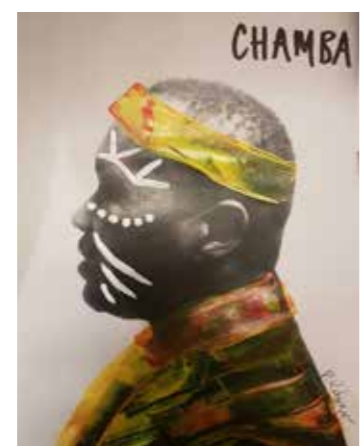


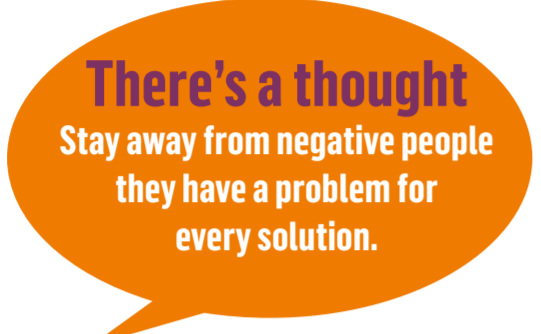
Word up - Creatives

The Artist
 Paulette Robinson (BA Fine Arts) is a local Haringey resident, Secondary School Teacher and Artist. She has recently started painting again having devoted most of her life to her beloved twin daughters and teaching. She has been on a journey of discovering her own Jamaican history as well educating herself about African roots.



If you know your history Then you would know where you coming from Then you wouldn't have to ask me Who the 'eck do I think I am

Bob Marley Buffalo Solider



paulsimna_creatives
 paulsimna_creatives

WINTER ARTS MARKET

Winter gift giving season is just round the corner! Let's celebrate 'Small Business Saturday' on 1st December



SMALL BUSINESS SATURDAY
 1st DECEMBER
 11am to 5pm
 Collage Artspace4
 (The Old Post Office site)
 191 High Road, Wood Green N22 6DZ



Collage Arts and local Artists-Makers invite you to a great opportunity to take a peek in their new venue, Collage Artspace 4 nestled in the Library Mall

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 - Create Your Future – launching local women into creative enterprises and paid opportunities
 - Independent Designers and Makers from Wood Green Cultural Quarter - print, jewellery, textiles, fashion, accessories and more

Take a look. Shop around. Take home a gift @ email: susan@collage-arts.org



Editorial Note

We did it!
 Late summer saw the launch of the 4U2 newsmag celebrating community and enterprise in Haringey. Contributions came from among others, "Tottenham Flower & Produce Show" which honoured growers and also celebrated winners.

"Black History Month" in October delivered an exciting diverse cultural program, packed with interesting new historic information.

My personal highlight was attending Chestnut's Evening of Art featuring several artists including Paulette Robinson's her work popped with radiant colours and moved your soul at a glance.



I'm pleased to report the Bridge Renewal Trust Engagement Day working with Haringey council, delivered a lively community event; residents got involved, and shared their views and concerns regarding ongoing issues within the borough in an open forum.

Whilst we have your attention the winter edition of 4U2, will entertain you with "Food 4 All", a great Urban Festive recipe to keep us warm and healthy. Dianna's minty body scrub invigorates the circulation, is easy to make and could make a well received present.

Ashley shares vital information relating to local food banks and homeless information in the listening corner. Poverty is on the rise and the Trussell Trust the UK's biggest food bank network gave out a record 1.3 m food parcels to an estimated 666.000 people in 2017-18 up by 13% on the previous year.

Get involved sharing is caring
 Enjoy the moments
 Sta, Managing Editor
 We welcome you feedback letters and comments can be sent to editor@4U2newsmag.com

4U2
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M.O.B - My own business Etinel Royal Locks

M.O.B - My own business 4U2 spoke with Louise a qualified Sisterlock consultant loving her business.



1. When did you start your business?
 I started my Sisterlock Natural Hairdressing business in 2013

2. Why did you start your business?
 I recognised that black women started to wear natural hair styles such as braids, locks, afros and the trend had moved away from wigs, perms, relaxers and costly false hair extensions.

3. What training was required?
 To become a certified Sisterlock consultant the training was intense with audio and visual, demonstrations and detailed written theory covering the structure of black hair and beauty.

All work is submitted to the Sister lock governing body evaluators based in Santiago USA who assess the quality and standard of your work and issue recognised certification.

4. Typical Days Work?
 My typical days work varies from client to client depending on needs which could include retightening hair or a full sisterlocks installation. Some days I work long hours into the evening when I have more than one client on the same day.

5. Challenges in the business?
 It can be very challenging to be up and get started at 7am. Other challenges are when clients don't follow basic instructions on how to care for their sister locks to avoid unravelling.

6. Rewards from the Business?
 It's definitely rewarding I feel proud when admiring the creative finished product considering the hairstyles are styled with clients own natural hair. I also enjoy the independence that Etinel Royal Locks provides as I can set my time of work and have the freedom to travel and take holidays in my own time.

7. Best business advice given to you that you listened to?
 Know your target market and the value and worth of your business.

8. Best business advice you would give a budding entrepreneur?
 I would say invest in a mentor is investing in yourself, believe in yourself, and enjoy what you do. Work hard and always remember that your imagination has no limitations.

Contact number; 07932333927 Louise.Etinel Royal Locks



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November

Diwali Festival of Light - 7th November

Global Enterprise Week - 12th-18th November
<https://genglobal.org/gewhttps://genglobal.org/gew>

Voluntary & Community Sector Expo - 11am-4pm 29th November 2018
 Tottenham Town Hall N15 4RY

December

Hanukkah Starts - Monday 3rd December
Christmas Festival - 25th-26th December
Kwanzaa - 26th December - 1st January

January

New Years Day - 1st Jan

February

Chinese New Year - 5th February



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Festive urban drink

By Silverstone foods
 Dried hibiscus flowers known as sorrel is grown in the world's tropical regions and ripe fruit are harvested at intervals then sun dried. Sorrel is enjoyed during the festive holiday in the Caribbean.

In Africa it's consumed daily and known as Zobo in Nigeria, Karkada in Sudan & Egypt, Bissap in Senegal and the Gambia, and said to have been a preferred drink of the pharaohs.

Packed with nutrition, rich in Vitamin C, Calcium, and Iron it stimulates the intestinal and kidney function, and combats colds and flu. The deep red aromatic infusion has a unique refreshing citrus flavour which can be drank hot or cold with

COOKING INSTRUCTIONS:
Ingredients

- 2 teacups of Silverstone Dried Sorrel Leaves
- Saucepan filled with water (adjust to taste)
- 1/4 Cup chopped fresh ginger (alternative 1 teaspoon dried ginger powder)
- 1 cinnamon stick (pinch of dried cinnamon powder)
- 5-10 cracked pimentos
- 1/4 cup dried orange and or lime peel.
- 1 cup of brown sugar (substitute with honey agave syrup, dried dates)

Instructions:

1. Place sorrel in a large saucepan together with ginger, pimentos, cinnamon stick, dried orange and lime peel.
2. Heat until it boils leave for 30 - 45 mins to cool and steep.
3. When liquid has cooled strain sorrel leaves with fine sieve. (keep leaves as they can be used again or re-purposed).
4. Place sugar (or substitute) in a bowl heat up kettle until it boils then pour onto sweetener until dissolves.
5. Allow cooling, add sweetener to sorrel, and serve with ice, add a slice of fresh orange for decoration.
6. Rum can be added according to preference.

PREP TIME 10mins. COOK TIME 15mins. TOTAL TIME 25min.

Nutritional Information
 Typical Values per 100g of Dried Sorrel
 Vitamin C 440mg / Iron 8mg / Calcium 72mg

Silverstone Foods - 3mwealth@gmail.com - 07538 960 973



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Winter food and housing support in Haringey

By Ashley Lydiate from Edible London

We may have had an unusually warm autumn this year, but the temperature is set to really drop soon. With this in mind, it is crucial that we, as a community, look to help those around us without roof over their heads or who are on a highly restrictive budget. Winter is a testing time for these individuals and families who will need help to find bedding, suitable clothing and enough, wholesome and substantial food to eat. Although the number of homeless and those on restricted budgets is on the rise in Haringey, at the same time, there is also a growing number of community groups and organizations involved in helping.



Edible London – a food growing and surplus distribution group based at Wolves Lane Horticultural Centre – is one such organization. Within 6 months of starting up, Edible London have had a hand in feeding over 1000 homeless and vulnerable individuals. Working with groups such as FEAST With Us and Food Not Bombs they distribute organically grown produce from their own greenhouses along with surplus food collected from local supermarkets to groups who cook up and serve free meals for those who need them. Head to www.ediblelondon.weebly.com to find out more or watch the interview with Sunny the founder on the 4u2 website.

Whether you can help or need assistance yourself, there are a few centres you can donate to, volunteer with or request help from. Some you will need a foodbank voucher or a referral to be eligible. There's a few listed below or head to www.haringey.foodbank.org.uk for more info.

Community CookUp Eric Allin Centre, Kenneth Robbins House, Northumberland Grove London N17 0QA - Thursday between 1-4pm-arrive at 12 Contact Allison 07734145375. All donations welcome.

Dominion Centre (Wed @ 5-9pm) - 9 High Rd, Wood Green, London N22 6DS

The Selby Centre (Thurs @ 6-8pm + Sat 10am-12pm) - Selby Rd, Tottenham, London N17 8JL

Gospel Centre (Tues @ 18:30-20:30 + Sun 11:30-13:00) - Wightman Road (Corner Raleigh Road), London, N8 0LT

To get a voucher for these foodbanks, call 07460 519019 or email info@haringey.foodbank.org.uk to organise a meeting with the referral agency.

CARIS Haringey - St Philip's Church, Philip Lane, London N15 4HJ Professionals can head to <http://carisharingey.org.uk/referral> to refer families for their services.

St Mungo's - Head to <https://www.mungos.org> to find out how to use their services or be of service

St Edmunds Church (Fri) - 115 Hertford Road, Edmonton, London. N9 7EN UK

There should really be no reason for anyone to go hungry this winter. There are always people to turn to and there are plenty of ways you can help. So, step up to the plate, donate, and help spread the warmth and community spirit this year.

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- Electric Blue Silk Bold Floral Print Kimono with ethnic print reversible knitted scarf.
- Hand made vintage purple white neck boarder jumper
- Fendi Palazzo Perfume



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- ★ Celebrate the work and the unsung heroes of the voluntary and community sector at the Haringey Community Impact Awards 2018

For more information, visit www.bridgerenewaltrust.org.uk
#HaringeyExpo [BridgeRenewal](https://www.facebook.com/BridgeRenewal) [BridgeRenewalTrust](https://www.facebook.com/BridgeRenewalTrust)



Smoothing Minty Body Scrub

By Dianna

Its official winter is here! The general response to the drop of temperature is to pull on layers of clothing to keep chills in the air at bay.

This action, shields against the cold, but slows down the skins natural exfoliation process. Here is a recipe for a body scrub that can easily be made at home at a fraction of the cost of a similar shop brought product.

Your skin will be silky smooth after use, smell divine and your circulation will receive a boost as well!

The scrub can be kept on a shelf (out of sunlight) for up to three months and is suitable for all skin types.

It also makes a great present.

INGREDIENTS

- 50g of dark brown sugar
- 30g of raw cocoa powder
- 50g of dried peppermint (or several opened up peppermint tea bags)
- 1 drop of peppermint essential oil (optional)
- 100ml – 150ml of virgin coconut oil
- Glass jar or other container with a lid

METHOD

1. Mix the sugar, cocoa powder and dried peppermint in a bowl
2. Add the oils whilst stirring until you achieve a thick paste
3. Store in the jar, label and date.

HOW TO USE YOUR BODY SCRUB

Massage the chocolatey scrub all over damp skin using light pressure.

- Rinse and towel dry your skin.
- Enjoy!



Dianna is a beauty qualified therapist, nail technician, make-up artist, nutrition and weight management advisor and lectures at the College of Haringey Enfield & North East London based in Tottenham.

Models required.

Would you like to act as a model for students? Contact Dianna by email using D.Scantlebury@conel.ac.uk or by phone on 07985 637 006.

The Truth about Prostate cancer and the black man

By Vasco Stevenson

For the first time prostate cancer has overtaken breast cancer in the number of cases being reported. One in four black men will develop prostate cancer.

With this in mind the onus is therefore on men to have themselves checked as early as possible and in addition to learn and understand as much about prostate issues as they can.

In doing this they can then make informed decisions when faced with a prostate challenge, be it prostatitis, benign prostatic hyperplasia or prostate cancer.

What should also be understood is that there are different grades of prostate cancer and although the word "cancer" is a very emotive word it is not a death sentence.

As long as the cancer stays in the prostate gland it will not be life threatening.

It is only when it leaves the prostate gland and spreads to the surrounding skeletal areas that it becomes an issue of life and death.

Working on the premise that "Prevention is better than Cure" it is therefore incumbent upon men to engage in lifestyle and dietary practices that substantially reduce the risk of contracting prostate cancer.

For further information on natural foods that reduce this risk and ways to resolve your health challenges naturally. Contact:

Blackhealth.co.uk
Vasco Stevenson
(Holistic Wellness Consultant)
www.Blackhealth.co.uk
07725567262
vascostevenson@yahoo.co.uk

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