

Dear Readers

Welcome to the winter edition of 4U2 your community and enterprise newsmag

The end of the year is within sight and what a year it's been. We are sharing some of the exciting things that have been made happening in our community.

Haringey FC walked off the pitch and stood firm against racism letting all who care to listen we have a choice and won't disrespect anyone in the name of sport. This action was praised by a formidable panel discussion with a host of special guest at an evening honouring the life and legacy of the late footballer Laurie Cunningham.

The event was hosted at Marcus Garvey library by the charity Kick It out and Haringey council.

One panel guest, Rodney Hinds, longstanding sports editor of Britain's leading black newspaper 'The Voice for over 19 years. He spent a long time in Tottenham as a young journalist as the first paper he wrote for, the West Indian World had its office firmly based in West Green Road Tottenham.

In September 2019 he was recognised for his work when winning the Lifetime Achievement Award at the National Diversity Awards in Liverpool.

We've been supporting Tottenham Silver Active who offer free exercise classes engaging residents to feel good, meet new friends and maintain a happy lifestyle.

In Need to Know, Alecia Shares a Ray of Light as the weather changes this can alter the mood of many individuals living with Seasonal Affective Disorder S. A.D

Isac's vegan truffle recipe will need to be shared far too delicious for the few, log on www.4u2newsmag for Family Vegan Festive menu created by Silverstone Foods.

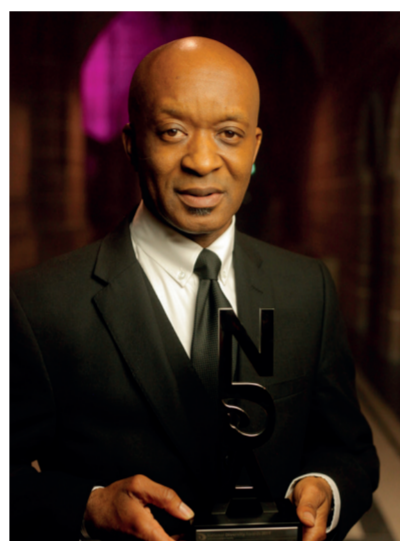
Dianna's winter wonder foot scrub provides total bliss at the end of a long day and can be gifted.

2020 calling 200 voices of local women to discuss and train as advocates to dispel the stigma around getting older and celebrate the menopause journey.

Enjoy the read and from all of us at 4U2 we wish you an engaging holiday and positive determine 2020



Front row: Renee Hector, Ledley King, Sanjay Bhandari
Back row: Troy Townsend, Cllr Joseph Ejiolor Leader Haringey, Rhodene Cunningham, Chris Lewis



Rodney Hinds

M.O.B My Own Business RJ Sports Therapies

Sta enjoyed a relaxing chair based shoulder massage and discussed the long term health benefits of holistic treatments with Ricardo Johnson qualified sports therapies.

1. When did you start your business?

I started my business in 2011

2. What motivated you to start RJ Sports ?

Having worked as a College sports teacher, in the NHS and professional sport - I believed forming a company would offer more fulfillment.

3. What qualification are required ?

Level 3 teaching and assessing qualifications. To offer sports massage therapy you need certificates up to level 4. Insurance, DBS checks and 1st aid certificates are also essential.

4. Typical day's adventure?

Attending sports therapy clinic and seeing clients on an hourly appointment basis. Offering sports massage, remedial exercises, stretching/mobilising. I also deliver fitness qualifications and workshops for trainee fitness instructors, or sports massage. On weekends I go to football matches and enjoy cycling in competitive races.

5. Challenges and stepping stones?

The hardest thing is to secure a good premises. Marketing is increasingly important to grow the business. Unsociable hours plays havoc with my social life and I miss quality time with those close to you (trying to avoid meeting a partner who doesn't like sports!!!!)

6. Rewards - what makes you feel fantastic?

It's exciting and rewarding doing freelance tutoring, delivering courses and workshops, as well as working in football, cycling or any professional sport. Also the pay can be great.

7. Best piece of business advice you acknowledged?

Don't let non-sports people tell you how to run your business.

8. Advice from you for budding entrepreneurs?

Find out very quickly your specialism. Conquer your marketing strategy and understand social media. Finally, have a working business plan

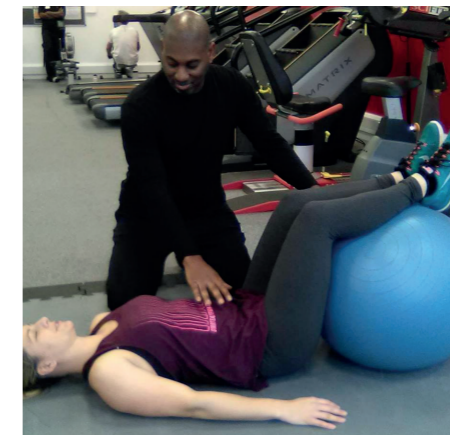
9. Plans for your business moving forward?

I want to grown my University student placement programme - encouraging more BAME and female physio's in professional sport - especially football.

10. If you ruled the world for 1 day what would you do?

I would suspend all ticket prices to every global sporting event and allowing fans to watch everything for free!!!!

Ricardo Johnson 07502-277-167 Email rjsportstherapies@gmail.com



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Jenny Holloway CEO and Marquel Williams Former Fashion Technology Academy Student.

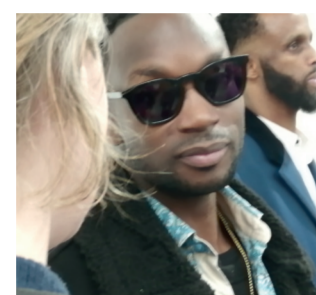
Fashion Enter - N17 Creative Calling

Fashion-Enter Ltd will be delivering an exciting new project called N17 Creative Callings. The project launched on the 17th November will bring local creative SME's and micro-SME's together with training providers to address skills gaps.

It will also support these businesses to provide work placements, internships and project opportunities for students.

The project aims to help address the shortfalls of underrepresented groups within the creative industry, by targeting Londoners with disabilities and health conditions, ethnic minorities and females. The project is funded by the Greater London Authority and the European Social Fund and supported by Haringey Council

Contact esme@fashion-enter.com



There's a thought
"Don't set sail on someone else's star"

December

Honoring Elders Lunch
Monday 23rd December
Contact: 07399241783

December 3rd
The Haringey Start-ups in
London Libraries Programme
two day workshops FREE
Day 1 What next for my
business idea.

4th Get ready for business
Location Wood Green Central Libraries N22
10.00 am - 5.00 pm
Lunch provided
Contact Nicola startups@haringey.gov.uk

January

Mind In Haringey Mental Health First Aid Training
Thursday 23rd/Friday 24th
Contact admin@mih.rg.uk 0208 340 2474

Holocaust Memorial Day January 26th
Haringey Civic Centre
Contact: 07791018106. Cllr: Sheila.Peacock@haringey.gov.uk

February

Windrush Scheme Advice Road Show
Location to be confirmed
Contact: Rudi Page 07958744660
rudi@makingconnectionswork.com

uLearn Naturally Creative Learning Festival

will show case unified approaches to education (STEM + the Cultural Arts) to enrich learning in primary and secondary levels of study.
Spring Half-term Holiday 17th Feb to 21st Feb 2020 at the Chestnuts Community Centre N15 and all around Haringey in the preceding month. Tel: 020 8815 3939
Online: https://www.abundancecentre.org/creativelearningfestival.html

Log on to
www.4u2newsmag.com
for more events

African Caribbean Elders (ACE 60+)
Festive Dinner Lunch
Monday 23rd December 2019
The Goan Centre
Keston Rd, Tottenham
N17 6PW
Time: 2-8pm (meal served at 3pm)
£5 per meal
Traditional Caribbean Buffet
including Sorrel & Fruit Cake
Tickets call: 07399241783

4U2

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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
Coombe 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 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, 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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2020 calling 200 Voices



Feet First Advice
Isac's Festive Truffle Recipe
Become a Mental Health First Aider
On line Vegan Banquet for all
Rodney Hinds Returns to Tottenham

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FREE

Holiday time you are not alone

by Mari Lavelle-Hill

The festive season can be a difficult time of year for everyone. Added expensive, extra planning adds pressure for us to really truly enjoy ourselves! On top of that, there is often the ever-complicated family dynamics to navigate and a tendency to over-indulge with food and alcohol.

For many of us, these stresses are heightened by our mental health. It's hard to feel the joy and cheer promised when we're feeling depressed lonely and left out at the Christmas party if we don't drink. We miss that sense of belonging if we don't have family or friends to spend the holidays with to achieve that 'perfect Christmas' (which all the adverts on TV promise us) when even our day-to-day reality makes us feel overwhelmed.

In fact, National MIND reported that in 2016, "Over a quarter of people feel the pressure to have the 'perfect Christmas' (28%), increasing to half of those with a mental health problem (48%)." Mind in Haringey would like everyone to know that it's OK not to be OK at Christmas. There is support available to you. There are people you can talk to. There are places where you can spend the day. Look after yourself and be kind to yourself this Christmas.

For help and support at Christmas, nationally and locally:

- Call the Samaritans on 116 123**
- Join Elefriends, an online supportive community set up by MIND: elefriends.org.uk**
- Join Union Church in Crouch End for a free Christmas day lunch. To RSVP, call 0208 341 3918 or email christmas@unionccc.org.uk**
- VOLUNTEER with an established local community group charity www.bridgerenewaltrust.org**

Become a Mental Health First Aider

Mental Health First Aid is a training course that teaches people how to identify, understand and support someone who may be experiencing a mental health issue.

MHFA won't teach you to be a therapist, however, it will teach you how to listen effectively. To book a place on a Adult 2 day MHFA FREE course contact 0208 340 2474 admin@mih.org.uk



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2nd Row: Selection of gloves Gold padded Faux leather and fur pilot hat. Vintage Check Wool Dun and Co. 07738 962 898

Green Chestnuts Eco Urban Life Festival

The first "Green Chestnuts Go Green Eco Urban Life Festival" took place at the Chestnuts Community Centre Friday 27th September.

Sustainability was at the forefront of local people attending the 1st Go Green Festival in Haringey.

The event was officially hosted by a co-operative of local green business and environmental agencies and launched by the Mayor of Haringey Cllr Sheila Peacock.

Over 325 people, including 60 school children enjoyed fun interactive stalls, workshops, speakers promoting eco friendly products and services. Learning simple tips on how to save money recycle effectively and enjoy a healthier life style. Participants were able to broaden personal awareness of local and international sustainability issues.

Robert of Estates Elite Recycling i.e. confirmed more initiatives will be taking place for the rest of the year and beyond.

Contact – Robert Thairu 0208-815 3937 e.e.r@live.co.uk www.eerrecycling.org



Photo e.e.r Robert with Veolia staff



AFCA movements - a London dance group based in Haringey. We specialise in Afro Caribbean dancing, soca, African drums, reggae.

We are available to perform at **Festivals, Carnivals, Public/Corporate events, and also offer masterclasses, dance workshops (for all ages) and 1 on 1 classes. (Please see contact details below)**

Would you like to register for the AFCA carnival group for 2020? Taking part in carnivals around the UK

You can also register to be part of the AFCA performance group - auditions January 14th, 21st & 28th.

You must be aged 18 or over to register for the carnival group or the performance group

For more information, bookings and registration please contact: Telephone: 07528786300 / 07507263547 Email: Tottenhamlocs@gmail.com www.afcamovements.co.uk



2020 200 Voices

On a wintry morning in Tottenham Hale, the Living Under One Sun Café in Down Lane Park radiated with warmth as local women came together for lunch to discuss the stigma around getting older and principally the 'taboo' topic of the menopause!

The event was hosted by Reach and Connect, a new service which offers support and advice for Haringey residents age 50+. The aim of the event was to inspire women to support others out in the community who are on their menopause journey by providing clear facts, guidance on different support services and most importantly the opportunity to share and learn from their experiences. Those who signed up will undertake training in January and come together in March to celebrate International Women's Week at the Southbank Centre as part of Haringey's 200 Voices project.

As the group feasted on tasty tagines made with delicious homegrown vegetables from the LUOS garden and listened to herbalist Marion Makonnen talk about how our bodies and emotions change over time, there was tears and laughter and above all, a sense of 'lived experience' which as Marion reminded everyone – we should not see this time in our lives as an ending, but as a new beginning, in which anything is possible!

200 Voices is a collaboration between several Haringey services and is open to anyone who has been affected by the menopause. If you are interested in finding out more or participating in the training please contact: ashley@reachandconnect.net or Keesha.Sinclair@haringey.gov.uk Email: helo@reachandconnect.net www.Reachandconnect.net Call: 0203 196 1905



WOOD GREEN HOLIDAY CLUB SUCCESS!

cinema, chess, outdoor games, disco and new friendships

Wood Green Holiday Club (inc. breakfast & lunch) was officially opened by The Mayor Haringey, Cllr. Sheila Peacock ON Monday 21st February 2019 at ACLC Community Hub (Westindian Cultural Centre) 9 Clarendon Rd, N8.

Claudine Duberry, CEO, Taking Positive Steps, was the Project Leader, supported by her team; Anna, Lorraine, JSha Natalia and Nadine with additional support from Kenton Doyle, ACLC and Astehmari Batakun, Abundance Centre, Haringey.

The Mayor, Cllr. Sheila Peacock spoke to each of the children and promised to visit all the schools that she had not yet visited. PC Daryl, explained his role and responsibilities for keeping everyone safe within the local neighbourhoods.

The children aged between 5-11 participated in a wide range of activities and games throughout the week including celebrating Mary Seacole and Rosa Parks. Creative arts and crafts focused on learning mosaic skills, making boxes and tie-dips from African fabric. They also created a "I have a dream poster". Each child drew their hand, cut it out and coloured/painted the image. They added their personal dreams and it was added to the main poster. "Learn to Play Chess" sessions were conducted by Kenton Doyle, experienced players were given the opportunity to compete against their peers.

Feedback from parents

- "absolutely love this club and it's only day 2"
- "Another fantastic day. Lol parents asking when the next one"
- "Thanks to Dianne for doing mosaic art with the children today"
- "Wanted to say a massive thank you to you and the staff who not only looked after and entertained my daughter so well that she never wants to come home!"
- "Thank you so much for this week at Wood Green Holiday Club"
- "best holiday club ever, we done so much everyday, like making the boxes and ties, we even went cinema"
- "Well done Claudine! It really instilled a strong sense of cultural heritage and pride. Thank you so much. Best holiday club yet!"
- "This provision definitely exceeded my expectation. My children loved the arts and crafts day and came away with so many goodies"
- "staff are so nice and friendly"

Windrush Holiday Club @ 9 Clarendon Rd, is the new name for the next Half-Term Holiday Fun, between 21-25 February 2020. Check Eventbrite for Details.

Wood Green Holiday Club is one of the outcomes from the Parenting & Life Skills Forum facilitated by the Wood Green Futures, place-making and community development programme, designed to promote inclusive, peaceful, caring and enterprising neighbourhoods.

The social value impact from the intervention of Wood Green Futures provides strategic, operational and practical benefits to all stakeholders.

Email: rudi@makingconnectionswork.com | Tel: 07958 744860

Photograph Tom Ferris

Viva - Vegan - Festive Truffles

By Nicola Moore

Isac has always been passionate about food. Living with his mother, a master chef and homemaker, cooking for him has always been a hobby and a way to relax.

When he moved to London from Brazil, what started as a hobby became his career.

While experimenting with different types of cuisines and discovering new flavours he became a Nutritional Advisor.

Isac is a proud chef who has designed mouth watering vegan truffles. Everyday he takes some time trying to figure out how to reduce the consumption of animal based food in his recipes as he moves towards veganism discovering new possibilities and tastes.

After some research he decided to recreate one special traditional bold Brazilian recipe called Brigadeiro.

What started as a personal challenge growing his business is moving forward into 2020.

His tip for creating this recipe is simple be generous and self indulgent.

VEGAN TRUFFLES

- Ingredients**
- 2 tbsp coconut flour
 - 150ml hot water
 - 1/2 cup of maple syrup
 - 2 tsp cocoa powder
 - 1/4 cup of dark chocolate
 - 1 tsp of coconut oil

Method

- 1 melt the dark chocolate in hot water
- 2 add maple syrup and coconut oil to the mix
- 3 cook it slowly and add the coconut flour
- 4 scrap down the sides of the pan and cook until get thick
- 5 wait for cooling down
- 6 make small balls and cover with your favourite vegan confetti or vermicelli



Isac dos Santos Junior
Viva Vegan
+44 (0) 7955 541537
viva.vegan@outlook.com

Winter Wonder Foot Scrub

by Diannia

Summer sandals have been firmly stored away until we are able to celebrate the arrival of the Summer season next year. Feet are now closed in by thick socks and boots, and this often means they are ignored.

Your feet diligently, take you wherever you need to go and deserve some TLC and respect! Resist the temptation to neglect your feet this Winter, by making and using your own skin smoothing, reviving and uplifting foot scrub, which can be stored for six months, which is all the time you need, until Summer comes around again.

After using this scrub, your feet will feel super soft and smooth.

Ingredients

- 50g of mung beans (easily sourced in any high street shop or local shop)
- 20g of fine salt
- 40ml of olive oil
- 2 tbsp of glycerine (easily and inexpensively found in any local high street shop)
- 20 drops of peppermint essential oil
- 10 drops of lavender essential oil

Method

- Grind the beans to a fine powder in a coffee grinder (manual or electric)
- Mix with the salt in a medium sized bowl
- Add the glycerine and stir
- Pour in the oil until you have a thick paste
- Add more oil if needed
- Add the essential oils
- Put the mixture in a bowl and label and date it.



How to use your Foot Scrub
Wet your feet and massage the scrub thoroughly into the skin, paying attention to cracked heels or areas of hard skin. Rinse the scrub off with warm water. Enjoy the feeling of super soft feet!

Ray of Light Seasonal Affective Disorder

By Alecia May

Seasonal Affective Disorder or S.A.D is a type of recurrent depressive disorder in which the depressive episode occurs during the same season each year, usually during the autumn winter seasons.

The symptoms of depression are said to affect as many as one in six persons (at varied levels) each week. The symptoms experienced may vary from person to person but would generally consist of Fatigue, difficulty concentrating, feelings of hopelessness and sadness.

What can Cause this condition?:

The exact cause of Seasonal Affective Disorder is not known but a possible contributing factor may be the lack of natural light during the winter months. As light hits the back of the eye it stimulates the areas of the brain which controls sleep, appetite, mood and activity. The lack of light during the winter months slows down this process; this can leave you feeling low in mood and lethargic, sad.

The importance of Self-Care:

So what can we do to maintain positive Mental Health? A few tips:
Talk it out – There are peer support groups which are available were you can meet up and talk to others who may be experiencing similar symptoms. Alternatively arrange to spend time with family and friends and have a chat.

Physical exercise – Exercise releases endorphins which can trigger positive feelings in the body, enrol in an exercise classes during the winter months.

Diet – What we eat may also affect how we feel, therefore, drink plenty of water to remain hydrated, try and eat your 5 a day. We are what we eat.

Get enough sleep – A good night's sleep can increase ones energy levels which can help to stabilise your mood, "early to bed early to rise" they say.

Mindfulness – Is a relaxation technique which focuses on your breathing and thoughts. Mindfulness is to help the user to manage their anxiety and stress.

In conclusion we can deduce that the symptoms of Seasonal Affective Disorder can affect anyone, the helpful tips mentioned above can help us to manage the effects of the condition throughout the winter months if we implementing some or all of the suggestions, and taking care of self.

We hope this article has been both informative and helpful.
My name is Alecia May, I am a qualified counsellor and the founder of Creating Expressions a Community Project based in Haringey.

If you would like to know more about what we do or get in touch with us please feel free to contact us on: E: CreatingExpressions2@gmail.com W: www.creatingexpressions.com T: 07950 357 164

Ref: www.mentalhealth.org.uk www.mind.org.uk