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Editorial Note

Welcome to the spring edition of 4U2 your community & enterprise newsmag. It's all go as the year moves swiftly by day by day with changes that impact individuals at every level knowingly and unknowingly.

After attending Haringey's Youth Summit the first thing I have to do is send my personal, sincere support and concern, to all young people who have suffered undeniable trauma as the knife and gun crime tragedies continue throughout London and beyond.

It does "take a village to raise a child" and as you are all our children, we aim to heal the pain and suffering you are experiencing, by listening to your sincere pleas and offering genuine solutions. We acknowledge that more can and must be done to facilitate change.

We support Solo's launch of Creative Intelligence Training a new initiative Inspiring Young Genius through Creativity, Storytelling & Movement driven by creative dance for young people offering mentoring and looking at ways to solve youth violence.

With a change of leaderships at The Selby Centre an iconic community trust and hub we send our best wishes and genuine thanks to Sona who retired after eleven years of dedicated service. Welcome to Paul Butler new CEO to continue acknowledging the importance of local community involvement at every level.

Haringey honoured Unsung Women and celebrated March as International Women's Month 2019, "Think equal, build smart, and Innovate for change" programme. The National theme focused on innovative ways in which we can advance gender equality and the empowerment of women, particularly in the areas of social protection systems, access to public services and sustainable infrastructure.

4U2 are encouraging all to get involved in a hobby for 2019, and enjoy some well-deserved "me" time. One of the benefits of having a hobby can help relieve stress while allowing you to do something that you enjoy. (Developgoodhabits.com)

Join us in our "Sewn Together" craft project building a visual vibrant piece of art work

That depicts the journey of the various African & Caribbean communities based in Haringey.

After all, "We can't step back into yesterday" so let us all embrace change, live in the now and support one another knowingly.

Highest regards

The 4U2 Team

We welcome your feedback letters and comments can be sent to editor@4U2newsmag.com



Photo by Deciana Creates from Pexels

M.O.B - My own business Find A Balance

4U2 enjoyed a relaxing herbal tea and chat with Samatha founder of Find A Balance.



The Balanced Support is a monthly membership programme. It is a peer-to-peer group coaching programme for young people with mental health issues.

1. When did you start your business?
 I started Find A Balance December 2015 in Hackney.

2. Why did you start your business?
 I started my own Mental health business because my son suffered a Psychotic breakdown and was section under the mental health act (Section 2) for 28 days, while he was in hospital he managed to escape and managed to obtain alcohol and cannabis while in hospital from other patients who were allowed out daily.

The level of care was not sufficient as staff did not understand African & Caribbean culture and the difference in the way we communicate. I thought other people may benefit from the experience my son went through.

3. What training was required?
 I completed an Introduction to Mental health Course Level 1 and 2, attended the School for social entrepreneur and won the Beyond Business& Investec Bank Social entrepreneur award; this equipped me to start my own business confidently.

4. Typical day work?
 My typical day consist of taking telephone calls given advice to clients regarding mental health issues, doing home visits to clients or conducting workshops within local communities.

5. Challenges in the business?
 The main challenges are trying to secure adequate funds to support more individuals.

6. Rewards in the business?
 The satisfaction of seeing individual's life change for the better.

7. Best advice given to you regarding the business that you took on board?
 Be resilient, never give up believe in your vision.

Contact Samantha Francis
 +447568499170
Sam@findabalance.org
www.findabalance.org

There's a thought
 "Service to others is the rent you pay for your room here on earth"
Muhammad Ali
 (17th Jan 1942- 3rd June 2016)

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

March

Growing In Haringey Spring Seed Swap Festival
 Saturday 30th March 12-4pm
 Living Under One Sun Cafe, Down Lane Park, Park View Road N17 9EX
 All Welcome Seeds to swap(bring some if you have them) plants, surplus produce.
 Contact: pjharding@hotmail.com

April

Haringey Community Blood Pressure Testing
 Know your Blood Pressure. 1 in 5 people on Haringey have high blood pressure but only half know about it. There are often no warning signs. For information about monitoring High Blood Pressure call The Bridge Renewal Trust on: 020 8442 7640

Good Friday 19th April

Easter Monday 22nd April

May

Monday 6th May **May Day**

13th - 19th **Mental Health Awareness Week**

Monday 27th **May Late May Bank Holiday.**

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
- 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
- Jannal's Hair & Beauty Salon** 2A Phillip Lane Tottenham N15 4JB 020 801 8938
- 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
- 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
- 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
- Upton Cuisine** 20A West Green Road South Tottenham London N15 5NN 020 3784 6024 07904651803
- Wood Green Library** High Road, London N22 6XD 020 489 4560
- 639 Enterprise Centre** 639 High Road Tottenham London N17 8AA

To Advertise your Business Contact Sonja 07738962898

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 for happy and healthier communities

The Bridge is a local charity. We deliver services and projects to the people and organisations of Haringey in a number of programme areas.

- Community Impact Haringey** Providing practical support to the voluntary sector in Haringey
- Haringey Well Being Network.** Supporting people and organisations around Mental Health and Well Being
- Whole Health Services** Affordable, High Quality complementary therapy services
- Health @ the HUT** Providing access to free physical activities and healthy cooking sessions
- Chestnuts Community Centre** Venue Hire for events, meetings and celebrations Office Space and more...

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The Bridge Renewal Trust
 Phone: 020 8442 7640 Web: www.bridgerenewaltrust.org.uk
 Twitter: @BridgeRenewal

SPRING 2019

4U2 YOUR COMMUNITY & ENTERPRISE NEWSMAG

Sewn Together Community Project
 Relax de stress in Mental Health Week May 13th-19th

The Silent Voice of Recovery
 Jengis shares his story

Seed Swap
 Find a Balance with Samantha

www.4u2Newsmag.com [4u2newsmag](https://www.facebook.com/4u2newsmag) **FREE**

The Silence Voice of Recovery

By Sofia Carreiro



My name is Jengis, and I'm an alcoholic addict, I have been in recovery over 7 years without having a drink or drugs. I do fellowship meetings at the Shine over a year ago we managed to start an AA meeting here and the meeting is thriving and very helpful. A lot of people are coming to the meetings, between 20 to 40 people sometimes.

The Shine hosts an AA Group, this is an anonymous group for alcoholics open to everyone struggling with addiction. The only requirement to join the group is the desire to stop drinking. At the moment at the Shine I am the trustee with the alarm and door keys, I've been trusted, I had a chance to be trusted once in my life. I'm a treasurer here, we are self-supporting through our own contributions, nothing comes from outside, we are not affiliated with any outside organizations, and does not wish to engage with any controversies.

I have a history of crime, and using drink and drugs, most of my life. I used to live in Tottenham and Wood Green and it was very rough for me during them times. This is a chance for me to give back to society through a service to share my experience and to be clean and sober, there are a lot of people that we can help and attract by our experiences because they can see how it worked for us. This is a different kind of commitment and no one judges each other, we commit every week as a group, the reason why I do what I do is because I'm giving back to society, because I took a lot before and now I want to give back. I do a lot of voluntary work for different organizations, NHS and others but the Shine is different is really my passion, because it helps people from the streets.

We had no hope before, to hear someone who had been in the same position and now is clean and sober motivates us to stop drinking or taking drugs. Peer support comes into play here, when someone else's experience can benefit someone else. Alcoholics anonymous is a fellowship where men and woman who share their experience strength and hope with each other to recover from alcoholism, the fellowship is to help them to stop drinking, there are no dues or fees for membership, we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics or institutions. I feel uplifted and hopeful to come to the meetings, as we help each other to recover from mind, body and soul.

I am proof of that, I completely changed, I haven't been in prison since I stop drinking and taking drugs over 7 year ago. I went into prison on many occasions, consequences of drinks and drugs. My children could not stop me from drinking and drugging although I tried for them. Is nice to see new people coming in and start to get well.

Kevin Farrell
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sofiacarreiro@builonbelief.org.uk
89-91 Turnpike Lane, N8 ODY London
www.shineharingey.org.uk
M: 07944 664 187

AA Meetings
Shine – Thursdays at 7:30pm to 9pm
07498 189 8324
Grove Drug service: 020 8826 2400
Haga Alcohol Service: 020 8800 6999
Insight platform under 25's Service: 020 8493 8525

Sewn Together



Pin Kushion - Recycle Repair Repurpose- Monday 25th March 6.00pm-8.30pm
Create exciting bags, book markers, purses and 6x6 squares with natural fabrics and used items of clothing and textiles.

Location: Shine Community Space & Café 89-91 Turnpike Lane London N8 ODY

House of Akunna with Jesslyn - Perfect Patterns Date: Thursday 28th March 6.00pm-8.30pm
Using industry pattern cutting techniques with African fabrics to create a pattern perfect for you and your story.

Location: Tottenham Living Room 639 High Road, Tottenham London N17 8AA.

Sew with Sue - Embroidery by Hand Date: Friday 29th March – 6.00pm-8.30pm
New to sewing, rusty, or expert, all levels of crafters welcome to learn new skills at their own pace.

Location: Shine Community Space & Café 89-91 Turnpike Lane London N8 ODY

Jodi B – Just Jewels Date: Monday 1st April - 6.00pm-8.30pm
Learn how to construct simple accessories such as earrings, necklaces and bracelets, join Jodi and learn a new fun creative skill.

Location: Chestnut Community Centre 280 St Ann's Road London N15

Creative U - Tie Dye Date: Wednesday 3rd April - 1.00pm-3.30pm
The importance of colour will introduce basic tie dying techniques for everyday items of clothing.

Location: Sandbunker Community Centre The Sandlings Noel Park (off Lymington Ave) Wood Green London N22 6XS

Pin Kushion & House of Phoenix - Africa Rising Date: Friday 5th April - 6.30pm-9.00pm
Passionate about the context and origin of fabric prints, designs, adinkra symbols cross stitch will be explored. This work shop will explain the power and magic of working with vibrant colours and bold African prints.

Location: Maa Maat Centre, 366A High Road Tottenham London N17 9HT

Please feel free to contact Sonja 07738968898 info@4u2newsmag.com for any special assistance or additional information.

Pop & Drop in Sewing Groups – for support creating your personal 6x6 Patch

Sewing Group: Chestnuts Community Centre 280 St Ann's Road London N15 5BN
Weekly sewing class open to senior citizens and young people. (1st class free then £4.00 per class) Every Monday. Time: 12.00 – 4.00pm **Contact Joan Robinson: 0208-442-7659 or 07986 435275 Email: chestnuts@bridgerenewaltrust.org.uk**

The Sewing Group: Coombes Croft Library Tottenham High Road London N17 8AG
An exquisitely creative class! Every Tuesday: 1.00pm – 3.00pm
Contact: 0208 489 4560 – Maureen & Georgia

Women's Sewing Group: Shine Community Space & Café 89-91 Turnpike Lane N8 ODY
Fun session aimed at crafting to improve well being and meet new people.
Every Wednesday 11.00am-1.00pm open to all
Contact: hello@shineharingey.org.uk +447944664187

Women who Inspire

Haringey honoured Unsung Women and celebrated International Women's Day 2019, "Women who Inspire" awards which took place on the 9th of March, at the civic centre.

"Think equal, build smart, and Innovate for change" programme.



Louise Hare 94 Years old accepting her award from the Mayor of Haringey Gina Adamou

The National theme focused on innovative ways in which we can advance gender equality and the empowerment of women, particularly in the areas of social protection systems, access to public services and sustainable infrastructure. Fifty women from all backgrounds received public acknowledgement certificates, flowers, and sincere thanks for their tirelessness service to their communities.

Auntie Jean's Culture Market started International Women's Month on Sunday the 10th of March at the Chestnuts Community Centre with a soothing "Pamper & Heal Day" showcasing a pop up shop discussing sustainability, nails, massage, tropical fruit snacks, handmade chocolate and a variety of stalls selling home/hand made products and services.

The event was enhanced with a lively performance by She Agame Drummers a newly formed female drumming troupe. Their first public performance energised the event with a soulful rendition of "The Rivers of Babylon" with full audience participation.



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FOOD FOR ALL

Step into Spring

By Dianna

With the March equinox just around the corner, why not prepare to enjoy the warmer weather, longer days and extra sunshine by boosting your Vitamin A, Vitamin C, potassium and folic acid levels.

Why?
Well, Vitamin A, maintains general health and vigour in the body and its role in cancer prevention is under investigation. Vitamin C helps with the formation of collagen and promotes healing in the body. Folic acid, is essential for the formation of red and white blood cells, which help to fight infection. Finally increasing your potassium levels will, support the way your nerves and muscles function.

How?
Consider whisking up the following quick and simple juiced beverage, crammed full of vitamins and antioxidants, which support, skin health, have anti-inflammatory benefits and help to lower cholesterol.

BETROOT BOOSTER

(Makes 2 servings)

Equipment

A juicer.

Ingredients

- 1 beetroot
- 1 apple
- 1 orange
- 1 sprig of mint

Method

1. Peel the beetroot and orange.
2. Wash the apple, beetroot and ginger.
3. Put all of the ingredients through the juicer.
4. Pour into two glasses.
5. Enjoy!



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NEED TO KNOW

Mental Health Awareness Week May 13th- 19th

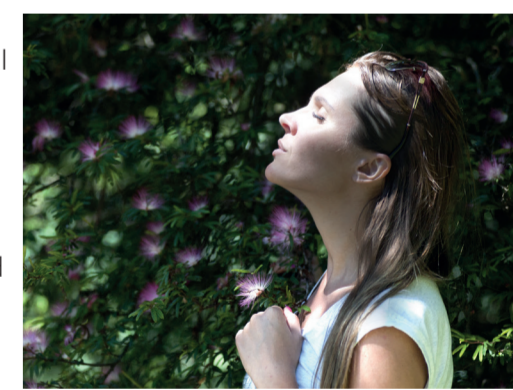
Barnet Enfield and Haringey provide a wide range of mental health service locally and further afield. The range of services provided are for children, young people, adults and older people. You can find out more about our children and adolescent mental health services on our BEHCAMHS website www.behcamhs.nhs.uk.

PALS (Patient advice and liaison service)

You can talk to PALS who provide confidential advice and support to patients, families and their carers, and can provide information on the NHS and health related matters.

Patient Experience Service. You will be able to raise any comments, concerns or compliments with the Patient Experience and Complaints Team.

PALS: Tel:0208 702 6705.
Email: patient.experience@beh-mht.nhs.uk



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