

Passionate About Tottenham

Tottenham Hotspur has become the first Club to create an art gallery within its stadium to showcase works of local artists.

Ashton Attzs one of three commissioned artist *White h(e)art, Brown h(e)art, Black h(e)art Lane; 2018*

Ashton Attzs is a 20-year-old, award-winning artist and poet, from North London, and studying Fine Art at Central St Martin's, who celebrates the uncelebrated. This series of quotidian paintings are a colourful lease of life; charmingly empowering the everyday person, particularly those of BAME and LGBT+ identities. White h(e)art, Brown h(e)art, Black h(e)art Lane is an ode to all individuals from every community within Tottenham. The vibrant triptych is a snapshot of eclectic N17 life: from the busy bus stops of the High Road to the shoppers of Hale Village - it's a celebration of all who make Tottenham what it is.

www.tottenhamhotspur.com



Aston Attzs Evening Standard Art Prize Winner 2018 Ashton ATTZS @attzs_

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Editorial Note

It's fitting but painful that the British Government will officially celebrate Wind rush Day on the 22nd June 2019.

On **June 21st 2018** "The 100% SPA Show" hosted three days of activities called the "The Spirit of Wind rush celebrating a Journey", Commemorating the achievement culture and legacy of the Wind rush generation at Uptown restaurant in the heart of Tottenham, North London.

The event was a human intervention hosted by the community for the community to make sure the Windrush generation received a space/place to share the stories of the people they are now, how they made their life journey and the events along the way. The interaction and stories shared during the evening planted the seed for the idea of 4U2news magazine to encourage human contact face to face contact and local community engagement.

Hopefully the official Windrush day will educate the wider communities and help them to gain a true understanding of the Windrush Generation contributions and learn something new about the many family stories and legacies. I mention this event as it seems that 12 months on, there is sadly still no financial help from the British government for individuals who find themselves in a place with no identity facing deportation.

In this edition of the 4U2 Newmag I hope you will enjoy Uncle George's thoughts about the importance of food and families eating together and become inspired to try one of the simple, traditional, Caribbean recipes in this edition.

Dianna shares ways to manage Arthritis and promotes self- referral, guilt free pampering to improve overall well- being.

In our "Listening corner" Jo & Shelly share their story and ask "What would your little one tell you if only they knew how?"

It worked! "The Sewn together" project successfully engaged over 82 local residents who attended 5 workshops to create beautiful African & Caribbean patchwork quilts by contributing their own personal patch to the project. The quilts are now on display at Bruce Castle Museum.

Style & Fashion, Recycle Re- purpose Re- use – "On the Way back " novelty lapel pins, and paper address books,

Elsewhere we send congratulations to "The Bridge Renewal Trust" celebrating 10 years providing the community with a variety of essential health and well being services.

Enjoy the summer months ahead and visit at least one of the beautiful green spaces located in Haringey.

Have fun 4U2 Team



M.O.B My Own Business

Pinda Kai-Do Positive Energy with Master Franck Founder



Image taken from The Tenacity of Tottenham chapter. www.thenewchieftains.com

4U2 has been talking with Master Franck, founder of the PINDA KAI-DO school of Martial Arts. A business that has a charitable arm and is focussed on teaching the young to teach.

1. When did you start your business?
I started my business in 1996 and never looked back.

2. Why did you start your business?
I felt there was a need to occupy young peoples minds and develop there positive energy instead of them being in the streets and potentially getting into trouble.

3. What training was required?
I am a fully qualified instructor in fitness / boxing / wrestling and martial arts for children and adults.

4. A typical days work?
We train twice a week in a class and I also teach private classes on the weekends

5. Challenges in your business?
Our major challenge is finance, we are continuously thinking of innovative ways to raise funds

6. The rewards?
We had some students that used to be in gangs making the wrong choices in life. After being a part of our school we now see them following a good path and

also more importantly we see a change in attitude towards their parents

During the summer months PINDA KAI-DO will be opening their doors to people of all skill and experience levels for their next open seminars. Contact them now to reserve your place.

PINDA KAI - DO
07939 627 109
pindakaido1@hotmail.co.uk
www.pindakaido.co.uk
@pindakaido

There's a thought: "Fall down 7 times and stand up 8" Japanese Maxim

June

Windrush Commemorative Celebration Activities

On National Windrush Day (22nd June 2019) there will be a celebration of events happening across Haringey aiming to commemorate and celebrate the contribution the Windrush generation have made to communities and beyond. www.haringey.gov.uk



Bruce Castle Museum Windrush Generation Events (Talk)

Wednesday 26th June - 7.30pm - 9.00pm FREE
A Life in Tottenham, Interrupted- David Lammy MP in conversation with Vernon Vanriell



Haringey Box Cup

June, 14-16th 4pm-11pm, 11am-10pm & 11am-8pm Alexandra Palace.
Tickets £13-20 £33.00
Alexandra Palace Way, N22
www.alexandrapalace.com

HARINGEY BOXING

FREE

SUMMER SPORTS CAMP
23rd July - 31st August 2019

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suitable for 11 to 17yrs
Free packed lunch included
To reserve your place
Contact- haringeyboxing@gmail.com
07764583291
haringeyboxingclub.com

July Festival of Learning

Festival Of Learning "Get Involved"
Haringey Adult Learning Service - will be running a variety of FREE events, workshops, tasters and learning activities from June-July across the borough supporting local activities as part of Haringey's Festival of Learning Contact: Festival of Learning Coordinator Amanda. pavon-lopez@haringey.gov.uk - 07812 159689

August

Haringey Young Musicians
July will see the Stage Band and Haringey Vox travel to Durban, South Africa, while the Big band will visit Sweden in August 2019

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.graceorganisaition.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
 - Jannall'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
 - Sandbunker The Sandlings**, Glynne Road Noel Park, London N22 6XS Tel: 0208-826 0317
 - 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**, Quermore 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
 - Uptown Cuisine** 20A West Green Road South Tottenham London N15 5NN 020 3784 6024 07904651803
 - Winkfield Resource Centre** 33 Winkfield Road Wood Green London N22 5RP Tel: 0208 489 8200
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- To become a distributor please contact info@4u2newsmag.com
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Living with Arthritis
M.O.B
Traditional Caribbean Treats
"Sewn Together" Community Sewing Project Wins Mayor of London Award

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FREE

New Parents, Depression, and the Myth of the 'Instant Bond'

Jo & Shelley, Little Signers Club



The depression which can affect us as new parents is a bleak, overwhelming and debilitating black hole. Laughter, smiles, eye contact and engagement are so hard to offer a new-born when you are in the grips of depression, but these essential elements of communication form the basis of cognitive development.

SING.... nursery rhymes, songs on the radio, songs from your childhood. Singing helps children to develop syntax and rhythm, attunes them to your voice and it releases hormones in adults to boost your mood.

TALK.... to your baby. Not baby talk, but general chat about what you're doing. Talking helps your little one hear your voice and begin to pick out language sounds and patterns.

CUDDLE.... The more time you can spend with your little one just being calm and close together, will do more for their development, and your mental health, than almost any other thing.

EYE CONTACT.... Put screens away and spend time focussing on your little one, watching their expressions, listening to their babbles. Just 10 minutes a day can make a difference.

SIGN.... Using baby sign helps you practice all of these skills in a positive, supportive environment, plus it helps you understand and meet your baby's needs much more easily, reducing frustration and tears all round.

'At a time when my children needed me the most, I was almost unavailable but day by day, the depression receded and signing gave me a wonderful connection and great interaction with my girls as well as a path back to instinctive, responsive parenting and fun' - baby signing Mum.



For more support for parents affected by new-parent depression contact www.bluebellcare.org
Want to know more about baby signing? Book on to Jo's FREE 'Signing for Baby-carer Bonding' Workshop here: https://hoop.co.uk/go/i9dwi3/
Or contact Jo for more information: jo@littlesignersclub.co.uk

On The Way Back

The Green movement is moving forward and taking all of us on an environmental journey by providing basic education how we can all get involved. Join in

Selection of items **"On The Way Back"**

The Hand Fan

Novelty lapel pin in the form of a guitar.

Trinket Box hand carved.

Wooden handles Hand made basket with large floral prints

Paper Address book

Natural Herbal Tea's Sour Sop & Papaya leaves www.silverstonefoods.co.uk

Novelty Sunglasses

Post cards share your holiday



Styled by Style-care 4U as examples of items that can be found on line local in charity shops, markets, friends and family homes and garages.

07738962898 stylecare4U@gmail.com @stastyles

Culture Seeds Awards

The Mayor of London, Sadiq Khan has awarded the "Sewn together" project with one of his first ever Culture Seeds Awards in recognition of their work in Haringey

Sonja Camara was presented with the Culture United Award at the Mayor's inaugural Culture Seeds Awards.

This award recognises projects that bring communities together, and Sonja won for her needlework workshops for women to explore their stories of the African and Caribbean communities in Haringey.

Mayor of London, Sadiq Khan, said "I want to congratulate Sonja Camara and the "Sewn together team" for their excellent work in Haringey- you are proof that culture can benefit us all. Culture has the power to bring communities together and gives young people positive opportunities to discover their creative talent and to achieve their ambitions. Culture can be a powerful tool to steer young Londoners away from crime and criminal gangs and towards education and employment. I'm determined that all Londoners have the opportunity to gain from the benefits culture can bring to their lives, that is why I have invested in Culture Seeds, so that our small grants that can help make a big difference.

Sonja Camara, Culture United said: "The Culture Seeds grant enabled the Sewn together African & Caribbean Commemorative quilt project to bring the community together through creativity. Local artisans shared skills their technique, and knowledge in uplifting community spaces. It was an amazing opportunity to highlight the unique contribution and heritage of the African & Caribbean communities living in Haringey.

The "Sewn together African & Caribbean quilts" will be on display at Bruce Castle Museum on Saturday the 22nd June as part of Haringey's Windrush Celebration Day 2019. Free Entry

Location: Lordship Lane, Tottenham London N17 8NU
Tel: 0208 808 8772



Sowing Seeds and Cultivating Futures "GoGrow"

Is an organisation designed to reconnect the come-unity back to nature.

GoGrow was born from a spiritual journey as a new mum when Sandra moved to Tottenham and recognised that there was a lack of organic healthy food options available.

GoGrow focus mainly on educating children and sharing services that contribute to the community in a positive and wholistic way, using Nature's Natural Systems through fun gardening sessions, programmes and workshops, designed to introduce and enhance knowledge in horticulture, food growing and the environment.

GoGrow strongly encourages parental engagement and participation.

Currently facilitating food growing programmes such as horticultural skills development, nutrition and taster sessions, sensory and nature walks, nature art & crafts in learning establishments, community projects, schools and children centres during the term and holidays.

GoGrow and Friends Of Harmony Gardens hosts weekly food growing sessions for adults who would like to volunteer, based at Broadwater Farm Community Centre N17 6HE.

For more information email info@go-grow.ork.uk and follow on instagram/facebook: @gogrowwithlove

The project also offers sessions and workshops for parents and children.

GoGrowWithLove Sandra Salazar D'eca Tel: 07828 080 155

Sowing Seeds and Cultivating Futures Working hours: Tuesday, Wednesday and Thursday 9am-3pm



Join in the over 55s fun with Tottenham Silver Active

A weekly program of free activities to help you feel good about yourself, meet new people and maintain a happy lifestyle. All Haringey residents over 55 are welcome. Suitable for all levels of ability.

To book a place contact naomi.freeman@groundwork.org.uk / 07736135260

July - September 2019 schedule below:

Mondays
Goan Community Centre
Keston Road
Dance
5pm - 6pm
(not on 26th August)

Tuesdays
Brookside House
195 Lordship Lane
Movers & Shakers
Chair Yoga + Mindfulness
11am - 12.30pm
(not on 16th and 30th July)

Wednesdays
Latimer House
Latimer Road
Ballroom
Dancing
3pm - 4pm
(not on 17th and 31st July)

Thursdays
Sophia House
19 Antill Road
Movers & Shakers
Indian Folk Dance
2pm - 3pm
(not on 18th July or 8th & 22nd August)

Tottenham Silver Active is run by Groundwork London in partnership with Homes for Haringey and funded by Comic Relief

Caribbean Sweets & Treats

When the Empire Windrush passenger ship docked at Tilbury from Jamaica on 22nd June 1948. It marked the start of the postwar immigration boom which was to change British society.

"The family that eats together stays together"

Caribbean food was the essence of keeping families in high spirits and together.

It was expected to cook a large pot of food with extra servings for Sunday afternoon visitors who always arrived just as the pot of food was cooked!



COCONUT DROPS
Recipe courtesy Grace Foods (12 drops)



- Ingredients**
- 4 cup(s) water
 - 2 cup(s) dry coconut, diced
 - 1 1/2 cup(s) dark sugar
 - 1 tablespoon(s) ginger

Method

1. Put water to boil, add diced coconut and boil for about 40 minutes.
2. Add the sugar and ginger and continue boiling until the mixture becomes syrupy (about 30-35 minutes).
3. Drop by tablespoons full on a sheet of grease proof paper or, on a wet cookie sheet.
4. Allow to cool until the drops have fully set.



LEMON & VANILLA FRESH JUICE.
Recipe courtesy @caribbeangreenlivingnoubess
Total Time: 10 minutes

Ingredients

- 2 juices limes freshly squeezed - or lemons, *Best to use fresh lemons or limes*
- 1 splash vanilla extract
- Water
- Sugar

Method

1. Mix all ingredients. Either add a few ice cubes or store in refrigerator for later use.
2. Serve cold.

Alleviating Arthritis

The symptoms of arthritis
Arthritis is an ailment that is degenerative, and can become more severe over time, destroying the body's tissues, causing inflammation in the joints, fatigue, loss of appetite and fever.

The condition is caused by the body attacking its own tissues rather than from a virus or bacteria outside of the body. There are over one-hundred types of arthritis, including, osteoarthritis, rheumatoid arthritis, gout and reactive arthritis. Each type of arthritis has specific symptoms, such as, cartilage damage, joint pain and inflammation, which can lead to the joints feeling stiff in the morning, affecting the day to day quality of life of those with the condition.

Despite all of the above, those with arthritis of any type generally lead a full active life and regular massage of muscles, and joints can lead to a significant reduction in pain for people with arthritis. Massage can affect the body's production of hormones linked to anxiety, raise self-esteem and produce a feeling of well-being by raising the body's serotonin levels. Serotonin is the bodies "feel good" hormone.

- Things to do to ease the symptoms of arthritis**
If you have any type of arthritis you should try to eat:
- a balanced and varied diet to get all the vitamins, minerals, antioxidants and other nutrients you need
 - a more Mediterranean-style diet which includes fish, pulses, nuts, olive oil and plenty of fruit and vegetables
 - more omega-3 fatty acids, for example from oily fish.
- You should also exercise regularly.

Homemade Lotion & Potions Recipe - Add 1 drop of frankincense essential oil to 10ml of sweet almond oil and diffuse in an oil burner. Frankincense essential oil has a spicy, woody, odour and has anti-inflammatory properties and will enhance the mood and lift spirits.

Enjoy a relaxing massage and therapeutic treatment specifically designed to support arthritis sufferers on a Thursday, at, The Laurels Healthy Living Centre, 256, St Ann's Road, Tottenham, N15 5AZ, from 10am - 4pm,

Helpline: Enfield Arthritis Social Group
Helpline : 0800 5200 520 call for free today (Monday-Friday, 9am-8pm)
www.arthritiscare.org.uk
email: enfieldarthritisocialgroup@outlook.com
Tel: 0207 3806522 The Art Town 29-30 The Town Enfield EN2 6LW

4U2 beauty offer a range of effective soothing healing treatments for the hands and nails.

Promoting pampering which will result in **increased well-being** and a noticeable improvement in the appearance of the hands. The service will also be available at pop up shops, community events, and job fairs.

Every Thursday 10.00am-5.00pm
Laurel's Healthy Living Centre,
256 St Ann's Road,
Tottenham N15 5AZ

To book your appointment contact:
Sonja: 07778 224342 • Dianna: 07985 637066
info@4u2newsmag.com • www.4u2newsmag.com

Attendance allowance

Attendance Allowance is extra money you can claim if you are over state pension age and need regular help with personal care. It is non-means tested, so you can claim it whatever your income or savings.

Who can claim?
You may be eligible for Attendance Allowance if you:

- Are you over State Pension Age? You can find out your state Pension Age On Gov.uk
- Have a long-term physical or mental illness or disability. This can include sight and hearing difficulties
- Have needed to help with personal care or regular supervision from someone else for at least six months.
- You can claim whether or not you actually receive this help or supervision. Personal care tasks could include things like washing and bathing dressing and undressing, getting in or out of bed and taking medication.

For a full list of personal care activities see Attendance Allowance factsheet.

How much is it worth?
Attendance Allowance (AA) is paid at two different rates, depending on the level of care you need

Lower Rate - £57.30 per week if you need care or supervision during the day or night
Higher Rate-£85.60 per week if you need care or supervision during the day and night.

Some people find that they have lived with their health problem for a long time they over look or underestimate their difficulties so it's a idea to get help filling in the form Contact Citizens Advice

If you are turned down
The DWP should give you a written explanation if your claim is turned down. If you are unhappy with the decision you have 30 days to make an appeal.

Next steps
Download a claim for form Gov.uk or call the Department for Work and Pensions Help Line 0800 731- 0122 for an application form. OR call the helpline 0800 319- 6789

- Monday to Friday 8.30am-6.30pm
- Saturdays 9am to 1.00pm
- Sunday's and Bank Holidays - Closed

Email advice@independentage.org



Photo by Suzy Hazelwood from Pixels