into a food processor or squash through a sieve.
- Remove seeds and set aside
- Pour hot water over the green tea-bag and leave in a container to thoroughly cool.
- Remove the tea-bag and add the cucumber to the container, stir
- Use by applying to a cotton wool pad and wiping over the skin
- Enjoy!

Contact: beauty@4u2newsmag.com

NEED TO KNOW

Affiliated With None Open To All



Before the lockdown.

Sober Events was established in 2017 by Paul Byrne and Kevin Farrell the concept was to offer people who no longer drank or took drugs a safe place to enjoy a night out safely with both Paul and Kevin being in recovery and with large networks of people in a similar situation the first event took place in July 2017 a boat party along the Thames this event sold out very quickly with over 240 people attending. Word quickly spread and in the next 3 plus years Sober Events has established itself as one of the best and safest sober nights out in the country with events taking place up and down the UK Since then it has gathered a large following on social media with well over 3000 followers across all platforms. We have also incorporated an open approach to mental health as this goes hand in hand with both alcohol and drug related issues.



After the lockdown

As soon as the seriousness of the current situation regarding the Pandemic was clear Sober Events took action very early Starting of by offering support via our social media platforms and then quickly establishing a Sober Events coming together Zoom meeting 7 nights a week from 10pm onwards we came to the agreement that putting a late evening meeting on was essential under the current situation and since the meeting has opened via Zoom we have 50 plus people attending every evening we have structured it so that the platform is open to all is diverse and inclusive in its format. We have a different array of speakers covering all areas of addiction as well as mental health the speaker normally speaks for around 20/25 minutes and then there is sharing back by people attending the meeting.

We also put on DJ's throughout the day on our social media platforms which has proved to be another source of connection that has become essential to a lot of people while we experience this lockdown together.

We at Sober Events have an ethos that the opposite of isolation is connection and we have managed to bring people together by offering a safe platform for people to come and engage at many different levels.



Sober Events UK Public Group | Facebook
Sober Events UK has 1,908 members. Affiliated with non open to all. Sober Events is a safe drug and alcohol free zone to have good times with great people. <https://m.facebook.com/groups/95897045751806/>
<https://www.sober-events.co.uk/copy-of-home>

Contact: needtoknow@4u2newsmag.com

INCREASING YOUR ALCOHOL USE COULD HAVE A NEGATIVE IMPACT ON YOUR MENTAL AND PHYSICAL HEALTH.

If you would like free and confidential support, contact us on:
020 8800 6999
www.haga.co.uk