

Word up - Creatives

Togetherness

Together as one A couple, a group, a community A nation, under the heavenly sun Elusive, distant We crave its camaraderie Seek its solace Imagine what it looks like Uncertain of how it's done Maybe a figment of our thoughts Not true...since it begins When the body and soul combine

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September

Tottenham Flower & Produce Show Saturday 15th September - 11.am-5pm Lordship Lane Rec N17 6NU tottenham-flower produce show.

Community Engagement Tuesday 25th September - 2-4.pm Haringey Irish Centre N17

October

Black History Month

Supper Club, Fund Raising Dinner Thursday 4th October - 7.30-10.30pm, £35.00 per head. M 07432 588734 B veg@cropdrop.co.uk @cropdrop @ cropdrop.co.uk

November

Global Enterprise Week - 12th-18th November Mattheway and the second se

COMMUNITY PROFILE

Grow N22

Grow N22 exists to transform unlikely, disused and neglected spaces across Haringey into vibrant community gardens and growing spaces made for and by local people. We currently manage three projects in and around Wood Green and have more in the pipeline. All GrowN22 projects are powered by volunteers. Our volunteer workshops are fun and friendly opportunities to meet new friends and learn new skills.

To find out more about our projects and how you can get involved check out www.growN22.com and follow us on social media @Grow_N22



There's a thought

Respect is like a mirror.

The more you show it to other people,

the more it will reflect back on you

"Go Green" - In The Hammock

Edible London a new urban food growing project is working with local partners building a healthy community. 30% of all produce is donated to support homeless people, women's shelters and food banks.

The project is located at Wolves Lane Horticulture and Garden Centre.

Listen on line to Sunny's "In the hammock" interview why he encourages the community profile to join in and volunteer for environmental and green community projects.

www.4u2newsmag.com

Sta and Sunnv





Editorial Note

Welcome to the autumn edition of 4U2 Your Community & Enterprise Newsmag a multi themed quarterly journal, providing fun practical and informative content for people from the community to share information, news and views in print and on line.

We aim to encourage citizen participation, increase social connection helping people form strong and meaningful relationships to create a sense of community and belonging.

4U2 was created after hosting an open door local community gathering celebrating the contribution of the Windrush pioneers. We observed the enjoyment of the event and noticed usage of social media means that simple communication with friends and family sharing joyful real time moments happens quickly but seems limited, fleeting and short-lived.

Enjoy everyday issues 'Health, Beauty and Well-being' Diannia gives tips on making your own beauty products" 'The Listening Corner' Rare Diamond " discusses listening for lifelong learning "

'Food4All' Amazing Grace wholesome healing recipe" 'Word up Creative's' shines a light on hidden talent, art poems, novels and film; "It's a Date" highlights a variety of local national & international events" " Community Projects" join in environmental and green community projects.

We at 4U2 would like to send sincere thanks and appreciation to everyone who has contributed to the 4U2, newsmag, which will be the first of many to come, the journey was a learning process which has re-united and created new friendships.

We invite all of our readers to get involved and contribute to the next issue which will be the Winter edition.

Letters and comments can be sent to editor@4u2newsmag.com

We hope you find it an enjoyable read and genuinely welcome your feedback. Have fun

Team 4U2



BLACK

IN HARINGEY

Log on to

www.4u2Newsmag.com

for more events

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Let's Talk Cake By Amazing Grace



My Grandmother's death dampened by pleasure of baking and I could not bring myself to go into the kitchen to bake. Slowly but surely I realised that my creative mode was a type of therapy and healing, which made me feel better.

We firmly believe that food is a catalyst to healing which begins with the decision to stock the kitchen and bake!

Over the last few years I have seen that some people are returning to the "old fashioned" way of baking from scratch, choosing, honey to sweeten recipes and topping cakes with healthy fruits and nuts, instead of layers of icing sugar.

Enjoy my recipe, which has been taste-tested and approved by my Mother! I hope you like it.

EGGLESS WHOLEMEAL CAKE:

- INGREDIENTS
- 175g of wholemeal self-raising flour
- 1 teaspoon of baking
- powder
- 175g of coconut sugar • 170mls of vegetable oil
- A pinch of salt
- A pinch of nutmeg
- A pinch of cinnamon
- 1 teaspoon of vanilla
- essence
- 1 grated apple Vegan cream
- 4oz of pumpkin seeds, walnuts, raw almonds or any nut that you
- prefer • A large wooden spoon/ electric mixer
- Two 8inch or 20 Centimetre baking tins • Enjoy!
- Amazing Grace The Cake Lady Vegan, Gluten Free & Sugar



Whisk the flour and set aside (you will be adding this separately) Pre-warm your oven, by setting it to gas Mark 4 or 180C

METHOD

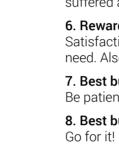
• Place all of the ingredients into a large mixing bowl except the flour and beat together for 10minutes (old school)

- Whisk all the ingredients together with an electric mixer on high for 5minutes (except the flour)
- Add the sieved flour to the mixture and whisk for a further 2 minutes or until all of the flour is folded into the mixture
- Distribute the mixture evenly between the two baking trays
- Bake at gas Mark 4 or 180C for 30mins or until golden brown • Check that the cake has baked right the way through, by gently tapping the surface of the cake, if it springs back, its ready!
- Remove from the oven and allow to cool
- Once cooled, fill with a topping of your choice for example, strawberries, blueberries, cherries, etc.,
- Glaze with vegan cream and sprinkle with nuts

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suppliers.



M.O.B - My own business

4u2 caught up with Jatin Oza aka The Computer Dr owner of Macob Systems Ltd who is minding his own business. North London's oldest computer establishment opened in 1988.

Macob's reputation for being friendly reliable and trustworthy is echoed by customers who have used the service for over 25 years.

1. When did you start your business?

April/May 1988 We have the same name - location and have built a solid network of customers and

2. Why did you start your own business?

It really started as a hobby I always had an interest in computers and spent hours fixing Atari, Sinclair and Amstrad software and hardware problems for friends and family. Very soon I realised the technology was becoming more accessible and more people could afford to buy a desk top computer for their home. So I opened my shop.

3. Was training required?

I graduated from Surrey University in 1979 with a degree in Physics. Working for several IT companies gave me hands on experience. Everyday I still learn something new as the technology moves quickly and you have to keep up to date.

4. Typical Days Work?

I enjoy meeting people face to face, you never know who will come through the door. A typical day includes repairs, maintenance and hugh amounts of data recovery. I also attend site visits. Luckily for me no two days are the same

5. Challenges in the Business?

When customers come into the shop to buy a computer, its impossible for us to compete with the prices on line and in the big shops. Sadly the sales side of the business has suffered and is in decline.

6. Rewards from the Business?

Satisfaction that you know you can truly help someone with a problem in their hour of need. Also having control of your time and financial independence.

7. Best business advice given to you that you listened to? Be patience, always be honest, treat all with respect

8. Best business advice you would give to a budding entrepreneur.?

Macob Systems Ltd is located at 406 West Green Road N15 3PX info@macobsystems.co.uk web: www.macobsystems.co.uk A Rapid solution for your computer requirements.

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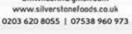


20A WEST GREEN ROAD SOUTH TOTTENHAM LONDON N15 5NN

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Tel: 020 3784 6024 07904 651 803







Community Engagement Are you a Haringey resident? Come and have your say

The Bridge Renewal Trust is working with Haringey Council to get your views about local community services that are important to you. Haringey residents are invited to the following engagement event:

> Tuesday, 25 September 2018 at 2-4pm Haringey Irish Centre, Pretoria Road Tottenham, London N17 8DX

To book a place, please visit:

https://haringeycommunityengagement.eventbrite.co.uk or call 020 8442 7640

You can also take part in a **one-to-one interview** or attend a focus group - email: deborah@bridgerenewaltrust.org.uk or call 020 8442 7640.

For further information: www.bridgerenewaltrust.org.uk

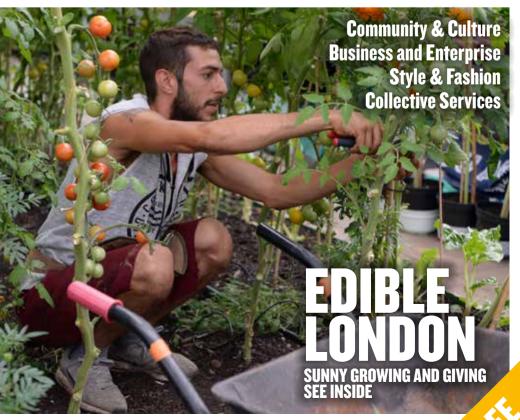


Join us and share vour views

Take part in a:

- Focus group
- One to one
- Video Box
- An arranged telephone interview





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