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TOTTENHAM COMMUNITY PRESS

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Local news that matters to you

Tottenham responds to Coronavirus outbreak

Local groups and organisations offer support and solidarity to those in self-isolation



Lela Mamma loads a bike with food for delivery to customers in self-isolation Credit Stephen Furner

By Luchia Robinson

Groups and organisations in the community are mobilising to take action locally in response to the Coronavirus pandemic.

Many people are offering their time, skills and expertise to support the vulnerable: Haringey COVID 19 Mutual Aid Group is using social media platforms to coordinate ways of helping one another in the wards across the borough; Uncle John's Bakery in West Green Road, is supplying food boxes to care homes, and offering free loaves of bread to NHS staff. Volunteers in the Haringey Self-Isolation Book Exchange Group are leaving books on the doorsteps of neighbours who are unable to leave their homes; Creative Movements Haringey is offering free online activity videos for children under five – covering storytelling, crafts and movement, and local foodbanks are providing non-perishable foods and sanitation products to struggling families.

These are just some of the demonstrations of social responsibility taking place locally whilst nationally advised containment measures are being undertaken. These measures include: those with a persistent cough (and their household members) staying at home for 14 days (self isolating), avoiding leaving the house if possible; everyone working from home if they can; the stopping of unnecessary visits or travel; only using the NHS if absolutely necessary, by seeking advice online, and minimising social contact.

Several businesses and organisations in Tottenham have already been affected by the changes, with many having to close to minimise health risks.

Sisters Hana and Lela Mamma, owners of the coffee shop, With Milk, in Philip Lane, have been

“As Tottenham locals it’s important to us not just to survive as a business but also give back and support the area we grew up in and love”

offering cycling and walking deliveries of food and coffee to local residents who are self-isolating or socially distancing.

Prior to Prime Minister, Boris Johnson's recent decision to close all cafés, pubs, bars and restaurants, Hana and Lela said: “We are a very new café and we would be heartbroken to have to close even short term.

“We want to continue to serve our community and support those who have been here for us since the start.

“We didn't think too much about [offering the deliveries], it was just something we felt we needed to do to make sure those isolated know they are still valued by us. We have stock that we are also concerned will go to waste if we are forced to close. We don't want our suppliers, who are mostly small businesses to feel any additional strain by us cancelling orders.

“We will endeavour to stay open, stocked and supported until we have no alternative. As Tottenham locals it's important to us not just to survive as a business but also give back and support the area we grew up in and love. We must say it's thanks to our customers that we have been able to stay open and now jump on our bikes.

“We try to deliver as far as we can, but as we are the only two working

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WELCOME

Steadfast In Difficulties

April 2020
N° 33

At Tottenham Community Press we believe that Tottenham deserves a newspaper that is written by and for local people, and which celebrates community in all its diversity.

We believe that local news brings people together around the issues that matter most to them and ensures everyone can have a voice in local decision-making. Now more than ever we believe that the media should be responsive and accountable to the community it serves

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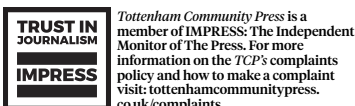
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Startled pigeons at Lordship Recreation Ground by Dave Mansfield

Welcome to issue 33. The impact of the Coronavirus outbreak has meant a lot has changed in a relatively short space of time, both on a local and global scale.

This current pandemic may seem overwhelming at times, but please do take note of the safety measures in place that will help safeguard yourself and others. The Bridge Renewal Trust and Mind in Haringey have compiled some useful tips on how best to support your health and well-being in these changing times (p.7).

Take heed of the latest advice from recognised health institutions such as the NHS (www.nhs.uk/conditions/coronavirus-covid-19/)

and the World Health Organization (www.who.int), in the coming days and months, and keep abreast of the latest developments at a local level by heading to Haringey Council's website (www.haringey.gov.uk) for regular updates.

Our aim at TCP is to keep you informed of what is happening in Tottenham, but to do this most effectively requires ongoing funds that can cover the monthly cost of production. We have gathered the support of some local individuals – the TCP ambassadors, who are helping us to spread the word about the value of community news. You can find out who the ambassadors are, what they do and why they are helping us with

our current fundraiser – the TCP campaign (on page 3).

I hope you enjoy this edition. Stay safe and keep informed.

Luchia Robinson
Editor

I'm Melissa, I'm a social worker, and I've been living in Haringay for a year now, but I have been coming to Green Lanes on pilgrimage to the Turkish restaurants since I was little. I've not been able to shake the habit and I still pop in for a late night soup all the time.

Since moving to the area I've grown a connection to my community.

Having doorstep chats with my neighbours and going on walks in Downhills Park have made me feel at home.

I've recently been added to a Whatsapp group (for people who live on my road) that makes sure that anyone vulnerable is getting the help they need during this pandemic. This sense of community has helped me to feel connected whilst self-isolating. I wanted to say thank you to the residents of Haringay Road for making me feel so safe and I hope you know that you've got a neighbour in me.

Melissa Bashiri
Contributor

Our Ambassadors

Tottenham Community Press has launched a membership campaign with the help of some local faces, who are supporting our mission to adequately fund and produce local, community news.

TCP

Allow us to introduce you to...

WondRWomN



WondRWomN

WondRWomN is an award-winning entrepreneur and musician, who founded the RecordShop, a free recording studio and artist development programme for disadvantaged young people aged 16-25 years old.

WondRWomN has performed locally and internationally and has previously partnered with global brands, including O2 Telefonica, Samsung, Nike, Tottenham Hotspur, and Red Bull, helping them to reach millennial audiences.

Here is what WondRWomN has to say about TCP: "TCP was one of the first publications to cover my journey, I remember feeling so proud and empowered having light shed on my work. TCP helps to connect different aspects of the community together by listening to our voices and sharing our stories."

"Being based in Tottenham for the past four years, I have built a strong network that bridges the gap between the inner-city community and lifestyle brands. I am passionate about bringing young people into professional spaces and reconnecting brands with youth and music culture."

Socials @KidWondR/@the_recshop

Cindy Obiji



Cindy Obiji

Cindy Obiji enjoys building relationships with people and helping others, which she does by volunteering at Community Cook Up in Northumberland Park.

Cindy also volunteers at the charity, Embrace UK, delivering care to those who use the service, as well as helping at the local food bank – both organisations that are based at the Selby Centre.

Previously, Cindy held a variety of management roles within the care sector. This experience helped Cindy to develop her skills working with different stakeholders, and various groups of vulnerable people.

Cindy actively aims to be a positive role model to her family and community. She is proud of her Guyanese background, and will be taking part in this year's Miss Guyana UK Beauty Pageant.

Cindy is passionate about giving back to the community that has given her so much.

Here's what Cindy says about being a TCP ambassador: "This is Tottenham, this is our home, and this is our community. Support us as we share our news and pride."

"TCP is getting the news out to our locals, providing the opportunity to get all voices in the community heard."

"Supporting local news helps us to build this community with all the latest information about what's happening around us."

"Tottenham, our home, our code, our unit, our community and our news – read all about it!"

Socials @CindyObiji

Kaz Foncette



Kaz Foncette

Kaz Foncette is a digital story teller and charity founder.

Kaz set up the charity, Wigs for Heroes in 2017 shortly after being diagnosed with cancer, and after struggling to find, not only the basic information about wigs, but an affordable one that would help to restore her confidence when going through chemotherapy.

Kaz is now helping women with cancer who are being treated at North Middlesex University Hospital, by offering direct financial assistance in the form of grants for wigs. Kaz also puts together pamper bags filled with donated beauty and self-care items for people starting chemotherapy. In addition, she organises events and coffee mornings, helping to end social isolation for people dealing with cancer.

Kaz said: "I am supporting TCP because they have not only supported me by giving me a voice in the community, but they have also given me the opportunity to start to change conversations around cancer, helping raise awareness amongst people in the local area."

Socials @kazfoncette

Teriy Keys



Teriy Keys

Teriy Keys, Esq. also known as Smurfie Syco is a multi-award-winning Artist/Producer and Entertainment Executive. He is also the founder of R.O.A.D. (Righteous Organised Always Determined).

R.O.A.D. operates a not-for-profit membership platform for individuals and organisations. Teriy's clients and partners range from Dizzee Rascal to Tottenham Hotspur Foundation.

Teriy has been highlighted by Music Week magazine for the 30 under 30 most influential music industry executives, and he serves on various boards and committees both in the private and public sector, including the UKMusic.org, the Brit Awards voting committee and the MMF (Music Managers Forum). In 2018, Teriy was invited to a reception at No.10 Downing Street, with the then Prime Minister, Theresa May.

As Chair of R.O.A.D., Teriy has acquired over 5000 square feet of land and buildings with support from Haringey Council, to facilitate the growth of a community-led micro-village called Station R.O.A.D. As workspace operator of this site, his role includes providing opportunities to under-represented communities through education, employment, equality, and empowerment through enterprise.

Socials @TeriyKeys

NEWS

Office conversion crackdown



By Simon Allin,
Local Democracy Reporter

Developers could be stopped from turning offices into flats without full planning permission in Haringey town centres.

The council will consult on removing permitted development rights – which allow the conversions to go ahead – in growth areas and district centres.

If successful, it could stop conversions taking place in parts of Tottenham, Wood Green, Crouch End, Finsbury Park and Muswell Hill.

It comes amid concerns over the loss of key employment space and

the quality and affordability of homes created by the conversions.

Permitted development rights, introduced by the Government in 2013, allow developers to turn offices into flats without planning permission.

The legislation was aimed at boosting the housing supply – but it also means developers carrying out the conversions do not have to provide any affordable homes or follow national standards around the minimum size of rooms.

In Haringey, 500 homes have been given permission using permitted development rights since they were introduced, according to a council report.

This has led to the loss of more than 22,000 square metres of employment floorspace – which council chiefs claim could have accommodated more than 1,100 full-time workers.

Councils can remove permitted development rights using tools known as article 4 direction.

At a cabinet meeting last month, councillors agreed to use a ‘non-immediate’ article 4 direction, covering parts of the borough, meaning the council will now hold a public consultation on the plans.

Council bosses need to provide evidence of the harm caused by permitted development rights – otherwise the Government can intervene and stop article 4 directions going ahead.

The council is focusing on limiting the current article 4 direction to growth areas and metropolitan and district centres, as it can provide more evidence of harm in these areas.

Speaking at the cabinet meeting, cabinet member for environment Cllr Kirsten Hearn (Labour, Stroud Green) said: “We want to stop offices being converted to residential units.

“Doing this uses vital office space, and the residential units are often substandard – and in some cases, closer to rabbit hutches.

“We can’t do the whole borough at once, because the Secretary of State would challenge it. We have got to do it in stages. We are starting with this one.”

Cabinet approves London Living Wage for local care workers

Approximately 1,300 home-care and extra care workers will see their pay rise to £10.75 an hour as new contracts for council-funded care services are rolled out.

The commitment to pay £4.4m to ensure the London Living Wage aligns with Haringey Council’s community wealth-building agenda, in efforts to alleviate in-work poverty in the care sector and create a more equal borough.

The vast majority of care staff are women – and in London two-thirds are from BAME communities. Paying the London Living Wage should contribute to better motivation, skills-development, staff-retention and outcomes for recipients of care services.

Support Worker Christelle

Mutombo-Cartier said: “It is sure to have an impact. Life is more expensive nowadays, so bringing in the London Living Wage will give me more disposable income and greater peace of mind, with fewer worries and less stress overall.”

In September 2017, Haringey Council signed up to UNISON’s ethical care charter, which sets out a series of commitments to protect home care workers’ rights and gives them greater freedom to focus on the needs of the people they care for.

Sean Fox, Branch Secretary of Haringey UNISON, said: “UNISON really welcomes the council incorporating the London Living Wage into the new home care contracts, we have many members in this growing sector who will see a pay-rise that will make a

real difference to their ability to pay for the essential things in life.

“We also welcome the requirement for contractors to deal with exploitative zero hours contracts and to treat those delivering care to the most vulnerable people in our community with dignity. It is great to see the Council hard-wiring UNISON’s ethical care charter into its approach.”

Cllr Sarah James, Cabinet Member for Adults and Health, said: “Paying the London Living Wage to workers in the care sector was a major manifesto pledge of this administration and we have honoured it. Care work has traditionally been poorly paid for what is a challenging and skilled job. Despite a decade of austerity, we are investing in crucial frontline services to build a fairer Haringey.”

NEWS IN BRIEF

Fairness report published

A report from Haringey’s Fairness Commission has been released, after almost two years of extensive engagement with the local community about the most pressing issues in the borough. The independent report, titled *Progress With Humanity: A Fairer Way Forward* presents recommendations for the council on how the borough could be made fairer. It focuses on five areas that were decided during the engagement

process: the delivery of public services; the need for secure housing; a fair start in life for children and young people; valuing the contribution of communities and

the voluntary and community sector (VCS), and building safer and more inclusive communities.

The Fairness Commission was created in July 2018 to address social inequality and to find practical and sustainable ways to promote fairness in Haringey. The commissioners were made up of a diverse group of people, with an array of expertise in different aspects of community work. More than 1,500 residents shared

their views with the Commission.

Fairness Commission co-chair, Professor Paul Watt of Birkbeck, University of London, said: “It’s very exciting to see the publication of the Fairness Commission report after the hard work from all concerned that went into it.

“I hope that the report’s recommendations will go some way towards meeting the concerns of Haringey residents regarding inequality and unfairness in the borough.”

Fairness Commission co-chair and Cabinet Member for Corporate and Civic Services, Cllr Kaushika Amin, said: “There has been great local enthusiasm for the Fairness Commission

and its work, and the release of its final report is a hugely important step in our efforts to make Haringey a more equal borough.

“I am delighted that so many Haringey residents have engaged enthusiastically with the Commission and their ideas are present in this report. It is now time for all those concerned to come together to address these proposals to make Haringey fairer for all.”

“It is now time for all those concerned to come together to address these proposals to make Haringey fairer for all”

Emergency funds to support Tottenham’s young people

Tottenham Youth Fund monies diverted

A decision has been made to suspend the next round of the Tottenham Youth Fund, with monies diverted to provide emergency support for young people in Tottenham.

The Tottenham Youth Fund, set up by Cllr Seema Chandwani, West Green representative, and Cabinet Member for Neighbourhoods, and David Lammy MP, allows Tottenham’s young people aged 11-19 to apply for resources to support their local youth services and projects.

However, following the outbreak of the Coronavirus, the decision committee will be donating £1000 of the fund to supporting Haringey

Council’s youth workers and social workers with their statutory function of helping vulnerable youth during the pandemic.

In an open letter, decision committee members, Cllr Chandwani, David Lammy MP, and Dr Victor Olisa QPM wrote: ‘We appreciate that £1000 is a tiny amount given the scale of the problem, however, if it helps with a mobile top-up to a young carer, sanitary towels or food at Bruce Grove Youth Centre which is currently remaining open, then it could make a difference.’

Some funds have been reserved for the original purpose, and local business and organisations are encouraged to donate.

NEWS

Community

Kaz Foncette provides the latest entry in The Frocking Cancer Diary

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in the shop, we are doing our best with such limitations.”

With all cafés and social venues now closed, Lela and Hana are solely providing delivery services.

Haringey Council has addressed concerns around the Coronavirus and its impact. Borough leader, Cllr Joseph Ejiofor said: “You can have confidence that your council is doing all of the things that you’d expect us to be doing to ensure that we can find a way to keep you all safe.

“The reality is that it’s important that we all take notice of the best advice provided by Public Health England.

“The government has put temporary measures in place to protect small businesses – a number of whom are going to be adversely affected by the economic shock caused by the Coronavirus outbreak.

“As a council, it is important that we remain best able

to deliver the most important services that our residents rely on. That’s going to mean prioritising services for older people, for younger people, and safeguarding services around statutory compliance.

“We might not be able to do everything that we used to do at the same pace that we used to do it because we will be needing to prioritise services for people over resolving things like potholes. That’s going to be our priority.

“This is a live and fluid situation and things are going to change every day.”

For ongoing updates on Coronavirus: haringey.gov.uk/news-and-events/haringey-coronavirus-covid-19-updates

If you are concerned about the impact of Coronavirus on accessing the help you need, call the Haringey Council Connected Communities Covid-19 contact line: 0208 489 4431. Lines open 09.30–16.30, Monday–Friday.



With Milk co-owner, Hana Mamma Credit Stephen Furner

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To care is to do

Tottenham Hotspur steps up charitable efforts amidst COVID-19 crisis

Tottenham Hotspur has switched its focus from football to supporting its staff, players, fans and the local community throughout the COVID-19 pandemic.

The club donated all surplus food and drink at the stadium intended for upcoming events to the Felix Project – a London-based charity which aims to tackle food waste and hunger in the capital. The produce was then delivered last month, to a number of local good causes, including:

• **Bruce Grove Youth Space:** a place for young people in Haringey who are aged between 11–19 to access a wide range of informal learning opportunities

• **Project 2020:** set up on the Northumberland Park estate, Project 2020 supports young people aged 16–24 (who are not in employment, education or training), into career pathways by offering a bespoke training option

and popular activities such as a pool table and a music recording studio alongside a weekly job club

• **Haringey Play Association:** based at Somerford Grove Community Project, Haringey Play Association supports play providers, the voluntary sector, children, young people and their families at a local and regional level. The giant adventure playground is entirely free for local school children

• **Grace Organisation:** an elderly care home based on Whitehall Street, opposite the stadium, offers services to older people to enrich their lives and help them live independently

Spurs has now suspended all programmes involving direct social contact until further notice, but the club’s charitable arm, Tottenham Hotspur Foundation is continuing its delivery for some of the most vulnerable participants, by use of technology.



Food packages are delivered to Haringey Play Association



The Felix Project team

Last month the foundation held its first virtual yoga session for those on the Move 4 You cancer

rehabilitation programme. They are also trialling the delivery of virtual seated exercise classes,

which are to be delivered within the elderly care homes they operate in.

NEWS

Students create film about the effects of knife crime

Young people in Haringey encourage their peers to say 'I'm Out' to knife violence



Student Noah Gezahgne stars in I'm Out Credit Luchia Robinson

– and their peer group can relate to it.”

More than 20 young people took part in the film project, which premiered at Cineworld in Wood Green, at the end of February.

The process of making *I'm Out* has allowed the students to take on a range of roles within the creative industries, gaining insight into film production, from initial development stages, right through to the screening night.

Leyla Cin, a student who worked in a produc-

“I’m hoping that this film causes some type of awakening”

tion role, said: “We had the council come in, they sat down and had some meetings with us – I thought that this was my chance to have a voice – to give full on power and opinion. I gave so much feedback, and I told them bluntly what I like and don’t like, and what I want the message to be throughout the film.

Leyla added: “If I’m 100% honest, I didn’t know that I was going to study media, but I’m very glad that I did because I definitely want to do something within the film industry, production-wise, because I think I’m more of a ‘behind the camera’ person.

“This opportunity has been unreal.”

By Luchia Robinson

Students from Haringey Sixth Form College have created a series of bold, short films about the effects of knife crime, and the consequences that follow.

The three-film series called *I'm Out* depicts the story of a knife crime incident, told from the perspective of the assailant, and those close to him.

Jordan Anaedozie, who starred in the film, said: “I feel like people who commit crimes (or who could commit crimes), don’t actually understand the consequences. They haven’t experienced how it feels to live in prison, or lose family, or become alone, because they tend to build the image of the big tough guy; but they really don’t know that that image could lead them to unnecessary regret – losing what could have been a great future, losing your life, losing a family that cherishes you.”

In the year ending September 2019, there were 44,771 offences involving a knife or sharp instrument in England and Wales – a 7% rise from the previous year. Knife crime in London increased by 2%.

This youth-led film project aims to tackle the knife crime crisis, offering perspectives from young people, for young people.

Jordan said: “I’m hoping that this film causes some type of awakening, not only for people who live that type of lifestyle.

“We want to understand those who do the crime and teach them a way out, or a way to work towards, what I’d call, a clean aspiration.

“I don’t want this film to just stay in north London, it’s something that can go [out] to each and every borough around the UK, raising awareness.”

The films were produced by Casual Films, and were created in partnership with Haringey Council, and the Metropolitan Police.

Principal and Chief Executive of Haringey Sixth Form College, Russ Lawrance is pleased with how the students embraced the opportunity to address the tough issue of knife crime.

“The students have gone through it from thread to needle – everybody’s played a part, whether it’s been in front of the camera, whether it’s been as runners or stage crew – [this experience] has made learning real,” said Russ.

“It’s very brave for the students to say ‘we want to do something about this.’ Everybody can be against knife crime, but ‘what are you going to do about it?’ This film looks at it from their perspective, from their eyes



Credit Luchia Robinson

HEALTH

Feature

Threads radio celebrates womxn and non-binary voices on International Women's Day

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Supporting your health and well-being in changing times



Compiled by The Bridge Renewal Trust and Mind in Haringey

Our physical health and mental health are firmly linked – and physical and mental health and well-being have become topical areas for us all in recent months.

Infectious disease outbreaks, like the current Coronavirus (COVID-19), have in recent weeks begun to change the way we live our lives, affecting our personal and social choices, and creating a different way of going about our everyday activity.

Uncertain times can be scary and can affect our mental health, but there are many things we can do to support and manage our well-being during such times.

Mental Health First Aid England and The Mental Health Foundation have recently published some useful tips which may help you, your friends and family look after your mental health.

The advice from Public Health England is to avoid all but essential social contact, which may involve working from home. Many of our regular activities will not be available to us for a while. It will help to try and see this as a different period in your life and not necessarily a bad one, even if you didn't choose it.

During times of stress, we work better in company and with support. Staying at home will mean a different rhythm of life and a chance to be in touch with others using social media, the phone and email. Being connected to the people who matter to us, when we are unable to physically gather, can be a wonderful way to uplift our moods, and provide emotional support.

Stay in touch with friends on social media but try not to sensationalise things. If sharing content, try to use trusted sources and remember to regularly assess your social media activity – are there particular accounts or people that are increasing your worry or anxiety? Consider muting or unfollowing accounts or hashtags that cause you to feel anxious.

Remember, rumour and speculation can fuel anxiety. Having access to good quality information about the virus

can help you feel more in control. News coverage of the outbreak is extensive. If you find that the news is causing you stress, it is important to find a balance.

Creating new daily routines that prioritise looking after ourselves – exercise, reading, watching a movie, trying to learn new skills or acquiring new knowledge on the internet, engaging in new hobbies, relaxation techniques – all those things you've always wanted to do at home but never had the time. Try to rest and view this as a new if unusual experience, that might have benefits.

Follow the advice of good hygiene and make sure your wider health needs are being looked after such as having enough prescription medicines available to you.

You might like to focus on the things you can do, if you feel able: keeping active (gardening, chair exercises, a walk in the park) and eating a balanced diet.

Involving our family and children in plans for promoting good health is essential. We need to be alert and ask children what they have heard about the outbreak and to support them without causing alarm. Explaining the facts, minimises the negative impact on children. Discuss the news but avoid overexposure to the coverage of the virus – be as truthful as possible. Let's not avoid the 'scary topic' but engage in a way that is

appropriate for them.

It is okay to feel vulnerable and overwhelmed as we read news

about the outbreak, especially if you have experienced trauma or mental health problems in the past, or if you have a long term physical health condition that makes you more vulnerable to the effects of the Coronavirus.

It is important to acknowledge these feelings and to remind each other to look after our physical and mental health. We should also be aware of and avoid increasing habits that may not be helpful in the long term, like smoking and drinking.

Try and reassure people you know who may be worried, and check in with people who you know are living alone.

Relating

The people around you offer a valuable pool of support so it's important to put time into strengthening those connections.

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day

Exercising

Regular activity will provide an endorphin boost and increase confidence.

Give it a go:

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work



Awareness

Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.

Give it a go:

- Pay attention to your senses – what can you see, hear or feel around you?
- Choose a regular point in the day to reflect



Giving

Holding out a helping hand makes other people happy and will make you feel happier too.

Give it a go:

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement



10 KEYS TO HAPPIER LIVING

ACTION FOR HAPPINESS

Find out more about the 10 Keys to Happier Living at actionforhappiness.org



MHFA England

Visit mhfaengland.org to learn about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health

Direction

Working towards positive, realistic goals can provide motivation and structure.

Give it a go:

- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way

Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens.

Give it a go:

- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills



Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Give it a go:

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

Acceptance

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

Give it a go:

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do

Sources include Mental Health First Aid England, The Mental Health Foundation and Mind UK

You are not alone. Sharing a problem is often the first step to getting support.

Samaritans

Visit samaritans.org.uk
Phone 116123 (free 24 hours a day)
Email jo@samaritans.org

Mind in Haringey

Visit mindinharingey.org.uk
Visit mind.org.uk
Phone 0208 340 2474
Email admin@mih.org.uk or haringeywellbeingnetwork@mih.org.uk

(9-5pm, Monday to Friday). Emotional and well-being support service, delivered over the phone.

Sane

Visit sane.org.uk
Phone 0300 3047 000 (4.30pm-10.30pm daily)
SANEline is temporarily closed, for the more information: Visit sane.org.uk/what_we_do/support

Anxiety UK

Visit anxietyuk.org.uk
Phone 034 4477 5774 (9.30-5.30, Monday to Friday)

COMMUNITY



Credit: Melissa Bashiri

A fan of Hanedan

Melissa Bashiri reviews Hanedan Restaurant in Green Lanes

Walking into Hanedan is like walking into a lavish hotel by the Aegean Sea. Glamorous velvet chairs in pink and turquoise and bejewelled lanterns adorn the room. It's not a holiday destination but a new Turkish restaurant on Green Lanes.

I decided to investigate, taking my mum – a knowledgeable critic, being Turkish herself.

Hanedan is the new venture of Orhan Över, owner and head-chef here, and previously at Çukurova

restaurant in Newington Green.

Being just over a month old, Hanedan is full of friendly staff, eager to make a good first impression. None more eager than Orhan, who tells us he has had all the furniture brought over from Turkey, along with all the wines.

As with most of the Turkish restaurants on Green Lanes, we were treated to a delicious starter of dips and olives before we even ordered. Of course, everything comes with a never-ending supply of bread, warmed over the fire, and flavoured

with the meat cooking alongside it.

We ordered the full Hanedan platter which is an assortment of grilled meats on rice and bulgur wheat, accompanied by a pomegranate molasses dressed salad, all for £35. The menu says this is for two-three people but I would say it'd comfortably feed four.

Hanedan is not for the faint hearted and makes no apologies about being a restaurant specialising in Turkish grilled meats and fish. Orhan tells us that they use a mezzaluna to hand cut the meat – and the cubes of chicken and lamb were as tender as they get.

The lamb ribs or 'kaburga', my favourite Turkish kebab, was well done. It's a cut that is not as popular in the UK and I can't see why. In the Turkish-style of cooking these over a fire, the fat renders down and becomes so caramelised you find yourself wishing you could have them for desert as well as main.

If you know anything about Turkish hospitality, you won't be surprised to hear that the tea to end the meal is on the house. My mum and I left very satisfied, having had some lovely food and heart-warming conversations with the new-comers in Harringay.

"The cubes of chicken and lamb were as tender as they get"



Credit: Melissa Bashiri

The Frocking Cancer Diary

By Kaz Foncette

I never thought that as a healthy 31-year-old woman, I'd ever, in a million years get breast cancer. The same way I suppose that people don't think they'd contract the Coronavirus – and although washing of hands and avoiding the touching of faces are preventative solutions in this matter, there is no way to prevent the ugly face of cancer turning up at your door, like unwanted visitors when you are 'Netflix and Chillin'.

After three years of having cancer twice, chemotherapy – twice, surgery – twice, immunotherapy – twice, and a truck load of complications – twice... my oncologist finally said those words I was longing to hear: "You are no longer a cancer patient."

Every day since the 2nd May 2017, I've been living life with the fear of it ending and because of that, everything changed.

I embraced each opportunity, each moment and still continue to educate others as best as I can. It's about starting conversations about it all – the side effects, complications and health matters that can often pop up as a result of certain types of current cancer therapies. But the most important thing... getting people to understand the value of their lives because more often than not, we take it for granted, and it's only

until we face the possibility of death or losing someone, that we really begin to cherish what we have.

It was Women's History Month last month and I was invited by Haringey Council to speak at a local event in Tottenham Hale called 'The M Word.' (The 'M' word, being menopause).

You're probably thinking 'she's way too young to have experienced the menopause' which is true, I am, but it happened to me – twice!

I talked about being forced into a temporary medical menopause to protect my fertility against the brutal chemotherapy treatment, and all the joyous side effects that followed.

It was a shock for the audience listening. A now 34-year-old cancer 'thrivor' talking about night sweats and cotton wool brain would have been a shock to me too, especially since the media almost always focus on 'survival rates' rather than living with the disease.

Still, I met some wonderful women who are part of amazing local support groups that anyone is welcome to join, no matter what age or stage of the menopause. I suppose I better keep hold of their contact details for when nature catches up and I have to experience it all over again!

To read more of my daily diary entries you can find me on:
Instagram.com/KazFoncette



With local women at The 'M' Word event Credit: Keesha Sinclair

Providing bespoke work placements to enhance career prospects

Skills and educational services unite to offer workplace opportunities to ESOL students



Credit: Samrawit Mihreteab

By Alice Ekwalla, *Embrace UK*

This June, Embrace UK, The College of Haringey, Enfield and Tottenham (CONEL), Empower Skills Service and other local partners will provide bespoke work placements for around 80 English for speakers of other languages (ESOL) students from CONEL, aged 16–19.

These students would often find it more challenging to find opportunities to work or study in their chosen field of choice, but through the bespoke work placements they will be offered short-term work opportunities with employers that are community orientated, and who are committed to investing in the youth.

Our tailored programme provides practical life-enhancing skills in financial management

and budgeting, confidence building, time management, communication and listening skills, which employers require. The students will learn skills specific to their subject, industry of choice and future aspirations.

Since 2015, government austerity has meant deprived communities in Haringey have experienced severe cuts in ESOL support.

English language skills remain a key pre-employment training need for many individuals, including refugees and migrants.

Local data indicates that households in Haringey have high levels of unemployment (19%) compared to the London average of 15%.

A number of recent initiatives have reinforced the government's commitment to removing low levels of English as a barrier to getting a job. Our bespoke work placements enable the ESOL students to practice their existing skills as they get to know how people work together in the UK, how things get done, and how work may differ from school or college here, compared to their country of origin.

Working, whether paid or unpaid is good for our health and well-being. It contributes to our happiness, and helps us to build confidence and self-esteem.

The bespoke work placement can assist and support the diverse multicultural pop-

ulation of Tottenham, who have historically had some of the highest levels of unemployment and poverty, to embrace the change that is coming with local regeneration. The ESOL students can now get a foot in the door of the growing network of new businesses taking root in the local area.

It is important for students to feel welcomed and supported by the mentoring processes in order to foster a sense of belonging; this is achieved by close, community collaboration between the programme providers.

It is our responsibility to support our young people – having an impact in their development. Employers will also benefit from this project because the morale of their existing team will be boosted, as employees develop their own supervisory skills when looking after the student, feeling valued in the workplace, as they meet their community wealth and cohesion obligations.

Local organisations can play an important part in the journeys of our ESOL students, and we look forward to hearing from potential employers in Tottenham, Enfield, Hackney and other areas in London.

For more information contact Alice Ekwalla:
Email alice@embraceuk.org

Saving the White Hart pub

Petition to save and restore a Tottenham Hale pub gains traction

By Chris Ramenah,
Tottenham Civic Society

Once a sporting pub for rowing clubs along Tottenham Marshes, the White Hart pub, Tottenham Hale is now closed, and is at risk of demolition.

The pub, which has existed since 1856, is a striking piece of architecture – a local landmark that has served the community for well over 150 years.

Around 1900 the building was extended upwards to include a third floor, and outwards on both sides to become the building that we know today.

The pub has survived many decades, from its beginnings surrounded by farmland, to the industrial age. The building has survived both world wars and all past development around Tottenham Hale, including the one-way system. The pub looked after the

community, and the community looked after the pub.

The Edwardian building you see today is one of the last remaining buildings of Tottenham Hale's industrial and pre-war era. It is also the last historical landmark on the Ferry Island section of Tottenham Hale.

Many pubs have closed in the area, but The White Hart survived, becoming Tottenham Hale's first gay pub in its later years, right up until its closure in 2008, when the licence was surrendered. The pub was successful with both gay and heterosexual communities, but saw decline because of the development of the one-way system (which is now a two-way street again).

A friend and I started the petition to save the White Hart in February. We are both part of Tottenham Civic Society, and we are trying to get the property developer, Argent LLP to restore

the building and incorporate it into their plans for the area. We hope that all the locals who have signed the petition and commented on saving the pub, will persuade Argent to reconsider their plans to knock it down.

The petition is important because we want to bring the pub into the future. The White Hart has potential, and it always thrived until its closure. It has a history of hosting community events and being a music venue, and it is a good place for locals to gather and meet.

Tottenham Hale does not have much of its old heritage left. The pub could yet play an important part in the community, especially if reopened as a gay-friendly pub, keeping its recent history at the front of the new proposals.

Eleven years have passed since the White Hart closed, but this pub would thrive as thousands of new residents move into the



The White Hart, circa 2008/2009 when the pub had closed Credit: Chris Ramenah

new flats around the Hale, serving them and the existing locals in Tottenham Hale Village.

We think a historic pub like the White Hart would add so much more character to the area than a

replacement one with a dull, corporate chain restaurant – which is the inevitable alternative.

For more details of the petition,
head to Twitter: @thewhitehartn17

FEATURE

Threading local and global voices together

Celebrating womxn and non-binary voices on International Women's Day

By Rosy Ross, *Producer and Head of Fundraising, Threads*

We, at Tottenham-based community radio station Threads celebrated International Women's Day (IWD) last month by streaming a full 24 hours of content from and about female, trans, female identifying, and non-binary individuals and organisations who are making great things happen in London and further afield.

IWD presented an opportunity to spotlight some of the amazing womxn and non-binary people already involved with Threads, but also to rekindle and make new connections – bringing new voices into the programme.

The flexibility and increasing availability of the internet means Threads has the potential to reach a huge number of listeners worldwide.

As a community-focused organisation, there's a responsibility to use the platform effectively and to help motivate cultural growth in the local area and beyond. It was our great pleasure to amplify the diverse, important and often under-represented voices celebrated on IWD.

Ensuring no single demographic is monopolising, is a process, and not a box to be ticked, and there will always be work to be done. We are a small team with a lot of ideas, so happily there was such an enthusiastic response to our call-outs for new voices, that we ended up scheduling content every hour, to fit as much in as possible into the day.

Thanks to the radio's position above The Cause nightclub, we were also able to commit our second channel, Threads*, to a livestream of the 'Pour Femme' room at the monthly gay rave Adonis. Curated by DJ Michelle Manetti, it introduces a specifically female-focused DJ line up to the party, which took place in the early hours of IWD.

Michelle and Adonis founder Shay [Malt] have their own shows on Threads, and a lot of the radio crew are regulars at the night, on the dancefloor and behind the decks. We're proud of our friends throwing amazing, inclusive parties and pushing for gender balance in music event line ups, and it's great we can help promote them. As a station transmitting a lot of music-based shows, it's also important we explicitly support that.

Threads honoured its global/



Mics outside Credit Jasper Golding



In the booth Credit The Creative Alliance

“Ensuring no single demographic is monopolising, is a process, and not a box to be ticked, and there will always be work to be done”

local focus by ensuring the IWD programme featured local groups and concerns. For example, In Conversation: Mona Bani and the Haringey Migrant Support Centre, discusses issues facing womxn migrants and refugees in Haringey and more generally worldwide. We also returned to the Save Latin Village campaign (which Threads supported via a fundraiser event last year). In

this show, two representatives talked about social cleansing and the importance of protecting the Seven Sisters cultural hub and the communities it houses.

Threads has also recently introduced a regular outreach slot into its schedule, for local groups and individuals seeking more exposure for their work, ideas and campaigns.

The IWD programme, (which

has been uploaded onto Mixcloud for you to listen back to) consisted of resident Threads shows, as well as special guest slots from DJs, producers, activists, academics and charities. Listeners will discover a veritable treasure trove of deep cut playlists and mixes, activism in global and local politics, education and art, and true stories of ambition, creativity and collaboration.

If you'd like to pitch your ideas:
Email threadsradio@gmail.com

Head to www.facebook.com/threadsradio/ for behind-the-scenes video footage of IWD 2020 and further announcements of broadcasts of the shows Threads couldn't squeeze in.

Interfaith tree planting initiative in Tottenham Lock

A partnership between the Canal & River Trust, Faiths Forum for London and a range of faith community groups, has brought together different faiths to plant apple trees at 32 waterway sites in London.

The interfaith tree planting project, which has been funded and supported by the Mayor of London, has seen commemorative Cox's apple trees planted at special planting ceremonies across 13 local authorities in London at waterside locations including Tottenham Lock, Brent Reservoir, Camden Locks, Millwall Outer Dock, Haggerston, Shoreditch and Southall.

The tree planting ceremonies were attended by more than 200 people of varying faiths during February and March. Further sites will also have floating habitats installed which will help support the rich and diverse wildlife that lives in and around London's canals. It is hoped more trees will be planted next year. Trees play an important role in many reli-

gions and are often seen as powerful symbols of growth and resurrection. Faith leaders told their personal stories about the value and symbolism of each tree at the planting ceremonies.

Sorwar Ahmed, community engagement manager at Canal & River Trust, said: "This project is an example of how waterways play a vital role in bringing communities together, so we're delighted that canals are at the heart of this tree planting project. London's canals

and rivers show in a very real way that life's better by water and [they] give people the opportunity to reflect and have a stronger sense of well-being."

Ali Madani, from Faiths Forum for London said: "It's really amazing see-

ing people from different faiths and backgrounds coming together to show that London is united and putting their hands together to plant trees. Projects like these are very important in proving that there is more that unites us than divides us, and when everyone works together, we have a chance at creating really positive change."

"It's really amazing seeing people from different faiths and backgrounds coming together to show that London is united"



Tree planting ceremony in Brent

Advertisement



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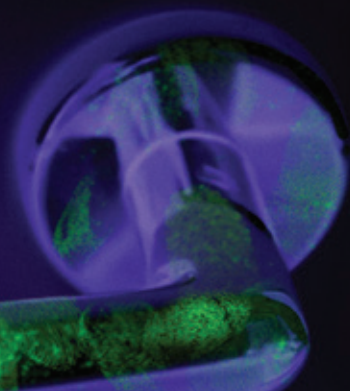
NHS

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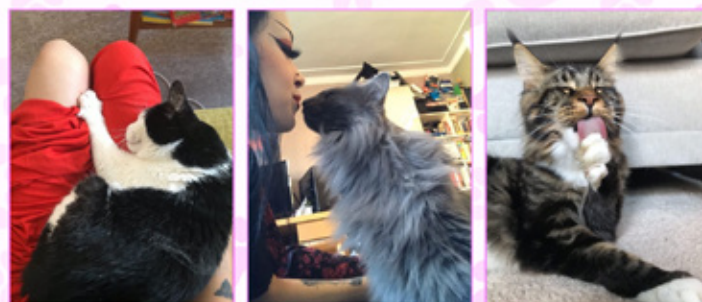
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- Get home or into work
- Blow your nose, sneeze or cough
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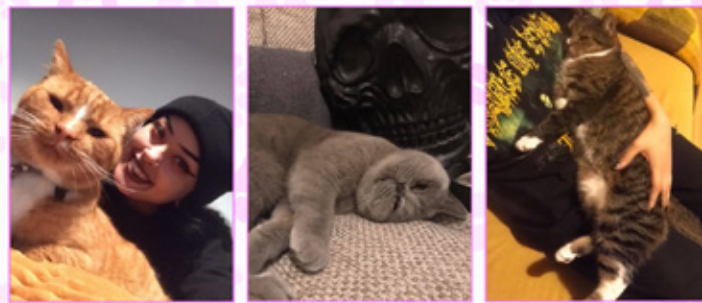


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Modus Arts launch a nationwide search for audio messages recorded on cassette tapes

Tottenham-based sonic arts collective, Modus Arts has embarked on a nationwide scale project that seeks to unearth, archive and re/present to the public, a portrait of the cultural heritage of Pakistani immigrants who settled in Britain between 1960 and 1980.

The project will comment on these experiences of migration and identity as revealed through the use of audio cassette tapes, dubbed 'tape letters' as a mode of long-distance communication.

Drawing directly both from first-hand interviews and from the informal and intimate conversations on the cassettes themselves, the project aims to shine a light on this unorthodox method of communication, com-

menting on individual experiences of migration and identity, on the unusual use of cassette tape technology and on the languages used in the recordings.

A variety of methods were used by these Pakistanis to communicate and stay in touch with their families abroad when they first arrived in the UK, including writing letters, sending telegrams and using telephones.

All of these methods had their own advantages and disadvantages, but a number of key factors played a role in the inclusion of the cassette tape as an additional mode of communication. Poor telecommunications networks in Pakistan and the high cost of making phone calls from the UK at the time were a big factor, but the issue of poor literacy rates,

especially amongst women from a lower socio-economic background also drove the practice.

Limited access to formal education meant that many of these individuals were unable to read or write Urdu (the lingua franca of Pakistan) by the time they migrated to the UK, and were essentially incapable of writing home. Many of them spoke Potwari, a traditional language which has no written form, so conventional letters were not possible. Very often, letters were dictated to family members, but issues of privacy even between close family members prompted the use of cassettes as an alternative and parallel method to letter writing, given they could be recorded in familiar surroundings, and alone when necessary.

"The cassettes themselves are a sonographic snapshot of the time"



Tape Letters Project Director, Wajid Yaseem



Zareena Darr used tapes to communicate between Canada and the UK

Modus Arts' director, Wajid Yaseen said: "This is the second phase of the Tape Letters project, after a pilot phase last year exceeded all expectations. Given the intensely private nature of the content of the cassettes, we've been delighted by the response from the British-Pakistani community and their willingness to contribute to the project and celebrate their heritage and their experiences of migration, as well as this unusual practice of sending audio 'tape letters'.

"We now have an insight into the motives and feelings of those individuals that used this method of communication and it has been fascinating to listen to the audio on the cassettes which contain everything from domestic chit chats and day-to-day family updates, to deeply personal messages of love and desire, to reflections on how it felt to migrate and leave family members. The cassettes themselves are a sonographic snapshot of the time."

The original cassette tapes, alongside interviews with those who either used 'tape letters' themselves or who remember the practice being talked about by family members or friends, are now held in a publicly accessible archive at the Bishopsgate Institute.

The final phase of the project, scheduled for Spring 2021, will see a series of exhibitions presented at venues across the country, using the original recordings and the new interviews to present the cultural experience of migration in a new, accessible way.

The collection of both tapes and interviews is being conducted by a team of staff and volunteers from



Asma, one of the earlier cassette donors to the project



across the country, and the whole project is supported by both the National Lottery Heritage Fund and Arts Council England, with support from oral history experts, On The Record.

Wajid said: "We would love to hear from anyone who either has tapes that they would like to submit to the archive, guaranteeing their protection and contributing to a genuine celebration of their experience and their community, or from those who know about the practice of sending 'tape letters' and who would like to be interviewed.

"We have bold aspirations for this project and are already planning to launch a parallel tape collection in Pakistan, completing some of the exchanges that were taking place between those who migrated to the UK and those who stayed in Pakistan."

YOUTH

Thunderous applause for writer of 'I Am Thunder'

Helen Swinyard reviews one of this year's World Book Day authors, Muhammad Khan

Muhammad Khan's first novel, *I Am Thunder*, is told from the perspective of teenager Muzna. Muzna is British, and from a Pakistani family. Her family would describe themselves as Muslim, but they do not regularly practice religious observances such as attending the Mosque.

Muzna is in many ways a normal teenager – she loves her family, but is also annoyed by her parents and the pressure they put on her to do well at school. She enjoys certain aspects of school, but not all of it. She has her own dreams and aspirations but worries about the future; she has good friends but still feels misunderstood and is sometimes both popular and bullied.

Whilst this means many readers from all backgrounds can relate to her, her narrative voice is rarely heard in fiction and Khan really gives Muzna a voice which sounds authentic, through a chatty and colloquial narrative style.

Reading this book can shine light on what it really means to be a contemporary, British Muslim teenager living in London, and the tensions between school and family life, as well as the difference between religious belief and cultural practices surrounding it (which is relevant for all religions).

Khan lives in London and has spent time working as a secondary school maths teacher, so he is well versed in school culture and

Author, Muhammad Khan



language, which is another reason that Muzna and the other characters feel so real and authentic. Khan says he consulted many of his students in getting the slang and phrasing correct, and it may be this fresh perspective which has meant his story has been nominated for so many awards, includ-

Khan knows how to save details for poignant moments, giving hints that Muzna is being manipulated, slowly gathering pace towards the dramatic ending. The story is hopeful, yet realistic, chatty and relevant, and it asks some really big questions.

Muzna (whose name means 'The

leads to drama when Illyas discovers another student, Imran, is trying to seduce her for a bet. Illyas needs to decide if he will stand by, fearing for his family, or if he will take inspiration from the superhero he draws in his comic books.

Khan's latest offering, *Split*, was written especially for World

"I Am Thunder is full of excitement, starting from that found in the everyday, but turning into something more sinister"

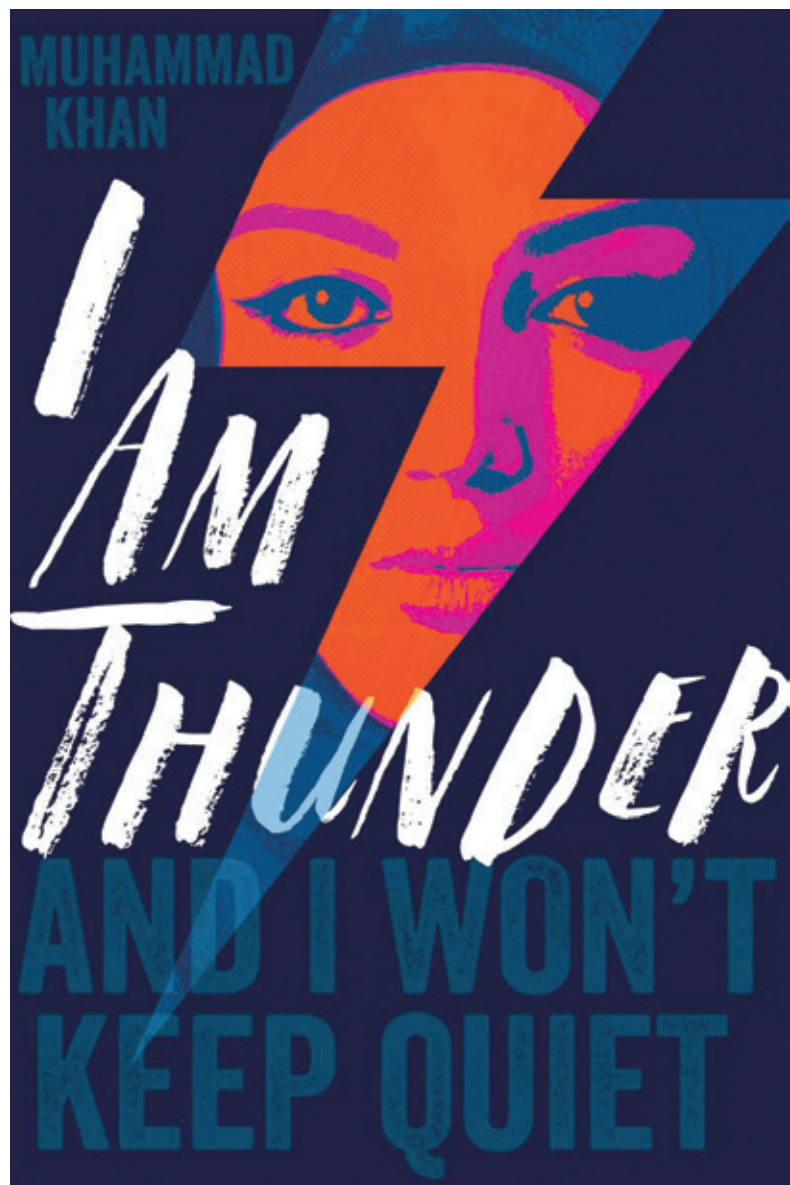
ing the Branford Boase Award as well as the Great Read Award and TSBA Book Awards.

I Am Thunder is full of excitement, starting from that found in the everyday (moving house, flirting, school dramas), but turning into something more sinister, as Muzna and her new boyfriend get drawn into a world which she did not expect.

cloud that carries the rain') is a strong, likeable character - she learns to understand herself and definitely brings some thunder to the world of the book!

Khan's second book, *Kick the Moon*, features Illyas, a teenager who forms a friendship with Kelly during detention. They come from very different backgrounds and cliques within the school, and this

Book Day, last month. It's a short novella, and retails at just £1.00. The story is set over one day, when Haringey teenager Salma skips school to attend an audition. Described as 'a powerful story of standing up and standing out' it is maybe the best way to be introduced to Khan's style and longer novels – and why not start with a locally set story?



LITERATURE

Addressing gender-based violence

Karin Lock reviews *Shout* by Laurie Halse Anderson and *Traffic* by Sean Phoenix

By Karin Lock

A cultural reset is taking place across Britain. As #timesup and #metoo movements gather momentum stateside, activists are questioning a criminal justice process that is failing dramatically. The 2018 statistics are staggering – less than 2% of the 57,000 rapes reported to police result in prosecution.

Shout and *Traffic* are two works that explore the relationship between sexism, misogyny and gender-based violence. Both books also expose the post-traumatic stress, fear and isolation that survivors suffer, yet each offers

contrasting perspectives, interventions and outcomes.

Shout is a poetry collection that describes the author's mental health recovery following a rape at 13. It is clever and engaging, ripe with revelations and flowing with metaphors. This frank memoir recounts generational trauma and a childhood of countless moves. It also documents her post-assault fallout: a disrupted education, selective mutism and self-medicating through drug use.

Therapeutic healing comes through recognition and removal. Anderson joins her school swimming team then goes to Denmark for a year. Here she experiences a

different world where students ride bikes to school and knit in lessons. She begins to trust: "how to interpret darkness and light/strength and softness/it offered me the chance to reorient my compass."

It took Anderson 25 years to compose her first novel *Speak*. Through writing, she recovers her voice, converting her silence into words: "the crying girl was lost in my head/and she wouldn't let me sleep/because she couldn't speak."

With literary success, she travels across America talking in schools about consent; advocating for survivors of sexual assault, and battling censorship.

A different take on sexual violence appears in *Traffic*, by local writer Sean Phoenix, which portrays the world of lorry park prostitution in gritty detail. This hard-hitting novella outlines middle-aged macho Mike's encounter with Elena, a seventeen-year-old trafficked Albanian prostitute. Here the action evolves through a male gaze that objectifies and sexualises all female characters.

Mike is a grumpy truck driver who is alienated from his peers and family. He dislikes foreigners and gains some relief via motorway café banter and his fantasies about the women he meets. He expounds on how difficult it is to be a man these days: "It was all too easy to find yourself in trouble ... all too hard to know exactly how to behave."

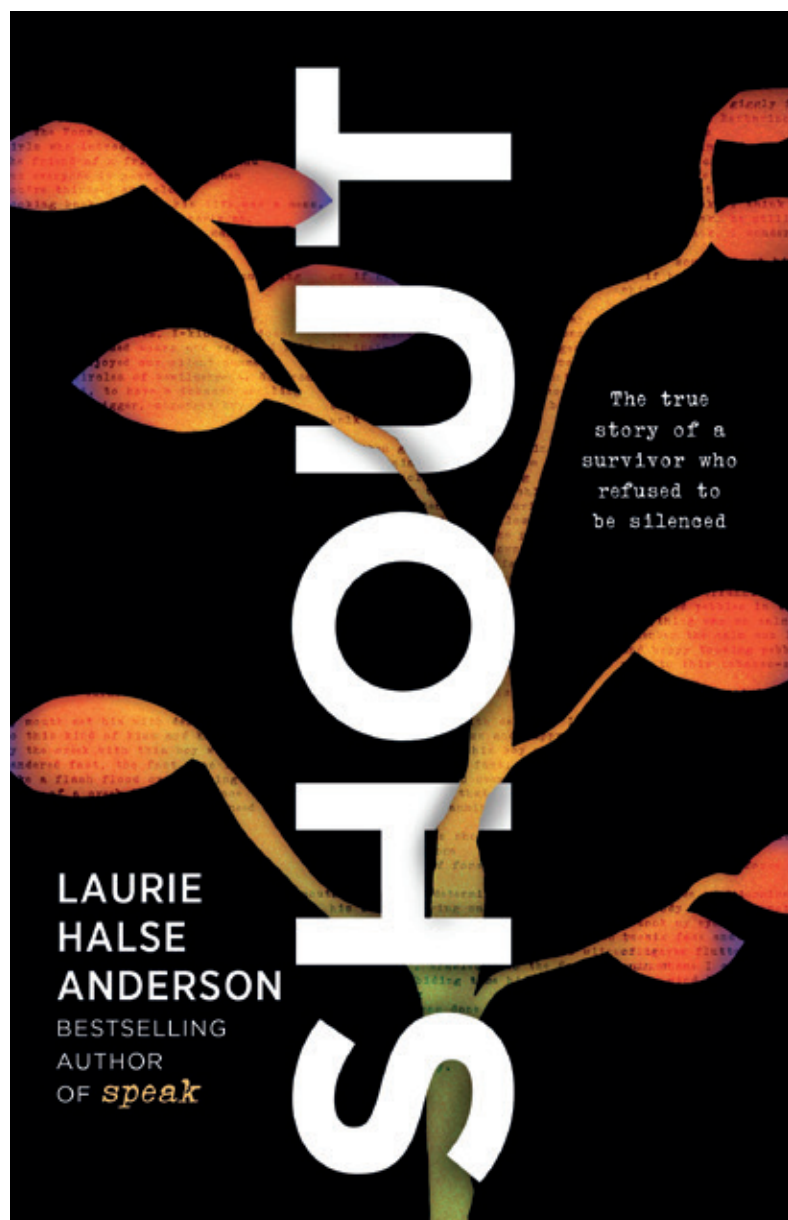
This narrative reads like a film script with short evocative descriptions and raw staccato speech. News reports of Brexit speeches are cleverly interweaved into the naturalistic dialogue and the ubiquitous cussing may add authenticity to the vernacular. Most of all, the writer creates a sense of edgy suspense as we

POETRY CORNER

Love's Odyssey

by Terry Egan

I watch a flock of birds on the blue sky
go round and round, as though they had no home:
they're Ulysses' sailors on the seas, who roam
from isle to isle; and look! they're passing by.
How deceptive is their flight; more high
than I imagine is that azure dome;
and yet it's just some waves to me, their foam
the clouds. And Ulysses, is he not I?
My universe is all that space between
old Troy and Ithica – the thing achieved
and this long, slow return to where I've been.
How glorious seemed the goal: I was deceived.
For all that matters (O! for all I've seen)
is where I was... Round which, have I not weaved?



Local author, Sean Phoenix

expect Bogdan the pimp to turn up at any moment.

Traffic has a point to make. Like *Shout*, it shows how art can be personal and political. By helping Elena, Mike finds some redemption, elevating his character from risk of caricature as an obnoxious sexist. By exposing the blunt realities of human trafficking and its link to prostitution, *Traffic* triggers awareness about those exploited and violated in such situations.

Both of these stories catalogue the power differentials that enable

a culture where we too often blame the victim rather than shame the perpetrator. The recent suggestion by London mayor, Sadiq Khan, for misogyny to be made a hate crime, is a good place to start, showing an understanding that a gender equal world is beneficial for us all.

With thanks to Turnaround Publisher Services in Wood Green for the free review copy of *Shout*. Visit turnaround-uk.com

Thank you also to Sean Phoenix for the review copy of *Traffic*, which can be found at amazon.co.uk.

“Both of these stories catalogue the power differentials that enable a culture where we too often blame the victim rather than shame the perpetrator”

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