

Word up - Creatives

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

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

Kwame M.A.McPherson
@kwameMA | kwamemcpherson@gmail.com

ITS A DATE

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.
07432 588734 | veg@cropdrop.co.uk
@cropdrop | cropdrop.co.uk



November

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



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' Dianna 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



Managing Editor: Sta Camara
Editor: James Beckles
Contributing Writers: Rare Diamond, Amazing Grace, Dianna, Sta, James Beckles
Contributing Copy Editor Kwame M.A. McPherson.
Art and Design: Adrian Taylor
Photographer: Adrian Cadwell.
Stock Photo's: Style & Fashion Section
Sales and Marketing: Sonja Scantlebury
Distribution: 100% Spa & BB3 Media Network.
Circulation 5,000
4U2 Newsmag is published 4 times a year and available free of charge.

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 suppliers.

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 huge 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.?
Go for it!

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.



Join us
and share
your views

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



Take part in a:

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

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



"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



Photographs Adrian Cadwell
Sta and Sunny

Let's Talk Cake

By Amazing Grace



Catering in general has been my vocation for 30 years, but baking cakes became one of my life long passions and joys, inspired by both my Grandmother and Mother. During weekends we would get together and bake a variety of cakes and breads. Once baked, the breads and cakes were devoured at the speed of lightening!

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

PREPARATION

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)
- OR
- 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
- Enjoy!

Amazing Grace The Cake Lady
Vegan, Gluten Free & Sugar Free Cakes - 07882020081



Letters to the editors:
editor@4u2newsmag.com

To advertise: sales@4u2newsmag.com

Contribute with an article, send your name, contact details and theme:
editor@4u2newsmag.com

Community event or activity :
info@4u2newsmag.com
44 7738962898 | @4u2newsmag
Visit us online www.4u2newsmag.com

Follow us:
@4u2newsmag
@ 4u2 Newsmag
4u2newsmag

Copyright 4U2 Your Community and Enterprise Newsmag. All rights reserved. No part of this publication may be reproduced or stored in a retrieval system or transmitted in any form or by any means without permission. Permission of the publisher in writing is required before reproducing any part of the Magazine. The Publisher cannot accept responsibility for any unsolicited material or the views of the contributors: who are real people and not robots.

Shakina Chinedu

Holistic Health Practitioner
Nubian Health
Tel: 002207875758
EM: nubian_health@aol.co.uk
www.nubianhealth.wix.com/skin-care
www.facebook.com/nubianhealth
www.twitter.com/nubian_health
Instagram: nubian_health

Eunique Mobile Hairdresser

Afro Caribbean & European Hair
07432670074
07946072496
Euniquepennant@yahoo.co.uk
Personal Service.

To advertise in
4U2
email
sales@4U2newsmag.com

UPTOWN CUISINE
Caribbean food at its Best
20A WEST GREEN ROAD
SOUTH TOTTENHAM
LONDON N15 5NN
OPENING TIMES:
Monday - Saturday
Time: 9am - 10pm
Tel: 020 3784 6024
07904 651 803

SPIKE IT GOLD™
FORO WOMEN
No: 1 For Weight Management
SILVERSTONE FOODS
FORO WOMEN
3mwhhealth@gmail.com
www.silverstonefoods.co.uk
0203 620 8055 | 07538 960 973



4U2 YOUR COMMUNITY & ENTERPRISE NEWSMAG

Community & Culture
Business and Enterprise
Style & Fashion
Collective Services
EDIBLE LONDON
SUNNY GROWING AND GIVING
SEE INSIDE

www.4u2Newsmag.com Instagram Facebook 4u2newsmag

FREE