

4U2

SUMMER 2022

4U2 YOUR COMMUNITY & ENTERPRISE NEWSMAG

Tottenham Food Solidarity

**Support with
Long Covid**



**Healthy
Hands &
Nails**

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FREE

From the Editors by Sonja Camar

Here's to a Summer of Festivals and Fun

It's hard to believe we are here already it feels like time is passing quickly.

We enjoyed youth fest and the Platinum Jubilee celebrations and looking forward to

the activities during Haringey's Climate Action Urban Festival 25th June – 3rd July #LCAW2022

www.4u2newsmag.com

Well, this edition we have another chance to highlight local individuals and community groups providing support, guidance, and much need advice. We feature articles with the theme of progress **Word Up Creatives** 'Conversations with my mother' by Helen Currie provides tips for positive thinking, embracing change, self-care and using crafting to cultivate calm. Ben Nathan **M.O.B** Pinhole London First Photo exhibition will pop-up over a series of Haringey locations during the summer please visit you are in for a treat. @Pinhole London.

The Listening Corner Navigating the effects of the COVID-19 pandemic which has affected many people who are now living with long covid. It's important that conversations around mental health concerns should be acknowledge in an authentic respectful manner and support provided to enable recovery.

Enjoy the Season



4U2

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The Listen Corner: Community Protect

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• Contact: editor@4u2newsmag.com

There's
a thought

“Remember to take care of
yourself. Sometimes you get so
busy taking care of others that you
forget that you are important
too.”

Helen Barry

Long Covid

by Community health advisor



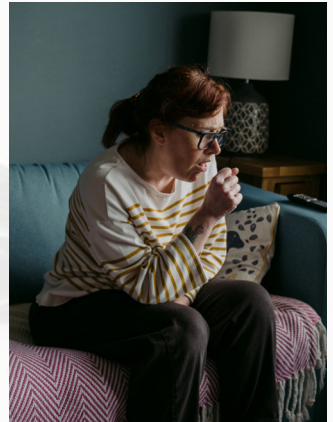
“Get support on your COVID-19 Recovery”

June 2022, the rise in new cases of Covid-19 cases has been recorded, but we acknowledge as many as two million people in the UK may be suffering from long Covid, according to new Office for National Statistics data.

1.4 million people who have long Covid said the condition is seriously affecting their day-to-day activities, while 398,000 (or one in five of them) said their ability to undertake day-to-day activities has been “limited a lot”, the ONS found.

The highest rates of long Covid have been found among women aged 35-69, people living in more deprived areas, those working in social care, teaching and education or health care, and people with other health conditions or disabilities.

The study found that patients hospitalised with Covid still experience at least one symptom even after being discharged. These Covid patients experience a lower quality of life and poorer health, compared to the rest of the public. For some patients, long Covid has been truly debilitating leaving them unable to wash or walk without the help of their family.



Covid symptoms according to the NHS are:

extreme tiredness (fatigue), shortness of breath, chest pain/tightness, problems with memory and concentration (“brain fog”), difficulty sleeping (insomnia), heart palpitations, dizziness, pins and needles, joint pain, depression and anxiety, tinnitus, earaches, feeling sick, diarrhoea, stomach aches, loss of appetite, high a temperature, cough headaches, sore throat, changes to sense of smell or taste.

The NHS website recommends that you contact your GP if you’re worried about symptoms four weeks or more after you had Covid-19 or think you may have had the virus. It might help to keep a symptoms diary before you visit them.

Please consider joining a local community group, who have developed accessible referrals and pathways.

Connecting Communities: connectedcommunities@haringey.gov.uk
[@publicvoiceuk](http://healthwatchharingey.org.uk)

If you’re worried about symptoms 4 weeks or more after you had COVID-19 or thought you may have had COVID-19 contact a GP. It’s still important to get help from a GP if you need it. To contact your GP surgery either call them, visit their website or use the NHS App.

To find out about using the NHS during COVID-19 visit <https://www.nhs.uk/conditions/coronavirus-covid-19/using-the-nhs-and-other-health-services/>

Three Top Tips For Healthy Cuticles

 by Diannia

Your cuticles are better able to prevent disease by being soft, healthy and pliable, so presenting a strong, healthy, shield to germs and reducing the risk of infection.

The cuticle of your hands and feet are a physical barrier to harmful microorganisms that could cause infection, pain and disease, and surround the entire area of both the fingernails and toenails. Torn, cracked, neglected cuticles allow germs such as bacteria and fungus to enter the nail and cause harm to your nails which could result in slow nail growth, nail separation, pus around the nails, fungus on the nails and many other problems.

Three Tips

- 1 Your morning and evening baths are the perfect opportunity to roll cuticles back with a flannel, the warmth of the water makes this easier to do. Take a flannel, apply soft pressure to each cuticle and roll back.
- 2 Mix 30mls of avocado oil which is highly penetrative and contain vitamins A, B and D with 10 drops of eucalyptus essential oil, which is healing to the skin. Stir and place in a clean dry container. Apply 1 drop to each nail every night and massage in gently.
- 3 Clean under your nails and hands with a nail brush and an antibacterial hand wash. Mix 10mls of apple cider vinegar with 100mls of warm water in a clean bowl. Soak hands in the mixture for 10minutes, rinse, roll your cuticles back with a clean flannel and apply a hand cream of your choice.



GO GREEN

EN10ENERGY
CLEAN COMMUNITY ENERGY

Community Energy

En10ergy is the local community energy company (not for profit). It was set up in 2009 by local residents to generate electricity from solar panels installed on local buildings (including Woodside High School and Fortismere School) and offer low-carbon energy at lower than grid prices. Money generated from electricity sales are used to promote knowledge about energy and climate change, help alleviate fuel poverty and reduce energy costs and develop local resources for local benefits.

Contact: [E info@en10ergy.org.uk](mailto:info@en10ergy.org.uk)



Re-cycle- Re-invent -Re-define

SEWN TOGETHER

Empowering Creative Communities

ALL RESOURCES PROVIDED

Register for our free crafting workshops in person and online.
info@4u2newsmag.com

Create & Craft Summer 2022

Dates to be confirmed



MONDAY
Eco Journaling
10.30 am-12.00 noon
Utilising recycled items
Creative Money Talk
1.30 pm-2.30 pm
Manage your finances with confidence



TUESDAY
Crochet 1
11.00 am-12.30 pm
All levels
Knitting
1.30 pm-3.30 pm
All levels
Creativity 1695
4.00 pm-6.00 pm
Art for Adults with Autism. Fee: £5.00



WEDNESDAY
Mapping of the Mind
10.30 am-11.30 am
Rise up and reach for all that is there for you "Dee Buchanan"
Digital Training & Support for Beginners
1.30 pm-3.00 pm
Please bring your own devices.



THURSDAY
Pattern Cutting Beginners
11.00 am-12.30 pm
Introduction to Sewing
1.00 pm-2.30 pm



FRIDAY
Digital Support Drop-In Session
10.30 am-12.00 noon
Please bring your own devices.
Pampering & Enrichment
12.30 pm-2.00 pm
Beauty Treatments & Relaxation Presentations



SATURDAY
"Snacks & Chats"
2.00 pm-4.00 pm
Join our community led group for light refreshments. meet local residents to talk, listen, learn about, a new hobby or get back into an old one you haven't done in a while!

Location: Sewn Together Studio Hub, Chestnuts Community Centre, 280 St Ann's Road, Tottenham, London N15 5BN

Contact: info@4u2newsmag.com [07778224342](tel:07778224342) [4u2newsmag](https://www.facebook.com/4u2newsmag) [#4u2newsmag](https://twitter.com/4u2newsmag) www.4u2newsmag.com



If you would like register for our Free Summer Crafting workshops please send your name and contact details to: info@4u2newsmag.com P: 07778224342

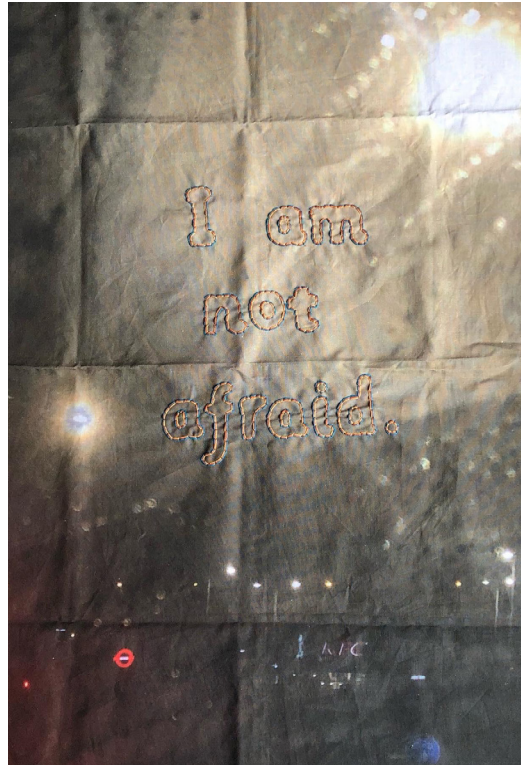
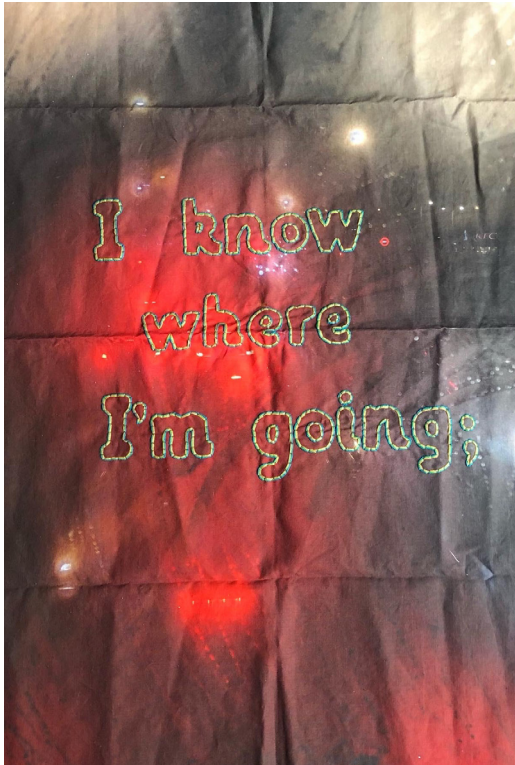
'Conversations with my mother' by Helen Currie

I've been running a small craft night local pubs located in Tottenham since 2011. I'd had my eldest son and my husband was concerned that I wasn't getting out of the house enough and seeing people. I had several creative friends who were in similar positions, so I had the idea of meeting once a week and bring something to make.

Over the years this small group of women and men have supported each other through life's challenges. Death met each of us at different times. We lost a beloved member of our group suddenly and had lost parents and others that we had loved. This group became a support in dark times that we hadn't expected. A number of us also struggle with our well-being and at points this group was an emotional lifeline. Making gives us a purpose, and our friendship a bond deeper than we predicted.

In October 2021, I suddenly lost my mum to a late diagnosed pancreatic cancer. After her diagnosis we had a couple of weeks to say goodbye. A nurse on her ward told me to write down our conversation. On Boxing Day, I started to embroider them. This slow stitch project helped me to start facing this enormous loss. My craft group held me while I made them. I look forward to times when I can hold them too, as inevitable as this will be as a part of the circle of life.

Contact: message @ @madeintottenham on Instagram



M.O.B My Own Business PINHOLE LONDON

Ben Nathan Founder

When did you start your business PINHOLE LONDON?

Pinhole London was founded in 2020 by artist Ben Nathan.

Why did you start your business?

Pinhole London developed through a continued dedication to work in a diverse urban community. I recognised the unique & extraordinary way that analogue photography engages people. I wanted to bring that experience to as many people as possible through free, inclusive & accessible workshops, & more broadly achieve community participation in the arts.

Build public awareness of non-competitive approaches to creativity that stimulate & develop imagination, creativity, experimentation, & build confidence; to improve overall well-being

What training was required?

My immersive knowledge of pinhole photography has been mostly self-taught but also inspired by the teachings of positive role models & mentors over the years. I pay my respects to Michael Farrell.

Your typical day at work?

Research, Seeking & preparing funding applications, Pre-production.
Workshop promotion & delivery Collating & sharing feedback post-production.
Social media & web content, Administration.

Challenges in the business

The biggest is securing funding. Workshops are already stretched & more successful bids would enable the reach this venture & its communities deserve.

Rewards in the business

Creating art with underrepresented & marginalised groups in excluded communities.


Best advice given to you regarding your business that you took on board.

To set up a community project & to share my experience with students & other neurodiverse individuals to motivate & empower them.

@PinholeLondon

 <https://www.instagram.com/pinholelondon/>

 <https://twitter.com/pinholelondon>

 <https://www.facebook.com/pinholelondon>

 <https://www.pinholelondon.org/>

• **Contact: MOB@4u2newsmag.com**



Connecting Well Wheely Tots Walking and Cycling Activities

by Kate Bell, Community Engagement Manager, Wheely Tots

Connecting Well, Wheely Tots' programme of age friendly walking and cycling activities, is all about bringing people together. They are a great way to meet new people, keep active and healthy, get to know your local area and see what is happening in nature.

Evidence shows that there are five simple steps you can take to improve your health and wellbeing. They are Connect, Be Active, Take Notice, Keep Learning and Give. Our sessions have been designed with this in mind. Participants regularly talk about an improved sense of wellbeing from taking part.

'It's a good group, I like it, I am enjoying it. I have lived in Haringey for almost 40 years. I never knew things like this existed. The advantage of this walk is that I have learned more about the area. I live near here but I didn't know places like this existed'

People actively contribute by sharing skills and knowledge such as salsa moves, warm-up exercises, knowledge of the area and nature in the Rec. We also love it when members spread the word and bring along new people as we feel this is a real endorsement!

'When you are talking you can walk for miles. I am happy that someone recognises me and wants to talk to me.'

We have been consistently impressed by the energy and enthusiasm that people have for learning to ride a bike, no matter what age they are. One participant recently said, 'To be honest I never thought I would learn to ride at my age. I am 69 now and I am doing this! I feel a little bit more confident every week.'

The sessions have been evolving over time as we like to respond to people's ideas and feedback. We start the session at Broadwater Farm Community Centre and finish at Harmony Gardens, just in time for a fresh cup of herbal tea before their afternoon gardening session starts. We also have plans to go further afield for walks and bike rides.

Connecting Well sessions run every Friday in Lordship Rec

Walking group - 10am to 11am

Cycling group - 11am to 11.45am

Meet outside the Broadwater Farm Community Centre at 9.45am or Lordship Hub at 10am

Wear comfortable shoes and dress for the weather

M 07397 902255 **E** info@wheelytots.com



FREE POPULAR COURSE (4 X BITESIZE SESSIONS)

For primary and secondary care staff working in North Central London



Coaching for Health

NEW COURSE
DATES AVAILABLE IN
MAY & JUNE AND
SEPT & OCT 2022



SUPPORT PATIENT AND
CLIENT SELF-CARE

INCREASE WELLBEING OF
HEALTH PROFESSIONALS

REDUCE PRESSURE ON
NHS RESOURCES

Starting from April 2022, Osca will be helping deliver a multi-year programme, building on the popular Coaching for Health courses they've been running across NCL since 2011. This programme will include bitesize and PCI-accredited courses will be available to primary and secondary care staff across the ICS, along with an opportunity for interested professionals to become trainers in the programme.

WHO IS IT FOR?

Primary and secondary care professionals working across North Central London who wish to receive PCI accreditation, including:

- GPs • Nurses • Pharmacists • Physiotherapists • Social Prescribing Link Workers • Health and Wellbeing Coaches • Care Coordinators/ Navigators • Dieticians • Paramedics • Physician Associates • Podiatrists • Occupational Therapists • Allied Health Professionals • HCAs • Mental Health Practitioners

WHY IS COACHING IMPORTANT?

Studies show that coaching-style conversations focused on building motivation, resilience and independence can improve health outcomes, increase patient satisfaction, improve practitioner wellbeing and morale, and reduce the use of NHS resources.

The skills in this Personalised Care Institute accredited course can help reduce inappropriate attendances, Non- Elective Admissions, and hospital Length of Stay, as well as improving care planning and medication compliance. It will also have significant relevance in the upcoming NCL Long Term Conditions LCS (with an initial focus on metabolic disorders and respiratory).

WHAT WILL THE COURSE COVER?

The courses will be delivered online (using Zoom) and will be led by two highly experienced health coaching trainers, one of whom is also a clinician.

- An introduction to a coaching approach for behavioural change
- Coaching skills for building openness, trust and willingness
- Frameworks for structuring brief health coaching interventions
- Setting effective goals with patients that encourage self-care
- Shared decision making and care planning techniques

WHO ARE THE TRAINERS?

Osca have been running personalisation courses for thousands of health professionals over the last ten years. Three months after the training, 96% of participants are using the skills, or coaching models and approaches that they learned on the course every week, and 97% indicated they would recommend the course to a colleague. You can find out more at: www.coachingforhealth.org and www.osca.co.

We have received great reviews from healthcare professionals who have attended our course:

"Thanks for an amazing course this training should be mandatory for all GP trainees, trainees, appraisers. It's so incredibly useful. Really well delivered with good balance of practice and group discussion." GP

"This course was one of the most engaging, interesting courses I have ever been. Very well presented and taught with good materials. I would like to learn more. Thank You!" Nurse

"It was amazing to change my way of thinking, and coaching, for patients and for me." Social Prescribing Link Worker

"Really good course and should be given at undergrad and postgrad level to all HCPs." First Contact Practitioner MSK

"The facilitation/organisation skills were superb. They brought a level of commitment and enthusiasm to the training days which made them hugely enjoyable." Consultant Paediatrician

TUES 17 & 24 MAY, 7 & 21 JUN (ZOOM)
WEDS 21 & 28 SEPT, 5 & 19 OCT (ZOOM)

SESSIONS 1 & 2 - 1.30PM TO 3.30PM, SESSIONS 3 & 4 - 1.30PM TO 3.00PM

BOOK NOW

To book please visit
bit.ly/CoachingForHealth
or email
training@osca.co
for further info.



“Tottenham Food Solidarity” by **ST ANN'S FOOD HUB**

St Ann's Food Hub is a group of local people in and around St Ann's ward in Haringey who have decided that everyone should be able to access fresh produce. We provide huge boxes full of fresh fruit and vegetables for just £10.00 or free as 'Solidarity' boxes to local people who really need a box, through referrals from local partner organisations.

There's no difference between the 'paid' or 'Solidarity' boxes. The Food Hub is staffed entirely by volunteers, keeping costs to a minimum. We give out between 65-120 boxes a week.

We help to reduce food waste because much of the fruit and vegetables that are in the boxes are things that people wouldn't normally buy - because it's 'too big /small' or at its 'Best before' date. Like all food operations, sometimes - we get things that are substandard. We always find a home for them and there's always a volunteer who can take away for composting the stuff that isn't good enough to eat. We're keen to welcome new volunteers. Just sign up on the website St Ann's Food Hub or drop in to Chestnuts Community Centre on a Friday or Saturday morning to find out more.

Beetroot Apple Salad & Ginger

Preparation Time: 10 mins

Serves 4


Ingredients

- 4 large kale leaves, thinly sliced.
- 1 cup of pomegranate seeds (optional).
- 1 tablespoon pomegranate molasses's.
- 1 teaspoon apple cider vinegar.
- 2 Red Apples, thinly sliced.
- 350-400g cooked beetroot - sliced.
- 1-2 teaspoons grated fresh ginger.
- Salt & pepper to taste.

Method

Toss all the ingredients in a bowl, season with sea salt and ground black pepper.

  @StannsFoodhub

 stannsfoodhub@gmail.com

 stannsfoodhub.org



In Haringey around 85,000 tonnes of household waste is produced in the borough every year.

• **Contact: food4all@4u2newsmag.com**

She Comes First

by Janet Barnett

The 'M' word held at Clockwise on Friday 27th May. The event was organised by Sewn Together "Fun Friday" .

Sixteen women attended the session which was delivered by health specialists Jacquie Da Costa-Myers and Charm Elakil.

Some of the highlights:

Menopause is a period of change that brings changes to a woman's life, support is needed for women to allow a smoother transition into maturity.

- Affects women in the UK approx. at 51 years old natural progress (changes to estrogen, progesterone and testosterone)
- Stages of Menopause: Premenopause, Premature Menopause or premature ovarian insufficiency or primary ovarian insufficiency, Early Menopause, Perimenopause or menopause transition, Menopause/ Post Menopause
- Common Menopause Symptoms: Hot flashes, Night sweats, Sleep disruptions/disorders, Genitourinary syndrome, Sexual dysfunction/issues, Memory issues, Mood changes, Weight gain
- HRT and/or coping strategies during the Menopause phase: Cognitive Behaviour Therapy (CBT), Talking Therapy, Hypnosis, Mindfulness, Art and Creativity, Sleep, Massage and Aromatherapy, Acupuncture, Nutrition and Herbs
- Positive factors: No menstruations, No premenopausal syndrome (PMS), Intercourse without getting pregnant, No headaches, Time for yourself, Focus on you.

"It's my pleasure to provide a testimonial for The 'M' Word workshop. Jacqueline and Charm delivered a very engaging in-depth session. The content helped me feel confident to talk to other women and offer support" Shirley

Charm Elakil, BSc(Hons) Herbal Medicine, MNIMH, D.N.N Herbal Medicine and Nutritional Practitioner

WHOLISTIC MEDICINE: **M** 07963478108

W www.wholisticmedicine.co.uk **E** info@wholisticmedicine.co.uk



Kick Starter by Rhianna Cumberbatch

I started working for the Bridge Renewal Trust in February as part of the Kickstarter scheme the Job Centre provided. I am based in Chestnuts Community Centre and my job role is a Facilities Support Worker. I had just finished university where I studied Criminology and Psychology at the University of East London. I decided to study that degree, because not only does it interest me, but I also felt like it would lead to a career in helping people, which is something I have always wanted to do.



During the pandemic, I graduated from university. Being out of work alongside not knowing what career I wanted to pursue, I was lost and confused. That's when I was blessed with the opportunity to work for the Bridge Renewal Trust.

The values that the Bridge represent match with the same values I hold for myself.

To provide individuals with the necessary tools to better their lives. The Bridge aims to build and improve the local community and close the gap of health inequalities. I believe this is extremely important to empower communities especially those that have a high percentage of BAME individuals. I feel very fortunate that I can assist in any way to enrich my local community.

As soon as I started, I was in awe of the number of activities and businesses that operate out of Chestnuts, because there is a huge variety. I meet new people and learn new things every-day. I have developed on the skills I have already, such as organising, effective communication and dealing with conflict. I will take these skills through my life. I consider the colleague's I have met family forever.

4U2

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Welcome Hubs

Haringey has 3 x Welcome Hubs where refugees, migrants and people seeking asylum can access face to face support without referrals or appointments.

The Welcome hubs operate as a drop in, and each individual hub has multiple professionals and volunteers to ensure residents can be supported with their finances, health, education, employment, ESOL and community integration.

A brief overview of the hubs:

Muswell Hill

Muswell Hill Methodist Church, 28 Pages Lane, N10 1PP

Every Thursday 10.00 – 12.00

The Welcome hub opened in September 2021 in response to our newly arrived Afghan refugees and people seeking asylum who were placed in Home Office Initial Accommodation in Muswell Hill. Rabbi David Mason from Muswell Hill Synagogue and Revd Matt Lunn came together to establish Muswell Hill Welcomes and the Haringey Council resettlement team attend the hub every Thursday between 10 - 12 to provide support. The hub offers cooking sessions, hosts creative art workshops, Conversational English, monthly Sunday lunches and a weekly ESOL class. The Church gardens provide a therapeutic setting for us to have conversations with residents and it's a fantastic space for Children to play. From the 19th of May we will have a Haringey Works employment advisor co-working with the Connected Communities resettlement support workers and the Children's Centre outreach team attend weekly. We have also invited VCS partners such as WorkRightsCentre and KMEWO to the Muswell Hill hub for advice and guidance sessions. Attendance is approximately 40 residents a week.

Tottenham

Living Under One Sun Community Centre, Down Lane Park, Park View Road, N17 9EX

Every Friday 10.00 -12.00

The Welcome hub opened on Friday the 6th of May and this is in partnership with Leyla Laksari from Living Under One Sun and Revd Stephen Poxon from St Mark's Methodist Church. This is a newly established hub but so far attendance has increased from 3 to 20 residents within a week of opening. Again, the hub setting is ideal for us having conversations with residents as the centre has a large garden, Café and hosts regular community events and activities. At this hub we have a Haringey Works Employment Advisor, Connected Communities resettlement support workers, mental health peer support worker and we have invited VCS partners to attend the hub, when available.

Wood Green

Wood Green library, 187 – 197A High Road, N22 6XD

Every Monday 13.30 – 16.30

The welcome hub opened on Monday the 9th of May and is in partnership with Hopec House of Polish & Eastern European Community based on the ground floor of Wood Green library with an open space and side room for private conversations. Attendance has been approximately 20 residents a week since opening. Hopec advisors and volunteers work side by side with Connected Communities resettlement support workers and children's centre outreach workers



lbc

LOST BLOCKS COLLECTIVE

SAVE THE DATE
22-31
JULY


EXHIBITION ON THE FARM


LEARN THE ESTATE'S HISTORY

IMMERSIVE INSTALLATIONS

SKILLS WORKSHOPS

FOOD STALLS

 [@lostblockscollective](https://www.instagram.com/lostblockscollective)

 lostblockscollective@gmail.com

June

June 26th - 3rd July July Climate Action Urban Festival Haringey.
Free Event

July

July 17th Grills Kitchen 12.00pm - 8.00pm
Chestnuts Community Centre
Every Wednesday Chatty Chestnuts Local Living Room
Free Event
Chestnuts Community Centre Dining Room

Log on to
www.4u2Newsmag.com
for more events



All activities are **FREE**

Climate Action Urban Festival
25th June - 3rd July

GO GREEN



#chestnutsecofestival

React • Re-connect • Re-open



GRILLS KITCHEN
INVITES YOU TO
CHESTNUT COMMUNITY CENTRE

WE OPEN FROM 12PM UNTIL 8PM
SEE YOU THERE!!!
17TH OF JULY
FOR OUTDOOR BBQ
EAT-IN OR TAKEAWAY

LOCATED IN: CHESTNUTS PARK
ADDRESS: 289 ST ANN'S RD, LONDON N15 5BN

LGBT+ and over 50? Living in Haringey

Join our LGBT+ social & drop-in

Last Thursday of the month at The Antwerp Arms
1.30pm - 3.30pm
168-170 Church Rd, London N17 8AS

Contact Karen for more info:
07308 966 375

- Come and talk to us about:**
- Connecting with the LGBT+ community
 - Social activities
 - Energy advice & tips to save money
 - Taxi cards; dial-a-ride & blue badges
 - Benefits & housing
 - Hate crime
 - Mental health issues

Organised by Reach and Connect
www.reachandconnect.net



GO GREEN

Join us
with your
activities

Big Green Week

24th Sept -
2nd Oct



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Re-invent Re-define Re-purpose

Chestnuts Community Centre
280 St Ann's Road, Tottenham, London N15 5BN

