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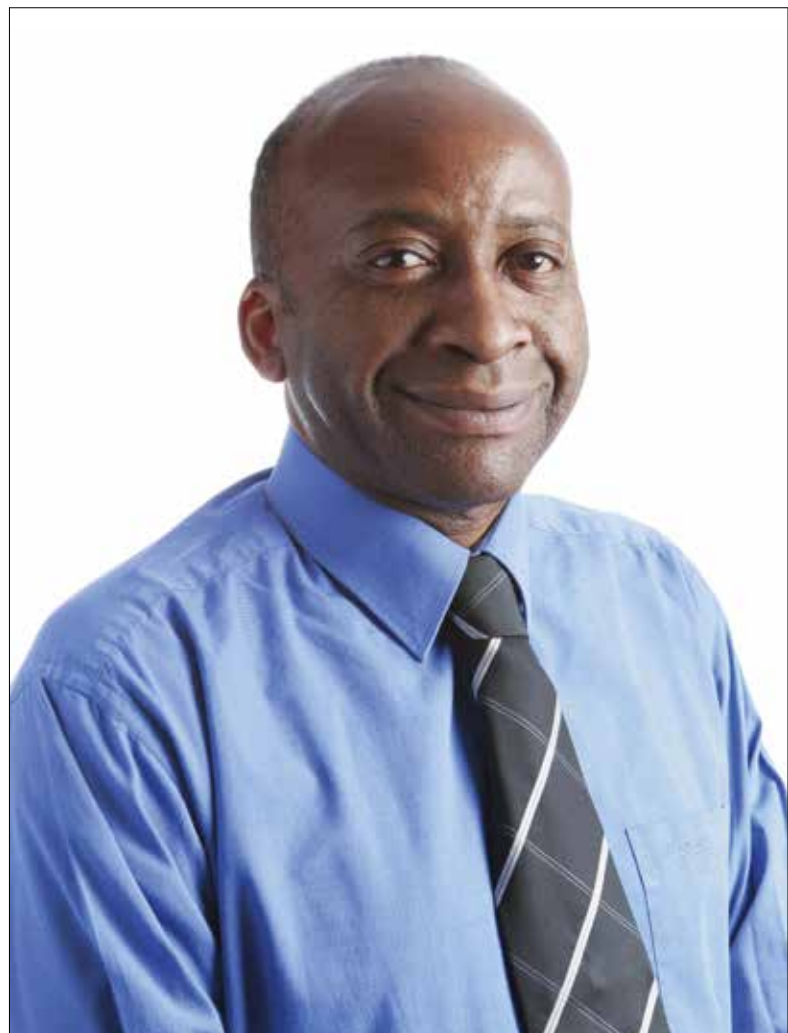
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Local news that matters to you

New council leader puts housing first

Cllr Joseph Ejiofor promises to do things differently to ensure development plans deliver for residents



Cllr Joseph Ejiofor elected leader of Haringey Council **Credit** Haringey Council

By Ellie Rae Ward

The new leader of Haringey Council has described housing as his administration's key policy area to address and vowed to include residents in housing and regeneration plans for the borough.

Cllr Joseph Ejiofor told *Tottenham Community Press* (TCP): "Our key policy is around housing Haringey's people and – without criticis-

ing the previous administration – I think previously there was a desire to build housing perse... But the housing that was being built wasn't focussed enough around the needs of the people who actually live in Haringey.

"There wasn't a commitment to a single new council house. Our view is that whatever we're doing with regards to housing, we've got to look at the people who are here and ensure the housing policy delivers for them."

Ejiofor, was elected leader of the

Haringey Labour group on 9 May, five days after Labour were voted back in to run the Council, despite losing seven seats to the Liberal Democrats. Ejiofor has been a councillor since 2010 and was previously deputy leader under Claire Kober's leadership.

When asked for a definitive answer about the future of the Haringey Development Vehicle (HDV), Kober's flagship £2bn regeneration plan, Ejiofor responded: "The Council will make a decision on the future of the development vehicle at its cabinet meeting on July 17th."

It seems almost inevitable however that the HDV will be scrapped in July. TCP asked Ejiofor what successful regeneration and development looks like in practice.

"Regeneration isn't just about shiny new buildings," he responded.

"It's about social and economic regeneration as well... Whatever regeneration happens, it has to benefit the local economy as well. It's not just about improving the infrastructure. It's got to bring jobs, additional prosperity and additional opportunities. And I'd like to say it improves the cohesive feel of the community, bringing people together. They're brought together over the design of what gets built, and help to make things happen... That's what successful regeneration means to me."

Ejiofor also addressed plans for the development of Northumberland Park specifically. He said: "Post-HDV: What are we going to do about Northumberland Park? Cllr Brabazon is going to be leading on a project called Northumberland Park Resident Engagement. The aim of that is going to be to talk to residents of Northumberland Park and ask them simply, 'how is it that this Council can redevelop your estate?'

"We need more housing on Northumberland Park itself; and we need different sizes of houses. There's not enough family housing and too much one bedroom and studio housing... There are many different ways of doing that. We want to be clear that whatever changes we make will have the support of the local community."

Cllr Emina Ibrahim has been named as the deputy leader of Haringey Labour Group. Ibrahim is also the vice chair of the pro-Corbyn campaign group Momentum, of which Ejiofor is a member of its national co-ordinating group. Some commentators and activists have described the new administration in Haringey as the first 'Corbyn Council'.

Ejiofor told TCP: "We have a particular view about how services should be delivered. We're keen that public services have democratic accountability and that means most of them need to be, in my view, delivered directly from and by the Council.

"This is not to say that we are going to in-source everything, because I do not think it is either possible, practical or for that matter, desirable. But it does mean that when we consider how a service should be delivered that we consider delivering it ourselves first."

When asked about how the Council will balance the desire to bring services in-house whilst managing a tight budget, Ejiofor responded: "We are going to be a prudent authority.

"Regeneration isn't just about shiny new buildings"

"There wasn't a commitment to a single new council house"

We are not going to waste money unnecessarily because we don't have money to waste. We're clear about our direction of travel but we've got to maintain quality and look after council tax payers' money."

Ejiofor also spoke to TCP about his views on the spike in violent crime in areas of Haringey, including Tottenham, and about the Council's commitment to support young people. He said: "It's naive to think that reduced police numbers has no impact on increased crime. But at the same time what we need to ensure is that the police are able to police the community with its consent and sometimes that means the police looking hard at some of the things they do, which sometimes reduces the trust that the community has of the police service.

"At the same time, the Council has a commitment to ensure there are appropriate services for young people; that we address and deal with youth offending and re-offending; and that we have people who are able to help mediate between gangs or who can work with people to help get them out of gangs. These services are expensive. "We have a commitment to design

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CONTRIBUTORS

STEADFAST IN DIFFICULTIES

JUNE 2018 – Nº. 11

At Tottenham Community Press we believe that Tottenham deserves a newspaper that is written by and for local people, and which celebrates the 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.

Tottenham Community Press is your local newspaper, keeping you up to date with news, views and events in the local area.

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Unveiling of the Tottenham War Memorial on 17 June 1923

Credit Bruce Castle Museum, Haringey Archive and Museum Service

At the start of the year, when Claire Kober announced she was stepping down as leader of Haringey Council, it felt as though the borough had reached a tipping point. The message from anti-HDV campaigners had been heard, and even hit the national media. What followed was a degree of uncertainty and discussion in the run up to the local election.

And now here we are, coming to the end of spring, with a new local leader elected and a new cabinet announced. When I interviewed the new leader, Cllr Joseph Ejiofor, his message of change was clear: the new administration will be doing things differently. At the heart of this difference, he explained, was a strategy to bring local residents along with any decisions that will affect them. This will require high levels of consultation and public debate. Cllr Mark Blake, cabinet member

for Communities, Safety and Engagement reflected this pledge from Cllr Ejiofor when speaking about youth services and neighbourhood safety at the Selby Centre. He said: "At the heart of how I want to take things forward – it has got to be a partnership with the community."

Through the *Tottenham Community Press*, we want to provide you with a platform through which you can voice your concerns about local issues and help to ensure your opinions are heard in the on-going debate about how Tottenham should evolve and improve over time.

In this issue we look at the development at St. Ann's, environmental challenges and much more. Join the conversation – no journalistic experience required – just email your article ideas to tcp@socialspider.com

Ellie Rae Ward, Editor

I joined the Bags of Tastes team as they wanted a local Haringey resident to launch the programme in this borough. Over the next year we'll be taking our course to different venues across Tottenham and Wood Green – maybe we'll see you at one of our lessons!

Henrietta East
Volunteer Contributor

I am a lifelong Quaker and have been part of the Quaker Meeting in Tottenham for the last six years. I live in Bruce Grove with my husband, children and cats. I work for an education charity, and became interested in working and campaigning on issues around forced migration through conversations with other Quakers who were taking action in this area.

Siobhan Haire
Contributor

I am Shenika Blygen and have lived in Tottenham all my life (25 years). I'm a Nursery Nurse in a local Tottenham School and have been working here with children aged 2-11 for the past five years, this work varies from classroom work to After School clubs, show preparations and events. I love working within the community I have grown up in and watching the children develop, thrive and become individuals.

This environment encouraged my idea of creating a dance/fitness based business because I see the benefits first hand! My commitment to fitness and dance has made such an impact on my life and well-being, I'd like to share what I can with others in order for them to reap the benefits.

Shenika Blygen
Volunteer Contributor

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the youth service around the needs of young people. And that means they've got to be central to whatever that youth service is."

Ejiofor confirmed that he has asked the chief executive of the Council to pause further progress on the deal to build a £6.5m Youth Zone in partnership with national charity Onside, which TCP reported on in May. The cabinet will come to a conclusion after its youth strategy has been formed in the "next couple of months".

While the individual strategies for different issues in the borough are yet to be decided by the newly elected cabinet, Ejiofor confirmed that a Fairness Commission, led by Cllr Zena Brabazon will be launched. It will consist of a borough-wide discussion over the forthcoming year to find out what change residents want to see in their local area.

Ejiofor said: "I urge everybody to engage with the fairness commission and its work at whatever level – whether it's traders associations, resident's groups, neighbours... come and get involved."

When asked if he had a final message for residents of Tottenham, Ejiofor concluded: "This is a new administration that has different priorities and will be doing things in a different way. What we ask is that you give us the opportunity to prove that and don't prejudge us."

NEWS

Seven Sisters local park gets a facelift

Local N15 residents come together to redevelop Brunswick Park

By Patrick Duce

Local residents in the N15 area have come together with Haringey Council and other stakeholders to deliver a major new redevelopment of Brunswick Park (formerly Brunswick Open Space).

The small park, situated between West Green Road, Seven Sisters Road and Seven Sisters Station, has for many years struggled to attract local residents to use it. A convenient cut through for mopeds, and suffering from facilities neglect – it has long lagged behind the shining examples set by other local green spaces such as Tottenham Green, Chestnuts Park and Lordship Recreation Ground.

Ongoing challenges around anti-social behaviour had contributed to low footfall, and the feel that its role as a space of recreation, nature and family activity had diminished.

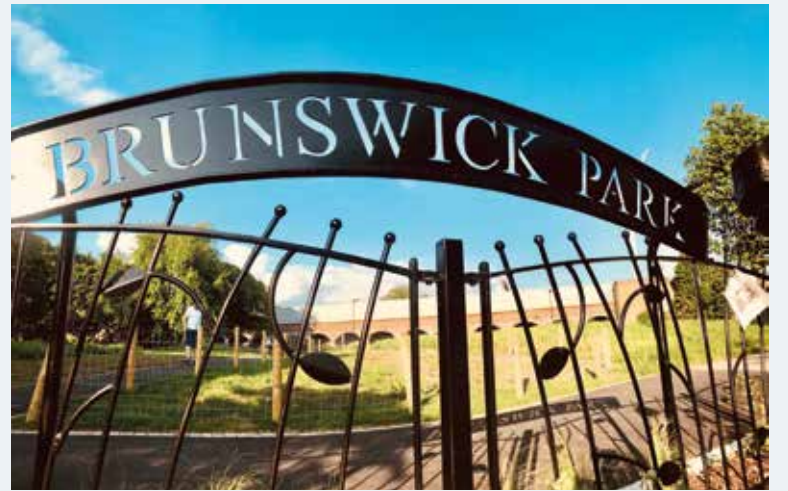
Times are changing though. This spring has seen the park transformed, and benefit from a major renovation, which is now complete. As well as changing the name to Brunswick Park (the second such named park in London), the changes

have seen a complete facelift of the all-weather sports pitch, installation of table tennis tables, improved landscaping and the inclusion of new outdoor gym equipment.

This development has been the culmination of several years community partnership work and local fundraising that has been made a reality thanks to generous funding from Haringey Council, the London Marathon Trust, Tesco's Bag For Life and Groundworks.

Local residents from the Fountain Area Residents' Association (FARA) quickly recognised the need for an independent group to look out for the best interests of the park and in December last year, the Friends of Brunswick Park group was formally constituted.

Local resident and chair of Friends of Brunswick Park, Charlotte Brennan stated: "The Friends of Brunswick Park group is a wonderful way of bringing together neighbours in the community, to take pride in our local area. Green spaces should be valued for their contribution to people's mental wellbeing and physical



Blue skies over Brunswick Park Credit Friends of Brunswick Park

health of all ages."

If you would like to find out more about activities in the park and get involved in the future of Brunswick Park, please drop an email to: friendsofbrunswickparkn15@gmail.com

To celebrate the launch of the new park, both FARA and Friends of Brunswick Park are putting on a community party in the new park on Sunday 3rd June, from 2pm-5pm. This afternoon of festivities will

include musical workshops, face painting, South American dancing, bike mechanic workshops and football coaching skills from the Tottenham Hotspur Foundation.

A family orientated event, this is welcome to all who would like to come on down!

For more information:

Facebook /brunswickparkn15

Tweet @Brunswick_Park

NEWS

Remembering a local hero

A new memorial stone is laid in Tottenham to recognise local Victoria Cross awardee 100 years on

By Alastair Ball

Victoria Cross Ceremony at Tottenham War Memorial, 8 May 2018
Credit Stephen Furner (Tottenham Photography Club)

A new memorial stone has been placed at the Tottenham War Memorial to mark the centenary of a Haringey resident being awarded the Victoria Cross.

The commemorative paving stone was unveiled on 8th May and marks 100 years since Private Robert Cruickshank was awarded Britain's highest military medal. The ceremony was attended by Cllr Stephen Mann, Mayor of Haringey, and is part of the nationwide commemorations of the First World War.

Cllr Mann said: "We are delighted to have this opportunity to recognise these Haringey soldiers who fought and died in the war."

A statement on the Haringey Council website said: "The paving stones are laid during the centenary

year of when each soldier carried out their heroic deed. Each stone is inscribed with the name of the soldier, their regiment and rank, and the date they received the award."

Private Cruickshank (1888 to 1961) lived in Roseberry Gardens after he was discharged from the Army, and he was active in local politics and scouting. He served in Egypt and in 1918 was awarded the Victoria Cross after being wounded whilst attempting to deliver a message.

According to the council website: "He displayed the utmost valour and endurance, and was cheerful and uncomplaining throughout."

"The Victoria Cross is the highest of accolades and we feel privileged to assist in providing a long-lasting tribute to their memory and

the sacrifices they made for their country," said Cllr Mann.

Private Cruickshank is the third of the four Haringey First World War Victoria Cross recipients to have a memorial dedicated to them as part of a Department for Communities and Local Government campaign. The final one will be dedicated in November for Acting Major Brett Mackay Cloutman, who was the last person to be awarded the Victoria Cross during the war.

Calling all history writers!

Have you been researching a piece of local history in Tottenham? We want to hear from you. Please email us via tcp@socialspider.com if you would like to contribute to the history page in an upcoming issue of the paper.

NEWS

Community leaders respond to local campaigner's arrest

A group of community leaders in Haringey have signed a letter voicing their concerns over the arrest of Ken Hinds

By Alastair Ball

A group of Haringey community leaders have criticised the police over the arrest of a local campaigner. Haringey Police informed TCP that Ken Hinds was arrested for 'obstructing a Police Constable in the execution of his duty and assault on police'.

In a letter dated Wednesday 2nd May, community leaders representing a range of organisations in Haringey "unanimously voiced their concerns regarding the... arrest of Ken Hinds."

The letter states that the diverse group came together because Ken "is a highly respected community representative."

The letter also states that the signatories will "suspend any further interaction with the police, until further notice." This includes withdrawing from any further meetings with the police, not engaging with the police in discussion of policy and not acting as a conduit between the police and the community.

In a response dated Friday 11th May, chief superintendent Helen Millichap, Haringey borough commander, urged that there be continued engagement.

"My intention and hope is to continue to communicate with all and

any community members or groups who scrutinise police action and who could help advise us," Millichap stated in the letter of response.

Hinds is the chair of Haringey Independent Stop and Search Monitoring Group (HISSMG) and works with the police to improve community relations. Hinds said that it was, "very humbling to see the community stepping up and saying there is cause for concern."

"All eyes are on Haringey and we are leading in a non-confrontational way"

When asked for comment, Haringey police said they: "Remain committed to communication and engagement with all and any community members or groups who scrutinise police action and who could help advise us. We believe this makes policing better and is one of the ways in which we can bear down most effectively on the violence that is hurting so many."

The letter from community leaders contains other criticisms of Haringey police. It calls attention to a rise in the proportion of people of colour being stopped and searched.

"The HISSMG has informed the wider community that the black/white disproportionality rate for stop and search in Haringey has risen from 2.2:1 average in 2016, to 3.9:1 average in the year April 2017-March 2018." The letter cites the Metropolitan Police's Stop and Search dashboard as evidence for this.

In her response, chief superintendent Millichap said: "The reasons for disparity and for fluctuation are potentially very complex."

She also pledged to "make sure the training and ongoing development of officers involved in Stop and Search is a priority."

The letter raises community leaders' concerns about the use of racial profiling by the police: "For many years members of the community have believed that some Haringey police officers, consciously or unconsciously, carry out racial profiling in their stop and search practices."

Chief superintendent Millichap said in her letter that she wanted to make "sure there are checks and balances that minimise any conscious or unconscious racial profiling."



Community Campaigner Ken Hinds

She suggested a range of measures to make sure Stop and Search is "effectively supervised and undertaken professionally." These include scrutiny of police body-worn video cameras by community representatives, more community involvement with police briefings and better engagement with young people.

The criticism of Haringey police occurs at a time of escalating violence

in the borough, where five people have been murdered this year. It also occurs in the year that marks 25 years after the death of Stephen Lawrence and substantial criticism of the Metropolitan Police's investigation of his murder.

Hinds praised the measured tone of the criticism. "Once again all eyes are on Haringey and we are leading in a non-confrontational way," he said.

Foster carers urgently needed in Haringey

Haringey Council highlights the urgent need for more foster carers during Foster Care Fortnight

Haringey Council marked foster care fortnight in May with a series of sessions aimed at encouraging more people to take on the inspiring role.

Foster carers are urgently needed in the borough to look after children who, for a range of reasons, can no longer live with their families. There are around 432 children in care in Haringey, and we particularly need foster carers for teenagers, as 37 percent are aged 15-17.

Jan is a Haringey resident who has been fostering for three years, after giving up full time work for health reasons. A former probation officer

and director of a third sector organisation, she has so far taken on two placements – a family of three siblings who she looked after on a short respite basis and a teenager who now remains living with her as a care leaver under the national 'Staying Put' scheme.

Jan said: "I was going to be spending more time at home and wanted to do something worthwhile."

"Initially I only wanted to foster four to 11 year olds, but my first placement was a family of three children aged 11, six and one, which was obviously quite demanding and a different experience."

And now I have a teenager living

with me, which has also been quite eye-opening."

Jan now works part-time alongside fostering. She is offered ongoing support and training and also goes to support groups aimed at foster carers.

She explains: "I'm really pleased I made the decision to become a foster carer and would urge anyone who is thinking about it to give it a go."

"Of course it has been demanding and challenging but I have really enjoyed it, I've learned a lot about myself as well as lots of new skills. The rewards far outweigh any challenges."

At one of the Haringey Council information sessions, residents found out

more about what being a foster carer involves, what training and support they receive, and got the chance to chat with a foster carer.

"The rewards far outweigh any challenges"

For example, as a foster carer in Haringey you receive 24-hour expert advice and support all year round, monthly supervision and regular support from your personal dedicated

supervising social worker. This comes with up to £427 per week per child and close support from professional teams, including child social workers, health and educational specialists.

For more information:
Visit haringey.gov.uk/foster

To find out more about fostering in Haringey:
Visit haringey.gov.uk/fostering

And to find out more about Foster Care Fortnight:
Visit thefosteringnetwork.org.uk/get-involved/foster-care-fortnight/foster-care-fortnight-2018

FEATURE

Photography

Escape to the country on our photography pages, featuring the Wetlands and River Lea

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Anti-social behaviour: up for discussion

Alastair Ball speaks to residents of Northumberland Park Estate about anti-social behaviour following police intervention

What is anti-social behaviour? The answer is in many ways subjective. A group of teenagers congregating in a public place could be viewed as a harmless social gathering by one person but seen as a menace by someone else.

In the May issue of *TCP*, I spoke to Haringey Police about its new initiative, Operation Marlin, which aims to reduce anti-social behaviour on the Northumberland Park Estate in Tottenham. In this month's issue, I decided to speak to the residents of the estate to start to build a more complete picture of the situation; many expressed concerns about the high level of anti-social behaviour, and particularly its effect on teenagers.

Sam Leggatt, a resident of Robert Burns House, said that she worries about the safety of her grandchildren and how they can get "inadvertently caught up in things."

Leggatt continued: "I have never been threatened. I am off their [other teenagers] radar," she said, but she was "worried about how anger escalates amongst young people."

The problems facing young people in the area was a concern expressed by other residents too. Franklin Thomas, of Northumberland Grove, said: "They don't have any opportunities."

He added that jobs were difficult to get and education had become too costly and bureaucratic for many young people.

It is easy to assume that anti-social behaviour is a sign of urban decay, but it is worth unpacking exactly what we mean by the term. "What is anti-social to me is social to someone else," Leggatt said.

Leggatt added that teenagers "can't have their friends in their house" due to the pressures on housing, meaning that many family homes are too small for teenagers to gather in with their friends. Sam said that what many young people needed was "a space to sit with their pals and talk," or simply "a place where they feel welcome."

When I asked Thomas what he thought anti-social behaviour was, he answered: "Anti-social behaviour is when you have a choice", adding that a lot of teenagers did not have a choice due to the lack of opportunities. "Young people are forced into it. The government has neglected their responsibilities to council estate people to provide education and jobs."

Thomas organises expeditions to pick up litter around the estate. He takes pride in where he lives, but wants the Council to do more to help residents.

"Not enough is being done," he said. "People are so disillusioned with the Council. They promise a lot and seem to do nothing."

Thomas said that cuts to the council, youth services, education and police budgets were ultimately responsible for the anti-social behaviour on the estate. "It all stems from the government," he said, adding that: "It's not just Haringey, it's all of London."

When asked if more money for youth programmes would help to tackle the problems of the estate, Leggatt expressed reservations: "Depends on whether the youth want to be involved."

She said that postcode rivalries may prevent some young people from getting involved in any programmes. She also said that past youth groups have been a victim of their own success. A previous youth music and food-based social group in a tower community hall attracted over 1,500 people and was then shut down.

Both Leggatt and Thomas said that increased police presence following the launch of Operation Marlin in January this year had made a difference, but that more needed to be done to improve the lives of residents.

Sam said that there were "no quick fixes", and that what was needed was "more engagement and more role models. People who know what [young people] have been through, they know the temptations, they know about the problems."

Despite all this, the residents of Northumberland Park that I spoke to were on the whole largely optimistic about the future of the area.

"I still want to see change," Thomas concluded.

To find out more about Operation Marlin, download Alastair Ball's article on it in the May issue online:

Visit tottenhamcommunitypress.co.uk/wp-content/uploads/2018/05/TCP_May18_ForWeb.pdf

If you have experience of any of the issues discussed in this issue, and would like to write about them in an upcoming issue of Tottenham Community Press:

Email tcp@socialspider.com



View of Northumberland Park **Credit** Stephen Furner (Tottenham Photography Club)

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Loneliness: an intergenerational crisis

Arjan Arenas explores the importance of staying connected in a society with ever increasing demands



Still from Exposure's forthcoming film tackling loneliness, 'Message to Sweet Pea'

Loneliness is an issue that has gained increasing attention in the past few months. It's an issue that now appears to be far more serious than was first thought.

A study, originally published in the PLOS Medicine Journal in 2010, is becoming frequently cited when highlighting the alarming severity of the loneliness problem. It shows that social isolation can cause "a reduction in lifespan similar to that caused by smoking 15 cigarettes a day."

The issue of loneliness and social isolation has become so serious that a government minister has been appointed to tackle it. In January this year, it was announced that Tracey Crouch would be tasked with heading the Jo Cox Commission on Loneliness, leading the press and other commentators to nickname her new position 'the Minister for Loneliness'. Judging by recent statistics, she's got her work cut out.

According to a report last year from the Commission on Loneliness, over nine million people in Britain (roughly 14% of the population) often or always feel lonely. When you think about which group in society makes up those nine million people, you might first think of the elderly. Thanks, in no small part, to the media, you'd be forgiven for thinking that the elderly are the only group severely affected by loneliness. Virtually every newspaper and TV report on the subject (including some of the sources cited in this article), feature obligatory images of grey-haired individuals gazing forlornly into space.

There's no denying that older people are severely affected by loneliness – so severely, in fact, that the NHS warned last

year that the combination of loneliness and the cold could prove fatal for many during the winter months.

However, more recent evidence from the Office of National Statistics shows that almost 10% of young people aged 16 to 24 were always or often lonely – the highest proportion of any age group in the country.

So what makes young people statistically the loneliest age group in Britain?

It's easy for most people over 24 to point the finger at social media, which is an undoubtedly significant factor, but there's far more to it than that. Needless to say, loneliness is a social issue as well as a health issue, and today's society has placed an increasing amount of pressure on young people, which is contributing to the current epidemic.

One of the key causes of loneliness in our age group is the struggle many young people have with adjusting to major changes in their lives – for example making the transition to school, college, apprenticeships, university, work, or facing difficulties in your relationships with friends or family.

Such significant transitions will often lead to a shift in identity, challenging your sense of self. Establishing a new part of your identity can be challenging and difficult, and most people, young and old, have a strong need to feel a sense of real connectedness and belonging, and want to fit in with like-minded individuals.

One aspect of life that is very important in finding a sense of belonging is being part of a community, a body of people who socialise with and support each other through times of change and upheaval. Whether this is a physical community,

such as the neighbourhood you live in, or a large group united by shared experiences, interests or backgrounds; being part of a collective that you can regularly interact with is extremely beneficial for your mental and physical wellbeing.

In an age where the importance of the individual and self-sufficiency is becoming increasingly emphasised, the sense of reassurance and inclusion that many people get from being part of a community is being lost.

So, as a young person, what can you do to cope with and combat loneliness? Well, the obvious solution seems to be to reach out to others, and talk to them face to face. Encourage people to start conversations with each other, in person and also to connect with people through forums online where you can discuss common interests and make real-life plans.

If you feel lonely you can look for support groups and talking therapies in your local area to help manage the mental health effects of loneliness or use an online support community.

Above all, try and interact with as many people as possible. Even if someone has a seemingly active social life, they might be lonely, and by talking to them, you might really make a difference for both them and you.

TCP has teamed up with Exposure and Tottenham Grammar Foundation to bring you a series of youth pages

For more information, and support and tips for young people experiencing loneliness:

Visit actionforchildren.org.uk/how-to-help/support-our-campaigns/jo-cox-commission-on-loneliness/tips-for-young-people/

POETRY

So Connected. So Alone. by Emily Kelly

A crowded room
A buzz of laughter
Faces aglow but does anyone know
Just how they've learnt to master
The art of concealing
Suppressing the feeling.

Only glimpsed beyond their lonely eyes
A flash - then it's gone
For it doesn't belong in a room
That should be its demise
But still yet there it lies
Beaming from their lonely eyes
In a crowd that laughs instead of cries
Their loneliness survives.

It echoes in a lively room
But comes from deep within
A sense of loss and longing
Or simply just belonging.
It crawls into our beds with us
clutching on our thoughts
Feeding on our lack of worth
Breeding on the source.

Of what's concealed by all the laughter
And hidden by a smile
In a poor attempt to solely
Mask that I am lonely.

Message to Sweet Pea

According to recent research by ACEVO (Association of Chief Executives of Voluntary Organisations), nearly half of young people in the UK often feel lonely, compared to only a quarter of over 65s. Young Londoners are twice as likely to feel lonely as their peers in other parts of the UK.

With funding from John Lyon's Charity, Exposure worked with students from Barnet & Southgate College, The Compton School and Woodhouse College, over three months, to develop concepts, characters and scenarios, and workshop a script to get their message across.

The young volunteers then worked behind the camera and in front of it to produce a powerful, five-minute short highlighting the effects of social isolation on young Londoners.

"We hope the film will raise awareness and get more people thinking about how we tackle youth loneliness," said Fran O'Connell, project manager and producer of Message to Sweet Pea.

To watch Message to Sweet Pea:
Visit exposure.org.uk/2018/05/new-film-addressing-youth-loneliness-released/

ENVIRONMENT

Culture

Find out about The Cause, the latest edition to Tottenham's nightlife scene

Page 12



Sue Hayman MP and Kate Osamor MP inspect the damage Credit Lea Boaters Collective

Oil spill calls for urgent response

Petition demanding protection for local waterways has been signed by almost 6,500 people

By Quentin Given

We're used to seeing oil slicks in the River Lea, the rainbow colours spreading out on the water, the sulphurous smell, the soiling of swans and other birds. But 11 February was something else. Thick black gobbets of oil drifting down the river, clinging to boats, ropes and the steel stanchions that make up the river bank.

I was one of the first to witness it, and phoned the Environment Agency to report it. The Agency did not respond. The next day, contractors appeared at Ferry Lane to put in place extra booms across Pymmes Brook, where the oil was entering the Lea, and in the river, and, later, absorbent pads to soak up some of the oil. But by then the oil had already spread downstream.

I never heard back from the Agency directly. Boats going upstream inadvertently took some of the oil with them, and rowers and canoeists carried on paddling through the oil for a full fortnight – getting it all over themselves – before the Agency told them to stop.

The Swan Sanctuary rescued and cleaned many swans, but for some swans – as well as coots, moorhens and other birds, it was too late.

Anger about the situation spread, the Lea Boaters Collective took the initiative to launch a petition, and river users, neighbours and environmental groups came together to support it. To date the petition has over 6,000 signatures, and media coverage – initially slow – has now included the BBC, Hackney Gazette and Evening Standard.

The Environment Agency now tells us it has identified the source, but can't say more because it is subject to legal proceedings. We hope the perpetrator is prosecuted, and this serves as a warning to other industries that they can't – whether deliberately or accidentally – allow this kind of pollution to continue.

Ultimately, we need better prevention, and faster and more effective responses – and much better local communication – if it does recur.

The Environment Agency has promised to review its arrangements with the Canal and River Trust, but we know the Agency has had its budget cut massively, so we need to go further.

We are calling for a Parliamentary inquiry. Local MP David Lammy has already raised the issue in the House of Commons. On 16 May Labour's front-bench spokesperson Sue Hayman MP and Edmonton MP Kate Osamor came with us to see the problem, and promised to set up an open meeting with representatives of the Environment Agency and the Canal and River Trust to put pressure on the Department for Environment, Food and Rural Affairs to put things right.

For more information and to sign the petition:

Visit change.org/p/river-lea-oil-disaster-we-demand-effective-environmental-protection-for-our-waterways

For more information about Tottenham and Wood Green Friends of the Earth:

Visit friendsoftheearth.uk/groups/tottenhamwoodgreen

The final straw

A new survey has found that cafés in Tottenham and Wood Green are a critical part of the area's 'plastic problem'

Tottenham and Wood Green Friends of the Earth (FoTE) is calling on businesses to phase out single-use plastic packaging and other items, including coffee cups, straws and forks, which are contributing to the plastic pollution problem in the area.

The campaign group is also calling on catering suppliers to promote plastic-free packaging, after conducting a survey of cafés and takeaways.

Rachel Sutton, group spokesperson for Tottenham and Wood Green FoTE, said: "Every café we spoke to knows that plastic is a problem. But few businesses are doing anything about it."

According to the survey, which was carried out by volunteers and includes responses from 36 cafés and takeaways in Tottenham and Wood Green, 22 of those asked give out plastic straws and 20 give out plastic

cutlery with takeaway food.

The survey also revealed that 15 of the businesses give out polystyrene food packaging, which evidence shows contaminates recycling if placed in green bins, and most of the 36 give customers plastic-coated cardboard cups for hot drinks, which cannot be recycled.

Two of the businesses asked sell re-usable mugs and four offer discounts to customers who bring their own mugs. One quarter of the cafés surveyed separate their plastic waste for recycling.

Sutton continued: "Every year in the UK over four billion plastic straws are used. Most of this is totally unnecessary, and businesses should act now."

Tottenham and Wood Green FoTE is also calling on the recently elected Council to reduce its own use of plastic and to promote alternatives.

"...businesses should act now"

To find out more about Tottenham and Wood Green FoTE, and for information about its upcoming community clear-ups to remove plastic from local green spaces and waterways:

Visit friendsoftheearth.uk/groups/tottenhamwoodgreen/

The group's next AGM, which is open to all, will be held:

On Thursday 14 June
From 7.30pm
At Phoenix Millennium Centre,
386 West Green Road N15 3QL

Advertisement

UNVEILING GRACE

The UNVEILING Arts Festival celebrates independent artists and features a select group of artists presenting original works of art on the theme of 'Grace'. UNVEILING director, Iko Akoh, describes the festival concept as "a group of creative Christians coming together to use our gifts to share our revelations of the heart of God".

The festival occurs over 4 sessions from Friday 6 July to Sunday 8 July 2018 at The Engine Room, Hale Village, Tottenham, London.



For further information please contact Iko Akoh, tickets available via

www.unveilingfestival.com (Tickets & Shop)

PHOTOGRAPHY



Photograph by *Caroline Holmes*

I have lived in Tottenham since 1985. I started taking photos of the area while walking and cycling along the River Lea when the developments for the London Olympics started in 2007-08. I was particularly interested in capturing sites and signs which were about to disappear (and submitted a selection to the London Metropolitan Archives who were requesting images on an Olympic theme). I have shopped at Holcombe Market fruit and fish stalls for 30 years and helped in a project at Lordship Rec to improve the lake by planting aquatic plants in gabions and floating islands.



PHOTOGRAPHY



Photographs by *Harry Godfrey*

I am an architect and keen amateur photographer who has lived in North London since 2006. I moved to Tottenham in 2015 & absolutely love the energy of the place. The culture, craft and buzz that is developing here – especially with the food and drink scene is amazing.

Growing up in the countryside originally, I also love the fact Walthamstow Wetlands is just a short walk away – a perfect counterbalance to the hubbub, and somewhere that doesn’t feel like the city at all. I enjoy exploring this area particularly.

Are you a keen photographer? Do you walk around Tottenham inspired to share what you see when you see it? If so please get in touch if you would like to be featured on our photography page.

Email tcp@socialspider.com



COMMUNITY

Taking back control

St Ann's community group to deliver genuinely affordable housing after receiving backing from Mayor of London

By StART's Directors

When the NHS announced the sale of two thirds of St Ann's Hospital site (7.1 hectares of public land) a local group formed, determined to save the hospital that had served Haringey people since the 19th century and employed many local residents.

That fight was lost; and planning permission granted for 470 homes. Only 14% were to be "affordable" (i.e. 80% of market value) – none genuinely affordable or for social rent.

Many of us have seen friends and family move away from Haringey, no longer able to afford local rents or sale prices. Determined to do everything possible to stop this trend, we saw the St Ann's development as a chance to fight back.

In 2015, StART was formed and began campaigning for a project that would give control of the land to the local community. We became a Community Land Trust and, unable to buy

the land, initiated negotiations with the Greater London Authority (GLA). We felt our best hope for keeping it in public ownership was for the GLA to buy it and work with StART and other parties towards this goal.

We began by holding meetings, surveys and street stalls to learn what local people wanted to see happen on the site. Highest priorities were: genuine affordability, secure housing in perpetuity, keeping and developing environmental features, and the health legacy of the site.

People overwhelmingly felt StART should own or control the land. A crowdfunding campaign raised £25,000 for architects to produce a master plan (see the summary on our website: startharingey.co.uk/blog/#our-vision-takes-shape) based on the feedback.

We are happy to announce, that after three years, 13,500 hours volunteered and intense negotiations with the GLA, StART has successfully

completed the first stage of the plan!

The Mayor of London, Sadiq Khan, announced on 14th May that City Hall has purchased the land and is "committed to working closely with local people, including St Ann's Redevelopment Trust (StART), to deliver affordable homes for the local community."

We believe everyone has the right to good quality secure housing that is genuinely affordable: no household should have to spend above one third of its income on rent or mortgage. Based on median local incomes we developed our housing allocation and rental strategy. We are currently rolling out a consultation through our website, community meetings and events.

Today StART has over 360 members and the number is growing. So is the number of active members who continue dedicating a lot of time to outreach, consultations, research, publicity, events, financial strategies (one goal is to raise £50 million



Mayor of London gives StART his stamp of approval Credit: Dionisos Olympian (Flickr)

to maximise the number of genuinely affordable homes).

The list of tasks is endless – all kinds of skills and insight are most welcome and appreciated!

We continue working towards a community-led development, promoting health and wellbeing; a mixed-use, green neighbourhood. We want to work with as many local people, groups and organisations as possible to achieve this.

To learn more and get involved:

Visit startharingey.co.uk
Facebook /StARTHaringey
Twitter @StARTHaringey
Email info@startharingey.co.uk

Or come to one of our open fortnightly Wednesday meetings at Chestnuts Community Centre, from 7:30pm

The June meetings will take place on Wednesday 6th and Wednesday 20th.

OPINION

Haringey does not have the council it deserves

Local campaign group argues that seats should match votes in local elections

By MVM Campaigners



MVM on the campaign trail Credit: Make Votes Matter

One in ten people voting in the local elections across Haringey on 3rd May voted for the Green Party. One in eight voted for the Conservative Party.

These two parties were the third and fourth most popular in the borough, but out of 57 council seats, the Greens and Tories won a total of zero seats between them.

Why? Because the voting system we use in local elections, just as in general elections, is not proportional. It is not fair. It skews results in favour of whichever happen to already be the mainstream, established parties.

The impact of this is clear. Over the next four years at Haringey Civic Centre councillors will discuss, debate and vote on policies that affect home building, schools, rubbish and recycling, social care, public health, council tax and road maintenance, to name a few. In all of the hundreds of decisions that will need to be made on these issues, there will be no Green or Conservative voices taken into consideration.

This means more than 18 percent – nearly one in five voters – will have no political representation in the council chamber.

Conversely, the power wielded by the Labour Party in Haringey will be far stronger over the next four years than what was requested by

voters at the ballot box. The ruling party won 57 percent of the vote but 73 percent of the seats, equating to an additional nine councillors over and above what they deserve. Had the vote been proportional – with seats won reflecting votes cast – the Labour majority in Haringey would have been just four, instead of the 13 gifted to them by our unfair voting system.

Proportional Representation is a principle. It is the principle that an elected body reflects the votes that are cast across the entire electorate. It is not revolutionary. But were it to be implemented in the UK, as it already is in 21 other European nations, it would transform the way we do politics. Voters would not need to make 'tactical' compromises at the ballot box, choosing a party that's popular instead of one they like. And politicians would be forced to treat all voters equally, instead of focusing their attention only on the 'marginal' areas where

elections are currently decided.

Sound good? Most people now support Proportional Representation – last year two-thirds of respondents to a nationwide poll said they thought seats should match votes. They agreed that it was about time the UK caught up with other advanced democracies and gave voters a fair say in how their country is run.

Make Votes Matter is the name of the national campaign to make Proportional Representation a reality. Our local group, Make Votes Matter North London, has been running stalls and promoting petitions across Haringey, Enfield, Barnet, Camden and Islington over the past two years. We will continue campaigning until we make votes matter.

For more information about Make Votes Matter:

Visit makevotesmatter.org.uk/home
Tweet @MakeVotesMatter
Facebook /MakeVotesMatter

ADVICE

Letters

Healthy meals for less than £1. Free course helps people cook amazing meals on strict budget.

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OPINION



Home Secretary Sajid Javid MP Credit Richter Frank-Jurgen

Call for compassion

Olive White, partner at local immigration specialists The Legal Guys, says its time to update the Home Office policy on compassion

The Home Office states that it encourages individuals who have genuine compassionate reasons as to why they should be allowed to enter and settle with relatives in the UK to seek proper legal advice. This area of policy certainly has scope for change.

Although the Home Office has a compassionate policy, in theory it rarely applies it when deciding applications. All of the compassionate reasons are evident, but the Home Office chooses to ignore them.

The caseworkers are more concerned with meeting targets than applying compassion, resulting in many applications being rejected, and poor decision making. Time and time again, we see an application refused due to a simple mistake such as: 'The anonymous Prostate cancer patient who cannot receive NHS treatment. The Home Office did not seek out his paperwork.'

The Home Office's understanding of compassion is different from the rest of society. Senior Caribbean diplomats have urged the Home Office to adopt a more compassionate approach towards retirement-age Commonwealth citizens facing deportation despite having lived in the UK all their lives.

There could be thousands of people born in Commonwealth countries who arrived to the UK with their parents as children and did not realise they were required to formally naturalise themselves.

Their unresolved residency status could mean they face problems accessing pensions, housing, health-care and work, explained Guy Hewitt, the Barbados high commissioner in London, to the BBC.

The *Guardian* has reported on the

case of Anthony Bryan, 60, who spent five weeks in an immigration detention centre, but was later told that he was in fact lawfully present in the UK. Bryan, a grandfather who has lived in the UK for 52 years, has had two spells in detention and was booked last November on a flight to Jamaica.

He left Jamaica in 1965, aged eight. The decorator lost his job in 2015 because he was unable to prove he was not an illegal worker, and struggled to convince the Home Office of his right to be in the UK until the *Guardian* highlighted his case.

Bryan said he was relieved, but angry at his treatment which has left him deep in debt because he was unable to work for almost three years.

"I told them I was eight years old when I arrived here, but nobody believed me; they told me I was an illegal immigrant and a criminal. They locked me up unlawfully. It was very stressful," he said.

The *Guardian* also reported on the case of Paulette Wilson, a grandmother who lived and worked in the UK for 51 years, having arrived aged 10, before being told she was an illegal immigrant, being detained and threatened with deportation.

There may be insurmountable obstacles, as a result of which you or your family members are not able to relocate to your home country.

For more information about the Legal Guys:

Visit legalguys.co.uk

Call 020 8801 7422

Email info@legalguys.co.uk

New Home Secretary Sajid Javid has vowed to "do right" by those individuals who immigrated to the UK from Commonwealth countries; the 'Windrush generation'.

Windrush: guide to updated law

Step-by-step advice for Windrush generation immigration cases

By Matthew Davies

You may have heard in the news about the difficulties faced by some of the Windrush generation.

Recent changes to the law mean that employers, landlords and hospitals have to ask for evidence of a person's immigration status. A small number of people who came to the UK many years ago from Commonwealth countries have either lost or never had documents to prove their immigration status.

The Home Office has set up a special team to help these people to obtain their documents waiving the usual fees and application forms.

They will help any Commonwealth citizen who came to the UK before the 1st of January 1973 and has been living in the UK continuously since arrival. They will also help any spouse and child of such a Commonwealth citizen if the spouse and child came to the UK before the 1st of August

1988 and have lived here continuously since arrival. Continuously means not having been abroad for more than two years at any one time.

If you think that you fall in to one of these categories then there is a free helpline being run by the Home Office; 0800 678 1925. There is also a public email account to which you can send your details and they will contact you: commonwealthtaskforce@homeoffice.gsi.gov.uk

If you make contact they will ask for your name, nationality, date of entry to the UK and phone contact. Your case will be allocated to a caseworker who checks their system to see if they have any record of you. The caseworker will then phone back within two working days and will take further details from you such as your address and National Insurance number and will pass the information on to their interview section.

They will then phone back in a

few days and arrange a time for you to come in for an interview and you will be told to bring as much evidence as you have of your residence in the UK since arrival. If they accept that you have been here for the required length of time they will issue you with a biometric card confirming that you are settled in the UK.

Nationality and immigration law is complex and if you are one of those affected you may wish to obtain independent legal advice before making contact with the Home Office so that you can be confident that you will fall within the Home Office scheme. You should also seek advice beforehand if you have a serious criminal record or any outstanding criminal cases.

For more information:

Visit wilsonllp.co.uk

Email m.davies@wilsonllp.co.uk

Call 020 8808 7535

Advertisement

Bernie Grant Arts Centre
Developing culturally diverse artists

SESSION

COMMISSIONED BY LIFT. PRESENTED BY LIFT AND BERNIE GRANT ARTS CENTRE



This incredible outdoor performance, starring and created by Tottenham young people, blends hip hop, Afrobeats, and street dance into a joyful celebration of youth and belonging. See it in Tottenham before it goes on tour around the UK!

22-30 JUNE – 9PM

TICKETS £15 ADULTS / £10 CONCESSIONS

BOX OFFICE: 020 8365 5450 / BERNIEGRANTCENTRE.CO.UK

Bernie Grant Arts Centre, Tottenham Green, London N15 4RX

CULTURE

Raving for The Cause

The Cause is a club with a difference, a new space in Tottenham Hale looking to reverse the trend of music venue closures and simultaneously support local charities. Jim Ottewill finds out how



Co-Founder Stuart Glen **Credit** The Cause

“This summer, Tottenham is going to be the place to be,” says The Cause’s co-founder Stuart Glen. And he should know. If things go according to plan, his new 400-capacity venue in Downs Lane Studios – with its 5am licence, custom-built sound system and unique fundraising membership scheme – looks set to become a flagship space, ensuring Tottenham is pinned firmly on the capital’s map as a hotbed of music, creativity and after-hours revelry.

But how did this game-changing venture come about?

“I’ve always loved putting on parties,” explains Stuart, “but a lot of clubs have closed due to increasing rents, business rates and pressures from licensing.”

He continues: “We’re tackling these challenges head on by working with developers on an empty building, connecting them with culture, raising money for a good cause and letting people carry on the dance. We’re hoping we raise enough chari-

tiable funds to prove to other developers we can make good use of their empty buildings and aim to move the project on and on. A transient, roaming, positive party space.”

With deep roots tangled around London’s late nights and underground shindigs, Glen, alongside business partner Eugene Wild, have called on their friends and contacts to help them construct The Cause.

Built “with no investment but a lot of love”, the space is the latest new venture spearheading a real revival in Tottenham’s nightlife. Not only is its bespoke Core Soundsystem one of the best around, but the DJ booth is uniquely situated in the middle of the dancefloor making it more akin to an ace raving spot in Berlin, rather than an N17 club near the retail park. Located next to Five Miles, Styx, Beavertown and the newly opened High Cross; it’s clear that the post-code is sending out a signal to the switched on looking to dig deeper to find their fun.

Glen agrees: “There’s so much great



Ready for ravers **Credit** The Cause

stuff going on in Tottenham. A lot of people have suddenly just clocked that there are loads of great spaces to put events on. We’re part of a big creative warehouse community nearby – it’s got 24-hour tubes and loads more opportunities for projects like this.”

With an astute booking policy, based on experience gained through years spent on dancefloors, guests so far have included Chicago house don Marshall Jefferson, Subb-An and Johnny Aux of Paranoid London. At the same time, the space is providing a platform for London talent to shine through.

Alongside this, The Cause stands out due to its commitment to raise money for local charities via a membership scheme.

What’s behind this altruistic vibe?

“Mental health is a big issue in the music industry at the moment. It’s also a key part of Haringey Council’s framework,” answers Glen.

The venue is partnered with Help Musicians UK, Mind in Haringey and

C.A.L.M., and aims to raise £25,000 for these charities within 12 months and more thereafter.

“A transient, roaming, positive party space”

“I’m a firm believer in if you do good things, good things will come to you and we’ve had a great response so far. We also wanted to create a community and sense of loyalty among those who come. A membership scheme with great offers seemed a good way to do this and gave us an extra revenue stream that we can afford to kick back fees to charities for.”

The ambition at the heart of The Cause can only be applauded and means it’s shaping up to be one of London’s most exciting spaces.

But for anyone questioning where else the sense of community comes

in alongside raving, Glen has other plans in the locker.

“We have collectively licensed the space with our friends at Grow Tottenham who are building a community garden with workshops for school children and much more,” he says.

The venue is also helping the rest of Down Lane Studios project, where it lives, by providing low risk work space for local business and offering an events space open to all.

As Glen says: “From life drawing classes, to yoga, to fitness raves and even a dog’s disco. There will be something for everyone!”

Visit or find out more about The Cause:

Visit Down Lane Studios, Ashley House, Ashley Road N17 9LZ

Opening times:
Sunday–Thursday, 9pm–12am
Friday–Saturday, 9pm–5am

Visit redbull.com/gb-en/the-cause-crowdfunded-community-club-tottenham

POETRY

‘Rain’. (Tanesha) by Abe Gibson

After we break~
 each other’s skin,
 each other’s bones,
 Each other’s hearts,
 Each other’s homes!

Who, What do we expect to benefit.

I would trade,
 every blade,
 every bomb,
 every bullet,
 Each.

for a single drop,
 of rain,

I am not a soldier,
 Who is born a soldier,
 Who is born an enemy.

We fight for many reasons,
 Lose control of our feelings,

Punch drunk on the quicksand of
 our brutality!

Over night is day,
 After day is night,
 Animal,vegetable ,mineral.

What is for you is yours,
 What is for me is mine,
 The medicine of empathy,

Fear, which we can override,
 Or we can overkill.

I can drink with you.
 I can build with you.
 We can put life on a higher plain of
 living,

Or We can destroy what we build ~
 Deprive each other of water,

And in our revenge,
 We simply exchange
places in
 One another’s suffering.

In life there is much music,
 Many dancers without partners,

Many corpses,
 Not claimed by anybody,

Life is a whisper in the universe ~
 When you deny me mine
 You deny yourself yours,
 And...

Her story ~. His story.

Our needs are the same
 We are particles of dust... without
 the fall of rain!

So wouldn’t it make sense,
 To be unafraid!

Be still in the debris
 That we anticipate.

Under the stars and through the
 rains,

To dismantle this cycle of pain,

And leave our children,
 To Have their own seasons.

Let go, I can.

Let go, We can
 leave our children,
 to have their own seasons.

After we break,
 Each other’s skin,
 Each other’s bones ,

Each other’s heart,
 Each other’s home.

Who, What do we expect to benefit.

I would trade,

Every blade,
 Every bomb,
 Every bullet,

Each ,
 for a single drop
 ...
 of rain.

Walking the Lane by Terry Egan

White Hart Lane -
 you walk up it and
 down again.

White Hart Lane -
 you walk down it and
 up again.

And its white
 is the day that turns
 into night;

and its hart
 is you: right back there
 at the start,

as white harts
 gallop through it from
 hunters’ darts,

and love’s hearts
 are broken by lust
 and its arts...

White Hart Lane -
 you walk down it
 and up again.

White Hart Lane -
 you walk up it and
 down again.

Submit Your Poetry

Share your poetry with others. Tottenham Community Press is calling for more local poet’s to submit their work. No experience necessary, just a creative flair that you’re willing to share.

The deadline for submissions to the July issue is Monday 18th June.

Email tcp@socialspider.com

Healthy meals for less than £1

Free course helps people cook amazing meals on strict budget

By Henrietta East

Free cooking courses that help people make healthy meals for less than £1 a portion are launching in Haringey in June.

Bags of Taste will teach local residents how to cook tasty meals that are better than the take-away. The fun and free classes show students where to buy healthy and cheap ingredients and shares tips on reducing food wastage. People are also taught knife skills.

We teach people how to make meals at home that are not only better than the take-away but are so much better for your health, waistline, and wallet. We're going to give you the confidence to make Singapore noodles, fish curry, Indonesian vegetable curry, Xinjiang Cumin Chicken to name but a few.

The courses are fun and friendly and we're all about giving people the skills they need to cook exciting tasty food on a budget. We find that people who come on the course are saving on average 25 percent a year on their food bill.

Bags of Taste is a social enterprise that already runs hugely successful

courses across London.

Alicia Weston, founder of Bags of Taste, says: "We are delighted that we are launching our courses in Haringey. Our fun and friendly lessons are designed to break down the barriers to cooking healthy meals at home and show people how to eat better for less."

"We give our students the confidence and motivation to continue cooking at home, and in turn save money and improve health and wellbeing."

The hands-on lessons will run for four weeks from Tuesday 19 June to 10 July, from 11am to 1.30pm at Chestnuts Community Centre on St Ann's Road.

Students will be shown how to make two exciting and tasty recipes and then have the chance to make both dishes, before sitting down as a group to eat the food they have made.

At the end of the class, students can buy a £3 bag of ingredients that contains enough food to make four meals.

Registration for the course is essential. For more information and to register:

Call 07759 500 485 (Henrietta)
Email haringey@bagsoftaste.org
Visit bagsoftaste.org



Time to dine **Credit** Bags of Taste

LETTERS



An urban green sanctuary **Credit** Quakers Tottenham

Local Quakers offer green sanctuary to those who need it

Quakers in Tottenham pledge to support asylum seekers and forced migrants

By Siobhan Haire

Not many people are aware of the Quaker Meeting House at 594 High Road, just north of Bruce Grove Station. The site has continuously hosted Quaker Meetings since at least 1714 – although the original building is long gone. Every Sunday morning, a small group of Quakers meet to worship in silence at the meeting house.

The outward form of our worship is simple, but its impact on our lives is profound. During our worship we are trying to listen to what God is calling us to do in the world. This has historically led Quakers to respond to injustice, inequality and violence with love and compassion. We are far from perfect, but we do try to live out our fundamental beliefs that all people are equal, and that there is something holy in each person.

In 2018, Quakers in Britain are concerned about the rise in racist language in our national discourse, and the negative perceptions of migrants and those who seek shelter in the UK. We have responded by developing a programme called the "Sanctuary Commitment", which is built on a threefold commitment to: support local welcome projects, challenge racism and to oppose systemically violent laws, such as

the current UK legislation around immigration detention.

Tottenham Quakers has for several years been involved with projects which welcome forced migrants and asylum seekers to our communities, and has recently become one of over 50 Quaker Meetings nationwide to make the commitment to providing sanctuary to those who need it.

Our work started in a low-key way, supporting a gardening group for forced migrants living near the meeting house. The group meets on Friday mornings in the burial ground behind the Meeting House, and over the past two years has created a small, but well stocked, allotment plot. The produce is given to volunteers to enable them to access fresh fruit and vegetables.

Olga, who has volunteered in the garden for the last year, says: "The garden is a nice place because it's fresh air, which is good for health and we grow organic vegetables – beetroot, potatoes, carrots, onions, leeks. And I like making art for the garden sometimes because it's beautiful... It's a nice environment and friendly people."

While the gardening project was a starting point for our engagement with local forced migrants and asylum seekers, we are now looking at how else we can support these groups.

Nationally, our government wants

to create a "hostile environment", in which refugees and asylum seekers struggle to engage with the services they need in order to build a life in the UK. We believe that this embeds discrimination into the fabric of our everyday lives, and reject utterly this call to hostility.

In response, we have pledged to help create a culture of hospitality and compassion, in which individuals are welcomed, valued and supported.

We are a small group of approximately 30 people, and we want to educate ourselves about the issues which forced migrants and asylum seekers face in the UK, to work with other groups who have the same concerns as us, and to develop sources of support which we may be well-placed to provide or fundraise for.

If you would be interested in working with us:
Email Siobhan.k.haire@gmail.com

To find more out about the Sanctuary Commitment:
Visit quaker.org.uk/our-work/social-justice/migration

Tottenham Quakers meet at 10:30am for an hour each Sunday morning:
594 High Road, N17 (next to Aldi, go up the steps!)

LISTINGS

Wellbeing

Performing Arts group breaks
down postcode boundaries

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Drop-in session for the Tottenham Hotspur Foundation

Tuesday 12 June, 10am to 12 noon
Hornsey Library, Haringey Park,
Hornsey N8 9JA

Come and find out more about the Reignite and Heritage Ambassador Programmes aiming to support workless residents of North London through specialist employment and healthy lifestyle support for all ages, with a specific focus on 18-24 year olds and those over 50. As part of the Percy House Heritage Project, the programmes also aim to engage the community in preserving and understanding local history and heritage.

For more information:

Call 020 8489 4560

Lessons in The Feldenkrais Method

Every Tuesday, 9.30am at The Hub,
Lordship Rec N17 6BD

Slow, gentle movement to enable self-learning – discover movement habits and learn to improve posture, reduce stiffness and aches and pains and assist in recovery from injury. Find the pleasure in walking, running, dancing and everyday movement at whatever level.

Free taster session, usually £6

Visit movementaware.co.uk

'The Lost Files' – a new sculpture by Al Johnson

5th May to 23rd September 2018.
Wednesday–Sunday, 1–5pm each week
Bruce Castle Museum and Haringey
Archive, Lordship Lane N17 8NU

Artist Al Johnson's new sculpture 'The Lost Files' is an installation that explores the experience of the conscientious objectors of World War One. Al Johnson is a sculptor who responds to recent history and the interplay between politics, power and the collective memory. Her sculpture has been widely exhibited, and is held in both public and private collections.

Free, all welcome

For more information:

Call 020 8808 8772

Email museum.services@haringey.gov.uk

Tottenham Community Choir

Every Tuesday, from 7:30pm
Chestnuts Community Centre,
280 St. Ann's Road N15 5BN

Uplifting, joyful and fun, Tottenham Community Choir is a non-auditioning choir in North London for anyone who wants to sing. The Tottenham Community Choir welcomes new members and offers the first two weeks free.

Visit tottenhamcommunitychoir.org

Email chair@tottenhamcommunitychoir.org

Visit tottenhamcommunitychoir.org

Emergency Food Provision Timetable

Crutch has developed a Haringey Emergency Food Provision Timetable. This timetable provides a one stop shop of all sources of emergency food across the borough. See below for emergency food provision in Tottenham.

Tuesday

12pm, Community Cook Up, Park Lane, N17

Wednesday

12pm–3pm, Selby Centre Foodbank, Selby Road N17 8JL

Drop in by appointment (call 0208 885 3490, ask for Mary), Haringey Irish Centre, Pretoria Road N17 8DX

Thursday

6pm–8pm, Selby Centre Foodbank, Selby Road N17 8JL

Friday

1pm–3pm, Holy Trinity Tottenham, Well-side Cafe Foodbank, 136 Tottenham Green, N15 4GZ, 1pm–3pm

Saturday

10am–12pm, Selby Centre Foodbank, Selby Road N17 8JL

Visit crutchharingey.com/haringey-emergency-food-provisions

Call 0203 872 5856

Email info@crutchharingey.com

Twitter @CrutchHaringey

Tottenham Speakers

Toastmasters Club

First and third Monday every month
Bernie Grant Arts Centre, Town Hall
Approach Road N15 4RX

Do you want to be a better public speaker and presenter or gain more confidence when speaking to small or large groups? Attendees of the Tottenham Speakers Toastmasters Club get a chance to deliver impromptu or prepared speeches, receive and hear evaluations.

Free

Visit berniegrantcentre.co.uk/do/tottenham-public-speaking-club

Call 020 8365 5450

Email tottenhamspeakers@gmail.com

Summer Makers Market

Sunday 23rd June, 11am–4pm
The Pavillion, Bruce Castle Park N17 8NJ

Summer Makers Market will be held alongside The Great Get Together (TGGT) in memory of the late MP Jo Cox. Come along to browse and buy a great selection of items, from handmade jewellery to stationery and home décor essentials to one off industrial pieces of art (with a pop of colour, of course).

Free

Visit craftynorthlondoner.com

Family Friendly Fitness

Every Saturday (starting 9th June) at 11am
Lordship Rec, Lordship Lane N17 6BD

Join Rowena and Leon for a play and movement based approach to fitness. Children welcome but not necessary! Classes include games, teamwork and fun challenges with a focus on natural movement and functional fitness.

For more information and to register your place:

Email info@urbanflowfitness.co.uk

Kids Fashion Design Workshop

Every second Saturday of the month,
11.45am–1.15pm, June–Aug
Lordship Hub Co-op, Lordship
Recreation Ground N17

Creative, informative and fun workshops for kids aged 8-12 years. Learn how to create a fashion design moodboard and design a mini collection. Materials will be provided (pens, paper, fabric swatches etc.). Feel free to bring your own! After completing House of AKUNNA's Kids Fashion Design Workshop, kids will receive a certificate of attendance.

£5 per session (per child)

Book a block of four sessions for a discounted rate: £15

Email akunnaofficial@gmail.com

Call 07531 656 635

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WELLBEING

Get uncomfortable

Founder of Define Me Shenika Blygen explains why getting out of your comfort zone is key to your wellbeing



Beaming smiles from the Define Me squad **Credit** Define Me

Are you aware that your physical health can impact your mental health and vice versa? Did you know that an increase in physical activity can, in fact, improve your mood? And did you know that your wellbeing is defined by the Government as 'positive physical, social and mental state'?

For those reading who do not believe they are currently in a 'positive physical, social and mental state' – you are not alone. In fact you are a part of a large group of people in Tottenham with the same problem.

From my experiences and encounters, this is often to do with high levels of stress, fear, anxiety,

depression, poor eating habits, lifestyle choices and a huge amount of pressure in home life/work life and relationships.

It is important to acknowledge the factors that affect our wellbeing, in order to have better control over them.

Finding ways to increase levels of

wellbeing can be exciting for some, yet daunting for others. A motto I use to help support me with this is 'Get Uncomfortable'. And this doesn't mean squeezing into those jeans you wore before you had the kids or starving yourself for weeks in order to shed some weight.

Often we sit in our comfort zones doing only the things we know we are capable of. 'Get Uncomfortable' means trying something new, pushing yourself further to exceed expectations and putting yourself in a position that you may have thought of as unsettling, but now with the mindset that you personally will achieve something from the experience. Why not try it? Try a new sport, test some new recipes, find a new hobby or reach out to a friend who supports you.

This motto allowed me to move forward from a point in my life where my body and mind were so far from being in a 'positive physical, social and mental state'. 'Get Uncomfortable' allowed me to focus solely on myself and not others' expectations of me. I focused on what I needed to improve myself and once I began to see improvements I set myself more and more goals; goals I would never have set myself a year ago!

Attending dancing and fitness classes helped to build up my fitness and confidence more and more until I decided to get even more uncomfortable and started further training in order to begin my own classes for both adults and children. In these classes I aim to help people keep fit, gain confidence and build relationships.

It's often said that there's a coldness about Londoners, whether it's the high levels of stress or the unpredictable weather, our lack of friendliness isn't unnoticed and has an impact on our society. A polite smile, a compliment, an understanding glance or just a chat with a stranger at the bus stop goes a long way. As a community, we can support the wellbeing of each other!

There are a number of ways to increase your physical activity locally in order to improve fitness and wellbeing levels; some of this requires getting uncomfortable and others just require some motivation!

In Tottenham alone there are opportunities for walking, jogging, dancing, gym sessions, park gyms, swimming, martial arts, boxing, pilates, yoga, climbing and skating, just to name a few! There are endless opportunities. Why not try something new and find your fit.

Find what motivates you, what makes you want to improve, how are you willing to challenge yourself and help to benefit your everyday life.

For more information about Define Me:

Kids Dance classes are held every Saturday, from 11:30am–1:00pm, at The Engine Room, Unit A, Lebus Street, Eagle Heights N17 9FU

Adult Classes vary. Contact us for more information:

Call 07803 281 196
Email defineme318@gmail.com
Instagram @define_me318

Performing arts group breaks down postcode boundaries

Leaders Community showcase leaves audience with a powerful message of unification

By Ellie Rae Ward

Young members of the performing arts charity Leaders Community dazzled on stage at its Make Some Noise 2018 showcase on Sunday 29th April.

Leaders Community was founded by Marie Theo to provide affordable performing arts opportunities to young people living in low income areas of London. The charity works in a number of areas of the capital, including at the Bruce Grove Youth Space in Tottenham.

On stage at the Great Hall in Leyton, different age groups performed electrifying dance routines, powerful drama performances and a rendition of Stormzy's 'Blinded by

your grace' as a choir.

Karen Bellamy, CEO of the Lee Valley Foundation, which is the main funder supporting Leaders Community, said: "There is so much negativity about our young people across London and across the country. All you've got to do is look at these children here... I can't think of a better cause to put money into than our young people.

"Our community is stronger than anything on the streets. We've had here today young people from Chingford, Leyton, Walthamstow, Leytonstone, Hackney, Tottenham – there are no lines here. We are a community and we will stand together."

Leaders was founded by Marie Theo.

Bellamy said: "Her heart, her soul – everything she does is for the young people here today."

Theo took to the stage and urged other organisations working in youth services to "think big, but make sure you are putting on programmes that are relevant to the 21st century's children and young people."

For more information about Leaders Community:

Visit leaderscommunity.org
Call 07831 224510
Email enquiries@leaderscommunity.org
Tweet @leaders2k16



Okay ladies, now let's get in formation **Credit** Leaders Community